

ALESSIO BELLATO, Ph.D.

Lecturer in Child and Adolescent Mental Health
School of Psychology, University of Southampton, UK



Research, Teaching and Professional experience

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| 2023 - ongoing | Lecturer in Child and Adolescent Mental Health - University of Southampton, UK |
| 2020 - ongoing | Visiting Lecturer - University of Nottingham, UK; King's College London, UK |
| 2021 - 2023 | Assistant Professor of Psychology - University of Nottingham, Malaysia |
| 2020 - 2021 | Editor/ Writer - Evidence Aid, www.evidenceaid.org |
| 2020 - 2021 | Teaching Fellow - King's College London, UK |
| 2019 - 2020 | Research & Teaching Associate - University of Nottingham, UK |
| 2016 - 2019 | Graduate Teaching Assistant - University of Nottingham, UK |
| 2014 - 2016 | Clinical Psychologist - Veneto County, Italy |
| 2012 - 2014 | Assistant Psychologist - Veneto County, Italy |
| 2010 - 2011 | Research Assistant - European Monitoring Centre for Drugs and Drug Addiction |

Degrees

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| 2016 - 2020 | PhD Applied Psychology - University of Nottingham, United Kingdom |
| 2012 - 2014 | MSc Clinical Psychology - Università di Padova, Italy |
| 2008 - 2012 | BSc Psychological Sciences - Università di Padova, Italy |

Administration & Leadership

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| 2023 | Director – Summer School “Conducting systematic reviews and meta-analyses to inform research and practice” |
| 2022 - ongoing | Leader – Mind & Neurodevelopment Research Cluster, University of Nottingham Malaysia |
| 2022 - 2023 | Course Director – “MSc Developmental Disorders”, University of Nottingham Malaysia |
| 2021 - 2023 | Director of Postgraduate Studies – School of Psychology, University of Nottingham Malaysia |
| 2022 - 2023 | Public Relations committee member – Society for Psychophysiological Research |
| 2016 - 2020 | Manager – SAAND project (Principal Investigator: Dr Maddie Groom; University of Nottingham) |
| 2018 - 2019 | Organising committee member - ‘ENCODS 2019’ international conference (London, UK) |

Training courses and Career development

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| 2023 | Postgraduate Certificate in Higher Education (PGCHE) |
| 2023 | Fellow of the UK Higher Education Academy |
| 2020 | Training: ‘Essentials of Global Health’ (Yale University), ‘Introduction to Systematic Review and Meta-Analysis’ (Johns Hopkins University) |

Publications in peer-reviewed journals

* indicates shared first-authorship

1. **Bellato, A.**, Wiersema, J.R., Groom, M.J. (2023). Autonomic Nervous System functioning in ADHD. In Johnny L. Matson (Ed.), *Clinical Handbook of ADHD Assessment and Treatment Across the Lifespan*. Springer Nature. ISBN: 978-3-031-41708-5.
2. **Bellato, A.***, Hall, C.L.*, Groom, M.J., Simonoff, E., Thapar, A., Hollis, C., & Cortese, S. (in press). Practitioner Review: Clinical utility of the QbTest for the assessment and diagnosis of ADHD: a systematic review and meta-analysis. *Journal of Child Psychology and Psychiatry*. doi not yet available
3. **Bellato, A.**, Cristea, I.A., Del Giovane, C., Fazel, S., Polanczyk, G.V., Solmi, M., & Larsson, H. (in press). Evidence-based child and adolescent mental health care: the role of high-quality and transparently reported evidence synthesis studies. *Journal of Child Psychology and Psychiatry Advances*. <https://doi.org/10.1002/jcv2.12197>
4. **Bellato, A.***, Sesso, G*, Milone, A., Masi, G., & Cortese, S. (in press). Systematic Review and Meta-Analysis: Altered Autonomic Functioning in Youths with Emotional Dysregulation. *Journal of the American Academy of Child & Adolescent Psychiatry*. <https://doi.org/10.1016/j.jaac.2023.01.017>
5. **Bellato, A.**, Admani, M.A., Deak, C., Farhat, L.C., Antunes, M.C.F., Vasconcelos, R.V., Malanchini, M., Shephard, E., & Michelini, G. (in press). Autonomic dysregulation and self-injurious thoughts and behaviours in children and young people: a systematic review and meta-analysis. *Journal of Child Psychology and Psychiatry Advances*. <https://doi.org/10.1002/jcv2.12148>
6. Cortese, S., Solmi, M., Michelini, G., **Bellato, A.**, [...] & Correll C.U. (2023). Candidate diagnostic biomarkers for neurodevelopmental disorders in children and adolescents: a systematic review. *World Psychiatry*, 22, 1–21. <https://doi.org/10.1002/wps.21037>
7. Radonjić, N.V.*, **Bellato, A.***, Khoury, N.M., Cortese, S., & Faraone, S.V. (2023). Nonstimulant Medications for Attention-Deficit/Hyperactivity Disorder (ADHD) in Adults: Systematic Review and Meta-analysis. *CNS Drugs*, 37, 381-397. <https://doi.org/10.1007/s40263-023-01005-8>
8. **Bellato, A.**, Arora, I., Kochhar, P., Ropar, D., Hollis, C., & Groom, M.J. (2023). Relationship between autonomic arousal and attention orienting in children and adolescents with ADHD, autism and co-occurring ADHD and autism. *Cortex*, 166, 306-321. <https://doi.org/10.1016/j.cortex.2023.06.002>
9. **Bellato, A.***, Perna, J.*, Ganapathy, P. S., Solmi, M., Zampieri, A., Cortese, S., & Faraone, S.V. (2023). Association between ADHD and vision problems. A systematic review and meta-analysis. *Molecular Psychiatry*, 28, 410-422. <https://doi.org/10.1038/s41380-022-01699-0>
10. Perna, J.*, **Bellato, A.***, Ganapathy, P. S., Solmi, M., Zampieri, A., Faraone, S.V., & Cortese, S. (in press). Association between Autism Spectrum Disorders (ASD) and vision problems. A systematic review and meta-analysis. *Molecular Psychiatry*. <https://doi.org/10.1038/s41380-023-02143-7>
11. Idrees, I., **Bellato, A.**, Cortese, S., & Groom, M. (2023). The Effects of Stimulant and Non-stimulant Medications on the Autonomic Nervous System (ANS) Functioning in People With ADHD: A Systematic Review and Meta-analysis. *Neuroscience & Biobehavioural Reviews*, 144:104968. <https://doi.org/10.1016/j.neubiorev.2022.104968>
12. Hartman, C., Larsson, H., Vos, M., **Bellato, A.**, [...] & Reif, A. (2023). Anxiety, mood, and substance use disorders in adult men and women with and without Attention-Deficit/Hyperactivity Disorder: a substantive and methodological overview. *Neuroscience & Biobehavioural Reviews*, 151:105209. <https://doi.org/10.1016/j.neubiorev.2023.105209>

13. Hall, C., **Bellato, A.**, Kirk, J.D., & Hollis, C. (2023). The clinical utility of QbTest in supporting the assessment and monitoring of Attention-Deficit/Hyperactivity Disorder (ADHD): What do paediatricians need to know? *Journal of Paediatrics and Child Health*, 33(9), 259-64. <https://doi.org/10.1016/j.paed.2023.06.006>
14. Almarzouki, A.F., **Bellato, A.**, Al-Saad, M.S., & Al-Jabri B. (2023). COGMED working memory training in children with Attention Deficit/Hyperactivity Disorder (ADHD): A feasibility study in Saudi Arabia. *Applied Neuropsychology: Child*, 12(3), 202-13. <https://doi.org/10.1080/21622965.2022.2070020>
15. **Bellato, A.***, Arora, I.*, Kochhar, P., Ropar, D., Hollis, C., & Groom, M.J. (2022). Heart rate variability in children and adolescents with autism, ADHD and co-occurring autism and ADHD, during passive and active experimental conditions. *Journal of Autism and Developmental Disorders*, 52(11), 4679–4691. <https://doi.org/10.1007/s10803-021-05244-w>
16. **Bellato, A.**, Arora, I., Kochhar, P., Hollis, C., & Groom, M.J. (2022). Indices of Heart Rate Variability and Performance During a Response-Conflict Task are Differently Associated with ADHD and Autism. *Journal of Attention Disorders*, 26(3), 434–446. <https://doi.org/10.1177/1087054720972793>
17. Arora, I., **Bellato, A.**, Kochhar, P., Gliga, T., Ropar, D., Hollis, C., & Groom, M.J. (2022). What is the effect of stimulus complexity on attention to repeating and changing information in Autism? *Journal of Autism and Developmental Disorders*, 52, 600–616. <https://doi.org/10.1007/s10803-021-04961-6>
18. **Bellato, A.**, Norman, L., Idrees, I., Ogawa, C., Waitt, A., Zuccolo, P., Tye, C., Radua, J., Groom, M., Shephard, E. (2021). A systematic review and meta-analysis of altered electrophysiological markers of performance monitoring in Obsessive-Compulsive Disorder (OCD), Gilles de la Tourette Syndrome (GTS), Attention-Deficit/Hyperactivity Disorder (ADHD) and Autism. *Neuroscience and Biobehavioral Reviews*, 131, 964-987. <https://doi.org/10.1016/j.neubiorev.2021.10.018>
19. Arora, I., **Bellato, A.**, Ropar, D., Hollis, C., & Groom, M.J. (2021). Is autonomic function during resting-state atypical in Autism: A systematic review of evidence. *Neuroscience and Biobehavioral Reviews*, 125, 417-441. <https://doi.org/10.1016/j.neubiorev.2021.02.041>
20. **Bellato, A.** (2020). Psychological factors underlying adherence to COVID-19 regulations: a commentary on how to promote compliance through mass media and limit the risk of a second wave. *Social Sciences & Humanities Open*, 2(1) (Special Issue: COVID-19). <https://doi.org/10.1016/j.ssaho.2020.100062>
21. **Bellato, A.**, Arora, I., Kochhar, P., Hollis, C., Groom, M.J. (2020). Atypical Electrophysiological Indices of Eyes-Open and Eyes-Closed Resting-State in Children and Adolescents with ADHD and Autism. *Brain Sciences*, 10(5), 272 (Special Issue: New Advances in ADHD). <https://doi.org/10.3390/brainsci10050272>
22. **Bellato, A.**, Arora, I., Hollis, C., & Groom, M.J. (2020). Is autonomic nervous system function atypical in attention deficit hyperactivity disorder (ADHD)? A systematic review of the evidence. *Neuroscience and Biobehavioral Reviews*, 108, 182-206. <https://doi.org/10.1016/j.neubiorev.2019.11.001>
23. Collini, M., Mugno, D., Cocco, A., **Bellato, A.**, Gemma, A. (2016). Evidence based practices for Children and Adolescent with Autism Spectrum Disorder (ASD): Action-research in the Public Health Services. *Italian Journal of Neurodevelopmental Disorders (Giornale Italiano dei Disturbi del Neurosviluppo)*, 1(1), 51-68

Modules & Workshops convened

- Neurodevelopmental Disorders (MSc module)
- Childhood Clinical and Behavioural Disorders (MSc module)
- Quantitative Methods (MSc module)
- MSc Final Research project (MSc module)
- Conducting systematic reviews and meta-analyses in R (workshop for PhD students and ECRs)
- Developmental Psychology (2nd year BSc Psychology)
- Biological Psychology (1st year BSc Psychology)

Presentations and Conferences

- 2023 'Neurodevelopmental Disorders: cognitive-behavioural clinical phenotypes and biological markers' CPD course, Fondazione Mariani, Milano, Italy [invited speaker]
Academic Child and Adolescent Psychiatry Webinar Series; University College Dublin, Ireland [invited speaker]
Provost's Seminar Series; University of Nottingham Malaysia
- 2022 Neurodevelopmental Disorders Annual Seminar (NDAS); University of Edinburgh, UK
Malaysian Psychology Student Assembly (MAPSA) conference, University of Nottingham Malaysia [invited keynote speaker]
School of Psychology Seminar Series; University of Nottingham, UK
- 2021 Learning and Teaching Conference; King's College London
8th World Congress on ADHD
- 2019 6th EUNETHYDIS International Conference on ADHD
British Psychological Association, Cognitive & Developmental Psychology Conference; Stoke-upon-Trent, UK
British Autism Study of Infant Siblings (BASIS) Conference; Birkbeck College, London, UK [invited speaker]
Neurodevelopmental Disorders Annual Seminar (NDAS); Surrey, UK
- 2018 23rd World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP); Prague, Czech Republic
5th EUNETHYDIS International Conference on ADHD; Edinburgh, UK
Institute of Mental Health Research Day; Nottingham, UK
Neurodevelopmental Disorders Annual Seminar (NDAS); Coventry, UK
- 2017 Neurodevelopmental Disorders Annual Seminar (NDAS); Kingston, UK
- 2016 Technologies in support of people with autism spectrum disorders; Rome, Italy

Funding secured & Awards

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| 2023 | University of Nottingham Interdisciplinary Cluster Establishment (lead) | £28,500 |
| 2022 | Pump Priming Grant, Faculty of Science & Engineering, University of Nottingham Malaysia (P.I.) | £3,840 |
| | Research Support Grant & Faculty Innovation Fund, Faculty of Science & Engineering, University of Nottingham Malaysia | £700 |
| | Strategic Project Grant 'Renovation and Establishment of the School of Psychology Mind and Brain Lab', University of Nottingham Malaysia | £8,640 |
| | Conference Attendance Award, School of Psychology, University of Nottingham Malaysia | £1,300 |

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| 2021 | Institute of Mental Health Award for "Best publication flowing from work during doctoral studies", University of Nottingham UK | £150 |
| | Open-Access contributions, Nottingham NIHR Biomedical Research Centre | £3,000 |
| | Conference attendance award, King's College London | £200 |
| 2020 | Open-Access contribution, Nottingham NIHR Biomedical Research Centre | £2,000 |
| 2019 | British Neuroscience Association Conference Travel Grant, Tocris Biotechn | £500 |
| | Training & Travel award, University of Nottingham UK | £1,500 |
| 2018 | Conference Travel Award, Nottingham NIHR Biomedical Research Centre | £1,000 |
| | Child Development Fund (co-applicant), The Waterloo Foundation, UK | £20,500 |
| | Conference travel award, Guarantors of Brain | £550 |
| | PsyPAG Travel Bursary | £100 |
| 2017 | Google Android Application Developer Scholarship | £300 |
| | Conference travel grant, Neurodevelopmental Disorders Seminar Series Conference | £75 |
| 2016 | Vice-Chancellor's Doctoral Scholarship for Research Excellence, University of Nottingham UK | £37,800 |
| | "Best Poster" Award, Erickson Foundation, Italy | £90 |
| | <u>TOTAL (approximate)</u> | <u>£110,500</u> |

Dissertations, articles and blogs

- Guida Federazione Mondiale ADHD [e-book]. A cura di Luis Augusto Rohde et al., (traduzione: Alessio Bellato). Porto Alegre, Brasile, 2019. <https://www.adhd-federation.org/Resources/Persistent/7d20bb0e5a43c7fd8c885918dad7ecbdc4e5b811/Linee%20Guida%20ADHD%20-%20The%20World%20Federation%20of%20ADHD%20-%20Versione%20Italiana.pdf>
- Destigmatising disorders: Disability not inability. TheStar Online (Malaysia). <https://www.thestar.com.my/starpics/2022/08/22/destigmatising-disorders-disability-not-inability>
- What can we do when students prefer to keep their cameras off during online teaching? *Online blog*. <https://blogs.kcl.ac.uk/digitaleducation/what-can-we-do-when-students-prefer-to-keep-their-cameras-off-during-online-teaching/>
- Cosa succede nel cervello a riposo, in persone con autismo e ADHD? (What happens to the brain during resting-state, in people with Autism and ADHD?). *MIND Le Scienze (Scientific American Italian Edition)*, February 2021. https://www.lescienze.it/mind/2021/01/27/news/mind_di_febbraio-4875988/
- An investigation of autonomic arousal and attentional mechanisms in children with ADHD and Autism. *PhD dissertation*. <http://eprints.nottingham.ac.uk/60629/>
- It's a common feeling (and that's fine!): coping with stress during the COVID-19 lockdown. *Online blog*. https://www.researchgate.net/publication/340732358_It's_a_common_feeling_and_that's_fine_coping_with_stress_during_the_COVID-19_lockdown_blog
- Attention orienting in a gap-overlap task: is the attentional performance correlated with sub-clinical autistic traits in adults? *MSc dissertation*. https://www.researchgate.net/publication/309195337_Attention_orienting_in_a_gap-overlap_task_is_the_attentional_performance_correlated_with_some_sub-clinical_autistic_traits_in_adults
- Il trattamento di gioco nei bambini con autismo (Play-training in autistic children). BSc dissertation. <http://dx.doi.org/10.13140/RG.2.1.4392.1369>