



Damiano Uccheddu

Sociologist and Demographer

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Research interests

My main research interests lie in social and gender inequalities in health, intergenerational relationships, health and well-being across the life course, welfare systems, and quantitative methods for social research. I specialise in analysing large social survey datasets (such as SHARE) and full-population register data. In particular, I analyse data for epidemiological and demographic research. My analytical approach is best described as theory-driven, quantitative empirical research.

Academic positions

- 01/10/2022 **F.R.S.-FNRS Postdoctoral Fellow**, *UCLouvain, Louvain-la-Neuve, Belgium*, “The Education of Adult Children and the Health of their Ageing Parents” (DARLENE)
– Present **Commission final grading:** Excellent
- 09/11/2023 **Postdoctoral Researcher**, *UCLouvain, Louvain-la-Neuve, Belgium*, Team member in the BELSPO/FPS Public Health-funded project “Care, Buffering Effects, and Well-being at the Time of the Pandemic and After” (BE-WELL)
– Present **PI:** Prof. Ester Rizzi
- 25/01/2021 **F.R.S.-FNRS [PER] Postdoctoral Researcher**, *UCLouvain, Louvain-la-Neuve, Belgium*, “Kin and non-kin ties during the COVID-19 pandemic: contagion or protection for older adults?” (link)
– 30/09/2022 **PI:** Prof. Ester Rizzi
- 26/06/2017 **PhD Researcher**, *Netherlands Interdisciplinary Demographic Institute (NIDI-KNAW), The Hague, the Netherlands*, Research theme Families and Generations; JPI-MYBL-funded project “Care, Retirement & Wellbeing of Older People Across Different Welfare Regimes” (CREW), PI: Prof. Bruno Arpino.
– 26/12/2020 **Supervision:** Prof. Anne H. Gauthier, Prof. Nardi Steverink, Prof. Tom Emery

Education

- 17/07/2017–28/03/2022 **PhD in Family Demography and Sociology**, *Netherlands Interdisciplinary Demographic Institute (NIDI-KNAW) and University of Groningen (the Netherlands)*, **Thesis:** “Gender inequalities in health at older ages: A longitudinal and comparative investigation across European countries”
Supervision: Prof. Anne H. Gauthier, Prof. Nardi Steverink, Prof. Tom Emery
- 06/06/2016–19/06/2017 **Advanced Course in Technologies for Active and Healthy Aging**, *University of Trento, Department of Information Engineering and Computer Science (Italy)*, **Research Internship:** Six-month placement at the Free University of Bozen–Bolzano with Prof. Giulia Cavrini, as part of the project “Happy Grandparents? A study in South Tyrol on the perception of happiness in over-fifty grandparents”.
- 09/08/2012–13/07/2016 **Master’s Degree in Sociology and Social Research**, *University of Trento, Department of Sociology and Social Research (Italy)*, **Thesis:** “Social inequalities in health in old age: The role of socioeconomic status and social relationships. A panel analysis on SHARE data, 2004-2013”
Supervision: Prof. Carlo Buzzi
- 23/04/2012 **Bachelor’s Degree in “Scienze Sociali per lo Sviluppo” (ex DM 509)**, *University of Cagliari, Faculty of Economics, Law, and Political Sciences (Italy)*, **Thesis:** “Autorità e Potere”
Supervision: Prof. Aide Esu

Visiting appointments and research stays

- 22/09/2025–29/09/2025 **Department of Sociology** [*forthcoming*], *University of Vienna (Austria)*
Host: Prof. Valeria Bordone
- 28/04/2025–23/05/2025 **Institute for Research on Socio-Economic Inequality (IRSEI)**, *University of Luxembourg (Luxembourg)*
Host: Prof. Anja Leist
- 12/02/2020–25/01/2021 **Statistics Netherlands (CBS – Centraal Bureau voor de Statistiek)**, *The Hague (the Netherlands)*
Host: Prof. Ruben van Gaalen

Publications (peer-reviewed)

- 2025 Tattarini, Giulia, Damiano **Uccheddu**, and Ariane Bertogg. 2025. “Staying Sharp: Gendered Work-Family Life Courses and Later-Life Cognitive Functioning Across Four European Welfare States.” *American Journal of Epidemiology* (online first).
[Reproducibility Files]
- 2023 **Uccheddu**, Damiano, and Ester Rizzi. 2023. “Intergenerational Ties and COVID-19 Contagion: A Study on European Adults Aged 50 Years and Older Using SHARE Data.” *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences* 78, no. 4: 749–63. [Reproducibility Files]

- 2022 **Uccheddu**, Damiano, Tom Emery, Anne H. Gauthier, and Nardi Steverink. 2022. “Gendered Work-Family Life Courses and Late-Life Physical Functioning: A Comparative Analysis from 28 European Countries.” *Advances in Life Course Research* 53: 100495. [Reproducibility Files]
- 2022 **Uccheddu**, Damiano, and Ruben van Gaalen. 2022. “Children’s Strains, Parents’ Pains? How Adult Children’s Union Dissolution Influences Older Parents’ Health.” *Journal of Family Research* 34, no. 2: 757–81. [Reproducibility Files]
- 2019 **Uccheddu**, Damiano, Anne H. Gauthier, Nardi Steverink, and Tom Emery. 2019. “Gender and Socioeconomic Inequalities in Health at Older Ages Across Different European Welfare Clusters: Evidence from SHARE Data, 2004–2015.” *European Sociological Review* 35, no. 3: 346–62. [Reproducibility Files]
- 2019 **Uccheddu**, Damiano, Anne H. Gauthier, Nardi Steverink, and Tom Emery. 2019. “The Pains and Reliefs of the Transitions into and out of Spousal Caregiving: A Cross-National Comparison of the Health Consequences of Caregiving by Gender.” *Social Science & Medicine* 240: 112517. [Reproducibility Files]

Book chapters (editor-reviewed)

- 2023 **Uccheddu**, Damiano, and Ester Rizzi. 2023. “Loneliness in Italy during the COVID-19 Pandemic: A Gender Perspective.” In *Loneliness and Social Isolation among Older Europeans before and during the COVID-19 Pandemic*, edited by Bruno Arpino, 41–47. International Union for the Scientific Study of Population (IUSSP). [Reproducibility Files]
- 2021 **Uccheddu**, Damiano, Anne H. Gauthier, Nardi Steverink, and Tom Emery. 2021. “Gender and Socioeconomic Inequalities in Health after Age 50 in Europe.” In *Care, Retirement & Wellbeing of Older People across Different Welfare Regimes*, edited by Bruno Arpino, 44–48. International Union for the Scientific Study of Population (IUSSP). [Reproducibility Files]
- 2021 **Uccheddu**, Damiano, Anne H. Gauthier, Nardi Steverink, and Tom Emery. 2021. “Gendered Health Burdens and Benefits of Starting and Ending Caregiving.” In *Care, Retirement & Wellbeing of Older People across Different Welfare Regimes*, edited by Bruno Arpino, 81–86. International Union for the Scientific Study of Population (IUSSP). [Reproducibility Files]

Manuscripts in preparation and under review

- Bijwaard, Govert, and Damiano **Uccheddu**. “Parental Educational Similarity and Inequality Implications for Health in Sweden: Evidence from Register Data on Men Born between 1951 and 1983.” [To be submitted to the *Journal of Health Economics*]
- Cabaraban, Maria Karlene Shawn, Valeria Bordone, and Damiano **Uccheddu**. “Mind the Gaps: The Hidden Role of Work–Family Life Histories in Shaping Unequal Cognitive Rewards of Grandchild Care in Europe.” [Manuscript in preparation]

- Menashe-Oren, Ashira, Damiano **Uccheddu**, and Ester Rizzi. “Social Ties in Old Age: The Effect of the COVID–19 Pandemic.” [*Under review, European Journal of Ageing*]
- Tattarini, Giulia, Damiano **Uccheddu**, and Ariane Bertogg. “Work–Family Biographies and Later-Life Risk of Cognitive Impairment: What Are the Mediating Mechanisms?” [*To be submitted to The Gerontologist*]
- **Uccheddu**, Damiano, and Anja Leist. “Adult Children’s Education and Older Parents’ Cognitive Functioning across European Welfare States: Quasi–Experimental Evidence from SHARE, 2004–2022.” [*To be submitted to Social Science & Medicine*]
- **Uccheddu**, Damiano, Bruno Arpino, and Ester Rizzi. “Close Kin Ties and COVID-19 Outcomes among Older Adults in Europe: The Role of COVID-19 Precautionary Behaviours.” [*Manuscript in preparation*]
- **Uccheddu**, Damiano, and Marco Tosi. “Health after Age 50: The Role of Adult Children’s Education for Older Parents’ Frailty in Europe.” [*Under review, Demography*]
- **Uccheddu**, Damiano, Ester Rizzi, and Anja Leist. “Social Network Types and Cognitive Functioning in Older Age: Evidence from SHARE, 2010–2022.” [*Manuscript in preparation*]
- **Uccheddu**, Damiano, Małgorzata Mikucka, and Ester Rizzi. “Social Networks and Depressive Feelings during the COVID–19 Pandemic in Europe.” [*Under review, Social Indicators Research*]

Supervision of early-career researchers

- 04/10/2023 – Present Formal role as PhD supervisor: **Sacha Van Duyse** (with Prof. Ester Rizzi), *University of Louvain (UCLouvain), Belgium*, **Thesis title:** “Health trajectories and family relationships”
- 2022 Master thesis supervision: **Coline Marquebreucq** (with Prof. Ester Rizzi), *University of Louvain (UCLouvain), Belgium*, **Thesis title:** *FR:* “Capital social et facteurs de risque socio-familiaux dans l’entrée en maisons de repos”
EN: “Social capital and socio-familial risk factors in nursing home entry”
- 2021 Master thesis supervision: **Ophélie Goffinet** (with Prof. Ester Rizzi), *University of Louvain (UCLouvain), Belgium*, **Thesis title:** *FR:* “Âgé et bien entouré – Le bien-être selon les types de relations sociales chez les 50 ans et plus en Belgique et en Suède”
EN: “Old and well surrounded – Well-being according to the type of social relationships among the 50+ in Belgium and Sweden”

Grants

- 2025 **F.R.S.-FNRS – Research Stay Abroad Grant**, *Research stay at the Institute for Research on Socio-Economic Inequality (IRSEI), University of Luxembourg, April/May 2025*, **Total funding:** EUR 1,000.
- 2025 **F.R.S.-FNRS – Organisation of a Scientific Meeting Grant**, *International workshop “Cognitive ageing: individuals, institutions, and inequalities” (networking workshop)*, University of Louvain (UCLouvain), Belgium, **Total funding:** EUR 3,500.
- 2024 **ECSR – Network Workshop Grant (with Giulia Tattarini and Ariane Bertogg)**, *“Social Institutions and Cognitive Health in Older Age” (international networking workshop)*, University of Hamburg, Germany, **Total funding:** EUR 5,000.
- 2023 **F.R.S.-FNRS – Mobility and Congress Grant**, *Participation in The Gerontological Society of America’s 2023 Annual Scientific Meeting, Tampa, Florida (8–12 November 2023)*, Tampa, Florida, USA, **Total funding:** EUR 1,000.
- 2022 **COORDINATE Project – Workshops Grant**, *Three national introductory workshops on longitudinal & cohort data for lay audiences, practitioners, and policy-makers*, Federal Science Policy Office (BELSPO); National Archives of Belgium; UCLouvain Saint-Louis Brussels, **Total funding:** EUR 5,000.
- 2017 **Grant for Specialization Master’s Program**, *Advanced Course in Technologies for Active and Healthy Aging*, University of Trento, Department of Information Engineering and Computer Science (Italy), **Total funding:** EUR 12,000.

Other activities and outputs in the research system

- 2024–present **Guest Editor**, *Social Science & Medicine*, Special Issue: “Understanding cognitive ageing: individuals, institutions, and inequalities”
- 2024–present **Executive Committee Member & Postdoctoral-Researcher Representative**, *Centre for Demographic Research (DEMO)*, University of Louvain (UCLouvain)
- 2024 **Member of the organising committee**, *Quetelet Seminar 2024 — “Behind and Beyond Numbers: Population Research Through Critical Lenses”*, University of Louvain (UCLouvain), November 7–8 2024
- 2023 **Organizer (with Luisa Fadel)**, *Introductory Workshops on Longitudinal and Cohort Data*, Brussels, Belgium, 22 May, 31 May & 7 June 2023
- 2021 **Organizer (with Ariane Bertogg and Maike van Damme)**, *19th Annual Meeting of the European Network for the Sociological and Demographic Study of Divorce – Divorce Conference 2021*, Online (hosts: University of Konstanz; CED – Centre for Demographic Studies; and University of Louvain) [Program], October 13–15 2021
- 2017–2022 **Representative NIDI-KNAW at JPI-MYBL (Joint Programming Initiative “More Years, Better Lives”)**, *The Hague, Netherlands*
- 2017–2022 **Member**, *Families & Generations theme group*, NIDI-KNAW; Family Lifecourse and AGEing FLAG group, University of Groningen (RUG)

2017–2020 **Member**, *Brown Bag Seminar Series Committee*, Netherlands Interdisciplinary Demographic Institute (NIDI-KNAW)

Invited talks

- 08/05/2025 **Invited speaker**, *Séminaire de Midi – Research center “Epidemiology, Biostatistics and Clinical Research” (EPIBIOSTAT – CR2)*, Free University of Brussels (ULB), Brussels (Belgium), Title: “Adult children’s education and older parents’ cognitive functioning across European welfare states: Quasi-experimental evidence from SHARE data, 2004–2022”, [Event details]
- 10/11/2022 **Keynote speaker**, *Annual Healthy Ageing Symposium – Healthy Ageing: Perspectives from the Behavioural and Social Sciences*, University of Groningen (Groningen, the Netherlands), Title: “Gender inequalities in health at older ages: The importance of a longitudinal and comparative life course approach to health”, [Event details]

Conference presentations

- 04/06/2025–
06/06/2025 **Italian Association for Population Studies (SIS-AISP)’s “Giornate di Studio sulla Popolazione – Popdays 2025”**, University of Cagliari, Cagliari (Italy)
Presentation: “Adult children’s education and older parents’ cognitive functioning across different European welfare states: Quasi-experimental evidence from SHARE data, 2004–2022” [link]
- 07/11/2024–
08/11/2024 **Quetelet Seminar 2024**, University of Louvain, Ottignies-Louvain-la-Neuve (Belgium)
Presentation: “Work-family histories and cognitive impairment in later life: What mechanisms explain the relationship?” [link]
- 12/09/2024–
14/09/2024 **European Consortium for Sociological Research (ECSR) Conference 2024**, Barcelona (Spain)
Presentation: “Work-family biographies and later life cognitive disability: What are the mediating mechanisms?” [link]
- 03/07/2024–
05/07/2024 **Biennial Conference of the European Society of Health and Medical Sociology (ESHMS) 2024**, Antwerp (Belgium)
Presentation: “Health after mid-life: The role of adult children’s education for older parents’ frailty in Europe” [link]
- 12/06/2024–
15/06/2024 **European Population Conference (EPC) 2024**, Edinburgh, Scotland (United Kingdom)
Presentation: “Work-family biographies and cognitive health in later life: Which mechanisms explain the relationship?” [link]
- 08/11/2023–
12/11/2023 **Gerontological Society of America (GSA) 2023 Annual Scientific Meeting**, Tampa, Florida (United States)
Presentations: “Health After Age 50: The Role of Adult Children’s Education for Older Parents’ Frailty in Europe” [link]; “Close Kin Ties and COVID-19 Outcomes among Older Adults in Europe: The Role of COVID-19 Precautionary Behaviours” [link]

- 18/09/2023– **European Consortium for Sociological Research (ECSR) Annual Conference 2023, Prague (Czech Republic)**
Presentation: “Close kin ties and COVID-19 outcomes among older adults in Europe: The role of self-protective behaviours” [link]
- 24/05/2023– **RC28 Spring Meeting 2023 — ‘Education and Social Inequality across the Life Course’, Sciences Po, Paris (France)**
Presentation: “Health after Mid-life: The Role of Adult Children’s Education for Older Parents’ Frailty in Europe” [link]
- 12/04/2023– **Population Association of America (PAA) 2023 Annual Meeting, New Orleans, Louisiana (United States)**
Presentation: “Family and Nonfamily Ties and Depressive Feelings During the COVID-19 Pandemic: Evidence From the Survey of Health, Ageing and Retirement in Europe” [link]
- 01/02/2023– **Giornate di Studio sulla Popolazione (Population Days) 2023, Rome (Italy)**
Presentation: “Close Kin Ties and COVID-19 Outcomes among Older Adults in Europe: The Role of COVID-19 Precautionary Behaviours” [link]
- 29/06/2022– **European Population Conference (EPC) 2022, Groningen (the Netherlands)**
Presentation: “Family and Non-Family Ties and Depressive Feelings during the COVID-19 Pandemic: Evidence from the Survey of Health, Ageing and Retirement in Europe (SHARE)” [link]
- 06/04/2022– **Population Association of America (PAA) 2022 Annual Meeting, Online / Atlanta, Georgia (United States)**
Presentation: “Intergenerational Contacts and COVID-19 Infection During the Pandemic: Evidence From SHARE Data” [link]
- 22/06/2022 **Welfare, Wellbeing and Demographic Change: Understanding Welfare Models, University of Louvain (UCLouvain), Ottignies-Louvain-la-Neuve (Belgium)**
Presentation: “Gender and later-life health at the intersection of state, market, and family” [link]
- 25/06/2021 **SHARE Netherlands User Conference, Online / Rotterdam (the Netherlands)**
Presentation: “Children’s Strains, Parents’ Pains? How Adult Children’s Union Dissolution Influences Older Parents’ Health” [link]
- 22/03/2021– **ECSR Spring School on The Impact of Covid-19 on Social Inequality, Online / Turin / Milan (Italy)**
Presentation: “Intergenerational relationships and COVID-19 infection during the pandemic in Europe. Evidence from SHARE data” [link]
- 16/11/2020– **Dutch Demography Week 2020, Online / Utrecht (the Netherlands)**
Presentation: “Children’s strains, parents’ pains? How adult children’s union dissolution influences older parents’ physical and mental health” [link]
- 14/10/2020– **18th Meeting of the "European Network for the Sociological and Demographic Study of Divorce", Online / Cologne (Germany)**
Presentation: “Children’s strains, parents’ pains? How adult children’s union dissolution influences older parents’ physical and mental health” [conference] [program]
- 13/10/2020 **NIDI Brown Bag Seminar, Online / Den Haag (the Netherlands)**
Presentation: “Children’s Strains, Parents’ Pains? How Adult Children’s Union Dissolution Influences Older Parents’ Health”

- 02/07/2020 **Conference of the European Consortium for Sociological Research, Online / Amsterdam (the Netherlands)**
Presentation: “Children’s strains, parents’ pains? How adult children’s union dissolution influences older parents’ physical and mental health” [conference] [abstract]
- 20/11/2019 **Dutch Demography Day 2019, Utrecht University, Utrecht (the Netherlands)**
Presentation: “Work, family, and gender inequality in health: An analysis of the role of work-family conflict in later life health” [conference] [abstract]
- 01/10/2019–
02/10/2019 **Max Planck Institute for Demographic Research (MPIDR) conference “Multidisciplinary Perspectives on Gender Gaps in Health”, Villa Vigoni, Menaggio (Italy)**
Presentation: “Work, family, and gender inequality in health: A comparative analysis of the role of work-family conflict in later-life health” [conference] [program]
- 02/07/2019 **Family Lifecourse and AGEing (FLAG) meeting, University of Groningen, Groningen (the Netherlands)**
Presentation: “Work, Family, and Gender Inequality in Health: A Comparative Analysis of the Role of Caregiving in Later Life Health”
- 10/04/2019–
13/04/2019 **Population Association of America (PAA) 2019 Annual Meeting, Austin, Texas (United States)**
Presentation: “Gender inequalities in health in later life: Does informal caregiving matter?” [link] [link]
- 23/01/2019–
24/01/2019 **NIDI’s PriMaTE (Primer in Methodological and Theoretical Examples), Netherlands Interdisciplinary Demographic Institute (NIDI-KNAW), Den Haag (the Netherlands)**
Presentation: “Hybrid and Asymmetric Fixed-Effects Models for Panel Data”
- 11/12/2019–
12/12/2019 **JPI MYBL Progress Dialogue Meeting (ZonMw), ZonMw, Den Haag (the Netherlands)**
- 28/11/2018 **Dutch Demography Day 2018, Utrecht University, Utrecht (the Netherlands)**
Presentation: “Gender inequalities in health in later life: Does informal caregiving matter?” [conference] [abstract]
- 27/11/2018 **JPI-CREW International Workshop – Care, Retirement & Wellbeing of Older People Across Different Welfare Regimes, University of Padua, Padua (Italy)**
Presentation: “Gender inequalities in health in later life: Does informal caregiving matter?” [workshop] [program]
- 15/11/2018 **PhD colloquium - “NIDI-KNAW Miniconference”, University of Groningen, Groningen (the Netherlands)**
Presentation: “Gender inequalities in health at older ages. A longitudinal and comparative study. (Overview of the entire PhD project)”
- 08/11/2018 **Annual Healthy Ageing Symposium - Healthy Ageing: Perspectives from the Behavioural and Social Sciences, University of Groningen, Groningen (the Netherlands)**
Presentation: “Gender inequalities in health in later life: Does informal caregiving matter?” [link]

- 28/06/2018– **FAMHEALTH - Family life courses, intergenerational exchanges and health and well-being in later life (participant)**, *Cumberland Lodge, Great Windsor Park (United Kingdom)*
29/06/2018 **Links:** [link]
- 14/06/2018 **Dag van de Sociologie 2018**, *Erasmus Universiteit Rotterdam, Rotterdam (the Netherlands)*
Presentation: “Gender inequalities in health in later life: Does informal caregiving matter?” [program] [abstract]
- 06/06/2018– **European Population Conference 2018**, *Vrije Universiteit Brussel, Brussels (Belgium)*
09/06/2018 **Presentation:** “Gender inequalities in health in later life: Does informal caregiving matter?” [conference] [program]
- 06/02/2018 **Family Lifecourse and AGeing (FLAG) meeting**, *University of Groningen, Groningen (the Netherlands)*
Presentation: “Logistic regression: Are we doing something wrong?”
- 22/11/2017 **Dutch Demography Day 2017**, *Utrecht University, Utrecht (the Netherlands)*
Presentation: “Gender and socioeconomic inequalities in health at older ages in Europe: evidence from SHARE data, 2004-2015” [program] [abstract]
- 17/05/2017– **Life-course influences on retirement: Researchers’ and stakeholders’ perspectives**, *University of Helsinki, Helsinki (Finland)*
19/05/2017 **Presentation:** “The role of socioeconomic status on health at older ages across different European welfare clusters: evidence from SHARE data, 2004-2013” [link]
- 08/02/2017– **Italian Population Days 2017 - Giornate di Studio sulla Popolazione 2017**,
10/02/2017 *University of Florence, Florence (Italy)*
Presentations: “The role of social participation on self-reported health, ADL and IADL of people aged 65+: a fixed effects approach using data from SHARE, 2004-2013” [link]; “The role of socioeconomic status on health at older ages across different European welfare clusters: evidence from SHARE data, 2004-2013” [link] [program]

Research and policy metrics

- **H-index:** 4 as indexed by Web of Science, and 4 according to Google Scholar.
- **Policy impact:** Research cited in public policy documents through SAGE Policy Profiles.

Peer-reviewing

All my verified review records are available on my Web of Science profile. I currently review manuscripts for the following journals: Social Science & Medicine (8); Ageing and Society (5); European Journal of Ageing (4); Advances in Life Course Research (3); European Societies (3); The Gerontologist (3); Journal of Population Ageing (2); Longitudinal and Life Course Studies (2); The Journals of Gerontology: Series A, Biological Sciences and Medical Sciences (2); American Journal of Epidemiology (1); Demography (1); European Journal of Population (1); Geriatrics & Gerontology International (1); Journal of Family Research (JFR) (1); Proceedings of the National Academy of Sciences (1); Nature Scientific Reports (1); The Journals of Gerontology: Series B (1).

Memberships

European Association for Population Studies (EAPS), European Society of Health and Medical Sociology (ESHMS), European Divorce Network (EUDIV), Gerontological Society of America (GSA), Italian Association for Population Studies (SIS-AISP), Population Association of America (PAA), Research Committee on “Social Stratification and Social Mobility” of the ISA (International Sociological Association) (RC28).