

PERSONAL INFORMATION

Chiara Gastaldon

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Date of birth 11/10/1987 | Nationality Italian

POSITION

Medical Doctor, Specialist in Psychiatry, PhD student in Neuroscience, Psychology and Psychiatry

WORK EXPERIENCE

1 Jan 2019–Present

Independent contractor

Verona (Italy)

Psychiatry outpatient clinics at an outpatient clinic in Verona
(Ambulatorio Via Villafranca 55, 37137 Verona)

Aug 2013–10 Aug 2018

Postgraduate Specialization in Psychiatry – 5 years full course of medical post-graduate studies.

University of Verona – Department of Neuroscience, Biomedicine and Movement Sciences – Section of Psychiatry. Director: Prof. Mirella Ruggeri.

Policlinico Giambattista Rossi, Piazzale L.A. Scuro 10, 37134 Verona (Italy)
<http://www.psychiatry.univr.it>,

Trainee Psychiatrist in the South-Verona Community Mental Service (CMHS) providing mental healthcare at both in-patient, outpatient and community level.

Main activities:

- Clinical and therapeutic management of community patients suffering from severe mental disorders, including supportive interventions, drugs treatments, follow-up visits, in consultation with other health and social agencies (e.g. social services). With Supervision.
- Clinical and therapeutic management of patients suffering from severe mental disorders admitted to the inpatient psychiatric ward.
- Consultation activity at the emergency unit and in other medical departments during on-call shifts.
- Consultation activity with other hospital departments for shared clinical management of patients suffering from psychiatric disorders in the psychosomatic area

EDUCATION AND TRAINING

1 Oct 2017–Present

PhD Student in Neuroscience, Psychology and Psychiatry

University of Verona, Verona (Italy)

Attending the second year of the PhD course.

Supervisor: Prof. Corrado Barbui

Research activity at the "WHO Collaborating Centre for Research and Training in Mental Health and Service Evaluation", "Clinical Psychopharmacology & Drug Epidemiology" research Unit and "Cochrane Global Mental Health" Group.

University of Verona (Head: Prof. Corrado Barbui).

I'm currently involved in research projects regarding:

- Evaluation of efficacy and acceptability of psychotropic drugs through designing and performing epidemiological, observational and experimental studies, as well as systematic reviews and meta-

analysis;

- Global mental health and mental health of refugees;

- Translational research, which is interested in assessing and improving the quality of the process which starts from the production of scientific evidence and ends with their application in clinical practice. One of the main output of this research is the production of guidelines and indications for clinical policies that are consistent with the precepts of the evidence-based medicine and of the shared decision-making process.

2015–Present **Member of the "STAR (Servizi Territoriali Associati per la Ricerca) Network group" (Head: Prof. Corrado Barbui).**

This research group was established in 2013 with the aim of producing scientific knowledge by collecting data under ordinary circumstances of clinical practice. The group now includes 40 Italian psychiatric services, that are involved in research projects and annual scientific meetings

Aug 2013–Aug 2018 **Psychiatrist**

University of Verona - Postgraduate Specialization in Psychiatry (5 years full training)

Graduation with Honours (70/70 cum Laude)

Thesis title: "Psychological therapies for the treatment of mental Disorders in low- and middle-income countries affected by Humanitarian crises: a cochrane systematic review and Metanalysis"

Supervisor: Prof. Corrado Barbui.

From 2015 to 2018: Member elected in the Council of the Medical School of Specialization in Psychiatry

The main activities were supervised by senior tutors and included:

- Psychiatry: psychological theories, psychopathology, semeiotics and clinical psychiatry, intervention models, rehabilitation models, communication skills, supportive and motivational interviewing, genetic and environmental models, individual and group psychotherapy, psychopharmacology, epidemiology and clinical research methodology;
- Interdisciplinary topics: epidemiology and statistics, biology, genetics, endocrinology, pharmacology, general medicine, clinical neurology, neuroanatomy, neurophysiology, neuroradiology.;
- CBT training at University of Verona for the treatment of the outpatients with panic disorders, depressive disorders, first episode psychosis;
- CBT training at the G.B. Rossi Hospital for the specific treatment of the inpatients during the acute episode of mental illness
- Active participation to courses (statistics, genetics, research methods in psychiatry, psychopathology, pharmacology, etc.), Journal clubs on psychopharmacology

Oct 2016–Mar 2017 **Visiting research fellow**

Queen Mary University of London, Unit For Social And Community Psychiatry- WHO Collaborating Centre For Mental Health Services Development, London (United Kingdom)

Supervisor: Prof. Stefan Priebe

- Research activities: literature review, writing, systematic review on pragmatism of schizophrenia psychological and psychosocial trials included in the NICE guideline;
- Training activities: weekly statistics and methodology courses, journal clubs, research seminars;
- Clinical activities: weekly attendance to an outpatient clinic, under the supervision of a senior consultant psychiatrist.

4 Apr 2016–8 Apr 2016 **Assistant at "Training course in systematic reviews and meta-**

analyses for the production of evidence-based guidelines in healthcare" II edition

University Hospital GB Rossi, Verona (Italy)

Supervisor: Prof. Corrado Barbui

Oct 2015–Apr 2016

Basic course of phenomenological psychopathology

"Scuola di Psicoterapia e Fenomenologia Clinica" Head: Prof. Giovanni Stanghellini, Florence (Italy)

25 Nov 2013–29 Nov 2013

Observer at "Training course in systematic reviews and meta-analyses for the production of evidence-based guidelines in healthcare" I edition

University Hospital GB Rossi, Verona (Italy), Verona (Italy)

Supervisor: Prof. Corrado Barbui

The course is intended for health care professionals who want to acquire methodological knowledge and practical skills in performing systematic reviews and meta-analyses, according to the international standard of the Cochrane Collaboration, and evidence-based guidelines following the GRADE methodology.

Nov 2012–Jan 2013

Post-graduation training

Università degli Studi di Verona, Ospedale Policlinico B.go Roma, Verona (Italy)

Training in general practice, internal medicine and general surgery. Successfully passed the government exam and licenced as a Doctor of Medicine; Obtained the diploma conferring the right to practise medicine and surgery (Diploma di abilitazione all'esercizio della Medicina e Chirurgia).

2008–2012

Student representative in the Faculty Council of the School of Medicine and Surgery- University of Verona

Elected for two academic years 2008/2010

Elected for the second time for two academic years 2010/2012

Oct 2006–Jul 2012

Medical Doctor

University of Verona- School of Medicine and Surgery (6 years full training in Medicine), Verona (Italy)

Graduation with Honours (110/110 cum Laude)

Thesis title: " Efficacy and safety of fluoxetine for unipolar major depression: systematic revision and metanalysis of RCT" Supervisor: Prof. Corrado Barbui.

(Original title: "Efficacia e tollerabilità della Fluoxetina nella depressione maggiore unipolare: revisione sistematica e metanalisi Cochrane delle sperimentazioni randomizzate")

PERSONAL SKILLS

Mother tongue(s)

Italian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	C1	C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages

Communication skills Good communication and contact skills. Resolute. Team worker, cooperative and supportive. Precise, accurate and consistent. Good organizational and team leading skills.

Organisational / managerial skills Leadership skills: many years of experience as a student and resident representative in the council of medical school and residency school

Digital skills Proficient level in the use of software to perform statistical analyses, in particular:

- Review Manager 5.3: for systematic reviews and meta-analysis.

Proficient level in the use of software and other electronic tools, including:

- Endnote; Rayyan: for scientific literature search, selection of studies and double-check;
- GRADEpro GDT: for evaluating the quality of data for the production of clinical recommendations and guidelines according to the GRADE approach;
- Castor EDC: for performing data collection and management in both interventional and observational studies

Independent user of:
 -STATA

ADDITIONAL INFORMATION

Research Activities

2011 - present: Research Fellow at the "WHO Collaborating Centre for Research and Training in Mental Health and Service Evaluation", and "Clinical Psychopharmacology & Drug Epidemiology" research Unit, University of Verona (Head: Prof. Corrado Barbui)

The main research interests of the Unit include:

- Pharmacoepidemiology, oriented to describe the beneficial and harmful effects of psychotropic drugs in ordinary practice;
- Randomized controlled trials, oriented to assess the efficacy and tolerability profile of psychotropic drugs in experimental conditions;
- Systematic reviews, oriented to summarize clinical trial findings using meta-analytical techniques.

Relevant achievements of the Unit include the development of a psychotropic register that collects information on psychotropic drugs prescribed within the South-Verona catchment area; the development of a network of Italian psychiatric services to collect data for multi centre studies; the development of tools oriented to assist the World Health Organization to improve the appropriate use of psychotropic drugs in low and middle income countries; the production of evidence based guidelines, covering the pathway from knowledge production to knowledge uptake in clinical practice.

Ongoing projects:

- Participation in the process of study selection, data extraction and quality assessment of 2 different Cochrane systematic reviews and meta-analysis (these studies are ongoing):
 - Psychological and social interventions for the prevention of mental disorders in people living in low and middle income countries affected by humanitarian crises;
 - Psychological and social interventions for the promotion of mental health in people living in low and middle income countries affected by humanitarian crises.
- Participation in the process of study selection, data extraction and quality assessment of a systematic review and network meta-analysis on efficacy and safety of long acting antipsychotics;
- Participation as principal investigator and in the process of study selection, data extraction, quality assessment, pragmatism assessment, data analysis of a systematic review on pragmatism of schizophrenia psychological and psychosocial trials included in the NICE guideline;
- Participation in a randomized controlled trial (VESPA study) funded by the Italian regulatory Agency of drugs (AIFA): "Vortioxetine versus SSRIs for the treatment of depression in elderly: a pragmatic randomized clinical trial"
- Guidelines development for antidepressants use in Regione Veneto (a Region in north east of Italy)

2015-present: active collaboration in the "STAR (Servizi Territoriali Associati per la Ricerca) Network group" (Head: Prof. Corrado Barbui).

This research group was established in 2013 with the aim of producing scientific knowledge by collecting data under ordinary circumstances of clinical practice. The group now includes 40 Italian psychiatric services, that are involved in research projects and annual scientific meetings

Publications

Magni LR, Purgato M, **Gastaldon C**, Papola D, Furukawa TA, Cipriani A, Barbui C. Fluoxetine versus other types of pharmacotherapy for depression. *Cochrane Database of Systematic Reviews* 2013; 17(7):CD004185

Barbui C, **Gastaldon C**, Cipriani A. Benzodiazepines and risk of dementia: true association or reverse causation? *Epidemiology and Psychiatric Sciences* 2013; 22, 307-8.

Purgato M, Papola D, **Gastaldon C**, Trespici C, Magni LR, Rizzo C, Furukawa TA, Watanabe N, Cipriani A, Barbui C. Paroxetine versus other anti-depressive agents for depression. *Cochrane Database of Systematic Reviews* 2014; 3(4): CD006531.

Purgato M, **Gastaldon C**, Papola D, Magni LR, Rossi G, Barbui C. Drug dose as mediator of treatment effect in antidepressant drug trials: the case of fluoxetine. *Acta Psychiatrica Scandinavica* 2015; 131(6):408-16.

Purgato M, **Gastaldon C**, Papola D, van Ommeren M, Barbui C, Tol WA. Psychological therapies for the treatment of mental disorders in low- and middle-income countries affected by humanitarian crises (study protocol). *Cochrane Database Systematic Reviews*. Online Publication Date: October 2015.

Barbui C, Bighelli I, Carrà G, Castellazzi M, Lucii C, Martinotti G, Nosé M, Ostuzzi G; **STAR Network Investigators**. Antipsychotic dose mediates the association between polypharmacy and corrected QT interval. *PLoS One* 2016; 11(2).

Purgato M, Papola D, **Gastaldon C**, Barbui C. Gli interventi sulla salute mentale della madre possono avere impatto sullo sviluppo del bambino? Una revisione sistematica e meta-analisi di studi condotti in paesi in via di sviluppo. *Quaderni acp* 2016; 23(6):255-9.

Ostuzzi G, Papola D, **Gastaldon C**, Barbui C. New EMA report on paliperidone 3-month injections: taking clinical and policy decision without an adequate evidence base. *Epidemiol Psychiatr Sci* 2016; p. 1-3.

Carrà, G, Crocamo, C, Bartoli, F, Lax A, Tremolada M, Lucii C, Martinotti G, Nosè M, Bighelli I, Ostuzzi G, Castellazzi M, Clerici M, Barbui C and **The STAR Network Group**. First-generation antipsychotics and QTc: any role for mediating variables? *Hum Psychopharmacol Clin Exp* 2016; 31:13–318.

Barbui C, **Gastaldon C**, Papola D, Ostuzzi G. Antipsychotic drug exposure and risk of myocardial infarction. *Epidemiol Psychiatr Sci* 2017; 26(1): p. 18-21.

Gastaldon C, Papola D, Ostuzzi G. Antipsychotic combinations in schizophrenia. *Epidemiol Psychiatr Sci*. 2017; 5:1-4

A.D.Meid,I.Bighelli, S.Mächler, G. Mikus, G.Carrà, M. Castellazzi, C. Lucii, G.Martinotti, M. Nosè, G.Ostuzzi, **the STAR NETWORK Investigators**, C.Barbui, W. E.Haefeli. Combinations of QTc-prolonging drugs: towards disentangling pharmacokinetic and pharmacodynamic effects in their potentially additive nature *Therapeutic Advances in Psychopharmacology* , 7(12), pp. 251 - 264

Purgato M, Gross AL, Betancourt T, Bolton P, Bonetto C, **Gastaldon C**, Gordon J, O'Callaghan P, Papola D, Peltonen K, Punamaki RL, Richards J, Staples JK, Unterhitzberger J, van Ommeren M, de Jong J, Jordans MJD, Tol WA, Barbui C. Focused psychosocial interventions for children in low-resource humanitarian settings: a systematic review and individual participant data meta-analysis. *Lancet Glob Health*. 2018 Apr;6(4)

Papola D, **Gastaldon C**, Ostuzzi G. Can a digital medicine system improve adherence to antipsychotic treatment? *Epidemiol Psychiatr Sci*. 2018 Mar 12:1-3.

C. Gastaldon, D. Papola, M. Purgato, C. Barbui *Cochrane Global Mental Health: A New Cochrane Network has been Established in Verona*. *Global Mental Health & Psychiatry Newsletter*. Newsletter Volume IV, No. 1 January 2018

Purgato M, **Gastaldon C**, Papola D , van Ommeren M, Barbui C, Tol WA. Psychological therapies for the treatment of mental disorders in low- and middle-income countries affected by humanitarian crises. *Cochrane Database Systematic Reviews* 2018;7:CD011849.

Ostuzzi G, Mazzi MA, Terlizzi S, Bertolini F, Aguglia A, Bartoli F, Bortolaso P, Callegari C, Caroleo M, Carrà G, Corbo M, D'Agostino A, **Gastaldon C**, Lucii C, Magliocco F, Martinotti G, Nosé M, Ostinelli EG, Papola D, Piccinelli M, Piccoli A, Purgato M, Tabacchi T, Turrini G, Ruggeri M, Barbui C and the STAR Network Investigators. Factors associated with first- versus second-generation long-acting antipsychotics prescribed under ordinary clinical practice in Italy. *PLoS One* 2018;

13(8):e0201371.

G Ostuzzi , G Turrini , **C Gastaldon** , D Papola , L Raynerd, R Caruso, L Grassi M Hotopf and C Barbui. Efficacy and acceptability of antidepressants in patients with ischemic heart disease: systematic review and meta-analysis. International Clinical Psychopharmacology 2018, 00:000–000

Abstracts

Turrini G, Ostuzzi G, **Gastaldon C**, Papola D , Barbui C. Efficacy and acceptability of antidepressants for the treatment of depressive symptoms in adult patients with ischemic heart disease. J Psychosom Res 2018; 109:141-142. 6 th Congress of European Association of Psychosomatic Medicine (EAPM); Verona (Italia), 27-30 of June 2018.

Protocols of ongoing research projects

Papola D , **Gastaldon C**, Ostuzzi G, Barbui C. Antipsychotic use and risk of medical events: an umbrella review of current evidence from systematic reviews and meta-analyses of observational studies. PROSPERO 2018 CRD42018083965 Available from: http://www.crd.york.ac.uk/PROSPERO/display_record.php?ID=CRD42018083965

Chiara Gastaldon, Victoria Jane Bird, Corrado Barbui, Stefan Priebe. Pragmatism of schizophrenia psychological and psychosocial trials included in the NICE guideline: a systematic review. PROSPERO 2016:CRD42016050116 Available from http://www.crd.york.ac.uk/PROSPERO/display_record.asp?ID=CRD42016050116

Peer-review activities

2015 Reviewed for European Journal of Psychotraumatology

2016 Reviewed for European Journal of Psychotraumatology

2016 Reviewed for Epidemiology and Psychiatric Science

2017 Reviewed for Global Health Action

Reviewed for Epidemiology and Psychiatric Sciences

Reviewed for Drug Safety

2018 Reviewed for Epidemiology and Psychiatric Sciences

2019 Reviewed for Epidemiology and Psychiatric Sciences

Reviewed for Journal of Affective Disorders

Reviewd for EPS

Grants

2016: Cochrane Editorial Unit – Cochrane Review Support Programme (5,759.27 €).

In support of the research project : "Psychological therapies for the treatment of mental disorders in low- and middle-income countries affected by humanitarian crises" (PI: Marianna Purgato; supervisor Corrado Barbui). As team member of the research group I am dealing with the selection process, data extraction and the management of the data gathered for the analysis through the software Review Manager.

2016: COOPERINT Grant – C2 action (4000 €)

In support of the research project "Pragmatism of schizophrenia RCTs over 30 years", as principal investigator (Supervisors Corrado Barbui and Stefan Priebe).

2017: COOPERINT Grant – C2 action (4000 €).

In support of the research project: "Pragmatism of schizophrenia RCTs over 30 years" as principal investigator. (Supervisors: Corrado Barbui e Stefan Priebe).