

# SILVIA PAPALINI,

Experimental Psychologist

## CONTACT

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Leuven 3000, Belgium  
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## SKILLS

### Software

MATLAB  
fMRIprep/MRIQC  
SPM  
fsl  
AFNI  
R/SPSS  
Affect  
LaTeX



### Languages

English  
Italian



## TOP EXPERTISE

### fMRI/behavioral tasks

MID  
ETKIN  
HARIRI  
ART  
STROOP

### Experimental Procedures

Acute stress induction  
Diet supplementation  
Fasting  
Fear conditioning and extinction

## EDUCATION

since 1/5/2018

### 2nd PhD In Psychology

📍 Laboratory of Biological Psychology, Brain and Cognition Unit, KULeuven, Belgium

I am currently investigating the fundamentals of the human fear system. I examined the role of dopamine-dependent mechanisms (relief) on fear extinction and instrumental avoidance learning, as well the effects of overnight fasting on relief from threat omission and avoidance in a behavioural (+ physiology) and functional Magnetic Resonance Image study

### Mindful eating teacher in training

📍 ME-CL1, Oslo, Northway

I am following a certificated professional training to teach the mindfulness eating program. The program is applied especially within the context of Emotional Eating and Eating Disorders

since 31/5/2018

30/11/2012-18/2/2016

### 1st PhD in Psychological Science

📍 University of the study of Florence (UNIFI), Italy - School for Mental Health and Neuroscience, Maastricht University, The Netherlands

I investigated the fundamentals of the human reward system (anticipatory, learning, and outcome components). I examined if individuals at risk for anxiety disorders showed potential changes in reward sensitivity. I collected, analysed, and reported the results from a behavioural and functional Magnetic Resonance Image (fMRI) study using the a well validated reward paradigm

2/10/2014-2/10/2015

### Erasmus+ placement traineeships

📍 School for Mental Health and Neuroscience, Maastricht University, The Netherlands

I become expert in the use of the Statistical Parametric Mapping (SPM) and FMRIB Software Library (fsl) software for brain data analysis

June 2012

### States licencing for professional practice

📍 University of the study of Padua, Italy

I obtained the official certification to work as a clinical psychologist

11/11/2010

### Master in Experimental Psychology

📍 University of the studies of Florence (UNIFI), Italy

My academic work focused on the cerebral alterations in the brain of individuals suffering from Anorexia Nervosa and on the neural correlates of their body image distortion

13/3/2008

### Bachelor in Clinical Psychology

📍 University of the studies of Florence (UNIFI), Italy

## PROFESSIONAL AND WORK EXPERIENCES

15/04/2016-30/09/2017

### Research Assistant in Cognitive Neuroscience

📍 Donders Institute for Brain, Cognition and Behaviour, Radboud University, Nijmegen, The Netherlands

Using a pre and post fMRI exam I have independently conducted a double-blind randomized clinical trial investigating the impact of two-week probiotic supplementation on A) cognitive control, emotion regulation, and emotion recognition; B) working memory; C) stress-related biomarkers measured before and after an acute stress induction via The Socially Evaluated Cold-Pressor Test, SECPT

30/11/2012-30/1/2014

### Psycho-educational sessions for obese individuals

📍 Department of Neurological and Psychiatric Sciences, Florence, Italy

I conducted lectures to support healthy food habits and positive self-beliefs in obese individuals; and group meetings to support parents of individuals suffering from Eating Disorders

5/12/2011-30/11/2012

### Voluntary training for computer programming

📍 Department of nuclear medicine, University of Florence, Florence, Italy

15/3/2011-14/3/2012

### Clinical training

📍 Centre of specialization in constructive psychotherapy CESIP, and Centre of cognitive therapy srl, Florence, Italy

During two clinical trainings for the habilitation as a clinical psychologist, I learned the application of Constructive psychotherapy and Cognitive Behaviour Therapy (CBT) protocols

## TEACHING

### 2nd PhD

Course in 'Cooperation in research' and co-administration of the Cloud-based Participant Management Software for students

### 1st PhD

subsection of the course in 'Psychiatry': neuroimaging for research

## SUPERVISION STUDENTS

UNIFI (1 Master)

KULeuven (7 Masters and 1 Intern)



## CONFERENCES AND SYMPOSIUMS

- 📅 2021 (Poster) Society Of Biological Psychiatry, Annual Meeting, San Diego, USA  
2021 (Talk) European Meeting of Human Fear Conditioning (EMHFC), Bochum, Germany  
2021 (Talk) PSYCH Associative Learning Symposium, Cardiff, UK  
Title: Overnight fasting affects avoidance learning and relief. Papalini S, Neefs L, Beckers T, Van Oudenhove L, and Vervliet B
- 📅 2019 Organization of the first Expert meeting on avoidance behaviors, pain, and fear, Leuven, Belgium.
- 📅 2019 (Poster) Organization for Human Brain Mapping (OHBM), Rome, Italy. Title: The predictive value of neural reward processing on exposure therapy outcome: Results from a randomized controlled trial. Papalini S, Lange I, Bakker J, Michielse S, Wichers M, Van Amelsvoort T, Goossens L, Schruers K
- 📅 2018 (Talk) European Meeting of Human Fear Conditioning (EMHFC), Wurzburg, Germany. Title: The effect of background context and relief pleasantness in the recovery of avoidance behaviors. Papalini S, Ashoori M, and Vervliet B
- 📅 2018 (Poster) 1st conference in MIND, MOOD and MICROBES, Amsterdam, The Netherlands. Title: Effects of a multispecies probiotic on neurocognitive measures of emotion and cognitive control. Papalini, S, Michels F, Van Hemert S, Arias-Vasquez A, Aarts E
- 📅 2016 (Conf. paper/poster) 23rd World Congress on Psychosomatic Medicine, Glasgow, Scotland. Title: Give me Feedback. Punishment and Reward Processes during a Monetary Incentive Delay Task. Papalini S, Cosci F, Schruers K, Lange I, Michielse S, Bakker J, Goossens L

## PUBLICATIONS

Experimental models in psychopathology research: The relation between Research Domain Criteria and Experimental Psychopathology

👤 Lange I, **Papalini S**, Vervliet B

📅 2021 📖 Current Opinion in Psychology, Vol. 41, pp 118-123

The Drive for Thinness: Towards a mechanistic understanding of avoidance behaviors in a Non-clinical population

👤 **Papalini S**, Beckers T, Claes L, and Vervliet B

📅 2021 📖 Behavior Research and Therapy, 142, 103868

Overnight fasting affects avoidance learning and relief (under extensive revision)

👤 **Papalini S**, Neefs L, Beckers T, Van Oudenhove L, and Vervliet B

📅 2021 📖 Psychological Science

Probiotics-induced changes in gut microbial composition and its effects on cognitive performance after stress: exploratory analyses

👤 Bloemendaal M\*, Szopinska-Tokov J\*, Belzer C, David Boverhoff, **Silvia Papalini**, Michels F, Van Hemert S, Arias Vasquez A, and Aarts E

📅 2021 📖 Translational Psychiatry, 11, 300

A short-term musical training affects implicit emotion regulation: A behavioural and fMRI study using an affective rivalry paradigm by combining auditory and olfactory stimuli

👤 Berthold-Losleben M, **Papalini S**, Habel U, Losleben K, Schneider F, Amunts K, Konh N

📅 2021 📖 BMC Neuroscience, 22, 30

Dopamine: From prediction error to psychotherapy

👤 **Papalini S**, Beckers T, Vervliet B

📅 2020 📖 Translational Psychiatry, 10, 164

## FELLOWSHIPS-GRANTS

### Fellowship

**2014 – 2015 Erasmus work placement at Maastricht University, The Netherlands**


**2015 – 2016 PhD visiting at Maastricht University, The Netherlands**

### Grants


**2014 Erasmus+ Grant: work placement at the School for Mental Health and Neuroscience, Maastricht University The Netherlands.**

**2019 FWO Travel Grant: European Meeting on Human Fear Conditioning (EMHFC), Würzburg (Duitsland)**

The effect of background context and relief pleasantness in the recovery of avoidance behaviors

 **Papalini S**, Ashoori M, and Vervliet B


 2020

 Behavior Research and Therapy, 138, 103816


The predictive value of neural reward processing on exposure therapy outcome: Results from a randomized controlled trial

 **Papalini S**, Lange I, Bakker J, Michielse S, Wichers M, Van Amelsvoort T, Goossens L, Schruers K


 2020

 Progress in Neuro-Psychopharmacology and Biological Psychiatry, 8, 92, 339-346


Behavioural pattern separation and its link to the neural mechanisms of fear generalization

 Lange I, Goossens L, Michielse S, Bakker J, Lissek S, **Papalini S**, Verhagen S, Leibold N, Marcelis M, Wichers M, Lievers R, Van Os J, Amelsvoort T, Schruers K


 2020

 Social Cognitive and Affective Neuroscience, 12(11), 1720-1729


Reward Anticipation in Early Expression of Psychotic Disorder: A Functional MRI Approach

 Michielse S, Lange I, Bakker J, Goossens L, **Papalini S**, Verhagen S, Wichers M, Lieverse R, Van Amelsvoort T, Schruers K, Van Os J, Murray G, Marcelis M


 2019

 European Neuropsychopharmacology, vol 29, Iss 12, pp 1374-1385

Stress Matters: a double-blind, randomized controlled trial on the effects of a multispecies probiotics on neurocognition

 **Papalini S\***, Michels F\*, Nils K, Wegman J, Roelofs K, Arias-Vasquez A, Aarts E


 2020

 Neurobiology of Stress, 10, 100141

BOOK CHAPTER: Influences of prolonged fasting on behavioural and brain patterns

 **Papalini S**, Berthold-Losleben M, Kohn N

 2020

 Preedy V., Patel V. (eds) Handbook of Famine, Starvation, and Nutrient Deprivation. Springer, Cham.