

University Academic Curriculum Vitae

Education since leaving school

- 2019, Bachelor's Degree in Educational Sciences L-19 (DM 270), Roma Tre University.
- 2021, Master's Degree in Pedagogical Sciences LM-85, Roma Tre University.
- 2024, PhD in Social, Developmental, and Educational Psychology, Sapienza University of Rome.

Present appointment

- Title of appointment: Research Fellow
- Start of appointment: 01/11/2025
- Level of appointment: Postdoctoral Research Fellow
- Employer: Free University of Bozen-Bolzano
- Brief description of responsibilities: Engaged as Research Fellow within the project “ProBen2024_0000008 – Four Challenges for Well-being 2.0: A Model of Intervention to Counter Behavioral and Pathological Addictions (4CH4WB 2.0)”, funded by the Italian Ministry of University and Research (MUR). Actively involved in all project Work Packages managed by the Faculty of Education, under the supervision of Prof. Antonella Brighi. Responsibilities include administering and analyzing survey data on healthy and problematic social behaviors and psychological distress predictors, and designing, implementing, and evaluating psychoeducational interventions. Additional duties comprise database management, statistical analysis, collaboration in scientific dissemination (conference presentations, publications, and project reports), and contribution to knowledge transfer activities related to prevention and intervention on behavioral addictions, particularly those associated with Internet use.

Chronological list of all previous employments (each with job title, starting and finishing dates, level, employer, responsibilities)

Professional experience

From / to	Job title	Name of academic Institution	Academic level	responsibilities
01 November 2024/ 31 October 2025	Postdoctoral Research Fellow	Roma Tre University	PhD	Co-designed and co-conducted the Applied Shakespeare project, an extracurricular theatre-based intervention aimed at fostering linguistic and socio-emotional competencies in high school students. Oversaw all phases of the research, from preliminary contacts with schools and logistical organization to data collection, database management, and advanced statistical analyses (e.g., repeated measures ANOVA, Propensity Score Matching). Contributed to the writing of scientific outputs and dissemination of findings through conference presentations

				and manuscript preparation. Additionally, carried out teaching activities as Adjunct Lecturer in Developmental Psychology
February 2021 / May 2021	Substitute Teacher	Istituto S. Francesca Saverio Cabrini, Rome	School teacher	Taught in kindergarten and primary school classes as a substitute teacher, supporting daily learning activities and classroom management.

Experience in academic teaching

2025: Adjunct Professor, University of Perugia, Department of Philosophy, Social, Human and Educational Sciences.

- Courses: Developmental Psychology (Infancy 0–3) and Workshop in Developmental Psychology (Infancy 0–3).
- Subject area: GSD 11 / PSIC-02 (formerly SSD M-PSI/04).
- Academic level: Undergraduate (Bachelor's Degree in Educational Sciences, Childhood track).
- Course value: 11 ECTS.
- OPIS - Student evaluation: Overall student evaluation score: 8.25/10 (Course average: 8.42/10).
- Summary of significant personal achievements in teaching: Independently designed and organized an undergraduate course in Developmental Psychology, including the selection of textbooks and teaching materials, and planning of lectures. Successfully conducted two practical workshops focused on developmental psychology research methods, guiding students on how to carry out empirical studies in the field. Designed and managed a laboratory course autonomously, teaching students how developmental psychology is practiced in scientific contexts. Implemented innovative and alternative teaching methodologies beyond traditional lectures to actively stimulate student learning and engagement.
- Postgraduate supervision (PhD level): 0

2022–2025: Subject Expert, Roma Tre University, Department of Science Education.

- Courses: Developmental Psychology for Inclusion; Developmental Psychopathology; Orientation Psychology.
- Subject area: GSD 11/PSIC-02; GSD 11/PSIC-04.
- Academic level: Undergraduate (Bachelor's Degree in Educational Sciences, Childhood track).
- Course values: 9 ECTS, 8 ECTS; 6 ECTS.
- Summary of significant personal achievements in teaching: Gained substantial experience in managing student groups and fostering positive teacher-student relationships. Developed teaching methodologies, including the creation of practical exercises and laboratory sessions, to support applied learning and enhance student engagement. Contributed to course delivery, examinations, and guidance, integrating research findings into teaching to strengthen students' understanding of psychological theory and practice.

Other academic responsibilities

Member of the Organizing Committee for the Albert Bandura Centenary Conference (Rome, Italy, 27–28 November 2025, Roma Tre University/Sapienza University of Rome).

Memberships

2021–Present: Associate Member of the Italian Psychology Association (AIP), Developmental and Educational Psychology section.

2025–Present: Regular member of the European Association of Developmental Psychology (EADP).

Research and scholarships

- My recent research focus has been on the well-being of university students. I've approached this topic from several perspectives: using experimental methodologies, I've evaluated the benefits of an intervention to enhance learning in the university environment, using digital environments, cooperative learning, and serious games; at the same time, a correlational study has assessed which key dimensions influence well-being and university adjustment.
- In previous years, I have studied the emotions of sadness and happiness in children, investigating their expression, regulation, and socialization. At the same time, with international colleagues, we have structured research projects on interpersonal emotional regulation in the school context, evaluating its socio-psychological impact.
- Among the most interesting results obtained is undoubtedly the exploration of sadness in children from an innovative perspective. The results of mixed-method and network analysis approaches have allowed us to distinguish between a positive and a negative dimension of sadness, not only theoretically but also empirically. Furthermore, work with international research teams has allowed us to evaluate an original dimension in the study of emotions: interpersonal emotional regulation, with an evolutionary perspective on children's development.
- Collaboration on the research project: "Happiness in children," conducted by Sapienza University of Rome, supervised by Prof. Roberto Baiocco.
- Collaboration on the research project: "Attentional biases and attachment styles," conducted at Roma Tre University, supervised by Prof. Sabrina Fagioli and Prof. Susanna Pallini.
- Collaboration on the research project: "Diversity Assessment for Inclusion (DAI): Promotion of an increasingly welcoming, attentive, and open workplace to identity pluralities," conducted at ENAV S.p.A., in collaboration between Sapienza University of Rome and ENAV S.p.A., supervised by Prof. Roberto Baiocco and Prof. Jessica Pistella.

Date granted	Award Holder(s)	Funding Body	Title	Amount received
2024	Edoardo Saija (Principal Investigator).	Sapienza University of Rome	Extrinsic emotion regulation and school well-being: a network analysis in school-aged children	€2,400
2023	Edoardo Saija (Principal	Sapienza University of	Psycho-physiological aspects of sadness in	€1,000

	Investigator).	Rome	children: attachment, emotion socialization, and social competence	
2023	Dora Bianchi (Principal Investigator), Edoardo Saija (Component)	Sapienza University of Rome	Binge behaviors and developmental tasks of emerging adulthood: A developmental interpretation of vulnerability to problem eating and drinking patterns.	€30,000
2022	Roberto Baiocco (Principal Investigator), Edoardo Saija (Component)	Sapienza University of Rome	Internalized sexual stigma, feeling safe in social contexts, and identity development in lesbian and bisexual women.	€10,000

Publications

Saija, E., Pallini, S., Baiocco, R., Ioverno, S. (2025). Children's Narratives of Sad Events: Attachment Security and Psychopathological Symptoms. *Psicothema*, 37(2), 50–60. <https://doi.org/10.70478/psicothema.2025.37.16>

Saija, E., López-Pérez, B., Ambrona, T., Zuffianò, A. (2025). and Development and Validation of the Children's and Adolescents' Wellbeing at School Scale. *Scandinavian Journal of Psychology*. <https://doi.org/10.1111/sjop.70011>

Saija, E., Pallini, S., Baiocco, R., Pistella, J., Ioverno, S. (2025). Sharing, Comforting, and Helping in Middle Childhood: An Explorative Multimethod Study. *Child Indicators Research*, 8(1), 401–421. <https://doi.org/10.1007/s12187-024-10198-3>

Saija, E., Pallini, S., Lonigro, A., Baiocco, R. (2025). Children's Respiratory Sinus Arrhythmia Reactivity During Sadness Eliciting Tasks: A Meta-Analytic Review. *Psychology Hub*, 42(2), 29–42. <https://doi.org/10.13133/2724-2943/18567>

Saija, E., Cervin, M., Baiocco, R., Barcaccia, B., Ioverno, S., Pallini, S. (2024). Dispositional and State Sadness, Interpersonal Features, and Internalizing and Externalizing Symptoms: A Network Analysis. *Journal of Applied Developmental Psychology*, 94, 101678. <https://doi.org/10.1016/j.appdev.2024.101678>

Izzo, F., Saija, E., Pallini, S., Ioverno, S., Baiocco, R., Pistella, P. (2024). Happy Moments between Children and their Parents: A Multi-method and Multi-informant Perspective. *Journal of Happiness Studies*, 25(31). <https://doi.org/10.1007/s10902-024-00735-w>

Izzo, F., Saija, E., Pallini, S., Ioverno, S., Baiocco, R., & Pistella, J. (2024). The sources of happiness in preadolescence and adolescence: A multi-method and multi-informant perspective. *Child Indicators Research*, 17(3), 953–983. <https://doi.org/10.1007/s12187-024-10113-w>

Saija, E. (2024). The experience of sadness in middle-childhood: Coping strategies, attachment, temperamental traits, and interpersonal features (Doctoral dissertation). Sapienza University of Rome.

Saija, E., Ioverno, S., Baiocco, R., Pallini, S. (2023). Children Experiencing Sadness: Coping Strategies and Attachment Relationship. *Current Psychology*, 42(17), 14474–14483. <https://doi.org/10.1007/s12144-022-02771-2>

Pallini, S., Marella, D., Bove, G., *Saija, E.*, Laghi, F., Barcaccia, B. (2023). Attachment and Complicated Grief: A Retrospective Study. *Psychology Hub*, 40(2), 25–30. <https://doi.org/10.13133/2724-2943/17989>

Conference presentation

Saija, E., Giacchi, I., Ioverno, S., Zava, F. (2025). Fattori personali e sociali del benessere psicologico degli studenti universitari: un approccio di Network Analysis. Oral Presentation, XXXVII National AIP Conference, Developmental and Educational Psychology Section. 15-17 September. Udine, Italy.

Pennacchia, M., *Saija, E.*, Pallini, S., Compagnoni, M., Vecchio, G.M. (2025). Effetti di un intervento teatrale sull'assunzione di prospettiva, l'assertività e la conoscenza di Shakespeare e della lingua inglese in studenti di scuola superiore. Oral Presentation, XXXVII National AIP Conference, Developmental and Educational Psychology Section. 15-17 September. Udine, Italy.

Saija, E., Pallini, S., Ioverno, S., Baiocco, R., Pistella, J. (2025). Engaging with Students' Sadness: A Multi-Method Approach to Exploring the Emotion Socialization Behaviors of Primary School Teachers. Oral Presentation, European Conference on Developmental Psychology (ECDP 2025). 25-29 August. Vilnius, Lithuania.

Saija, E., Pallini, S., Baiocco, R., Pistella, J., Lonigro, A., Ioverno, S. (2024). Exploring prosocial responses to peer sadness in school-aged children: Empathy, prosocial motivation, and contextual factors. Contribution in Symposium, XXXVI National AIP Conference, Developmental and Educational Psychology Section. 19-21 September. Cagliari, Italy.

Saija, E., Barcaccia, B., Cervin, M., Ioverno, S., Izzo, F., Baiocco, R. (2023). Tristezza di stato e tristezza disposizionale: Relazione tra esperienza della tristezza, componenti sociali e problemi psicopatologici. Contributo in Simposio. Contribution in Symposium, XXXV National AIP Conference, Developmental and Educational Psychology Section. 25-27 September, Foggia, Italy.

Izzo, F., *Saija, E.*, Pistella, J., Pallini, S., Baiocco, R. (2023). Le fonti di felicità in pre-adolescenza e adolescenza: Una prospettiva multi-metodo e multi-informant. Contribution in Symposium, XXXV National AIP Conference, Developmental and Educational Psychology Section. 25-27 September, Foggia, Italy.

Saija, E., Saliari, A. M., Barcaccia, B. (2022). Adolescents' forgiveness as a mechanism of self-regulation of depressive feelings. Contribution in Symposium, XXX National AIP Conference, All Sections. 27-30 September, Padua, Italy.

Izzo, F., *Saija, E.*, Pallini, S., Pistella, J., Baiocco, R. (2022). La felicità in famiglia: un'analisi qualitativa dei momenti felici tra genitori e figli. Poster, 14th National Days of Positive Psychology, 10 June, Naples, Italy.

Izzo, F., *Saija, E.*, Pallini, S., Pistella, J., Baiocco, R. (2022). The Best Time with my Mom and Dad: Children's Happiness from the Point of View of the Child, the Mother, and the Father. Contribution in Symposium, XXX National AIP Conference, All Sections. 27-30 September, Padua, Italy.

Flavia, I., *Saija, E.*, De Simone, A., Pistella J. (2021). Con gli occhi dei bambini: una ricerca qualitativa sulla felicità in un gruppo di bambini e preadolescenti italiani. Contribution in Symposium, XXXIII National AIP Conference, Developmental and Educational Psychology Section, 20-22 September, Bari, Italy.

Saija, E., Ioverno, S., Baiocco, R., Pallini, S. (2021) I bambini di fronte alla tristezza: strategie di coping e relazioni d'attaccamento. Contributo in Simposio, XXXIII Contribution in Symposium, XXXIII National AIP Conference, Developmental and Educational Psychology Section, 20-22 September, Bari, Italy.

Methodological skills (statistical methods)

Winter School: Latent Class Analysis and Latent Profile Analysis - Theoretical Introduction and Applications in Mplus (Prof. Angela Sorgente, Università Cattolica del Sacro Cuore, Milan, Italy). This course introduced Latent Class Analysis (LCA) and Latent Profile Analysis (LPA) models, which fall under the person-centered approach. These models identify homogeneous subgroups of participants characterized by a specific profile of responses to observed variables. (16-18 December 2024)

Summer School: Introduction to Data Analysis with R (Prof. Fabio Presaghi, Sapienza University of Rome, Rome, Italy). The Summer School provided parallel training on the theory and practice of the statistical software R language and the creation of scripts useful for data analysis. (22-26 May 2023)

Summer School: The General, Mixed, and Generalized Linear Model with jamovi software (Prof. Antonio Chirumbolo, & Prof. Marcello Gallucci, Sapienza University of Rome, Rome). The Summer School provided parallel training on the theory and practice of the jamovi statistical software language. (19-23 June 2023)

Summer School: Advanced and Multivariate Techniques for Data Analysis with jamovi (Prof. Antonio Chirumbolo, Sapienza University of Rome, Rome). The Summer School covered advanced and multivariate statistical techniques from both a theoretical and practical perspective. (6-10 June 2022)

International experience

Visiting period at the University of Manchester. Supervisor: Belén López-Pérez, Lecturer in Psychology, Division of Psychology, Neuroscience, and Human Communication. (4 March – 1 June 2024)

Reviewer activities

- Journal of Happiness Study
- Journal of Early Adolescence
- Frontiers in Psychiatry
- Child Indicators Research
- International Journal of Psychology

Language competence

- Italian
- Written: C2
 - Spoken: C2

English

- Written: B2
- Spoken: B2

Spanish

- Written: A2
- Spoken: A2

Date

01/11/2025