

CURRICULUM VITAE

CIRO ESPOSITO

Psychologist,

PhD in Mind, Gender and Language

Assistant Researcher in Social Psychology – S.S.D. PSIC-03/A (formerly M-PSI/05)

Department of Humanities, University of Foggia

The curriculum is divided into:

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a) Training:

From January 2018 to October 2021

PhD in Mind, Gender and Language (XXXIII cycle) – European Label

Title obtained on 10/13/2021 at the Department of Humanities, University of Naples Federico II, with a grade: Excellent cum Laude.

Thesis entitled: “What makes you feel good? Well-being in a gender and mattering lens”.

The thesis aimed to study individual, interpersonal, social and community well-being and the factors that influence it, in the light of a gender perspective and in the context of Community Psychology. The factors mainly investigated were: the perception of social justice, equity and gender discrimination and mattering, or the perception of being important for oneself and for others. The results of the thesis offer interesting indications for the development of further research and interventions aimed at promoting the well-being of individuals and the community.

The work was presented at national and international conferences.

From October 2013 to February 2016

Master's Degree in Clinical, Dynamic and Community Psychology, with a grade of 110/110.

At the Department of Humanistic Studies, University of Naples Federico II.

Thesis in Community Psychology (PSIC-03/A), entitled: "Well-being and justice: the link between moral orientation and life satisfaction".

Supervisor: Prof. Caterina Arcidiacono

b) Research activity:

From 21/10/2024 to today

Project “The four challenges for the promotion of psycho-physical wellbeing: an intervention model to combat pathological and behavioral addictions Acronym: 4CH4WB (4 challenges 4 wellbeing)” – PRO.BEN CALL (Italian Ministry of University and Research).

This project is proposed as an action-research intervention to promote wellbeing during the pre-degree course of university and AFAM students within the consortium (unifg, unimol, univr, unibz, uniroma europea, Foggia Conservatory and Verona Conservatory) in the domains identified by the I COPPE model (grouped into 4 domains: interpersonal-psychological, physical, economic-occupational, community), also through the prevention and combating of behavioral and pathological addictions. The partnership will propose (a) common actions - interventions, impact assessment and replicability and sustainability of the same - and (b) local actions aimed at students in their territory, in order to respect the peculiarities and needs of the same.

From 22/12/2022 to today

Scientific manager of the project “COS(GENDER)PLAY: Fighting gender stereotypes through play”.

The aim of the project is to promote the psychological well-being of young women through the use of a digital tool that can educate men on gender differences, increasing their awareness of stereotypes and sexist attitudes and behaviors. The project includes four phases: the first phase will aim to deepen the state of the art regarding the use of digital tools for the prevention and promotion of the psychological well-being of young women; the second phase will outline the “typical situations” of everyday life, in which a young woman can be a victim of gender stereotypes and sexist attitudes or behaviors in adolescence; the third phase aims at identifying and applying a serious game that can develop awareness of gender issues in male adolescents; the fourth phase will finally aim at providing an evaluation of the project’s impact.

The project has obtained funding as a winning result for the PRA 2023 – University of Foggia.

References:

- Sulla, F., Agueli, B., Lavanga, A., Logrieco, M. G. M., Fantinelli, S., & Esposito, C. (2025). Analysis of the Development of Gender Stereotypes and Sexist Attitudes Within a Group of Italian High School Students and Teachers: A Grounded Theory Investigation. *Behavioral Sciences*, 15(2), 230. <https://doi.org/10.3390/bs15020230>
- Esposito, C., Sulla, F., Toto, G. A., Berardinetti, V., Lavanga, A., Savino, F. P., ... & Ascorra Costa, M. E. P. (2024). Promoting well-being from a gender perspective: A systematic review of interventions using digital tools and serious games. *Behavioral Sciences*, 14(11), 1052. <https://www.mdpi.com/2076-328X/14/11/1052>

From 01/12/2022 to today

Scientific responsible for the project “Gender, college career choices, and well-being”.

The project aims to investigate the effect of sexism on perceived self-efficacy in career decision-making and on the well-being of university students. The main hypothesis is that experiences of sexism, sexist attitudes, perceived sexism in the field of study and gender typicality have significant effects on self-efficacy in choosing an academic career and on well-being. It is also hypothesized that these effects are mediated by two variables: parental congruence and mattering. The hypotheses will be tested: in male-dominated areas (STEM), to examine the effect of discrimination against female students; and in female-dominated areas, to detect the phenomenon of the glass escalator. The project will compare the data collected in two different European countries: Italy and Turkey. Participating subjects:

Prof. Stefania Fantinelli, University of Foggia

Prof. Francesco Sulla, University of Foggia

Prof. Esra Dasci, Kastamonu Üniversitesi, Kastamonu (Turkey)
Prof. Concetta Esposito, University of Naples Federico II

2022-2023

Participation as scientific referent for the University of Foggia in the CUIA Call for the co-financing of inter-university initiatives Italy - Argentina 2023, for the project "Transculturality and Transgenerationality: A biopsychosocial and generational approach to the phenomenon of immigration between Italy and Argentina".

The project aims at the exchange of teachers and students in order to facilitate joint activities, through the construction, identification and description of the individual and collective memory of the young generations on the migratory processes between Italy and Argentina.

Participating subjects:

Caterina Arcidiacono, University of Naples Federico II

Prof. Antonio Ismael Lapalma, Universidad del Museo Social Argentino (UMSA)

From 12-15-2021 to 12-14-2024

National research project "Promotion of well-being in the University of Foggia - Pro.Be."

The project aims to: a) Improve the level of perceived well-being of students, professors and administrative staff of the University of Foggia; b) Increase the awareness of all those who live in the university context to actively promote and support actions to improve individual and collective conditions of well-being in the academic context; and c) Propose a model of good practice for promoting academic well-being transferable to other academic contexts.

Participating subjects

Prof. Caterina Arcidiacono, University of Naples

Prof. Daniela Dato, University of Foggia

Prof. Emanuela Ingusci, University of Salento

Prof. Pierpaolo Limone, University of Foggia

Prof. Terri Mini Mannarini, University of Salento

Prof. Antonia Giusi Toto, University of Foggia

References:

- Signore, F., Esposito, C., Di Napoli, I., Agueli, B., Ingusci, E., Mannarini, T., Toto, G. A., Arcidiacono, C., & Fantinelli, S. (2024) Social dimensions as resources in promoting academic well-being: The case study of the University of Foggia. *Frontiers in Psychology*, 15, 1347532. <https://doi.org/10.3389/fpsyg.2024.1347532>

From 9 July 2021 to 8 January 2022

Research grant

Scholarship holder in the project: Yalla! Social Community Services, funded by the Asylum, Migration and Integration Fund (FAMI) 2014 - 2020, O.S.2 "Integration/Legal Migration" – National Objective ON3 – "Capacity Building" – "Governance and services – Support for local authorities".

Project manager: Prof. Caterina Arcidiacono.

At: Department of Humanities, University of Naples Federico II.

From April 2020 to April 2021

Research activity within the project "FAMI YALLA 2014-2020"

Participation in the definition of the research design, data collection and their quantitative-qualitative analysis. The aim of the research was to detect the activities carried out by the referents of the services directed to migrants and school referents in their relational experience with foreign students.

Project manager: Prof. Caterina Arcidiacono.

At: Department of Humanities, University of Naples Federico II.

From June 2020 to December 2020

Research activity within the project “CTRL+ALT+DEL”

Participation in the definition of the research design, data collection and their qualitative analysis. This research aimed to detect the representation of gender-based violence by operators of specialized centers and stakeholders, with particular reference to forms of online violence. The purpose of this survey was to develop a sense of virtual identity and promote responsible use of the network, in order to avoid phenomena such as the non-consensual sharing of sexually explicit images, due to the violation of one's privacy.

Project manager: Prof. Caterina Arcidiacono.

At: Department of Humanities, University of Naples Federico II.

From March 2020 to today

Research project entitled: "Personal and community story telling in times of Covid-19".

The project aimed to explore the level of well-being of Italians during the COVID emergency phase, to identify guidelines for the emergency, promote good practices of support and community resilience. Young university students enrolled in the three-year psychology course were involved, who were asked to fill out a questionnaire regarding the emotional and relational experiences connected to the lockdown period.

Scientific manager: Prof. Caterina Arcidiacono, Department of Humanities, University of Naples Federico II.

Partners: University of Florence; University of Genoa; Catholic University of the Sacred Heart, Milan-Brescia; University of Palermo; University of Turin; University of Valle d'Aosta.

References:

Di Napoli, I., Guidi, E., Arcidiacono, C., Esposito, C., Marta, E., Novara, C., Procentese, F., Guazzini, A., Agueli, B., Gonzales Leone, F., Meringolo, P., & Marzana, D. (2021). Italian community psychology in the Covid 19 Pandemic: Collective dimensions in storytelling of University students. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2021.571257>

- Procentese, F., Esposito, C., Gonzalez Leone, F., Agueli, B., Arcidiacono, C., Freda, M. F., & Di Napoli, I. (2021). Psychological Lockdown Experiences: Downtime or an Unexpected Time for Being? *Frontiers in Psychology*, 12, 1159. <https://doi.org/10.3389/fpsyg.2021.577089>
- Migliorini, L., De Piccoli, N., Cardinali, P., Rollero, C., Marzana, D., Arcidiacono, C., Guidi, E., Esposito, C., Novara, C., Fedi, A., Marta, E., Guazzini, A., Meringolo, P., Monaci, M.G., Agueli, B., Procentese, F., & Di Napoli, I. (2021). Contextual influences on Italian university students during the covid-19 lockdown: Emotional responses, coping strategies and resilience. *Community Psychology in Global Perspective (CPGP)*, 7(1), 71-87. <https://doi.org/10.1285/i24212113v7i1p71>
- Marzana, D., Novara, C., De Piccoli, N., Cardinali, P., Migliorini, L., Di Napoli, I., Guidi, E., Fedi, A., Rollero, C., Agueli, B., Esposito, C., Marta, E., González Leone, F., Guazzini, A., Meringolo, P., Arcidiacono, C., & Procentese, F. (2021). Community dimensions and emotions in the era of COVID-19. *Journal of Community & Applied Social Psychology*, 1-16. <https://doi.org/10.1002/casp.2560>

March 2020 to today

Research project: “Action research of monitoring and listening to employees of the University of Federico II in agile work”.

The project, in collaboration with the University CUG, had the aim of exploring the relationships, emotions and well-being of employees of the University of Naples Federico II during the Covid-19 pandemic. In particular, the aims were: to offer a collective monitoring tool of the experience, to investigate the moods

connected to having to stay at home, away from social relationships and activities and finally to understand the impact of “agile” work in times of emergency.

Scientific director: Prof. Caterina Arcidiacono, Department of Humanistic Studies, University of Naples Federico II.

Reference:

- Esposito, C., Agueli, B., Arcidiacono, C., & Di Napoli, I. (2021) Remote working emotional and relational experience during COVID-19 pandemic: A study on well-being of Italian university scholars and clerks. *Psychology Hub Journal*, under review.

From June 2017 to today

International research project: “Well-being, Mattering and Social Justice”.

The research project involves the University of Naples Federico II and the School of Education and Human Development, University of Miami (Scientific director: Prof. Isaac Prilleltensky).

The research project aimed to adapt the I COPPE scale (already validated in the American context) in the Italian context (contact Prof. Caterina Arcidiacono), Argentine (contact Prof. Adrian Chirre, Universidad Nacional de Tucumán) and Spanish (contact Prof. Ruben David Fernandez Carrasco, Universitat de Barcelona).

A further objective of the international research project is to measure the relationship between well-being, mattering and social justice in different geographical and cultural contexts.

References:

- Di Martino, S., Di Napoli, I., Esposito, C., Prilleltensky, I., Arcidiacono, C. (2018). Measuring subjective well-being from a multidimensional and temporal perspective: Italian adaptation of the I COPPE scale. *Health and Quality of Life Outcomes*, 16, 88. <https://doi.org/10.1186/s12955-018-0916-9>
- Esposito, C., Di Napoli, I., Di Martino, S., Prilleltensky, I., & Arcidiacono, C. (2021). The I COPPE Scale Short Form for measuring multidimensional well-being: Construct validity and reliability from US, Argentinian, and Italian large samples. *Journal of Community Psychology*, <https://doi.org/10.1002/jcop.22659>
- Esposito, C. (2021). What makes you feel good? Well-being in a gender and mattering lens [Doctoral dissertation]. University of Naples Federico II.

From November 2017 to March 2018

Participation in the drafting of the European Project “Violent Dad in Child Shoes - ViDaCS” for the creation of a serious game.

The project was funded by Rights, Equality and Citizenship (REC) Programme of the European Commission, Project number 810449.

The project involved the definition and development of a serious game. The innovative technological tool allows you to enter a virtual reality in which a parent can experience the experiences and emotions of children who witness episodes of domestic violence.

References:

- Di Napoli, I., Carnevale, S., Esposito, C., Block, R., Arcidiacono, C., & Procentese, F. (2020). “Kept in Check”: Representations and Feelings of Social and Health Professionals Facing Intimate Partner Violence (IPV). *International Journal of Environmental Research and Public Health*, 17(21), 7910. <https://doi.org/10.3390/ijerph17217910>
- Procentese, F., Fasanelli, R., Carnevale, S., Esposito, C., Pisapia, N., Arcidiacono, C., & Napoli, I. D. (2020). Downside: the perpetrator of violence in the representations of social and health professionals. *International Journal of Environmental Research and Public Health*, 17(19), 7061. <https://dx.doi.org/10.3390%2Fijerph17197061>

- Carnevale, S., Di Napoli, I., Esposito, C., Arcidiacono, C., & Procentese, F. (2020). Children witnessing domestic violence in the voice of health and social professionals dealing with contrasting gender violence. *International journal of environmental research and public health*, 17(12), 4463. <https://doi.org/10.3390/ijerph17124463>
- Di Napoli, I., Procentese, F., Carnevale, S., Esposito, C., & Arcidiacono, C. (2019). Ending intimate partner violence (IPV) and locating men at stake: An ecological approach. *International journal of environmental research and public health*, 16(9), 1652. <https://doi.org/10.3390/ijerph16091652>

c) Teaching activity:

1) Teaching ownership

- **Academic year 2024-2025**

Teacher of **Social Psychology – Modules: Methodology and Laboratory** (PSIC-03/A) (96 hours), for the Bachelor's Degree in Psychological Sciences and Techniques, University of Foggia.

Teacher of **Work Psychology** (PSIC-03/B) (36 hours), for the Bachelor's Degree in Psychological Sciences and Techniques, University of Foggia.

Teacher of **Work and Organizational Psychology** (PSIC-03/B) (64 hours), for the Bachelor's Degree in Administrative and Organizational Sciences, University of Foggia.

Holder of the Practical Evaluation Internship (TPV) activity “**Research and Intervention Methods in Social Psychology**” (PSIC-03/A) (20 hours), for the Bachelor's Degree in Psychological Sciences and Techniques, University of Foggia.

Holder of the course **Psychology of groups and intervention in school communities** (PSIC-03/A) (36 hours), for the Master's Degree in School Psychology, University of Foggia.

Holder of the course **Psychology of orientation and organizational well-being** (PSIC-03/B) (6 CFU: 36 hours), for the Master's Degree in School Psychology, University of Foggia.

Holder of the Practical Evaluation Internship (TPV) activity “**Laboratory of Techniques for psycho-social promotion**” (PSIC-03/A) (20 hours), for the Master's Degree in School Psychology, University of Foggia.

Holder of the teaching **Elements of community psychology for intervention in sports groups** (PSIC-03/A) (36 hours), for the Three-year Degree in Sports Sciences, University of Foggia.

Co-holder of the teaching **Social Psychology** (PSIC-03/A) (12 hours), for the Degree in Medicine and Surgery, University of Foggia.

- **Academic year 2023-2024**

Teacher of **Social Psychology – Module I: Methodology** (PSIC-03/A) (36 hours), for the Bachelor's Degree in Psychological Sciences and Techniques, University of Foggia.

Teacher of the Practical Evaluation Internship (TPV) activity “**Laboratory of Techniques for psycho-social promotion**” (PSIC-03/A) (20 hours), for the Master's Degree in School Psychology, University of Foggia.

Teacher of the **Psychology of Well-being** (PSIC-03/A) (36 hours), for the Bachelor's Degree in Sports Sciences, University of Foggia.

Lecturer in **Social Psychology** (PSIC-03/A) (15 hours), for the Bachelor's Degree in Dental Hygiene, University of Foggia.

- **Academic year 2022-2023**

Lecturer in **Social Psychology – Modules: Methodology and Laboratory** (PSIC-03/A) (96 hours), for the Bachelor's Degree in Psychological Sciences and Techniques, University of Foggia.

Lecturer in **Community Psychology** (PSIC-03/A) (24 hours), for the Bachelor's Degree in Sports Sciences, University of Foggia.

- **Academic year 2021-2022**

Contract teaching for the teaching **Elements of social and community planning** (PSIC-03/A) (64 hours), for the Master's Degree in Psychology, Gabriele d'Annunzio University of Chieti-Pescara.

2) Supplementary teaching activities

Academic year 2023-2024

Contract teaching for the teaching Psychology in healthcare organizations (PSIC-03/A) (20 hours), for the II level Master's degree in "School Psychology and Well-being", University of Foggia.

Academic year 2022-2023

Contract teaching for the teaching Group Psychology at school (PSIC-03/A) (6 hours), for the II level Master's degree in "School Psychology and Well-being", University of Foggia.

Academic year 2021-2022

Contract teaching for the teaching Social Psychology (PSIC-03/A) (36 hours), for the II level Master's degree in "Inclusion of disabilities and social fragilities through ensemble music and performing arts", University of Foggia.

Academic Years 2018-2019; 2019-2020; 2020-2021

Integrative and subsidiary teaching activities, carried out at the Department of Humanities, University of Naples Federico II. The teaching activities (50 hours for each academic year) were carried out for the Bachelor's Degree in Psychological Sciences and Techniques and the Master's Degree in Psychology. They consisted of exercises and seminars for the courses of "Community Psychology", "Community Psychology for Family and Institutional Justice" and in the management and co-management of Community Psychology Laboratory meetings for interventions in the family and legal fields. Disciplinary Sector: PSIC-03/A.

3) Student Service Activity

Academic years 2022-2023; 2023-2024

Activity as supervisor for the drafting of the bachelor's thesis in Social Psychology (PSIC-03/A), – Department of Humanities, University of Naples Federico II.

d) Institutional activity:

From March 2025 to date

Member of the PhD Board in Education, Development and Learning Sciences

Coordinator: Prof. Isabella Loiodice

From January 2025 to date

Member of the Quality Assurance Group (GAQ) for the course of study in Psychological Sciences and Techniques

Coordinator: Prof. Paola Palladino

From January 2025 to date

Member (secretary) of the Ethics Committee for Psychological Research - course of study in Psychological Sciences and Techniques

President: Prof. Paola Palladino

From January 2025 to date

President of the Internship Commission for the course of study in Motor and Sports Activities Sciences

Coordinators: Prof. Chiara Valeria Marinelli/ Prof. Anna Valenzano

From January 2024 to date

Member (secretary) of the Quality Assurance Group (GAQ) for the course of study in Physical Activity Sciences Motor and Sports

Coordinator: Prof. Chiara Valeria Marinelli/ Prof. Anna Valenzano

From January 2022 to today

Degree Committees

Member of the three-year and master's degree committees for the courses of study that fall within the Department of Humanistic Studies of the University of Foggia.

From February 2017 to January 2021

Examiner of the subject

Examiner of the subject for the chair "Community Psychology" (PSIC-03/A), Degree course "Psychological Sciences and Techniques".

Support for teaching activities (lessons and exams) and assistance to students (reception and preparation of degree theses).

Chair holder: Prof. Caterina Arcidiacono, Department of Humanistic Studies, Federico II University.

f) Awards and recognitions:

October 2019

Winner of the Dr. Elizabeth Messina Award Certificate.

Award for the best contribution for young researchers received from the Italian American Psychological Society (IAPS). IAPS is the educational and cultural organization composed of psychologists and experts dedicated to a better understanding of the history, culture and customs of Italy and a resource center for Italian and Italian-American psychologists. President Anthony Scioli; Board of Directors: Anthony Marsella, Joseph Matarazzo, Elizabeth Messina, Jack Naglieri, Philip Zimbardo, Bernardo Carducci.

The award was given for the oral communication: Di Napoli, I., Esposito, C. Community trust and trustfulness for social inclusion projects. International Conference Migrations. From Conflict and Hate to Healing and Hope Psychological Perspectives on Community and Wellness, Department of Humanities, Naples, Abstract book p. 27

June 2018

Winner of the “Best Poster” Award announced by the Sicilian Sturzo Center

Award received on the occasion of the 12th National Conference of the Italian Society of Community Psychology (SIPCO): "Imperfect Communities: from disintegrative dynamics to community decision making", for the poster: “The ten years of Carditello: from movementism, to associationism, to cooperativism”.