

# Dr ILARIA DE LUCA

## 1. PERSONAL DETAILS

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**Private Address:**

**Telephone:**

## 2. AREAS OF RESEARCH AND PROFILE

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### Substance Addictions and Behavioural Science

Interested in the complex problem of novel forms of substance and behavioural addictions from a multidisciplinary point of view. I focused my research on the link between Exercise Addiction and the use of Enhancing Drugs. I have investigated the correlation between internet and social networks misuse on exercise habits and body image perception. Since April 2021, I have been the coordinator of the Early Careers Network on Problematic Internet Use. I have therefore focused my research on monitoring internet and social media use, with particular attention to the Deep Web/Darknet and the risks associated with it.

## 3. EDUCATION

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2017 -	Research Fellow at the University of Hertfordshire, United Kingdom
2018-2022	Postgraduate course in Psychiatry, Department of Neuroscience, Section of Psychiatry, Università Cattolica del Sacro Cuore, Rome, Italy.
2010-2016	Master's degree (110 cum laude\110) in Medicine and Surgery, Faculty of Pharmacy and Medicine, "La Sapienza", University of Rome, Italy.
2005-2010	High School Diploma, Scientific High School "Augusto Righi", Rome

## 4. WORK EXPERIENCE

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- 02/03/2022 – **Psychiatrist Consultant** (Dirigente Medico – Chief Physician) Hospital San Sebastiano Martire, Frascati, Rome *Main tasks included:* specialized clinical activity, diagnosis and treatment of psychiatric patients, administration of drug therapy, compilation of medical records
- 04/2021 - **Coordinator of the Early Careers Network on Problematic Internet Use** part of the E-Cost program (European Cooperation in Science and Technology) *Main tasks included:* organization of events, seminars and congresses, role of coordination and mediation with institutions
- 02/2017 - **Research Fellow** University of Hertfordshire, United Kingdom. *Main tasks included:* carry out literature reviews, contribute to peer-review publications, assist with editorial tasks, analyze the use of internet and social media, monitor the deep web to study its characteristics and potential risks, present at conferences and seminars
- 11/2018 – 11/2022 **Resident Doctor in Psychiatry**, Department of Neuroscience, Section of Psychiatry, Università Cattolica del Sacro Cuore, Rome, Italy. *Main tasks included:* specialized clinical activity, compilation of medical records, research activity, didactic and training activities
- 05/2019 – 05/2021 **Representative of Residents**, Department of Neuroscience, Section of Psychiatry, Università Cattolica del Sacro Cuore, Rome, Italy. *Main tasks included:* organization of work and teaching activities, role of mediation with institutional figures

- 01/2018 – 07/2018 **Resident Doctor in General Medicine**, ASL RM2, Roma, Italy. *Main tasks included*: clinical activities, research activity, didactic and training activities
- 02/2017 – 05/2017 **Internship as Visiting Research Fellow**, University of Hertfordshire, United Kingdom. *Main tasks included*: carry out literature reviews, contribute to peer-review publications, assist with editorial tasks, monitor the internet in regard to illicit drug trends, present at conferences and seminars
- 09/2014 – today **Multicentric Study “Attachment Models and Personality Structure in post-partum depression”**, “Sapienza” University of Rome, Italy. *Main tasks included*: clinical questionnaire administration, data analysis, writing of scientific publications
- 09/2015 – 09/2016 **Medical Student Traineeship**, Department of Psychiatry, Policlinico Umberto I, Rome, Italy. *Main tasks included*: clinical activities, research activity, data collection and statistical analysis
- 06/2014 – 07/2014 **Medical Student Traineeship**, Gastroenterology Department “A” of Policlinico Umberto I, Rome. *Main tasks included*: specialized clinical activity, compilation of medical records
- 01/2013 – 02/2013 **Medical student traineeship**, General Medicine Department “E” of Policlinico Umberto I, Rome. *Main tasks included*: specialized clinical activity, compilation of medical records

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## 5. TRAINING AND PROFESSIONAL DEVELOPMENT

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- November 2018 – Specialised clinical activity, Department of Neuroscience, Section of Psychiatry, Università Cattolica del Sacro Cuore, Rome, Italy.
- January – July 2018 General Medicine course (cardiology, pneumology, infectious diseases, rheumatology), ASL RM2, Roma
- March - May 2017 "Principles of Psychopharmacology and Neurosciences", Postgraduate Course, as part of the MSc in Mental Health Practice, University of Hertfordshire, Hatfield, UK
- February - May 2017 "Service Improvement Project", Postgraduate Course, as part of the MSc in Psychiatric Practice, University of Hertfordshire, Hatfield, UK
- April 2017 “Clinical Observation Day” at Camden and Islington NHS trust, London, UK
- April 2017 “Clinical Observation Day” at St. Pancras Hospital, London, UK
- April 2017 “Clinical Observation Day” at Islington Learning Disability Partnership, Drayton Park, London, UK
- April 2017 “Clinical Observation Day” at the University College, London, UK
- November-December 2015 "Global Health", monographic course
- September-October 2009: "First Aid Course BLS" organized by the Italian Red Cross

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## 6. OTHER APPOINTMENTS AND AFFILIATIONS

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### Editorial Responsibilities

2017

- Guest Editor for the Special Issue on Novel Psychoactive Substances Research and Advances in Psychiatry (2017)
- Editorial Assistant for the book “Novel Psychoactive Substances: Policy, Economics and Drug Regulation”, Corazza O. and Roman-Urrastarazu A., Springer. Berlin: 2017.

### Scientific conferences and events

#### Presentation

- De Luca I., “FITNESS, DOPING & EXERCISE ADDICTION; Image and Performance Enhancing Drugs (IPEDs)”, 15/11/2021, I.R.C.C.S. Centro San Giovanni di Dio Fatebenefratelli (invitation by I.R.C.C.S. Centro San Giovanni di Dio Fatebenefratelli)
- De Luca I., Negri A., Townshend H., Giorgetti V., Cicconcelli D., Bersani F.S., Imperatori C., Corazza O. “Unsupervised supplement intake: an underestimated phenomenon in online fitness settings”, 7th International Conference on Novel Psychoactive Substances, online (due to COVID-19 pandemic), 18-19 November 2020
- Lanzotti P., Modica M., Palumbo L., De Luca I., Caroppo E., Janiri L. “Psychopathology in refugees subjected to the Dublin Regulation: an Italian study”, XXIV National Congress SOPSI (Italian Society of Psychopathology), Rome, 19-22 February 2020
- De Luca I., “Novel Psychoactive Substances”, LUMSA University, Rome, 27 November 2019 (invitation by LUMSA)
- De Luca, I., Negri A., Corazza O. Exercise Addiction: Psychological Interventions and New Pharmacological Perspectives. A Review. XXIII National Congress SOPSI (Italian Society of Psychopathology), Rome, 20-23 February 2019
- Bersani G., De Luca I., Robiony M. “Use of NPS in prison settings in Italy”, 5<sup>th</sup> International Conference on Novel Psychoactive Substances, 23-24 October 2017, Vienna, Austria
- De Luca I. (2017) “Exercise Addiction and the Use of Enhancement Drugs in Fitness Clubs in the UK: a Pilot Study”, 5<sup>th</sup> National Meeting of Young Psychiatrists (21-23 September 2017), Cagliari (Italy)
- De Luca I., “The online diffusion of the Cognitive Enhancer Piracetam”, IES Abroad, 13 March 2017 (invitation by IES)
- De Luca I. (2017) “Exercise Addiction and the Use of Enhancement Drugs in Fitness Clubs in the UK: a Pilot Study”, Annual School of Life and Medical Sciences Research Conference (4 April), University of Hertfordshire, UK
- De Luca I. (2017) “Exercise Addiction and the Use of Enhancement Drugs in Fitness Clubs in the UK: a Pilot Study”, Mental Health Research Showcase (25 April), University of Hertfordshire, UK

#### Attendance

- XXIV National Congress SOPSI (Italian Society of Psychopathology), Rome, June 2022
- XXIV National Congress SOPSI (Italian Society of Psychopathology), Rome, 19-22 February 2020
- 6<sup>th</sup> International Conference on Novel Psychoactive Substances, 23-24 October 2017, Maastricht, Netherlands
- XXIII National Congress SOPSI (Italian Society of Psychopathology), Rome, 20-23 February 2019
- 5<sup>th</sup> International Conference on Novel Psychoactive Substances, 23-24 October 2017, Vienna, Austria
- 5<sup>th</sup> National Meeting of Young Psychiatrists, 21-23 September 2017, Cagliari, Italy
- “Quality Network for Prison Mental Health Services Standards consultation event: 24 hour mental healthcare in prisons”, 25 April 2017, Royal College of Psychiatrists, London

#### Seminars

##### Attendance

- “Phenomenology of Schizophrenia. A matter of perspectives and frames?”, seminar held by dr. P. Parisi, 6 November 2019, Università Cattolica del Sacro Cuore, Rome, Italy.
- “Neuroimaging Markers of disease, risk and resilience to Bipolar Disorder”, seminar held by prof. S. Frangou, 2 October 2019, Università Cattolica del Sacro Cuore, Rome, Italy.
- “Mental Health Throughout Life”, interactive forum, 27 October 2016, University Tor Vergata, Rome, Italy
- “Autism” seminar held by prof. V. Leuzzi, 22 January 2016, Sapienza University of Rome, Italy
- “Hypertension in one day”, seminar on the 11th World Day against Hypertension, 15 May 2015, Sapienza University of Rome, Italy
- “Metabolic Syndrome”, seminar held by prof. G. Baciarello, 6 November 2013, Sapienza University of Rome, Italy
- “Italy-USA Encounter: Criminological Sciences and New Investigative Techniques”, 21 November 2012, Sapienza University of Rome, Italy
- “Spontaneous human mutations and oligogenic diseases”, seminar held by Prof. L. Marcucci, 27 May 2011, Sapienza University of Rome, Italy
- “Alzheimer’s molecular mechanisms”, seminar held by Prof. C. Boitani, 25 May 2011, Sapienza University of Rome, Italy
- “HIV viruses and male gonads”, seminar held by Prof. C. Boitani Sapienza, 20 May 2011, University of Rome, Italy

- "Stem Cell Biology" seminar held by Prof. C. Boitani, 15 April 2011, Sapienza University of Rome, Italy
- "Genetic and Molecular Aspects of Delicate Site X Chromosome Syndrome", seminar held by Prof. A. Antonelli, 12 January 2011, Sapienza University of Rome, Italy

## 7. LANGUAGES

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Italian (*native*), English (*fluent*), French (*basic*), Spanish (*basic*)

## 7. PUBLICATIONS

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### Peer-reviewed publications

#### 2022

- **De Luca I.\***, Di Carlo F.\*, Burkauskas J., Dores A.R., Gómez-Martínez M.A., Demetrovics Z...and Corazza O. Profiling users of image and performance enhancing drugs during the COVID-19 lockdown: a cross cultural perspective (forthcoming)
- Cataldo, I., Burkauskas, J., Dores, A. R., Carvalho, I. P., Simonato, P., **De Luca, I.**, ... & Corazza, O. (2022). An international cross-sectional investigation on social media, fitspiration content exposure, and related risks during the COVID-19 self-isolation period. *Journal of Psychiatric Research*.
- Ceci F, Di Carlo F, Burkauskas J, Salone A, **De Luca I**, Cicconcelli D, Giorgetti V, La Fratta I, Todaro A, Simonato P, Martinotti G, di Giannantonio M, Corazza O. Physical Activity and Exercise Addiction During the Covid-19 Pandemic in Italy. *Int J Ment Health Addict*. 2022 Apr 20:1-21. doi: 10.1007/s11469-022-00815-z. Epub ahead of print. PMID: 35469185; PMCID: PMC9020546.
- Chieffo, D., Avallone, C., Serio, A., Kotzalidis, G. D., Balocchi, M., **De Luca, I.**, ... & Sani, G. (2022). Pregnancy-related psychopathology: A comparison between pre-COVID-19 and COVID-19-related social restriction periods. *World Journal of Clinical Cases*, 10(19), 6370-6384.
- Burkauskas, J.; Fineberg, N.A.; Ioannidis, K.; Chamberlain, S.R.; Bowden-Jones, H.; Griskova-Bulanova, I.; Pranckeviciene, A.; Dores, A.R.; Carvalho, I.P.; Barbosa, F.; Simonato, P.; **De Luca, I.** et al. Online Behaviours during the COVID-19 Pandemic and Their Associations with Psychological Factors: An International Exploratory Study. *Int. J. Environ. Res. Public Health* 2022, 19, 8823. <https://doi.org/10.3390/ijerph19148823>

#### 2021

- Dores AR, Carvalho IP, Burkauskas J, Simonato P, **De Luca I**, Mooney R, Ioannidis K, Gómez-Martínez MÁ, Demetrovics Z, Ábel KE, Szabo A, Fujiwara H, Shibata M, Ventola ARM, Arroyo-Anlló EM, Santos-Labrador RM, Griskova-Bulanova I, Pranckeviciene A, Kobayashi K, Martinotti G, Fineberg NA, Barbosa F, Corazza O. Exercise and Use of Enhancement Drugs at the Time of the COVID-19 Pandemic: A Multicultural Study on Coping Strategies During Self-Isolation and Related Risks. *Front Psychiatry*. 2021 Mar 10;12:648501. doi: 10.3389/fpsy.2021.648501. PMID: 33776822; PMCID: PMC7988429.
- Janiri D, Conte E, **De Luca I**, Simone MV, Moccia L, Simonetti A, Mazza M, Marconi E, Monti L, Chieffo DPR, Kotzalidis G, Janiri L, Sani G. Not Only Mania or Depression: Mixed States/Mixed Features in Paediatric Bipolar Disorders. *Brain Sci*. 2021 Mar 29;11(4):434. doi: 10.3390/brainsci11040434. PMID: 33805270; PMCID: PMC8065627.
- Al-Sarraf A, Bewley A, **De Luca I**, Prilutskaya M, Corazza O. Image enhancing drugs: A narrative review on the motivational risk factors influencing skin lightening use, *Emerging Trends in Drugs, Addictions, and Health*, Volume 1, 2021,100009, ISSN 2667-1182, <https://doi.org/10.1016/j.etched.2021.100009>.

- Shibata M, Burkauskas J, Dores AR, Kobayashi K, Yoshimura S, Simonato P, **De Luca I**, Cicconcelli D, Giorgetti V, Carvalho IP, Barbosa F, Monteiro C, Murai T, Gómez-Martínez MA, Demetrovics Z, Ábel Krisztina E, Szabo A, Ventola ARM, Arroyo-Anlló EM, Santos-Labrador RM, Griskova-Bulanova I, Pranckeviciene A, Bersani G, Fujiwara H, Corazza O. Exploring the Relationship Between Mental Well-Being, Exercise Routines, and the Intake of Image and Performance Enhancing Drugs During the Coronavirus Disease 2019 Pandemic: A Comparison Across Sport Disciplines. *Frontiers in Psychology*. Vol 12. 2021. DOI=10.3389/fpsyg.2021.689058. ISSN1664-1078

## 2019

- Corazza, O., Simonato, P., Demetrovics, Z., Mooney, R., van de Ven, K., Roman-Urrestarazu, A., Rácmolnár, L., **De Luca, I.**, Cinosi, E., Santacroce, R., Marini, M., Wellsted, D., Sullivan, K., Bersani, G., & Martinotti, G. (2019). The emergence of Exercise Addiction, Body Dysmorphic Disorder, and other image-related psychopathological correlates in fitness settings: A cross sectional study. *PLoS one*, 14(4), e0213060. <https://doi.org/10.1371/journal.pone.0213060>

## 2017

- **De Luca, I.**, Simonato P., Mooney, R., Bersani, G., Corazza O. (2017) Can Exercise Be An Addiction? The Evolution of 'Fitspiration' in Society, *Research and Advances in Psychiatry* (2017).

## Peer-reviewed posters

- **De Luca I.**, Negri A., Townshend H., Giorgetti V., Cicconcelli D., Bersani F.S., Imperatori C., Corazza O. "Unsupervised supplement intake: an underestimated phenomenon in online fitness settings", 7th International Conference on Novel Psychoactive Substances, online (due to COVID-19 pandemic), 18-19 November 2020
- Lanzotti P., Modica M., Palumbo L., **De Luca I.**, Caroppo E., Janiri L. "Psychopathology in refugees subjected to the Dublin Regulation: an Italian study", XXIV National Congress SOPSI (Italian Society of Psychopathology), Rome, 19-22 February 2020
- **De Luca, I.**, Negri A., Corazza O. Exercise Addiction: Psychological Interventions and New Pharmacological Perspectives. A Review. XXIII National Congress SOPSI (Italian Society of Psychopathology), Rome, 20-23 February 2019
- **De Luca, I.**, Mooney, R., Puparella, R., Roman-Urrestarazu, A., Simonato, P., Martinotti, G., Cinosi, E., Corazza, O. (2017) Exercise Addiction and the use of enhancement drugs in fitness clubs in the United Kingdom. 5<sup>th</sup> National Meeting of Young Psychiatrists (21-23 September 2017), Cagliari (Italy)
- **De Luca, I.**, Mooney, R., Puparella, R., Roman-Urrestarazu, A., Simonato, P., Martinotti, G., Cinosi, E., Corazza, O. (2017) Exercise Addiction and the use of enhancement drugs in fitness clubs in the United Kingdom. Annual Research Conference of the School of Life and Medical Science (04 April) & Research Showcase (25 April), University of Hertfordshire, Hatfield, United Kingdom.

## Other scientific publications

- **De Luca I.**, "Fitspiration and Role of Social Media", chapter contribution to "From exercise to addiction: The fitspirational era of image and performance enhancement" Corazza O., Bowden-Jones H., Cambridge University Press (2022)
- **De Luca, I.**, Shafi, A., Corazza, O. (2017) Novel Psychoactive Substances in Prison: current challenges and future perspectives. *Quality Network Newsletter for Prison Mental Health Services* (2017).

## Other scientific activities

- Contributed to the development of three films for the public promotion of Science:

Choose your Game (2022), European Network on the Problematic Use of the Internet, COST Action CA16907, European Commission;  
Hooked in the mirror (2022), European Network on the Problematic Use of the Internet, COST Action CA16907, European Commission;  
Learning to Deal with the Problematic Use of the Internet (2022), COST Action CA16907, European Commission.

## **8 - RESEARCH INCOME**

- E-COST (Short Term Scientific Mission October 2021- November 2021), The Role of Social Media Trends on Body Image Disturbancies, 3500€