

Curriculum Vitae Professor Diego Bellini

Academic Teaching Positions

Currently Associate Professor (Full-Time) at Università Mercatorum, and Adjunct Professor at the Universities of Cagliari and Sassari.

Academic Year 2024–2025: Adjunct Professor of Work and Organizational Psychology at the University of Sassari – Department of Humanities and Social Sciences, Bachelor's Degree in Cognitive Psychology.

Academic Year 2024–2025: Confirmed Adjunct Professor of Work and Organizational Psychology (course: Skills in Work Psychology) at the University of Cagliari – Degree Course in “Prevention Techniques in the Workplace and Environment”.

Academic Years 2020–2024: Adjunct Professor of Work Psychology for various Health Professions Degree Programs at the University of Cagliari, including: “Health Assistance”, “Prevention Techniques in the Workplace and Environment”, “Physiotherapy”, “Professional Education”, “Health Professions Sciences” (2021–2022), and “Nursing” (2021–2022).

2019–2020: Lecturer in the PhD program “Contexts, Environments, and Lifestyles for Health and Well-being” (36th cycle), elective course on the role of the environment in shaping aptitudes, performance, and promoting well-being. University of Enna “Kore”.

2018–2019: Lecturer at the Department of Law, University of Cagliari – 84 hours on “Competency Models and Their Assessment”, and 128 hours on “Competency Assessment” (112 hours of individual instruction and 16 hours in small group sessions), as part of the project “A Systemic Approach (Individual–Group–Organization–Environment: Individual, Organizational, Emotional and Environmental Factors)”, promoted and funded by INAIL – Sardinia Region.

2011: Lecturer in Safety Psychology within the Master’s program in Human and Organizational Development Processes, module: Psychology of Safety. Department of Psychology, University of Cagliari.

2010: Lecturer in Project Management at CIPE (Italian Confederation of Pediatricians), in collaboration with faculty members from the Department of Psychology, University of Cagliari.

2010: Lecturer in Safety Psychology in the Master’s program in Human and Organizational Development Processes.

2010–2011: Adjunct Professor of Human Resources Psychology, Department of Psychology, University of Cagliari.

2008–2009: Lecturer in Work and Safety Psychology and Group and Conflict Management, within the project “Self-Assessment and Peer Comparison for the Prevention of Error Behaviors”. Department of Psychology, University of Cagliari.

Degree Program Coordination

Since the 2023–2024 academic year, designated Coordinator of the Integrated Course in Psychological and Educational Sciences within the Bachelor’s Degree Programs in Physiotherapy and Professional Education.

Research Leadership and Responsibilities

Principal Investigator of the project “The Power–Non-Power of Evaluators: The Belief in Self-Assessment and the Antinomies in Individual and Organizational Assessment Pathways”, funded by the P.O.R. FSE 2007–2013 – Regional Competitiveness and Employment – Axis IV: Human Capital – Activity I.3.1 – Public Call 2009 – Code PR1-MAB-A2008-15, from January 2009 to December 2011.

2010: Scientific advisor and coordinator for the development of a healthcare research project for CIPE (Italian Confederation of Pediatricians) titled "Risk Management and Professional Performance in Primary Community Care: Use of New Technologies and the Development of Safe and Effective Behaviors".

2010–2014: From November 1, 2010, to July 30, 2014 – Project coordinator, designer, and scientific lead of "The Safety Network as a Factor of Well-being", a project promoted and funded by INAIL – Sardinia Regional Office.

2018–2019: From July 1, 2018, to December 30, 2019 – Scientific coordinator of the project "A Systemic Approach: Individual–Group–Organization–Environment. Individual, Organizational, Emotional and Environmental Factors", promoted and funded by INAIL – Sardinia Regional Office. Department of Law, University of Cagliari.

Since 2025: Scientific lead, together with colleagues from the participating departments, of the research project "The Meta-Hospital of the University Hospital of Cagliari: Quality, Perceived Well-Being, and Performance of Metaverse Users". The project is carried out in collaboration with the University of Cagliari (Department of Social and Political Sciences and Department of Education, Psychology and Philosophy), the University Hospital of Cagliari, and the Department of Education Sciences of the University of Catania.

Research Fellowships

2009–2011: Postdoctoral Research Fellow, Department of Psychology, University of Cagliari.

2015–2016: Postdoctoral Research Fellow for the Co.S.M.O. Project – Competences Software Management for Organizations. Research focused on the development of evaluation tools and docimological statistics for a software system aimed at assessing managerial and transversal skills in organizational settings. The project was co-funded by the 2014 Joint Projects program. Host institution: University of Verona, Department of Business Organization.

2019–2021: Postdoctoral Research Fellow under the 2017 Basic Research Call, E.Mo.D.O. Project – An Environmental Model for Organizational Development in the Current Economic Crisis. The project aimed to redefine economic, social, and environmental well-being, and identify the competencies needed to face fear in organizational contexts. University of Verona, Department of Business Organization.

2024–2025: Postdoctoral Research Fellow at the University of Campania "Luigi Vanvitelli" for the annual research project RECHARGE – Robotization Enhancement and Challenge for Human Resources in a Growing Advancement, funded by the Italian Ministry of University and Research (MUR) under the PNRR – PRIN 2022 program (Ministerial Decree No. 1409/2022), Project Code "P2022ANZ72_02", CUP: B53D23026410001. Project duration: March 15, 2024 – March 14, 2025.

Research Fellowships and Contracts

2008–2009: Conducted research under a freelance contract for the project "Self-Assessment and Peer Comparison for the Prevention of Error Behaviors". The research involved the analysis of psycho-social risk factors through interviews and surveys conducted within organizations operating in high-risk environments for workplace safety. The research was carried out at the Department of Psychology, University of Cagliari.

June 15–July 27, 2013: Research assignment for data analysis at the DFA (Department of Training and Learning) of the Swiss Italian University (SUPSI). Responsible for analyzing a large dataset related to mathematics assessment tests across the entire elementary school population in the Canton of Ticino.

February–December 2019: Freelance contract for conducting an analysis of various services related to the activation and development of spin-off processes; management/workers buyouts and outplacement, and the tools needed for Opera and Med New Job projects. University of Cagliari, Department of Economics and Business Sciences.

December 7, 2022–October 6, 2023: Winner of a research grant for the project SEWED (Smart Engaging

Work Environment Design). University of Cagliari, Department of Political and Social Sciences.

April 6, 2023–September 5, 2023: Freelance contract for the development of the research project titled "Human Resource Management: The Impact of HRM Policies and Practices on Organizational Behavior". University of Cagliari, Department of Education, Philosophy, and Psychology.

January 2025–April 21, 2025: Freelance contract within the project "SEWED - Smart Engaging Work Environment Design. Fondazione di Sardegna 2021 Annual", funded by the Fondazione di Sardegna - CUP: F73C22001370007.

International Research and Training Experiences

March–September 2013: Visiting Scholar. Conducted research on evaluation in organizational and educational contexts. SUPSI – University of Applied Sciences and Arts of Southern Switzerland, Locarno.

May 2015: Visiting Scholar. Uppsala University (Sweden). Collaborated with Professor Terry Hartig on the drafting of a scientific article on fatigue regeneration in corporate canteens.

Seminars and Academic Presentations

May 24, 2015: Presented the construct of Organizational Fear. Catholic University of the Sacred Heart, Chair of Psychology of Relationships, Milan.

Leadership or Participation in Research Groups with National or International Collaborations

From 2010 to Present: Actively participates in various research groups, some of which he has initiated or coordinated.

Since October 2024: Promoter of the research group The Meta-Hospital of the University Hospital of Cagliari: Quality, Perceived Well-Being, and Performance of Metaverse Users. This group includes participants from the University of Cagliari and the University of Catania.

Since January 1, 2019 (ongoing): Promoter and coordinator of the research group focused on the contextualization of Restorativeness in learning/work environments and the impact of organizational and environmental dimensions in promoting or reducing entrepreneurial intentions. The research group includes scholars from the University of Cagliari, University of Verona, University Kore of Enna, University of Bergamo, and Jagiellonian University of Krakow.

July 1, 2018–December 30, 2019: Operational coordinator and scientific reference at the Industrial Relations Study Center of the University of Cagliari for the project "A Systemic Approach (Individual-Group-Organization-Environment) to the Prevention of Accidents and Occupational Diseases in Small and Medium-Sized Construction Companies: Implementation of a Scientific Competence Model in the Safety Management System and Related Best Practices". This project was promoted and funded by INAIL Sardinia Regional Office and the Department of Law at the University of Cagliari, in collaboration with the Construction Funds of Sardinia and Trade Unions.

Since October 1, 2012 (ongoing): Promoter and coordinator of the research group on the regenerative qualities of work environments. Activities are carried out in collaboration with La Sapienza University of Rome (specifically the Chair of Environmental Psychology and Professor Marino Bonaiuto), University Kore Enna (especially Professor Tiziana Ramaci), and other national and international partners. Current research focuses on integrating Environmental Psychology (particularly Restorativeness) within the field of Work and Organizational Psychology. The project has involved Professor Terry Hartig, with whom the candidate worked at Uppsala University (Sweden) to define the research project and co-author parts of the research outputs. The project also collaborates with Professor Marino Bonaiuto (La Sapienza University) on the topic of fatigue recovery in corporate canteens following work-related exertion.

Member of National and International Research Groups

Since the 2024-2025 Academic Year (ongoing): Research Fellow at the University of Campania, part of the research group on robotization in work environments and its relation to work characteristics. The research group includes scholars from the University of Campania, University of Cagliari, University of Bari, and University of Valencia. The project is titled “RECHARGE: Robotization Enhancement and Challenge for HumAn Resources in a Growing advancEment”, funded by the Ministry of University and Research (MUR) under the PNRR - PRIN 2022 project (D.D. n. 1409/2022) - Project Code "P2022ANZ72_02" - CUP: B53D23026410001. Announcement Decree n. 1148, 21/12/2024.

Since June 1, 2024 (ongoing): Member of the research group SEWED (Smart Engaging Work Environment Design), working as a research fellow at the University of Cagliari, Department of Political and Social Sciences. The objective of the project is to evaluate the impact of technologies on performance, particularly the effects of smart working on well-being and productivity. Scientific supervisor of the project: Professor Barbara Barbieri.

May 1, 2019 - April 30, 2021: Research Fellow at the University of Verona (Department of Business Organization), involved in the research project “An Environmental Model for Organizational Development in the Current Economic Crisis: Towards a New Concept of Economic, Social, and Environmental Well-Being: Competencies to Address Fears in Enterprises”. Funded under the 2017 Basic Research Call, Project E.Mo.D.O. The project involved the University of Cagliari and La Sapienza University of Rome. The research focuses on the role of fears/uncertainties (linked to the economic crisis) and competencies in reducing the negative effects of individual, social, economic, and environmental factors on individual well-being and organizational performance.

February 1, 2019 - December 30, 2019: Member of the European research project O.P.E.R.A. (Organizing and Promoting Energies for Activity Relaunch). Activities include conducting an analysis and research for correlating practices and intervention procedures, developing tools for the activation and development of processes such as spin-off, management/workers buy-out, and outplacement. The research resulted in a theoretical and practical intervention model aimed at identifying the needs of WBOs, building competency assessment tools, and applying Development Centers in the involved areas. The research findings were compiled into a comprehensive report and guidelines shared with the project partners, adhering to European standards. The research was conducted with the involvement of the University of Cagliari's Department of Economics and Business and its Italian and European partners. Additionally, the candidate participated in the European research project MED NEW JOB under the Italy-France Interreg program, focusing on transnational policies for job creation in the sustainable and high-quality maritime economy.

Since January 1, 2015 (ongoing): Member of the research group focused on the role of the environment and organizational and psycho-social dimensions in fostering well-being in the workplace, in collaboration with University Kore of Enna and University of Catania. The research specifically explores the role of Psychological Flexibility and Mindfulness in reducing the negative effects of stress.

October 1, 2015 - September 30, 2016: Research Fellow at the University of Verona (Department of Business Organization), participating in the research project Co.S.M.O - Competences in Organizations: Tools and Docimological Evaluation Statistics funded by the Joint Project 2014. The research involves literature analysis, statistical analysis, data collection, and writing research outputs. The project resulted in the development of software for competency assessment, co-financed by DVG Solving (Mantua), in collaboration with the Department of Business Organization.

March 2013 - February 2014: Member of the research group at SUPSI (University of Applied Sciences and Arts of Southern Switzerland), working on a project focused on competency assessment and sustainability in learning/work contexts using Item Response Theory, within the Department of Training and Learning (DFA).

February 8, 2009 - January 28, 2011: Research Fellow and responsible for the evaluation of the Master's program in Human and Organizational Development Processes at the University of Cagliari (Department of Psychology), involved in the research project “Self-assessment and Comparison for the Prevention of Error Behaviors”. The research focuses on competency assessment and safety in workgroups.

Additional Scientific Activities/Experiences

Reviewer for Scientific Journals, PhD Theses, and Editorial Board Participation

Since April 9, 2025: Guest Editor for the Special Issue “Entrepreneurship, Innovation, and Sustainable Work and Organizational Practices” for the journal Sustainability.

Since July 2024: Guest Editor for the Special Issue “Developing Strategies to Reduce Stress and Promote Health and Wellbeing in Technology Use in Both Learning and Work Environments” for the journal International Journal on Environmental Research and Public Health.

Since October 28, 2022: Volunteer Reviewer in the review boards of the following MDPI journals: International Journal of Environmental and Public Health, Social Sciences, Sustainability, Healthcare, Psychology International, and Behavioral Sciences. A total of 15 reviews completed by April 17, 2025.

Since August 2018: Volunteer Reviewer for Frontiers in Psychology. Member of the Editorial Board since January 17, 2024, for the section on Work and Organizational Psychology with 12 reviews completed by April 17, 2024.

Since January 1, 2024: Occasional Reviewer for Springer. Reviewed an article for Discover Psychology on the topic of learning and burnout in the academic context.

Since May 24, 2022: Occasional Reviewer for Performance Improvement Quarterly, with 4 reviews completed.

Since April 20, 2024: Occasional Reviewer for Public Personnel Management, with 1 review completed by April 17, 2025.

Since October 4, 2024: Occasional Reviewer for the journal International Public Sector Management. Reviewed an article on the topic of resilience and coaching in organizational contexts.

Since July 29, 2004: Occasional Reviewer for the journal Journal of Open Innovation: Technology, Market, and Complexity. Reviewed an article on the topic of technostress.

Since December 10, 2022: Occasional Reviewer for Journal of Occupational and Environmental Medicine – 1 review completed by April 17, 2025.

September 2020: Collaborated with Professor Serena Cubico (University of Verona) in reviewing the PhD thesis titled “Towards Humanizing Organizations: Conceptualizing Employee Strengths at Work and Examining its Mediating Effects on Styles of Leadership and Employee Performance” discussed at the Management Development Institute, Gurgaon.

Occasional Reviewer for International Journal of Public Sector Management (one review completed on sensemaking).

Occasional Reviewer for Quality & Quantity since June 8, 2016 – 1 review completed.

Membership in Prestigious Academies in the Field of Work and Organizational Psychology

Affiliated Member of AIP (Italian Association of Psychology) since January 27, 2016, in the section of Work and Organizational Psychology, which aims to promote research activities in the field of Psychology both nationally and internationally.

Member of EAWOP (European Association of Work and Organizational Psychology) since February 1, 2013. The association promotes scientific research in the field of Work and Organizational Psychology.

Research Awards

"Psychology, Environment, and Safety: A Research and Training Intervention Hypothesis within an Industrial Company" (project completed in 2005), winner of the Miur-Inail competition for projects on safety and health in living and working environments, Type C (graduates). The award was granted in 2007.

Professional Experience and Teaching (In-Person and Online)

From 2008 to present, Psychologist, Consultant, and Trainer for Public Institutions and Companies. Has collaborated with numerous companies on research projects, orientation, consulting, training, evaluation, and organizational intervention.

From 04/07/2008 to 15/04/2009, Occasional collaboration contract at the Department of Psychology, University of Cagliari, as part of the research project "Behaviors, Conflicts. Self-assessment and Comparison for the Prevention of Error Behaviors: Leading Work Groups." The project was funded by INAIL Sardinia. Activities included preparing questionnaires, structured interviews with involved companies on workplace safety, individual and group coaching.

2010/2014, Lecturer in Safety Psychology and Managerial Subjects, and consulting activities within the project "The Safety Network as a Factor for Well-being" at Confindustria Sardegna Meridionale. The activities were carried out with national and multinational companies.

In 2010 and 2011, provided scientific consulting for the development of a healthcare research project for CIPE (Italian Pediatric Confederation), coordinated by Professor Renzo Galanello. Worked on structuring the training project "The Family Pediatrician: Care Paths, Communication, Information, and Prevention" and the research/intervention project "Risk Management and Professional Performance in Medical and Territorial Care: The Use of New Technologies in Developing Safe and Effective Behaviors."

Since September 2009, President of A.S.I.O.S (Association for Individual, Organizational Development, and Workplace Safety). Conducts research-intervention on topics of safety and well-being in workplaces, involving numerous companies from different sectors, leading to the development of the concept of "Organizational Fear."

2015, GDS-Sarroch (CA). Teaching and research-intervention on topics of Organizational Psychology and work-related stress evaluation.

2016/2017 (156 hours), GiGroup. Teaching, consulting, and research-intervention on competency evaluation and competency balance.

2017 (4 hours), Talentform. Lecturer in team building.

2017/2018, Filca/Cisl Sardegna. Consultant, research-intervention, and lecturer on Organizational Psychology topics (change and conflict management).

2017/2018 (36 hours), R&S Formazione. Teaching/consulting on competency evaluation and communication.

2017/2021, UCID Sardinia section. Scientific coordinator of training within the project "Becoming Entrepreneurs by Vocation." Also conducted teaching and coaching activities on marketing, skill development, business design, and development.

From 4 to 10 October 2018 (72 hours), Pugliaform. Lecturer in the module "Personnel Selection."

21-22 January 2019 (12 hours) and 22-24 January 2019 (12 hours), R&S Formazione. Lecturer on the following topics: Competency Balance, Effective Communication, and Attitudes.

April/May 2019 (30 hours), Formatica Scarl. Lecturer in the module "Communication and Customer Satisfaction" for courses held in Cagliari and Nuoro.

6 April 2019 (5 hours), Interforma. Lecturer in "Leadership and Meeting Management" at the Human Resources Management Master's Program – Cagliari.

May/June 2019 (14 hours), Ergon Group. Lecturer and consultant on Effective Communication and Work-related Stress.

May 2019 (16 hours), Skill4. Lecturer on Competency Balance and Active Job Search.

29 July to 3 August 2019 (40 hours), Pugliaform. Lecturer (III course) in the module "Personnel Selection."

7 November 2019 (6 hours), Consorzio Roma. Lecturer in Environmental Psychology in Workplace Contexts for the Master's in Environmental and Architectural Psychology for Human Well-being.

January - February 2020 (64 hours), R&S Formazione. Lecturer in Project Management and Business Development.

October 2020 – July 2021, Iannas - Carpe Diem and Le Fenici Projects. Job placement tutor.

November 2020 – February 2021 (24 hours), E-Work Holding. Lecturer in Statistics and Data Analysis.
January – March 2020, Araform. Lecturer in Active Job Search, Orientation, and Competency Balance.
March 2021 (15 hours), Formatica Scarl. Lecturer in Effective Communication and Customer Satisfaction (online).
May 2021 (5 hours), Acli Sardegna. Lecturer in Job Orientation (online).
July – August 2021 (60 hours), Cooperativa Cellarius. Lecturer in Competency Balance.
January/February 2022 (16 hours), Executive Solutions. Lecturer in Potential Evaluation and Human Resource Development.
February 2022 (15-25), Formatica Scarl. Lecturer in Communication and Customer Satisfaction.
January 2022 (27 January to 16 June 2022) (54 hours), Evolvere. Lecturer in Organizational Business and Human Resource Management for former Air Italy employees (online).
5, 6, 7 July 2022, Evolvere. Evaluator (Subject Matter Expert) and member of the examination commission for the ADA certification in "Organizational Business and Human Resource Management."
From 27 October 2022 (ongoing) (36 hours), Evolvere. Lecturer in Organizational Business and Human Resource Management for former Air Italy employees (online).
March 2023, Evolvere. Appointed evaluator (Subject Matter Expert) and member of the examination commission for the ADA certification in "Organizational Business and Human Resource Management."
April 2023 and June 2023, Città Metropolitana di Cagliari. Appointed expert evaluator of transversal skills for the examination commission for a public competition for the hiring of 1 Technical Manager (with Construction skills) and 2 Administrative Managers.
June 2023 (9 and 12; 10 hours), Formatica Scarl. Lecturer in Communication in Work Groups.
November 2023 (12 hours), IEFCA. Lecturer in Conflict Psychology for the Managers and Officials of Città Metropolitana di Cagliari.
12 October – 25 November 2023 (8 hours), Isfor Api. Lecturer in Group Psychology and Team Working for Professional Training and Certification Programs.
On October 16, 2024, speaker at the seminar "Project Management in Practice: Conflict Management in the Workplace" organized by PMI Italy-Branch Sardegna, held at the former Tobacco Factory in Cagliari.

Participation as a Speaker at National Congresses (Professional Field)

December 6, 2011, Speaker at the Safety Day Congress organized by 626 School, Rome.

Subject Expert

From June 24, 2024, Subject Expert in the disciplinary field of Work and Organizational Psychology – PSIC-03/B.

Education and Training

July 24, 2004: Five-year degree in Organizational Psychology – grade 107/110. University of Cagliari.
April 9, 2015: PhD in Organizational Psychology: Processes of Differentiation and Integration, University of Verona.
2005: Level I Master's Degree: Professional and Educational Guidance Techniques and Methods. University of Cagliari.
December 18, 2006: Level II Master's Degree in Evaluation of Organizational and Systemic Contexts – grade 110/110 with honors. University "La Sapienza" Rome.
2012, August 25-28: Research Methodology Course. Qualitative Methodology School. Italian Association of Psychology.
2013 (40 hours): Research Methodology Course META-ANALYSIS at Internovi, Cesenatico.
August 2014 (40 hours): Research Methodology Course. Structural Equations in Social Sciences. University Center of Bertinoro.
June 29 - July 4, 2015: Third Summer School on Environmental Psychology Theories at the Faculty of Architecture, Alghero – Promoted by the University "La Sapienza" Rome.

Publications / Conferences Chapters in Italian Edited Volumes

- 1) “Eziologia e Genesi del cambiamento nella P.A” in Sangiorgi G (a cura di) Lo Sviluppo delle Competenze nella Pubblica Amministrazione, CUEC Editore, Cagliari 2010 – codice identificativo ISBN 978-88-8467-587-2
- 2) “L’autovalutazione e il confronto per la prevenzione dei comportamenti d’errore: il Modello R.G.C A.S.I.O.S” in Annali della Facoltà di Scienze della Formazione – Università degli Studi di Cagliari – Vol XXXV 2012.

Articles in International Journals Indexed on Scopus

- 1) Bellini D, Mascia M.L., Conti R., and Penna M.P. (2025). Smartphone overuse and distraction: which relationship with general well-being across different generations? *BMC Public Health*, 25:427, doi.org/10.1186/s12889-024-21269-z. Q1.
- 2) Barbieri, B., **Bellini, D.**, Batzella, F., Mondo, M., Pinna, R., Galletta, M., & De Simone, S. (2024). Flexible Work in the Public Sector: A Dual Perspective on Cognitive Benefits and Costs in Remote Work Environments. *Public Personnel Management*, 0(0). <https://doi.org/10.1177/00910260241275241>. Q1
- 3) Barbieri, B.; Mondo, M.; De Simone, S.; Pinna, R.; Galletta, M.; Pileri, J.; **Bellini, D.** (2024). Enhancing Productivity at Home: The Role of Smart Work and Organizational Support in the Public Sector. *Societies*, 14, 50. <https://doi.org/10.3390/soc14040050>. Q2
- 4) Bellini, D., Barbara Barbieri, Michela Loi, Silvia De Simone, and Marina Mondo (2023). The Restorative Quality of The Work Environments: The Moderation Effect of Environmental Resources between Job Demands and Mindfulness. *Social Sciences* 12, 7, 375. ISSN: 20760760, doi: 10.3390/socsci12070375. Q2
- 5) Bellini, D., Cubico. G., Ardolino, M., Bonaiuto, M., Mascia, M.L., Barbieri, B. (2022). Understanding and Exploring the Concept of Fear, in the Work Context and Its Role in Improving Safety Performance and Reducing Well-Being in a Steady Job Insecurity Period. *Sustainability*, 14, 14146, 1-19, ISSN: 2071-1050, doi: 10.3390/su142114146. Q1
- 6) Bellini, D., Barbara, B., Mondo, M., Cubico. S., Ramaci, T., (2022). An Environmental Resource within the Job Demands-Resources Model. The Mediating Role of Self Efficacy between Properties of the Learning Environments and Academic Engagement. *Social Sciences* 11, 548. ISSN: 2076-0760, doi:10.3390/socsci11120548. Q2
- 7) Bellini, D., Barbieri, B., Barattucci, M., Mascia, M.L., Ramaci, T. (2022). The Role of a Restorative Resource in the Academic Context in Improving Intrinsic and Extrinsic Motivation, and Flow within the Job Demands-Resources Model. *International Journal of Environmental Research and Public Health*, 19, 15263. ISSN: 1660-4601, doi:10.3390/ijerph192215263. Q2
- 8) Ramaci, T., Rapisarda, V., **Bellini, D.**, Mucci, N., Vella, F., De Giorgio, A., Barattucci, M (2020). Mindfulness as protective factor for dissatisfaction in HCWs: the moderating role of mindful attention between climate stress and job satisfaction. *International Journal of Environmental Research and Public Health*, 11, 3818. ISSN: 16617827, doi: 10.3390/ijerph17113818. Q2
- 9) Bellini. D., Hartig. T., Bonaiuto. M. (2019) “Social support in the company canteen: A restorative resource buffering the relationship between job demands and fatigue. *WORK: A Journal of Prevention, Assessment & Rehabilitation*. 63(4):1-1, p. 375-387, ISSN: 1051-9815. doi: 10.3233/WOR-192944. Q2
- 10) Ramaci, T., **Bellini D.**, Presti, G., Santisi, G. (2019). Psychological Flexibility and Mindfulness as predictors of individual outcomes in hospital health workers. *Frontiers in Psychology*. ISSN: 16641078 doi: 10.3389/fpsyg.2019.01302. Q2
- 11) Bellini, D., Cubico, S., Favretto, G., Noventa, S., Ardolino, P., Ganesini, Ciabuschi, F., Leitao, J., Jain A. K. (2019). “A meta-model for competence assessment: a software for organizations” Co.S.M.O.© competences software management for organizations. *European Journal of Training and Development*. Vol. 45 No. 6/7, pp. 603-616. ISSN: 2046-9012, <https://doi.org/10.1108/EJTD-04-2018-0034>. Q2
- 12) Bellini. D., Crescentini, A., Zanolla, G., Cubico, S., Favretto, G., Faccincani, L., Ardolino, P., Ganesini. G. (2019). “The Matematical skills scale for elementary fifth class: validity process”. *Sustainability*, 11, 2569; ISSN: 20711050, doi: 10.3390/su11092569. Q1

- 13) Bellini D., Fornara F., Bonaiuto M. (2015). Positive environment in the workplace: The case of the mediating role of Work Engagement between Restorativeness and Job Satisfaction. *PsyEcology*, 6, 252-286, ISSN: 2171-1976. Q3
- 14) Bellini. D., Ramaci. T., Bonaiuto. M., Cubico. S., Favretto. G., Svein Åge Kjøs. J. (2019). Exploring the influence of working environments' restorative quality on organisational citizenship behaviours. *International Journal of Environment, Workplace and Employment*, Vol. 5, No. 1, 32-50, ISSN: 1741-8437. Q4
- 15) Mascia, M.L.; Agus, M.; Cabras, C.; **Bellini, D.**; Renati, R.; Penna, M.P. Present and Future Undergraduate Students' Well-Being: Role of Time Perspective, Self-Efficacy, Self-Regulation and Intention to Drop-Out. *Educ. Sci.* 2023, 13, 202. ISSN: 22277102, <https://doi.org/10.3390/educsci13020202>. 10.3390/ijerph20156509. Q2
- 16) Mascia, M.L.; Agus, M.; Tomczyk, Ł.; Bonfiglio, N.S.; **Bellini, D.**; Penna, M.P. Smartphone Distraction: Italian Validation of the Smartphone Distraction Scale (SDS). *Int. J. Environ. Res. Public Health* 2023, 20, 6509. ISSN: 16617827 <https://doi.org/10.3390/ijerph20156509>. Q2
- 17) Mondo, M., Pileri, J., Barbieri, B., **Bellini, D.**, De Simone, S (2023). The Role of Techno-Stress and Psychological Detachment in the Relationship between Workload and Well-Being in a Sample of Italian Smart Workers: A Moderated Mediated Model. *Social Sciences*, 12: 530. ISSN: 20760760, <https://doi.org/10.3390/socsci12100530>. Q2
- 18) Alves, S., Cabras, C., **Bellini, D.**, & Bonaiuto, M. (2024). Perceived Environmental Quality Indicators as Health-Enabling Elements Within Prisons. *Prison Journal*, 104(2), 215-143. <https://doi.org/10.1177/00328855231222443>. Q1
- 19) Barbara Barbieri, **Diego Bellini**, Giuseppe Scaratti, Marina Mondo, Roberta Pinna, Maura Galletta, Silvia De Simone (2024). Examining the interplay between positive and negative bureaucracy characteristics and job satisfaction, the moderating role of resistance to change for neo-managerial approaches. *Academic Quarter*, 29, 16-34. Q3

Further Publications in International Journals

- 1g) Bellini D., Ramaci T., Bonaiuto M. (2015). The Restorative Effect of the Environment on Organizational Cynicism and Work Engagement, *Journal of Human Resource and Sustainability Studies*, 3, 124-135.

Articles Submitted and Under Review in Scopus-Indexed Journals

Maria Lidia Mascia, **Diego Bellini**, Federica Siddu, Annamaria Porru, Maria Pietronilla Penna. Academic motivation and academic self-concept of Italian students in transition to university (Sottoposto a *Education Sciences*). Q2

Diego Bellini, Barbara Barbieri, Marina Mondo, Federica Batzella, Jessica Pileri, Max Rapp-Ricciardi, Silvia De Simone (sottoposto a *International Journal of Public Administration*). Exploring the Dual Role of Resistance to Change: Is it a Recognized Demand or an Overlooked Resource? Examining the Moderating Role of Resistance Between Bureaucratic Red Tape and Technostress. Q2

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- 17d) Bellini, D., Ardolino, P., Baratta, R., Cubico, S (2020). *The Role of Entrepreneur and Workers Fears in reducing Well-Being in Organizations: Intervention Proposal to foster Healthy Organizations*. Abstract for oral presentation to Healthier Societies fostering Healthy Organizations: A Cross-cultural Perspective, University of Florence, August 24-25, 2020.
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- 22d) Cubico, S., Fucà, R., Ardolino, P., Baratta, R., **Bellini, D.**, Giostra, V., Favretto, G. (2023). *Atteggiamenti verso il lavoro autonomo e imprenditoriale negli studenti universitari: contesto di crisi e risorse di trasformazione*. Atti e contributo orale. Contributo accettato. Simposio. Convegno nazionale AIP, Sezione di Psicologia delle Organizzazioni, Cagliari (Italia) 8-10 settembre 2023.
- 23d) È indicato come Chair al Convegno nazionale AIP, Sezione di Psicologia delle Organizzazioni, Cagliari (Italia) 8-10 settembre 2023.
- 24d) Cubico, S., Fucà, R., Ardolino, P., Favretto, G., Baratta, R., Sentuti, F., Cesaroni, M., Pajardi, D., Giostra, V., Correia Leitão, J.C., Cubico, A., **Bellini, D.** (2023). *Self-assessment of entrepreneurial competences by*

students pre- and post-Covid-19: Increased self-image as future entrepreneurs and the overcoming of gender influence. Rent XXXIV (Research in Entrepreneurship and Small Business) “Taming Uncertainty” conference, Gdansk, 15-17 Novembre, Poland.

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26d) Bellini, D., Alves, S., Cabras, C., Bonaiuto, M. (2024). Connessioni tra la Qualità della Vita e della Salute e l’Ambiente Fisico Percepito nelle Strutture Carcerarie, VI° Convegno di Psicologia Giuridica Nuove Prospettive Teoriche e Pratiche per la Psicologia Giuridica e Forense, 13-15 Giugno 2024, Cagliari.

27d) Autore di contributo e relatore al Convegno nazionale AIP nell’ambito del simposio "Lavoro ibrido e da remoto nel contesto pubblico: tra vincoli normativi, flessibilità, gestione dei confini e performance". Bellini D., Barbieri B., Mondo M., Batzella F., De Simone (2024). "Lavoro flessibile nel settore pubblico: una doppia prospettiva sui benefici e i costi cognitivi nel lavoro da remoto". Bergamo, 4-6 Settembre 2024.

28d) Autore di contributo e relatore al Convegno nazionale AIP nell’ambito del simposio "Natura e rigeneratività dei luoghi di lavoro". Diego Bellini, Barbara Barbieri, Marina Mondo, Silvia De Simone (2024). Favorire la consapevolezza e l’attenzione negli ambienti di lavoro: l’effetto moderatore della Restorativeness e delle sue proprietà nella relazione tra richieste cognitive e mindfulness. Bergamo 4-5 settembre, 2024.

29d) Autore di contributo: Marina Mondo, Barbara Barbieri, Silvia De Simone, **Diego Bellini**, Jessica Pileri. (2024). "Il ruolo moderatore della resistenza al cambiamento tra burocrazia e tecnostress". Bergamo, 4-6 Settembre 2024.

30d) Relatore al 4° simposio Internazionale “Lavoro in Armonia” Salute Lavorativa, Autoregolazione, Technostress. Smart working time - tra valorizzazione delle risorse e conciliazione nella PA. Olbia 3 Ottobre 2024.

31d) Autore di contributo: Giuliano Cataldo Gemmano, Danila Molinaro, **Diego Bellini**, Silvia De Simone, Maria Luisa Giancaspro, Marina Mondo, Carmela Buono, Barbara Barbieri, Paola Spagnoli, Amelia Manuti (accettato). Introducing Artificial Intelligence in Organizations: HR Practices for Employee Involvement. EAWOP 2025 – Praga, 21-24 Maggio.

Contributions to International Conferences with Full or Extended Paper Submission

1e) Bellini, D., Cubico S., Favretto, G., Ardolino, A., Bonaiuto, M., Barbieri, B. (2019). *Paure e insicurezza lavorativa nelle organizzazioni: fattori che condizionano la crescita aziendale e il benessere dei lavoratori: una ricerca esplorativa*. Atti, contributo orale e full paper presentato al convegno internazionale Aidea, Torino (Italia) 12-13 settembre 2019.

2e) Baratta, R., Ardolino, P., **Bellini, D.**, Cubico, S., Simeoni, F. (2021). *Students’ entrepreneurial intentions in the Covid era: Balancing leadership and innovation aptitudes for sustainable entrepreneurship*. ISBN: 97888943937-9-8. Sinergie-Sima Conference (Società Italiana di Management). Management Conferenze 10-11 Giugno 2021 - University of Palermo (Italy).

3e) Baratta, Ardolino, P., **Bellini, D.**, Cubico, S., Simeoni, F. (2024). *Students' entrepreneurial intentions among personal and contextual factors: a pilot study exploring the role of emotions*. Sinergie-Sima Conference (Società Italiana di Management). Management Conferenze 13-14 Giugno 2024 - University of Parma (Italy).

Articles / Interviews of a Popular Science Nature - Online Magazines

1f) Psicologia dell’ambiente, gli esperti: «Autostima e ottimismo dipendono dall’ufficio» - Marino Bonaiuto e Diego Bellini – Sanità informazione 2019.

2f) La chiesa di Cagliari tra crisi sociale e pandemia – Contributo alla redazione dello strumento di riflessione a cura dell’Ufficio di Pastorale Sociale del Lavoro. Il portico supplemento al n.11 del 2021.

Interview

Radio Kalaritana, lavoro e creazione di impresa (2019).

National Scientific Qualification (Abilitazione Scientifica Nazionale) 2023-2025

Achieved the qualification for teaching in academic field 11/E3 – Social, Work, and Organizational Psychology qualifying of the role of Associate Professor on November 6, 2024 – currently PSIC-03b

Digital and Language Competences

Fluent in both written and spoken English. Highly Experienced in Microsoft Office Suite (Word, Excel, PowerPoint). Advanced knowledge of statistical analysis software including SPSS, AMOS, and Mplus.

Cagliari, April 30, 2025

Diego Bellini