



INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

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Please can you also add a picture of yourself

Picture

NAME: Erika Borella

TITLE: PhD, Associate Professor

PROFESSIONAL GROUPING: Department of General Psychology, University of Padova, Italy

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WEBLINK:

PRESENT POSITION (e.g. Director of):

Associate professor

Joint responsible for the Second-Level Short Specialisation degree in the Psychology of Aging, University of Padova.

Joint responsible for the Laboratory of Psychology of Aging, University of Padova

HIGHEST ACADEMIC QUALIFICATION (e.g. PhD, MD etc.):

PhD

PROFILE OF MEMBER:

Erika Borella graduated at the Faculty of Psychology at the University of Padova in 1998 and then obtained her PhD at the University of Geneva (Switzerland) on reading comprehension, working memory and inhibition across the whole life-span. Since 2015 she is associate professor at the Department of General Psychology, University of Padova, where she works with the University's Psychology of Aging Laboratory, is joint responsible for the Second-Level Short Specialisation degree in the Psychology of Aging, and for the Laboratory of Psychology of Aging at the University of Padova. She is also deputy coordinator for the PhD course in Psychology Sciences for the same university. Her research interest also focuses on aging and particularly on age-related differences in basic cognitive mechanisms (working memory, inhibitory processes), on complex aspects of cognition. She is also particularly interested in training program to sustain older adults (with both normal and pathological aging) functioning at a cognitive and an emotional level, to slow down cognitive aging. Most of her publications concern individual and age-related differences in cognitive processes and cognitive training (79 in international journals). Between her publications there are international peer-reviewer studies, the standard Italian textbook on Psychology of Ageing, standardized batteries of cognitive and emotional tests, as well as training programs. She is collaborating with many national and international research teams on cognitive changes across the adult life span, as well as on the metacognitive and quality of life issues in ageing. She is supervisor for undergraduate, graduate and PhD students doing research in the aging field.

AREAS OF EXPERTISE: Cognitive aging, cognitive training, cognitive stimulation, basic mechanisms of cognition

KEY PUBLICATIONS (Max. 5):

- Cantarella, A., Borella, E., Marigo, C., De Beni, R. (2017). Benefits of well-being training in healthy older adults. *Applied Psychology: Health and Well-Being*, 9(3), 261-284. doi: 10.1111/aphw.12091.
- Borella, E., Carbone, E., Pastore, M., De Beni, R., & Carretti, B. (2017). Working memory training for healthy older adults: The role of individual characteristics in explaining short-and long-term gains. *Frontiers in Human Neuroscience*, 11: 99. Doi: doi.org/10.3389/fnhum.2017.00099.
- Capotosto, E., Gardini, S., Faggian, S., Piras, F., Belacchi, C., Mantoan, V., Salvaio, E., Pradelli, S., & Borella, E. (2017) Cognitive Stimulation Therapy in the Italian context: its efficacy in cognitive and non-cognitive measures in older adults with dementia. ? *International Journal of Geriatric Psychiatry*, 32, 331-340. DOI: 10.1002/gps.4521.
- Mitolo, M., Borella, E., Meneghetti, C., Carbone, E., & Pazzaglia, F. (2016). How to Enhance Route Learning and Visuo-Spatial Working Memory in Aging: A Training for Residential Care Home Residents. *Aging and Mental Health*, 8, 1-9. DOI: 10.1080/13607863.2015.1132673.
- Borella, E., Carretti, B., Cantarella, A., Riboldi, F., Zavagnin, M., & De Beni R. (2014). Benefits of training visuospatial working memory in young-old and old-old. *Developmental Psychology*, 50(3), 714-727. doi: 10.1037/a0034293.

RELEVANT RESEARCH ACTIVITY:

Please indicate for past 5 years only (i) Grants Awarded: Names of investigators; Years; Title of Project; name of awarding agency (ii) PhD and other projects: Title, start or competed date.

2018-

Director of the project "Cognitive training for older adults" financed by the Centro Studi Alvisè Cornaro, Padova.

2016-

Co-Director of the University Project CPDA152872 "A new approach for contrasting cognitive decline in elderly: measuring cortical reorganization after working memory training with behavioral and electrophysiological indices", Director Prof.ssa C. Spironelli, University of Padova.

2012- 2014

Director of the University Project CPDA110373/11 "When Young and Older Adults Learn a Route with a Map: The Influence of Map Presentation and Stereotypes.", University of Padova.

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

- Cognitive training and everyday life functioning in aging (normal aging and MCI)
- Cognitive Stimulation Therapy (CST): the Italian multicentric study
- Theory of Mind and loneliness in older adults
- Sleep changes and the role of the metacognition in aging
- Cognitive reserve: the development of a new questionnaire
- New questionnaire to assess psychological well-being in people with dementia
- Development of everyday functioning measures

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

I would like to contribute at different levels, such as:

- share the –new- questionnaire (or tasks), results and methodologies that have been tested (and validated) at the university;
- discuss and test new methodologies and protocols to sustain older adults (with dementia);
- define/develop theoretical frameworks for the new interventions for older adults with dementia and their families;
- identify the new needs of older adults;
- (as I also teach at the university) train new professionals with updated knowledge on aging (dissemination)