

CURRICULUM VITAE

Personal Information



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Background

Kinesiologist specialist in Sciences and Techniques of Preventive and Adapted Physical Activity. Since 2022 she has a PhD in Health, Safety and Green Systems, (SSD MED / 42-General and Applied Hygiene).

Since 2023 she is assistant professor in MEDS-24B at the University of Eastern Piedmont and her field of research is focused on public health and lifestyle medicine in different population groups. Since 2022 she is adjunct professor at the University of Genova in the two different degree courses: Education Sciences and Motor Sciences.

Professional Experience

Assistant Professor, RTD-A in General and Applied Hygiene (MEDS-24B)

Location: University of Eastern Piedmont

Date: from 05/05/2023 to today

Activities and responsibilities: Research in Lifestyle Medicine particularly inside AGE-IT PNRR “A novel public-private alliance to generate socioeconomic, biomedical and technological solutions for an inclusive Italian ageing society”.

Postdoctoral Researcher General and Applied Hygiene (MEDS-24B)

Location: Alma Mater Studiorum, University of Bologna

Date: from 01/02/2022 to today

Activities and responsibilities: research activity in the field of "Evaluation with qualitative-quantitative research methods of the feasibility and effectiveness of school-based interventions for the promotion of physical activity and the contrast to sedentary lifestyle in children and adolescents".

Participation in local, national and international research projects related to health promotion aimed at reducing physical inactivity, sedentary behaviour, overweight and obesity.

Scientific-methodological support for drafting research projects, protocols and proposals.

Adapted Physical activity trainer

Location: UISP Bologna

Date: 09/09/2017 - 31/01/2023

Trainer for health in work setting

Location: Local Health Authority, Bologna

Date: 06/06/2022 e 20/06/2022

Education

Scientific National Abilitation for Associate Professor (II Fascia)

Type: 06/N2 Science dell'esercizio fisico e dello sport

Date: 17/12/2023 – 17/12/2034

PhD in Health, Safety and Green System

SSD MED/42: (General and Applied Hygiene).

Location: Alma Mater Studiorum, University of Bologna

Thesis: "Evaluation of intervention focusing on children to promote physical activity in the entire community: Feasibility, effectiveness and sustainability over time"

Date: 01/11/2019 – 31/01/2022

Master degree in Science and technique of preventive and adaptive physical activity

Master Degree LM-67

Location: Alma Mater Studiorum, University of Bologna

Thesis: "Benefits of an adapted physical activity intervention for balance, mobility and quality of life in patients with Parkinson's disease".

Date: 01/10/2015 – 17/10/2017

Bachelor Degree in Sport Science

Bachelor Degree L-33

Location: University of Genova

Thesis: Physical Activity and Parkinson Disease

Date: 01/10/2012 – 15/10/2015

Abroad Research Activities

Period abroad during PhD

Location: UCA University of Cadiz, Spain

Date: 27/01/2020 – 25/03/2020

Principles of social epidemiology and qualitative/quantitative methods applied to research

Winter School

Location: Alma Mater Studiorum, University of Bologna

Date: 13/01/2020 – 17/01/2020

MOVEMENT AND HEALTH BEYOND CARE, MovIS physical exercise education program associated with a nutritional and motivational program in the oncology field

Summer School

Location: University Urbino Carlo Bo

Date: 01/07/2021 – 04/07/2021

Health promotion course, Professor L.M Schieier, PhD

Academic course

Location: Alma Mater Studiorum, University of Bologna

Date: 05/09/2022 – 30/09/2022

Teaching Activities

Integrated course coordinator

Teaching Biological Science and Clinic 3: Hygiene.

Course of study: Bachelor's degree in professional educators
Disciplinary Sector: Meds-24/B General and Applied Hygiene
Location: University of Eastern Piedmont, Alessandria
Total Hours: 32, 4 CFU
Date: 01/10/2025- today

Teaching Health education.

Course of study: Bachelor's degree in dental hygiene
Disciplinary Sector: Meds-24/B General and Applied Hygiene
Location: University of Eastern Piedmont, Novara
Total Hours: 10, 1 CFU
Date: 01/10/2024- today

Teaching Etiopathogenesis of diseases: General hygiene.

Course of study: Bachelor's degree in dental hygiene
Disciplinary Sector: Meds-24/B General and Applied Hygiene
Location: University of Eastern Piedmont, Novaria
Total Hours: 20, 2 CFU
Date: 01/10/2024- today

Teaching Methodology of research: Epidemiology and Public Health.

Course of study: Master's degree in nursing and Midwifery Sciences
Disciplinary Sector: Meds-24/B General and Applied Hygiene
Location: University of Eastern Piedmont, Novara
Total Hours: 24, 2 CFU
Date: 01/10/2023- today

Teaching Public health and regulatory aspect.

Course of study: Master's degree in medical biotechnology
Disciplinary Sector: Meds-24/B General and Applied Hygiene
Location: University of Eastern Piedmont, Novara
Total Hours: 30, 5 CFU
Date: 01/10/2023- today

Teaching Impact of Healthy diet on human health: disease prevention.

Course of study: Master's degree in food, Health, Environment
Disciplinary Sector: Meds-24/B General and Applied Hygiene
Location: University of Eastern Piedmont, Novara
Total Hours: 16, 2 CFU
Date: 01/10/2023- today

Teaching Lifestyle Medicine

Course of study: in School of residency in Hygiene and Preventive Medicine
Disciplinary Sector: Meds-24/B General and Applied Hygiene
Location: University of Eastern Piedmont, Novara
Total Hours: 6
Date: 01/10/2023- today

Adjunct Professor

Alice Masini

Preventive and Compensative physical activity

Bachelor Degree in Sport Science

Location: University of Genova

Total hours: 20

Date: ay 2022-today

Adjunct Professor

Physical Education

Master Degree in Education Science

Location: University of Genova

Total hours: 54

Date: ay 2022-2023

Academic Tutor of Physiology and Neurophysiology

Location: Alma Mater Studiorum, University of Bologna

Date: 01/05/2017 – 31/10/2017

Scientific Societies

National Society of Hygiene (SITI)

National association of Epidemiology (AIE)

European College of Sport Science (ECSS)

National Society of Motor Sciences and Sports (SISMES)

Award

National award Società Italia di Igiene (Siti) section Piemonte e Valle d'Aosta. Best scientific production 2026.

Young investigator award 2022

National Society of Motor Sciences and Sports XIII National Congress, research applied to the sport sciences.

GALILEO GALILEI INTERNATIONAL PRIZE FOR THE PROMOTION OF HUMANITIES AND SCIENTIFIC RESEARCH FOR YOUNG SCHOLARS. Honorable Mention for excellence in research in medical sciences.

Scientific Indicators

Scientific Articles: 66

Number of citation: 748

H-index: 15

Editorial Activities

Alice Masini

Guest editor per Geriatrics (IF=2.1)

Special issue: Healthy ageing and Lifestyle Medicine: Current knowledge and future direction
Date: 26 June 2024 - today

Guest Editor per Healthcare (IF=3.160)

Special issue: Mental Health and Well-Being among Adolescents: Current Evidence and Future Directions.
Date: 01/10/2022 - today

Special issues: Excess Weight, Dietary Habits and Physical Activity in Children and Adolescents
Date: 01/09/2022 – 31/05/2024

European Project

Title: COST Action CA20104 - Network on evidence-based physical activity in old age (PhysAgeNet)
Date: 01/02/2025- today

Title: COST Action CA22152 Supporting Emerging Care Economy, Empowering Caregivers to Provide Safe Care at Home
Date: 01/05/2025 – today

Title: EuroHeartPath: Leading Innovation in Cardiovascular Pathways for Improved Patient Outcomes.
Call: HORIZON-JU-IHI-2024-07-single-stage (Innovative Health Initiative JU Call 7)
Date: 15/01/2025- Today

Title: Erasmus Sport Plus “Let’s Move Europa: School based promotion of healthy lifestyles to prevent obesity: EUMOVE PROJECT”
Erasmus Sport Plus project aimed at creating educational resources accessible to schools, teachers and managers in order to promote correct lifestyles in children and adolescents.
Date: 31/12/2020- 31/12/2023

National Project

Participation in the National Evidence-Based Prevention Working Group (NIEBP):
<https://niebp.com>
Date: 01/09/2023 – present

Participation in the editorial board of the AGING project, Department of Translational Medicine, University of Eastern Piedmont, Department of Excellence

Scientific Publication on International Journal

1. Todmal TG, Bibi R, Cangelosi G, Panella M, Masini A. How Gut Microbiota Influence Healthy Aging: Overview of Reviews. *Geriatrics (Basel)*. 2026 Aug 17;11(4):107. doi: 10.3390/geriatrics11040107. (Q2 Gerontology, IF=2.1)
2. Conti A, Porretto M, **Masini A***, Fikrat Q, Ogliari G, Tamburini B, Panella M. The effect of combined lifestyle intervention among long term care facilities: A systematic review. *Geriatr Nurs*. 2026 Aug 21;73:104203. doi: 10.1016/j.gerinurse.2026.104203. (Q2 in Medicine, IF=2.9)
3. Persiani M, Dallolio L, Masini A, Longobucco Y, Bertoli S, Guberti E, Pellizzari M, Petroni ML, Valeriani F, Gallè F, et al. Ketogenic Diet in the Treatment of Malignant Gliomas: A Systematic Review. *Nutrients*. 2026; 18(13):2166. <https://doi.org/10.3390/nu18132166>. (Q1 in Nutrition and Dietetics, IF=5.8)
4. Russotto S, Conti A, Inguaggiato L, Masini A*, Mira JJ and Panella M. Patient safety incidents in mental health residential services: a multicenter, crosssectional, survey-based study. *Front. Psychiatry* 17:1810559, 2026. doi: 10.3389/fpsyt.2026.1810559. (Q1 Psychiatry and mental health, IF=3.8)
5. Sacchini F, Biondini F, Cangelosi G, Morales Palomares S, Mancin S, Parozzi M, Caggianelli G, Russotto S, Masini A, Lopane D, et al. Application of Artificial Intelligence in Social Media Depression Detection: A Narrative Review from Temporal Analysis. *Psychiatry International*. 2026; 7(1):24. <https://doi.org/10.3390/psychiatryint7010024>. (Q3 Medicine, IF=1.8)
6. Russotto S, Conti A, Masini A, Tempia Valenta S, Vanhaecht K, Mira JJ, Panella M. Patient safety incidents in the psychiatric inpatient setting: determinants, consequences, and strategies. A systematic review. *Front Psychiatry*. 2026 Jan 14;16:1703768. doi: 10.3389/fpsyt.2025.1703768. (Q1 Psychiatry and mental health, IF=3.8)
7. Russo G, Senesi G, Masini A, Persiani M, Montalti M, Dallolio L & Cecilian A. Promoting well-being in schools: An evaluation of active breaks training for teachers. *Preventing School Failure*, (2025, 70(1), 56–67. <https://doi.org/10.1080/1045988X.2025.2596651>. (Q2 education, IF=1)
8. Marta Giachello, Gianluca Fiorentini, Alice Masini, Lorenzo Mercurio, Massimiliano Panella. INDICATORI DI PERFORMANCE PER L'ATTUAZIONE DI POLITICHE DI PREVENZIONE E PROMOZIONE DELLA SALUTE. *Epidemiol Prev* 2025; 49 (5-6) Suppl 1:1-59. doi: 10.19191/EP25.5-6.S1.004
9. Bibi R, Panella M, Saada S, Payedimarri AB, Conti A, Russotto S, Barone-Adesi F, Masini A. Factors associated with the variation in drug prescription of antipsychotics in long-term

- care facilities: a systematic review. *BMC Geriatr.* 2025 Nov 29;26(1):33. doi: 10.1186/s12877-025-06558-5.
10. Bibi R, Hachani M, Masini A, Conti A, Cangelosi G, Russotto S, Barone-Adesi F, Panella M. Factors Associated with the Variation in Drug Prescription of Analgesics in Long-Term Care Facilities: A Systematic Review. *J Clin Med.* 2025 Nov 4;14(21):7833. doi: 10.3390/jcm14217833.
 11. Persiani M, Cecilian A, Russo G, Dallolio L, Senesi G, Bragonzoni L, Montalti M, Sacchetti R, Masini A. Active Breaks in Primary and Secondary School Children and Adolescents: The Point of View of Teachers. *Healthcare (Basel).* 2025 Sep 29;13(19):2482. doi: 10.3390/healthcare13192482.
 12. Bianconi A, Messina R, Ricci M, Leccese V, Parma D, Bertini V, Rucci P, Marini S, Dallolio L, Masini A. Validation of the Italian version of the Pregnancy Physical Activity Questionnaire. *Ann Ig.* 2025 Nov-Dec;37(6):807-815. doi: 10.7416/ai.2025.2696.
 13. Protano C, Valeriani F, Calella P, Caggiano G, Bargellini A, Bianco A, Bianco L, Borzi S, Cataldo A, Colucci ME, Dallolio L, de Waure C, Di Giuseppe G, Laganà P, La Spada G, Licata F, Marchesi I, Masini A, Montagna MT, Napoli C, Oliva S, Paduano G, Paduano S, Pasquarella C, Pelullo CP, Persiani M, Romano Spica V, Sacchetti R, Scaioli G, Scicchitano CA, Siliquini R, Triggiano F, Veronesi L, Vitale K, Gallè F. Investigating Neophobia Towards New Food Technologies in Italy: The CoNF&TTI Cross-Sectional Study. *Nutrients.* 2025 Aug 30;17(17):2825. doi: 10.3390/nu17172825.
 14. Pinelli E, Masini A, Scoppolini Massini M, Dallolio L, Bragonzoni L. Investigating facilitators and barriers of university-based administrative staff, residents and researchers to implement an active breaks intervention: a mixed-methods study. *BMJ Open.* 2025 Sep 5;15(9):e093781. doi: 10.1136/bmjopen-2024-093781.
 15. Ruta F, Zerulo SR, Matteo RD, et al. Survivorship passport as a new clinical paradigm in pediatric oncology: An exploratory observational study. *Eurasian J Med Oncol.* doi: 10.36922/EJMO025340355
 16. Cangelosi G, Conti A, Caggianelli G, Panella M, Petrelli F, Mancin S, Ratti M, Masini A. Barriers and Facilitators to Artificial Intelligence Implementation in Diabetes Management from Healthcare Workers' Perspective: A Scoping Review. *Medicina (Kaunas).* 2025 Aug 1;61(8):1403. doi: 10.3390/medicina61081403.
 17. Ferrara G, Masini A, Mascherini G. A short-medium time point evaluation of active breaks on selective and sustained attention in primary school: a pilot quasi-experimental study. *Mental Health and Physical Activity, Elsevier, Mental Health and Physical Activity, Volume 29, 2025, 100703, ISSN 1755-2966, <https://doi.org/10.1016/j.mhpa.2025.100703>.*
 18. Ruta F, Della Monica A, Dal Mas F, Bolgeo T, Notarnicola I, Procacci C, Ferrara P, Masini A, Mancin S, Cangelosi G, et al. Peri-Operative Nursing of Patients with Malignant Hyperthermia: A Narrative Literature Review. *Surgeries.* 2025; 6(3):78. <https://doi.org/10.3390/surgeries6030078>

19. Xu Z, Marini S, Mauro M, Grigoletto A, Barone G, Pinelli E, Zinno R, Pilone LP, Arduini S, Vitiello M, Vicentini B, Boldrini G, Musti MA, Pandolfi P, Liberti M, Astorino G, Masini A, Bragonzoni L, Dallolio L, Maietta Latessa P, Toselli S. Impact on well-being and motivation to physical activity practice by 'Moving Park' project in Italy. *Sport Sci Health* 21, 2241–2255 2025. <https://doi.org/10.1007/s11332-025-01447-1>
20. Cruciani F, Mitrova Z, Brigoni P, Kalemi T, Masini A, Saulle R. Il playground marking per il contrasto alla sedentarietà: revisione sistematica della letteratura [Playground marking for contrasting sedentary lifestyle: systematic literature review]. *Epidemiol Prev.* 2025 Mar-Jun;49(2-3):200-207. Italian. doi: 10.19191/EP25.2-3.A838.028.
21. Mazzanti M, Masini A, Sanmarchi F, Dallolio L, Mascherini G. Aggression and sport: A cross-sectional study on behavioral tendencies of athletes. *J Bodyw Mov Ther.* 2025 Jun;42:982-988. doi: 10.1016/j.jbmt.2025.03.001.
22. Gallè F, Valeriani F, Del Prete J, Calella P, Bargellini A, Bianco A, Bianco L, Borzi S, Cataldo A, Colucci ME, Dallolio L, De Giglio O, de Waure C, Di Giuseppe G, Laganà P, La Spada G, Licata F, Marchesi I, Masini A, Montagna MT, Napoli C, Oliva S, Paduano G, Paduano S, Pasquarella C, Pelullo CP, Persiani M, Pindinello I, Romano Spica V, Sacchetti R, Scaioli G, Scicchitano CA, Siliquini R, Triggiano F, Veronesi L, Protano C. Changing Food in a Changing World: Assessing Compliance to Insects, Cultivated Meat, and Soil-Less Products Among Italian Undergraduates. *Nutrients.* 2025 Mar 5;17(5):909. doi: 10.3390/nu17050909. (Q1 Nutrition and dietetics, IF=4.8)
23. Pantanetti P, Biondini F, Mancin S, Sguanci M, Masini A, Panella M, Palomares SM, Ferrara G, Petrelli F, Cangelosi G. Sleep Quality and Glycemic Control in Type 1 Diabetes: A Retrospective Cohort Study Using Advanced Technological Devices. *Diabetology.* 2025; 6(3):21. <https://doi.org/10.3390/diabetology6030021>. (Q 2 Medicine, IF=2.4)
24. Masini A, Cherasco N, Conti A, Pighini I, Barone-Adesi F, Panella M. Preventive Pathways for Healthy Ageing: A Systematic Literature Review. *Geriatrics (Basel).* 2025 Feb 18;10(1):31. doi: 10.3390/geriatrics10010031. PMID: 39997530; PMCID: PMC11855837. (Q2 Geriatrics and Gerontology, IF=2.1)
25. Masini A, Pighini I, Conti A, Isabella A, Cherasco N, Panella M. What is the Current Knowledge and Experience on Preventive Pathway for Healthy Ageing in Italy? A Scoping Review. *Ann Ig.* 2024 Dec 18. doi: 10.7416/ai.2024.2669.
26. Russo G, Masini A, Dallolio L, Cecilian A, Primary and middle school students' views on inclusive physical education: Perceptions, practices, and future directions, *Heliyon*, Volume 11, Issue 1, 2025, e41232, ISSN 2405-8440, <https://doi.org/10.1016/j.heliyon.2024.e41232>. (Q1 multidisciplinary, IF=3.4)
27. Gallè F, Grassi F, Valeriani F, Albertini R, Angelillo S, Caggiano G, Bargellini A, Bianco A, Bianco L, Dallolio L, Della Polla G, Di Giuseppe G, Gioffrè ME, Laganà P, Licata F, Liguori F, Lo Moro G, Marchesi I, Martella M, Masini A, Montagna MT, Napoli C, Oliva S, Orsi GB, Paduano S, Pasquarella C, Pelullo CP, Sacchetti R, Siliquini R, Triggiano F, Veronesi L, Spica VR, Vitali M, Protano C. Sleep quality among Italian university students:

- the UnSleep multicenter study. *Ann Ig.* 2025 Jan-Feb;37(1):141-153. doi: 10.7416/ai.2024.2655.
28. Scoppolini Massini M, Pinelli E, Masini A, Zinno R, Dallolio L, Bragonzoni L. Workplace active breaks for university workers: the UNIFIT pilot study protocol. *BMJ Open Sport Exerc Med.* 2024 Sep 5;10(3):e002184. doi: 10.1136/bmjsem-2024-002184. PMID: 39253039; PMCID: PMC11381634. (Q1 Sport Medicine, IF=3.9)
 29. Gallè F, Grassi F, Valeriani F et al. Prevalence and determinants of no mobile phone phobia among university students: an Italian multicenter study. *Discov Public Health* **21**, 226 (2024). <https://doi.org/10.1186/s12982-024-00360-1>. (IF=3.6)
 30. Ruiz-Hermosa A, Sánchez-López M, Castro-Piñero J, Grao-Cruces A, Camiletti-Moirón D, Martins J, Mota J, Ceciliani A, Murphy M, Vuillemin A, Sánchez-Oliva D; EUMOVE Consortium. The Erasmus+ EUMOVE project-a school-based promotion of healthy lifestyles to prevent obesity in European children and adolescents. *Eur J Public Health.* 2024 Jul 29:ckae113. doi: 10.1093/eurpub/ckae113. Epub ahead of print. PMID: 39074353. (Q1 Public Health, IF=3.7)
 31. Scrimaglia S, Ricci M, Masini A, Montalti M, Conti A, Camedda C, Panella M, Dallolio L, Longobucco Y. The Role of Family or Community Nurse in Dealing with Frail and Chronic Patients in Italy: A Scoping Review. *Geriatrics (Basel).* 2024 Jun 16;9(3):81. doi: 10.3390/geriatrics9030081. PMID: 38920437; PMCID: PMC11203250. (Q3 Geriatrics, IF=2.1)
 32. Masini A, Rossi C, Dallolio L, Mascherini G. A cross-sectional analysis between physical activity levels, weight status and empathy-related behaviors in a sample of Tuscany primary school children. *J Sports Med Phys Fitness.* 2024 Jun 6. doi: 10.23736/S0022-4707.24.15915-4. (Q3 Sport Science, IF=1.7)
 33. Capodici A, Mocciaro G, Gori D, Landry MJ, Masini A, Sanmarchi F, Fiore M, Coa AA, Castagna G, Gardner CD, Guaraldi F. Cardiovascular health and cancer risk associated with plant based diets: An umbrella review. *PLoS One.* 2024 May 15;19(5):e0300711. doi: 10.1371/journal.pone.0300711. (Q1 Medicine, IF=3.7)
 34. Valeriani F, Masini A, Baldelli G, Dallolio L, Eid L, Lovecchio N, Stefanizzi P, Ursino S, Gallè F. A snapshot of Physical Education in Italian primary schools: assessing the resources available for an instrument of health promotion. *Ann Ig.* 2024 Apr 3. doi: 10.7416/ai.2024.2627.
 35. Masini A, Longo G, Ricci M, Scheier LM, Sansavini A, Ceciliani A, Dallolio L. Investigating Facilitators and Barriers for Active Breaks among Secondary School Students: Formative Evaluation of Teachers and Students. *Children (Basel).* 2024 Jan 25;11(2):155. doi: 10.3390/children11020155. (Q2 Child health, IF=2.4)
 36. Masini A, Dallolio L, Sanmarchi F, Lovecchio F, Falato M, Longobucco Y, Lanari M and Rossella S. Adherence to the Mediterranean Diet in Children and Adolescents and Association with Multiple Outcomes: An Umbrella Review. *Healthcare (Basel).* 2024;12(4):449. doi:10.3390/healthcare12040449. (Q2 Health Policy, IF=2.8)

37. Masini A, Salussolia A, Anastasia A, Grao-Cruces A, Soldà G, Zanutto G, Riegger S, Mulato R, Sanchez-Oliva D, Ceciliani A, Marini S, Dallolio L. Evaluation of school-based interventions including homework to promote healthy lifestyles: a systematic review with meta-analysis. *J Public Health (Berl.)* (2024). <https://doi.org/10.1007/s10389-024-02239-6>. (IF=1.8)
38. Bianconi A, Masini A, Sanmarchi F, Toselli S, Grigoletto A, Marini S, Barone G, Pinelli E, Zinno R, Mauro M, Pilone PL, Arduini S, Vitiello M, Vicentini B, Boldrini G, Musti MA, Pandolfi P, Liberti M, Astorino G, Latessa PM, Bragonzoni L, Dallolio L. Participants Characteristics of a Park-Based Physical Activity Intervention in an Urban Context-A Cross-Sectional Study in Bologna, Italy. *Healthcare (Basel)*. 2023 Aug 14;11(16):2287. doi: 10.3390/healthcare11162287. (Q2 Health Policy, IF=2.8)
39. Sanmarchi F, Scheier LM, Dallolio L, Ricci M, Longo G, Ceciliani A, Masini A. Association of Socioeconomic Factors and Physical Activity with Health-Related Quality of Life in Italian Middle School Children: An Exploratory Cross-Sectional Study. *Healthcare (Basel)*. 2023 Jul 22;11(14):2092. doi: 10.3390/healthcare11142092. (Q2 Health Policy, IF=2.8)
40. Masini A, Marini S, Ceciliani A, Barone G, Lanari M, Gori D, Bragonzoni L, Toselli S, Stagni R, Bisi MC, Sansavini A, Tessari A, Dallolio L. The effects of an active breaks intervention on physical and cognitive performance: results from the I-MOVE study. *J Public Health (Oxf)*. 2023 Jul 4;fdad102. doi: 10.1093/pubmed/fdad102. (Q1 Public Health, IF=4.7)
41. Longobucco Y, Ricci M, Scrimaglia S, Camedda C, Dallolio L, Masini A. Effects of School Nurse-Led Interventions in Collaboration with Kinesiologists in Promoting Physical Activity and Reducing Sedentary Behaviors in Children and Adolescents: A Systematic Review. *Healthcare (Basel)*. 2023;11(11):1567. doi:10.3390/healthcare11111567 ((Q2 Health Policy, IF=2.8)
42. Montalti M, Longobucco Y, Celani C, Dallolio L, Masini A. Perceptions of and Satisfaction with Sexual and Reproductive Health Interventions in Pre-Adolescent and Adolescent Students in UE/EEA Countries: A Systematic Review. *Healthcare (Basel)*. 2023 Mar 24;11(7):939. doi: 10.3390/healthcare11070939. (Q2 Health Policy, IF=2.8)
43. Protano C, Valeriani F, De Giorgi A, Angelillo S, Bargellini A, Bianco A, Bianco L, Caggiano G, Colucci ME, Coniglio MA, Dallolio L, De Giglio O, Di Giuseppe G, Elhadidy HSMA, Gioffrè ME, Laganà P, Licata F, Marchesi I, Masini A, Montagna MT, Napoli C, Orsi GB, Pasquarella C, Pelullo CP, Paduano S, Sacchetti R, Scaioli G, Siliquini R, Veronesi L, Liguori G, Spica VR, Vitali M, Gallè F. Consumption of Energy Drinks among Italian University students: a cross-sectional multicenter study. *Eur J Nutr*. 2023 Apr 6:1–9. doi: 10.1007/s00394-023-03140-w. (Q1 Medicine, IF=5)
44. Sanmarchi F, Masini A, Poli C, Kawalec A, Esposito F, Scrimaglia S, Scheier LM, Dallolio L, Sacchetti R. Cross-Sectional Analysis of Family Factors Associated with Lifestyle Habits in a Sample of Italian Primary School Children: The I-MOVE Project. *Int J Environ Res Public Health*. 2023; 20(5):4240. doi: 10.3390/ijerph20054240. (Q2 Public health, IF=5.4)

45. Marini S, Messina R, Masini A, Scognamiglio F, Caravita I, Leccese V, Soldà G, Parma D, Bertini V, Scheier LM, Dallolio L. Application of the COM-B Framework to Understand Facilitators and Barriers for Practising Physical Activity among Pregnant Women and Midwives Participating in the WELL-DONE! Study. *Behavioral Sciences*. 2023; 13(2):114. doi: 10.3390/bs13020114. (Q2 Psychology, IF=2.286)
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64. Masini A, Lanari M, Marini S, Tessari A, Toselli S, Stagni R, Bisi MC, Bragonzoni L, Gori D, Sansavini A, Ceciliani A, Dallolio L. A Multiple Targeted Research Protocol for a Quasi-Experimental Trial in Primary School Children Based on an Active Break Intervention: The Imola Active Breaks (I-MOVE) Study. *Int J Environ Res Public Health.* 2020; 23;17(17):6123. doi: 10.3390/ijerph17176123. (Q2 Public health, IF=5.4)
65. Russo G, Marini S, Masini A, Dallolio L, Ceciliani A. Physical fitness and body weight in pre-adolescent school children: The eurofit motor fitness test explored on 11-12 years-old children. *SPORT SCIENCE*, vol. 13, p. 16-23, ISSN: 1840-3670, doi: 10.6084/m9.figshare.14465457.v2
66. Masini A, Marini S, Leoni E, Lorusso G, Toselli S, Tessari A, Ceciliani A, Dallolio L. Active Breaks: A Pilot and Feasibility Study to Evaluate the Effectiveness of Physical Activity Levels in a School Based Intervention in an Italian Primary School. *Int J Environ Res Public Health.* 2020; 17;17(12):4351. doi: 10.3390/ijerph17124351. (Q2 Public health, IF=5.4)
67. Masini A, Marini S, Gori D, Leoni E, Rochira A, Dallolio L. Evaluation of school-based interventions of active breaks in primary schools: A systematic review and meta-analysis. *J Sci Med Sport.* 2020;23(4):377-384. doi:10.1016/j.jsams.2019.10.008. (Q1 Sport Science, IF=3.607)

Scientific Publication on National Journals

1. Masini A, Coco D, Russo G, Dallolio L, & Ceciliani A. (2023). Active breaks in primary school: Teacher awareness. *Formazione & insegnamento*, 21(1S), 107-113. https://doi.org/10.7346/-feis-XXI-01-23_16
2. Coco D, Masini A, Casolo F, Dallolio L, Ceciliani, A. (2023). Active Breaks and Distance Learning: new strategies for well-being and movement education. *Q-TIMES WEBMAGAZINE*, vol. 2.(n. 1), 29-44 [10.14668/QTimes_15140].

Invited Presentations

Invited presentation Congress Siti Marche-Umbria “Cure di Comunità nella prospettiva Public health” with presentation title “Modelli integrati di presa in carico per promuovere l’invecchiamento in salute: Aging e cure di comunità” Camerino (Italy), May 8th 2026

Invited presentation Congress “Sicurezza sul lavoro: un Incontro tra istituzioni e Università a Novara”. Andamento di infortuni e malattie professionali nella provincia di Novara. March 30th, 2026.

Invited presentation at 21st Scientific Day “*The Value of Research in Healthcare: One Health Perspectives*” Salone della Rappresentanza, AOUAL, Via Venezia 16, Alessandria. Title: “*The Preventive Pathway for the Promotion of Healthy Lifestyles and Active Ageing.*” Alice Masini, Andrea Conti, Fabrizia Risi, Sara D’Imperio, Sophia Russotto, Domenico D’Amario, Martina Porretto, Massimiliano Panella. November 2025

Invited presentation “Participatory and Adaptive Policies for Healthy and Active Ageing: Recommendations from the Age-It PNRR Project” Title: “*The Preventive Pathway for the Promotion of Healthy Lifestyles and Active Ageing.*” Alice Masini, Fabrizia Risi, Martina Porretto, Niccolò Cherasco, Andrea Conti, Massimiliano Panella. September 2025

Invited presentation “Public Health and Chronic Disease Management in the Community: Sustainability and Evolution of Clinical and Care Models.” 30 May 2025, University of Camerino, Camerino, ChIP – Press Room – Via Madonna delle Carceri. Presentation titled: “*Age-It: Ageing Well in an Increasingly Ageing Society. Preventive Pathway for the Promotion of Healthy Lifestyles and Active Ageing.*” Alice Masini, Fabrizia Risi, Martina Porretto, Niccolò Cherasco, Andrea Conti, Massimiliano Panella.

Invited presentation “From Evidence to Good Practices in Prevention and Health Promotion” Conference organized by the Italian Network of Evidence-Based Prevention (NIEBP) in collaboration with ARS, Regional Health Agency, Tuscany. Presentation titled: “*The Repertoire of Effective, Sustainable and Transferable Preventive Interventions (Ipest).*” September 2025.

Invited presentation “Get Moving with AUSL. In Search of Workplace Wellbeing.” 6 June and 20 June 2022, Aula Magna, Ospedale Maggiore, Bologna. Presentation titled: “*Physical Activity and Active Breaks: From Experiment to Daily Good Practice.*”

Invited presentation “Active Breaks: An Intervention Strategy Against Sedentariness for Health-Promoting Schools. Experiences Compared.” Organized by the working group “*Motor Sciences for Health*” (GSMS) of the Italian Society of Hygiene, Preventive Medicine and Public

Health. Held on 19 February 2022 at the University of Foro Italico, Rome. Presentation titled:
“The University of Bologna Experiments with Active Breaks: Results of the I-MOVE and ABS Studies.”

Abstract e Poster in International Congress

HEPA Europe 2023 Health-enhancing physical activity

Type of contribution: Oral presentation di abstract

Title: The effects of an Active Breaks Intervention on Physical and Cognitive Performance: Results from the I-MOVE study. Alice Masini, Sofia Marini, Andrea Ceciliani, Giuseppe Barone, Marcello Lanari, Davide Gori, Laura Bragonzoni, Stefania Toselli, Rita Stagni, Maria Cristina Bisi, Alessandra Sansavini, Alessia Tessari, Laura Dallolio

Event: 11-13 Settembre, Leuven Belgio

European Public Health Conference

Type of contribution: Abstract in journal

Title: Designing active breaks in secondary school, results from focus group with teachers: the brave study. Longo G, Masini A, Ricci M, Marini S, Sansavini A, Scheier LM, Ceciliani A, Dallolio L

Event: 15th European Public Health Conference Public health futures in a changing world. Edition 9 - 12 November 2022.

Type of contribution: Abstract in journal

Title: Erasmus+sport let's move Europa: learning units for health promotion among children and adolescents. Masini A, Zanutto G, Longo G, Marini S, Solda' G, Salussolia A, Anastasia A, Sanchez-Oliva D, Ceciliani A, Dallolio L.

Event: 15th European Public Health Conference Public health futures in a changing world. Edition 9 - 12 November 2022

Type of contribution: Abstract in journal

Title: The Brave study: promoting active breaks in secondary school from students' point of view. Ricci M, Masini A, Longo G, Sansavini A, Scheier LM, Marini S, Ceciliani A, Dallolio L.

Event: 15th European Public Health Conference Public health futures in a changing world. Edition 9 - 12 November 2022

Type of contribution: Abstract in journal

Title: The effect of active breaks on cognitive performance and classroom behaviour: the I-move study. Masini A, Ricci M, Marini S, Ceciliani A, Barone G, Gori D, Bragonzoni L, Sansavini A, Tessari A, Dallolio L.

Event: 15th European Public Health Conference Public health futures in a changing world. Edition 9 - 12 November 2022

Type of contribution: Abstract in journal

Title: Potential association between working memory and physical fitness status: the BRAVE study. Masini A, Sanmarchi F, Ricci M, Longo G, De Gioia ER, Zannoner A, Tessari A, Ceciliani A, Dallolio L.

Event: 15th European Public Health Conference Public health futures in a changing world. Edition 9 - 12 November 2022

Type of contribution: Abstract in journal

Title: Evaluation of an integrated physical activity program for pregnant women: WELL-DONE! Study. Marini S, Masini A, Caravita I, Zannoner A, Scognamiglio F, Coa AA, Rescigno I, Sicari G, Castagna G, Dallolio L.

Event: 15th European Public Health Conference Public health futures in a changing world. Edition 9 - 12 November 2022

Type of contribution: Abstract in journal

Title: Children's and family's determinants of cognitive performance among children: The I-MOVE Study. Esposito F, Sanmarchi F, Masini A, Kawalec A, Scrimaglia S, Tessari A, Sacchetti R, Dallolio L.

Event: 15th European Public Health Conference Public health futures in a changing world. Edition 9 - 12 November 2022

Type of contribution: Abstract in journal

Title: P.I.F Project: The educational role of Walkability to promote health. Masini A, Marini S, Chiocchio I, Rallo F, Dallolio L, Gori D.

Event: 14th European Public Health Conference Public health futures in a changing world. Virtual Edition 10 - 12 November 2021.

Type of contribution: Abstract in journal

Title: How many children meet physical activity guidelines after SARS-CoV-2 outbreak? I-MOVE study results. Dallolio L, Marini S, Montali M, Gori, Sansavini A, Tessari A, Lanari M, Masini A.

Event: 14th European Public Health Conference Public health futures in a changing world. Virtual Edition 10 - 12 November 2021

Type of contribution: Abstract in journal

Title: Preliminary data on physical well-being of children and adolescents during the SARS-CoV-2 pandemic. Salussolia A, Montalti M, Marini S, Rallo F, Masini A, Paterno M, Agosta M, Guaraldi F, Dallolio L, Gori D.

Event: 14th European Public Health Conference Public health futures in a changing world. Virtual Edition 10 - 12 November 2021

Type of contribution: Abstract in journal

Title: Association between parents' education level and KIDMED index: a cross-sectional study. Salussolia A, Montalti M, Marini S, Rallo F, Masini A, Paterno M, Agosta M, Guaraldi F, Dallolio L, Gori D. Melis A, Anastasia A, Zannoner A, Salussolia A, De Dominicis F, Arrichiello F, Ferretti F, Marini S, Masini A, Dallolio L.

Event: 14th European Public Health Conference Public health futures in a changing world. Virtual Edition 10 - 12 November 2021

Type of contribution: Abstract in journal

Title: Does parents' educational level affect children's sedentary behaviour? A cross sectional analysis. Sanmarchi F, Solda` G, Salomoni MG, Gribaudo G, Capodici A, Marini S, A Masini A, Dallolio L, Ferretti F, Arrichiello F.

Event: 14th European Public Health Conference Public health futures in a changing world. Virtual Edition 10 - 12 November 2021

Type of contribution: Abstract in journal

Title: Meals adequacy during weekdays and weekends in an Italian primary school children sample. Soldà G, Salussolia A, Zanutto G, Sanmarchi F, Marini S, L Dallolio L, Ferretti F, Arrichiello F, A Lorenzini A, Masini A.

Event: 14th European Public Health Conference Public health futures in a changing world. Virtual Edition 10 - 12 November 2021

Type of contribution: Abstract in journal

Title: Parents' perception of overweight-obese children Quality of Life in different settings. Esposito F, Sanmarchi F, Marini S, Masini A, Gori D, Scrimaglia S, Reno C, Serra L, S Vandini S, Dallolio L.

Evento: 14th European Public Health Conference Public health futures in a changing world. Virtual Edition 10 - 12 November 2021

Type of contribution: Abstract in journal

Title: Exploring children breakfast habits using Zoom8-questionnaire: Results from the I-MOVE Study. Scrimaglia, S, Esposito F, Sanmarchi F, Marini S, Masini A, Melis A, Sacchetti R, Dallolio L.

Event: 14th European Public Health Conference Public health futures in a changing world. Virtual Edition 10 - 12 November 2021

Type of contribution: Abstract in journal

Title: The Imola Active Breaks study: a new strategy in child public health to reduce sedentary, Masini A, Marini S, Gori D, Montalti M, Lanari M, Cecilian A, Stagni S, Bisi MC, Tessari A, Dallolio L.

Event: 16th World Congress on Public Health of the European Public Health Association, Virtual Edition 12-16 October 2020.

Type of contribution: Abstract in journal

Title: Comparison between health-related quality of life in normal-weight and overweight-obese children. Scrimaglia S, Esposito F, Masini A, Marini S, Gori D, Toselli S, Campa F, Grigoletto A, Messina R, Dallolio L.

Event: 16th World Congress on Public Health of the European Public Health Association, Virtual Edition 12-16 October 2020.

Type of contribution: Abstract in journal

Title: Concordance between child's and parents'-reported Health-related quality of life and overweight. Esposito F, Scrimaglia S, Masini A, Marini S, Gori D, Bragonzoni L, Barone G, Messina R, Gibertoni D, Dallolio L.

Event: 16th World Congress on Public Health of the European Public Health Association, Virtual Edition 12-16 October 2020.

Type of contribution: Abstract in journal

Title: Health impact of an intervention sport-competition-based in elderly: the “In- Common sports” project. Dallolio L, Colaci S, Masini A, Marini S, Cancela-Carral JM, Bezerra P.

Event: 16th World Congress on Public Health of the European Public Health Association, Virtual Edition 12-16 October 2020.

Type of contribution: Abstract in journal

Title: The role of the trainer in adapted physical activity for osteoporosis to improve quality of life. Marini S, Masini A, Maietta Latessa P, Sanna T, Raggi A, Buffa A, Malavolta N, Barone G, Leoni E, Dallolio L.

Event: 16th World Congress on Public Health of the European Public Health Association, Virtual Edition 12-16 October 2020.

European College of Sport Science

Type of contribution: Oral presentation

Title: The effect of an active breaks intervention on physical health, cognitive performance and classroom Behaviour: results from the I-MOVE study. Masini A, Marini S, Ceciliani A, Barone G, Lanari M, Gori D, Bragonzoni L, Toselli S, Stagni R, Bisi M.C, Sansavini A, Tessari A, Dallolio L.

Event: 27th Annual Congress of the *EUROPEAN COLLEGE OF SPORT SCIENCE* Book of Abstract Bunc, V., Tsolakidis, E., 2022.

Type of contribution: Oral presentation

Title: Does primary school children change their physical activity levels during sars-cov-2 outbreak? A pre-post analysis from the i-move study, Masini A, Marini S, Barone G, Bragonzoni L, Toselli S, Bisi MC, Stagni R, Ceciliani A, Dallolio L.

Event: 26th Annual Congress of the *EUROPEAN COLLEGE OF SPORT SCIENCE* Book of Abstract Bunc, V., Tsolakidis, E., 2021.

Type of contribution: Oral presentation

Title: The “imola active breaks study”: implementation of classroom physical activity breaks interventions. Masini A, Marini S, Barone G, Bragonzoni L, Bisi MC, Ceciliani A, Campa F, Grigoletto A, Gori D, Tessari A, Toselli S, Stagni R, Dallolio L.

Event: 25th Annual Congress of the *EUROPEAN COLLEGE OF SPORT SCIENCE* Book of Abstract Bunc, V., Tsolakidis, E., 2020.

Type of contribution: Oral presentation

Title: Assessing the role of the trainer in adapted physical activity for osteoporotic people in order to improve their quality of life: analysis from the OSTEO-AP A Study Marini S, Masini A, Maietta Latessa P, Bragonzoni L, Barone G, Pinelli E, Sanna T, Raggi A, Buffa A, Malavolta N, Leoni E, Dallolio L.

Event: 25th Annual Congress of the *EUROPEAN COLLEGE OF SPORT SCIENCE* Book of Abstract Bunc, V., Tsolakidis, E., 2020.

Type of contribution: Oral presentation

Title: Active breaks to promote physical activity in primary school: evaluation of physical and cognitive functions. Masini A, Marini S, Nigro F, Tessari A, Leoni E, Cecilian A, Dallolio L.
Event: 24th Annual Congress of the EUROPEAN COLLEGE OF SPORT SCIENCE Book of Abstract, Bunc, V., Tsolakidis, E., 2019.

Type of contribution: Oral presentation

Title: Effect of an Adapted Physical Activity (APA) program on quality of life, fear of falling and physical performance of women with osteoporotic vertebral fractures: effect size focus. 24th Annual Congress of the European College of Sport and Science. Marini S, Masini A, Sanna T, Raggi A, Buffa A, Malavolta N, Maietta Latessa P, Leoni E, Dallolio L
Event: 24th Annual Congress of the EUROPEAN COLLEGE OF SPORT SCIENCE Book of Abstract Bunc, V., Tsolakidis, E., 2019.

Type of contribution: Oral presentation

Title: Benefits and feasibility of adapted physical activity program for women with osteoporosis and vertebral fractures: results of the experimental study OSTEO-AFA / 2014. Marini S, Masini A, Sanna T, Raggi A, Buffa A, Malavolta N, Maietta Latessa P, Leoni E, Dallolio L.
Event: 23th Annual Congress of the European College of Sport and Science, Dublin 4-7 July 2018,

Type of contribution: Oral presentation

Title: Benefits of an adapted physical activity program in terms of mobility, balance and quality of life in patients with Parkinson disease. Masini A, Marini S, Dallolio L, Fantozzi S.
Event: 23th Annual Congress of the European College of Sport and Science, Dublin 4-7 July 2018,

Abstract and Poster in National Congress

Società Italiana di Igiene

Type of contribution: Poster presentation

Title contribution: Percorso preventivo cardio-vascolare per un invecchiamento attivo tramite gli stili di vita: Progetto pilota quasi sperimentale Age-It PNRR.

Alice Masini, Fabrizia Risi, Martina Porretto, Vittoria Taddi, Niccolò Cherasco, Andrea Conti, Massimiliano Panella

Evento: 58th Congresso nazionale Società Italiana di igiene. Bologna, 23-26 Ottobre 2025

Type of contribution: Oral presentation di Abstract in atti di convegno

Title contribution: Lifestyle Medicine nelle scuole superiori: risultati del progetto PNRR scuole Irlanda Pighini, Alice Masini, Fabrizia Risi, Aurelio Bard, Niccolò Cherasco, Massimiliano Panella.
Evento: 57th Congresso nazionale Società Italiana di igiene. Palermo, 23-26 October 2024.

Type of contribution: Oral presentation

Title: Piano Imola in Forma (P.I.F): Walkability in the school context. The educational role of walkability in health promotion. Masini A, Marini S, Torreggiani D, Rallo F, Dallolio L, Gori D.

Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Type of contribution: Contribution for the Book of abstract

Title: Maternal education level and knowledge on the correct eating style for their children: results of the study. Masini A, Marini S, Kawalec A, Scrimaglia, Esposito F, Sanmarchi F, Gori D, Sacchetti R, Dallolio L.

Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Type of contribution: Contribution for the Book of abstract

Title: Does parental education level affect children's eating habits? Results from the transversal study "7 days to get to know each other". Adorno E, Sanmarchi F, Esposito F, Golinelli D, Capodici A, Salomoni M.G, Ferretti F, Arrichiello F, Marini S, Masini A, Celenza F, Guberti E, Lorenzini A, Dallolio L. Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Type of contribution: Contribution for the Book of abstract

Title: Erasmus+ Sport EUMOVE Project "LET'S MOVE EUROPE: school based promotion of healthy lifestyles to prevent obesity" Results of the focus groups to outline learning units on correct lifestyles in primary and secondary school. Zanutto G, Ceciliani A, Masini A, Anastasia A, Mulato R, Riegger S, Salussolia A, Soldà G, Marini S, Dallolio L.

Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Type of contribution: Contribution for the Book of abstract

Title: Children, physical inactivity and physical activity at the time of COVID-19: a comparison before and after the reopening of schools. Masini A, Marini S, Kawalec A, Scrimaglia S, Esposito F, Sanmarchi F, Gori D, Sacchetti R, Dallolio L.

Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Type of contribution: Contribution for the Book of abstract

Title: Active Breaks Study (ABS): Teacher perceptions of student behavior in the classroom following an active breaks intervention conducted during the COVID-19 pandemic. Ceciliani A, Masini A, Marini S, Coco D, Bragonzoni L, Toselli S, Liberti M, Astorino G.3, Dallolio L. Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Type of contribution: Contribution for the Book of abstract

Title: Children and consumption of fruit and vegetables: a necessary habit throughout the week. Is cardiovascular risk related to the consumption of fruit and vegetables? 54th National Congress of nazionale Società Italiana di Igiene. Esposito F, Golinelli D, Sanmarchi F, Melis A, Scrimaglia S, Ferretti F, Marini S, Masini A, Celenza F, Guberti E, Lorenzini A, Dallolio L.

Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Pause Attive; una strategia per contrastare la sedentarietà in classe durante la didattica a distanza. Dallolio L, Marini S, Masini A, Ceciliani A.

Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Type of contribution: Contribution for the Book of abstract

Title: Attività fisica adattata per donne con osteoporosi e frattura vertebrale: il punto di vista delle partecipanti dello studio osteoafa/2014. Marini S, Masini A, Mascolo A, Buffa A, Malavolta N, Barone G, Bragonzoni L, Maietta Latessa P, Dallolio L.

Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Type of contribution: Contribution for the Book of abstract

Title: La percezione delle donne in gravidanza e delle ostetriche riguardo alle raccomandazioni sulla pratica dell'attività fisica durante la gestazione. National Congress of Society of Hygiene. Scognamiglio F, Marini S, Masini A, Soldà G, Messina R, Caravita, Leccese V, Bertini V, Parma D, Dallolio L.

Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Type of contribution: Contribution for the Book of abstract

Title: Preliminary data on adolescent sexual health during the Covid-19 pandemic: project "come te la passi?". Montalti M, Salussolia A, Masini A, Rallo F, Marini S, Agosta M, Paternò M, Guaraldi F, Stillo M, Resi D, Dallolio L, Gori D.

Event: 54th National Congress of Society of Hygiene. Lecce, 3-6 November 2021.

Type of contribution: Contribution for the Book of abstract

Title: Use of anthropometric indices in the evaluation of the effectiveness of health promotion interventions in primary school children: results and reflections from the cross-sectional study "7 days for my health". Arrichiello F, Rangone M, Lorusso G, Catalani F, Masini A, Marini S, Leoni E, Guberti E, Celenza F, Ferretti F, Toselli S, Dallolio L.

Event: National Congress of Society of Hygiene. Perugia, 16-19 October 2019.

Società Italiana Scienze Motorie e Sportive

Type of contribution: Abstract in journal

Title: Age-It: Ageing well in an aging society. A novel public-private alliance to generate socioeconomic, biomedical and technological solutions for an inclusive Italian ageing society.

Alice Masini, Andrea Conti, Irlanda Pighini, Niccolò Cherasco, Francesco Barone-Adesi, Massimiliano Panella.

Event: SISMES National Congress Naples November 2023

Type of contribution: Oral presentation of Abstract in journal

Title: The Erasmus⁺ Sport EUMOVE Project: Educational strategies to improve healthy lifestyles.

Alice Masini, Andrea Ceciliani, Sofia Marini, Gabriele Russo, Giulia Longo, Giorgia Zanutto, Giorgia Soldà, Aurelia Salussolia, Alessandra Anastasia, David Sanchez Oliva, Laura Dallolio.

Event: SISMES National Congress Naples November 2023

Type of contribution: Abstract in journal

Title: Active Breaks Study (ABS): reducing physical inactivity and improving the quality of school life in primary school children using an active breaks intervention during Covid-19 pandemic.

Masini A, Marini S, Toselli S, Bragonzoni L, Astorino G, Liberti M, Ceciliani A, Dallolio L.

Event: SISMES National Congress Padova 08-10 September 2021

Type of contribution: Abstract in journal

Title: Reducing physical inactivity and improving the quality of school life in primary school children using an Active Breaks intervention during Covid-19 pandemic. Masini A, Marini S, Toselli S, Bragonzoni L, Astorino G, Liberti M, Ceciliani A, Dallolio L.

Event: SISMES National Congress Padova 08-10 September 2021

Type of contribution: Abstract in journal

Title: Teachers' perceptions of the effects of a primary school active breaks intervention during COVID-19 pandemic in terms of classroom behaviour: results from the "Active Breaks Study ". Ceciliani A, Masini A, Marini S, Coco D, Bragonzoni L, Toselli S, Liberti M, Astorino G, Dallolio L.

Event: SISMES National Congress Padova 08-10 September 2021

Adapted Physical Activity for women with osteoporosis and vertebral fracture: the point of view of the OSTEO-AFA/2014 study participants. Marini S, Mascolo A, Masini A, Buffa A, Malavolta N, Barone G, Bragonzoni L, Maietta Latessa P, Dallolio L.

Event: SISMES National Congress Padova 08-10 September 2021

Type of contribution: Abstract in journal

Title: Erasmus+ Sport Eumove Project "Let's Move Europa": Results from teacher's focus groups to outline a learning unit about healthy lifestyle intervention in primary and secondary school children. Ceciliani A, Masini A, Anastasia A, Mulato R, Riegger S, Salussolia A, Solda G, Zanutto G, Marini S, Dallolio L.

Event: SISMES National Congress Padova 08-10 September 2021

Type of contribution: Abstract in journal

Title: Facilitators and barriers to practicing physical activity and complying WHO guidelines during pregnancy: a survey to investigate women' and midwives' perception through focus group. Marini S, Masini A, Scognamiglio F, Caravita I, Messina R, Soldà G, Leccese V, Bertini V, Parma D, Dallolio L.

Event: SISMES National Congress Padova 08-10 September 2021

Type of contribution: Abstract in journal

Title: The effects of a park-based physical activity intervention on active behavior and wellbeing: the Italyn project "moving parks"

Toselli S, Bragonzoni L, Dallolio L, Grigoletto A, Alice Masini A, Marini S, Barone G, Erika Pinelli E, Zinno R, Mauro M, Astorino G, Loro Pilone P, Galli S, Maietta Latessa P.

Event: SISMES National Congress Padova 08-10 September 2021

Type of contribution: Abstract in journal

Title: Active breaks to promote physical activity in primary school: preliminary results on physical and cognitive functions. Masini A, Marini S, Toselli S, Bragonzoni L, Astorino G, Liberti M, Ceciliani A, Dallolio L.

Event: SISMES National Congress Bologna 27-29 September 2019

Associazione Italiana di Epidemiologia

Type of contribution: Oral presentation of contribution in book of abstract

Title: Age-It: invecchiare bene in una società che invecchia sempre di più.

Percorso preventivo per un invecchiamento in buona salute: una revisione sistematica.

Alice Masini, Niccolò Cherasco, Andrea Conti, Irlanda Pighini, Francesco Barone-Adesi, Massimiliano Panella.

Evento: Convegno AIE 2024, 16-19 April 2024 Riccione

Type of contribution: Oral presentation of contribution in book of abstract

Title: Efficacia di un intervento school-based basato sull'utilizzo di pause attive sul benessere, fitness e performance cognitiva: Risultati dallo studio I-MOVE

Masini A, Marini S, Cecilian A, Barone G, Lanari M, Gori D, Bragonzoni L, Toselli S, Stagni R, Bisi MC, Sansavini A, Tessari A, Dallolio L.

Evento: XLVII – Convegno AIE 2023, 19-21 April 2023 Pisa

Type of contribution: Contribution in book of abstract

Title: Analisi dell'utenza e dei determinanti della partecipazione a "Parchi in Movimento" – Un intervento di promozione dell'attività fisica a Bologna.

Bianconi A, Masini A, Sanmarchi F, Toselli S, Grigoletto A, Marini S, Barone G, Pinelli E, Zinno R, Mauro M, Loro Pilone P, Arduini S, Galli S, Vitiello M, Vicentini B, Boldrini G, Musti M A, Pandolfi P, Liberti M, Astorino G, Maietta Latessa P, Bragonzoni L, Dallolio L.

Evento: XLVII – Convegno AIE 2023, 19-21 April 2023 Pisa

Type of contribution: Contribution in book of abstract

Title:Qualità della Vita Correlata alla Salute e Determinanti Sociodemografici: il Progetto BRAVE.

Sanmarchi F, Masini A, Longo G, Ricci M, De Gioia ER, Cecilian A, Dallolio L

Evento: XLVII – Convegno AIE 2023, 19-21 April 2023 Pisa

Type of contribution: Contribution in book of abstract

Title:L'influenza dei fattori familiari sulle abitudini di vita nei bambini della scuola primaria: il progetto I-MOVE.

Esposito F, Sanmarchi F, Masini A, Poli C, Kawalec A, Scrimaglia S, M. Scheier L, Dallolio L, Sacchetti R.

Evento: XLVII – Convegno AIE 2023, 19-21 April 2023 Pisa

Type of contribution: Contribution in book of abstract

Title:Tornare a respirare post Covid": progetto pilota con un protocollo di esercizi respiratori per il benessere psicofisico degli operatori sanitari colpiti da Sars-Cov2

Longo G, Arduini S, Loro Pilone P, Vitiello M, Astorino G, Ricci M.,Tomaiuolo G, Masini A, Dallolio L.

Event: XLVII – Convegno AIE 2023, 19-21 April 2023 Pisa

Book Chapter

1. Alice Masini e Massimiliano Panella Healthy ageing: Strategie e Sfide per un invecchiamento sano., capitolo 2 del libro "Pause Attive per la salute Long Life cominciare subito non smettere mai. A cura di: Emilia Guberti e Grancesca Gallè. ISBN 978-88-85595-70-5
2. Alice Masini, Francesco Sanmarchi, Laura Dallolio. Chapter 40 - Preserving well-being and quality of life through school-based interventions focused on physical activity during the COVID-19 pandemic. Editor(s): Rajkumar Rajendram, Victor R. Preedy, Vinood B. Patel, Colin R. Martin, Linking Neuroscience and Behavior in COVID-19, Academic Press, 2024, Pages 463-470, ISBN 9780323956505, <https://doi.org/10.1016/B978-0-323-95650-5.00006-9>.
3. Guberti E, Cairella G, Daniele N, Alonzo E, Dallolio L, Masini A, Laura B, Erika P, Zinno R, Marini S, Pasqualino M L. (2022). Alimentazione e attività fisica gli alleati contro

l'osteoporosi. Come investire nella salute delle ossa per tutta la vita. p. 1-91, Perugia: CULTURA E SALUTE EDITORE PERUGIA, ISBN: 9788885595279

4. Marini S, Masini A, Dallolio , Messina R. Chapter 7, Education for health: tackling chronic diseases, in: Macchi C, Benvenuti F. Physical Activity and Health: Bridging Theory and Practice. Ed. Nuova Cultura. 2021. ISBN-10: 8833653668. ISBN-13: 9788833653662

Language Competence

English level B2*

Spanish level A2

Academic English course at level Intermediate at the Centro Linguistico di Ateneo in Bologna (the University Language Centre) during the first semester of the Academic Year 2019-2020.

Digital Competence

Microsoft Office / Microsoft Excel / SPSS statistics software for data analysis and visualization/
Actigraph ActiLife