

MIRELLA RUGGERI

Curriculum Vitae

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Affiliation: Department of NEUROSCIENCE, BIOMEDICINE AND MOVEMENT,
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POSITIONS HELD:

- **Full Professor in Psychiatry at the University of Verona**, Department of Public Health and Community Medicine, Section of Psychiatry and WHO Collaborating Centre for Research and Training in Mental Health and Service Evaluation (2000-present)
- **Head of the Section of Psychiatry** (October 2013- present), University of Verona
- Deputy Director Department Public Health and Community Medicine (2008-2015)
- **Director of the South-Verona Community Based Mental Health Service**, National Health Authority, Verona (October 2013- present) Director of the Department of Mental Health in Verona (2013-2016,
- Director of the Service of Psychosomatic and Clinical Psychology, Section of Psychiatry, University of Verona, National Health Authority, Verona (2004-2014)
- **Director of the Specialization School in Psychiatry**, University of Verona (2011 – present)
- Appointed as Chairperson of the European Network for Mental Health Service Evaluation (ENMESH) (acting from May 2008 till October 2015), currently Past President
- **Director of the Master on “Therapeutical Approaches and Assessment Methods for Preventive and Early Interventions in Mental Health”**, University of Verona
- **President Elect of the International Federation of Psychiatric Epidemiology IFPE** – Beginning of Mandate October 1st 2019. Appointed as Vice- President of the International Federation of Psychiatric Epidemiology (IFPE) (October 2017-present);
- Past- President of the Italian Society of Psychiatric Epidemiology (October 2007- 2013)
- **Coordinator of the Research Unit “Clinical, Environmental and Biological Determinants of Outcome in Mental Health”** at the Section of Psychiatry, Department of Department of Public Health and Community Medicine, University of Verona, Italy (1992-present)
- Responsible for the Quality Assurance Program at the Service of Psychosomatic and Clinical Psychology, Department of Medicine and Public Health, University of Verona (2000-2010)
- National Coordinator of the Research Program Genetics, Endophenotypes and Treatment: Understanding early Psychosis (GET-UP), started on December 2008 and funded by the Ministry of Health in the frame of the Ricerca Sanitaria Finalizzata 2007.
- Member of the Editorial Board of Social Psychiatry and Psychiatric Epidemiology
- Member of the Editorial Board of Epidemiology and Psychiatric Sciences

DEGREES AND DIPLOMAS:

- Doctor in Medicine: graduated with full marks and honors in 1984 at the University of Bologna, Italy
- Specialist in Psychiatry: specialized with full marks and honors in 1988 at the University of Bologna, Italy
- Ph.D. in Psychiatry: Course completed in 1994 at the University of Verona, Italy

POST-DOCTORAL STAGES:

- Research Fellow at the “Neurochemistry Unit”, Department of Physiology, University of Modena, Italy (May 1984-October 1988);
- Visiting scientist at the Department of Pharmacology and at the Department of Histology and Neurobiology at Karolinska Institutet, Stockholm, Sweden (April 1985 - March 1986);
- Visiting scientist at the Institute of Psychiatry, University of San Francisco and at the Institute for Epidemiology and Behavioural Medicine, Berkley, USA (March-April 1992);
- Visiting scientist at the Institute of Psychiatry, King’s College, London (October-November 1996).
- Honorary Academic Visitor at the Institute of Psychiatry, Kings’ College, University of London, April 2004-March 2007.
- Professor Ruggeri has been visiting scientist for shorter periods in these and others scientific institutions and is currently collaborating with various research groups around the world.

RESEARCH ACTIVITIES:

Current fields of interest include Epidemiological and Social Psychiatry, Mental Health Service Evaluation, and the Assessment of Outcome for Psychiatric Disorders, with a specific focus on longitudinal studies assessing effectiveness of innovative interventions, with a more recent interest in early and preventive interventions. She conducted also several research projects in the fields of Neurobiology, Clinical Psychopharmacology and Liaison Psychiatry. She has been enrolled among the Italian Best Scientists and has published 332 scientific contributions, of these 293 have been published in international journals or books. She has an H index at June 2019 of: 50 (Google Scholar) 42 (Scopus) with 12014 citations;

Is the author of 8 books in Italian respectively concerning psychiatric disorders in general practice, quality of life, assessment of outcome in routine clinical practice, and the outcome of schizophrenia and 1 book in English

Studies on Neurobiology (1984-1989). Professor Ruggeri conducted in vivo, in vitro and behavioural studies on the effects of various drugs on the monoaminergic and peptidergic brain systems and studies on brain plasticity and metabolism. Several of her studies have been performed using the in vivo intracerebral micro-dialysis technique in collaboration with the Department of Histology and Neurobiology and the Department of Pharmacology at Karolinska Insitutet, Stockholm, Sweden.

Studies on Satisfaction with Mental Health Services (1989-present).In the early ‘90s Professor Ruggeri developed the Verona Expectations for Care Scale (VECS) and the Verona Service Satisfaction Scale (VSSS) to measure in a multidimensional way the expectations and satisfaction of patients, relatives and professionals with mental health services. A series of studies have been completed, which, first in this field, provided evidence on the psychometric properties of the measurement of expectations and satisfaction in psychiatric settings. The factorial structure of the VSSS has been explored and shortened versions of the VSSS (VSSS-54 and VSSS-32) with good psychometric properties have been produced. The content validity of the VSSS has been proven cross-nationally. Within the broader framework of the Epsilon Study of Schizophrenia VSSS-EU for patients has been produced, translated into five different languages (Italian, English, Dutch, Danish, Spanish) and adapted for use in these countries’ psychiatric settings. Translations and adaptations of the VSSS into several other languages (among these French, German, Portuguese, Greek, Sloven, Norwegian, Japanese, Chinese) are also available and the VSSS is currently used in psychiatric services of many countries worldwide.

Professor Ruggeri has coordinated a series of studies aimed to compare satisfaction of psychotic patients with various types of services, located in different social contexts. A comparison of patient satisfaction with psychiatric services in 5 European countries, conducted within the framework of the Epsilon Study, has shown that patient satisfaction, though differing significantly across sites, was lowest in all sites in the

domains assessing 'Involvement of relatives in care' and 'Information about illness'. Overall the data showed that satisfaction with psychiatric services can be considered as result of both the ability of a service to provide a standard of care above a certain quality threshold, and the perception of each individual patient that the care received has been specifically tailored to his/her specific, individual needs.

Several other studies are being conducted to correlate service satisfaction with other outcome variables and to implement the routine use of satisfaction assessments as quality improvement tools in mental health settings.

Main studies on the Outcome of Mental Health Care (1993-present).

i. The South Verona Outcome Project Professor Ruggeri has conceived and conducted the South Verona Outcome Project (SVOP), a naturalistic, longitudinal study aimed to assess the outcome of care provided by a community-based mental health service in Verona. The study has the following key characteristics: 1) it is conducted within the context of routine clinical practice in a well established, community-based "real world psychiatric service"; 2) it involves the assessment of a comprehensive set of outcome-related variables, such as clinical variables, social variables, quality of life, variables concerning the interaction with services (needs for care, satisfaction with services, family burden); 3) there is the systematic involvement of key clinicians and patients in the assessments; 4) there is regular monitoring of the quality of the data collected. Regular assessments take place twice a year in representative samples of patients attending the service. More than 2500 patients have been assessed to date in a standardized way by clinicians, and more than 1000 patients have completed self-administered instruments. A comprehensive data set has thus been obtained, providing a valuable source of information that can be used for purposes of service planning and evaluation. A series of papers have been published which address methodological and statistical issues of multidimensional assessments; explore the role of quality of life as an indicator of outcome, its latent constructs and predictors; identify the patients' characteristics associated with higher needs for care and the discrepancies in the perception of needs between patients and professionals, their causes and their implications. A Supplement of Acta Psychiatrica Scandinavica entirely dedicated to follow-up data from the South-Verona Outcome Project has been published in December 2007.

To date, the South Verona Outcome Project is one of the few systematic evaluations of a "real world Mental Health Service" found in the international literature. Results so far confirm that, in spite of some difficulties and limitations, a routine assessment of outcome, which involves both clinicians and patients in the measurement, is feasible and can provide a useful contribution to service evaluation and planning.

ii. The EPSILON Study of Schizophrenia. Professor Ruggeri has coordinated the research activities for the Verona site of the "Epsilon Study of Schizophrenia" (European Psychiatric Services: Input Linked to Outcome domains and Needs), a collaborative research project conducted in five European countries (England, Denmark, Holland, Italy and Spain), that was carried out between 1996 and 2000, funded by the EU Commission. All treated patients aged 18-65, with a ICD-10 diagnosis of any F20-F25, who have been in contact with local mental health services during the three month period preceding the start of the study, were considered to be eligible. A random representative sample of 404 eligible patients, in total, was included in the study. The measures used were: BPRS, Global Assessment of Functioning, CAN, LQoLP, VSSS and the Involvement Evaluation Questionnaire. This study has produced adapted and validated versions of the instruments above mentioned to be used throughout Europe. There has also been a series of scientific papers that examine the issues identified in the outcome related areas assessed in the study, and their association with the other variables included in the model.

iii. Follow-up studies on the predictors of outcome. Professor Ruggeri has coordinated a series of follow-up studies in prevalence cohorts of patients affected by mental disorders and has developed methodological skill in the implementation of pragmatic trials.. The aim of her studies has been to identify predictive patterns of favourable and unfavourable outcomes in naturalistic settings, using a multidimensional

approach to include objective and subjective variables, and taking into account the role of demographic, clinical, social and service variables. She is currently coordinating the Psychosis Incident Cohort Outcome Study (PICOS), a multicentric study involving several mental health services in the Veneto Region, Italy. In this study, specific initiatives have also been undertaken to identify the relative role played by biological factors as predictors, such as genetic predisposition and morpho-functional brain alterations. In addition an intervention trial was performed, aimed at assessing the effectiveness of defined therapeutic interventions. A more recent research interest is in the field of Eating Disorders with a specific focus on the implementation of interventions aimed at preventing the progression from body image disorders to eating disorders and to assess the effectiveness of individual or group interventions for conclamate Eating Disorders, and a specific interest in the application of EMDR in these disorders.

iv) the GET UP Research Program on early Psychosis. In September 2008, the Research Program GET UP (Genetics, Endophenotypes and Treatment: Understanding early Psychosis), with Professor Ruggeri as National Coordinator, has been funded by the Ministry of Health. It is constituted by four partner projects: 1. PIANO (Psychosis: early Intervention and Assessment of Needs and Outcome); 2. TRUMPET (TRaining and Understanding of service Models for Psychosis Early Treatment); 3. GUITAR (Genetic data Utilization and Implementation of Targeted drug Administration in the clinical Routine); 4. CONTRABASS (COgnitive Neuroendophenotypes for Treatment and RehAbilitation of psychoses: Brain imaging, inflAmmation and StresS)

The projects' main aim is to set up specific, evidence-based forms of psychosocial intervention for patients with first-onset psychosis and their family members, and to use a randomized, controlled trial to assess the effectiveness and feasibility of these interventions in everyday clinical practice. GET UP data collection were conducted in several Italian Community Mental Health Centres (CMHCs), yielding a total catchment area of approximately 10 million inhabitants thereby.

The experimental group have received Cognitive-Behavioural Therapy (CBT), family psychoeducation, and case management. The effectiveness data and response-to-treatment predictors yielded helped to improve the quality of early intervention for psychosis. The interaction between the four GET UP sub-projects has shed light on several biological, psychological, and environmental issues that are presumably linked to psychosis onset, but which still remain unresolved. This synergetic endeavour has therefore produced results (papers about to be submitted) that serve as the foundation for designing the most effective treatment strategies to improve the course and outcome of psychotic disorders.

CLINICAL ACTIVITIES:

Professor Ruggeri coordinates the clinical activities of the Section of Psychiatry of the University of Verona and she is the Director of the South-Verona Community-based Mental Health Service. She has also been responsible of the Liaison Psychiatry Team that work for patients and doctors of the Academic General Hospital (800 beds) and coordinate care provided in the Outpatient Department to patients with anxiety and depressive disorders, as well as consultations for other mental health problems. Moreover Professor Ruggeri, starting from June 2013 supervises all the clinical activities of the Regional Reference Centre for eating disorders of Verona