

Elisa Caselani

Psychologist and Psychotherapist with clinical and research expertise

Email: elisa.caselani@gmail.com | Nationality: Italian | Languages: Italian (native), English (C1)

Professional Profile

Psychologist and psychotherapist with a strong research profile in psychiatric epidemiology and digital mental health. Experienced in longitudinal real-world data, Experience Sampling Methodology (EMA), and outcome research in severe mental disorders. Active contributor to large international multicenter projects, with solid experience in manuscript preparation and collaborative research within clinical settings.

Current Position

Research Psychologist – IRCCS Centro San Giovanni di Dio Fatebenefratelli, Brescia (Italy)

Unit of Epidemiological Psychiatry and Digital Mental Health | 2023 – present

Research activity within large European projects on bipolar disorder, schizophrenia spectrum disorders, and medical comorbidities (BIPCOM, RISKMet, DIAPASON). Responsibilities include coordination of project activities among partners and participant recruitment, management and analysis of clinical and digital mental health datasets, contribution to observational and longitudinal study designs, manuscript preparation for international peer-reviewed journals, and collaboration within multicenter research consortia.

Scientific Event Coordination

Project Coordinator & Local Scientific Committee Member

1. European Psychiatric Association (EPA) – Brescia 2026

Coordination of scientific content and local organization for an international psychiatric event, including program development, liaison with international speakers, and integration of scientific and organizational teams.

2. Networking Support Call – PMNetwork2025 - Translational aspects of Personalised Medicine (EP PerMed Grant No. 101137129) – Venice (Italy), 2027

Lead contributor to the successful grant application and scientific agenda, responsible for developing the scientific program, coordinating thematic sessions, and ensuring alignment with the translational objectives of personalized medicine within a European-funded framework.

Clinical Activity

Psychotherapist – Centro Moses s.r.l., Brescia (Italy) | 2024 – present

Clinical activity with adult patients, integrated with ongoing research interests in severe mental disorders and medical comorbidity.

Previous Research Experience

Research Fellow – Fondazione IRCCS Ca' Granda – Ospedale Maggiore Policlinico, Milan (Italy) | 2022 – 2023

Research fellowship on a randomized clinical trial investigating the impact of cognitive remediation on social functioning in early psychosis.

Research Training in Clinical Neuroscience

Research Trainee – Clinical Neuroscience - IRCCS Ospedale San Raffaele, Milan (Italy) | 2020 – 2021

One-year research training in psychiatry and clinical psychobiology, with involvement in neuroimaging-based studies, cognitive assessment, and research protocols in clinical neuroscience.

Education

Postgraduate Specialization in Cognitive-Behavioral Psychotherapy – Studi Cognitivi, Milan (Italy) | 2022 – 2025

MSc in Clinical Psychology – Sigmund Freud PrivatUniversität, Vienna (Austria), Final grade: 109/110

BSc in Psychological Sciences – University of Milan-Bicocca (Italy)

Registration

Registered Psychologist – Order of Psychologists of Lombardy (Italy)

Recognition of Master's Degree in Switzerland (PsiCo, Bern)

Research & Methodological Skills

Psychiatric epidemiology and real-world evidence; Longitudinal and observational study designs; Experience Sampling Methodology (EMA); Clinical database management; Manuscript writing for peer-reviewed journals; Multicenter project collaboration.

Selected Publications

1. **Caselani E.**, Martinelli A., *et al.*; DIAPASON Consortium.
Emotional experiences in male and female participants with schizophrenia spectrum disorders and healthy controls: an experience sampling method study.
Cognitive Neuropsychiatry, 2025; 30(1): 43–62.
2. Magno M., Martella D., *et al.* **Caselani E.**, *et al.*; MILESTONE Consortium.
Mental health trajectories of adolescents treated with psychotropic medications: insights from the European MILESTONE study. **Molecular Psychiatry**, 2026; 31(1): 94–103.
3. Kazdin A.E., Harris M.G., *et al.* **Caselani E.**, *et al.*; WHO World Mental Health Survey Collaborators.
Patterns, predictors, and patient-reported reasons for antidepressant discontinuation in the WHO World Mental Health Surveys. **Psychological Medicine**, 2024; 54(1): 67–78.
4. De Girolamo G., Andreassen O.A., Bauer M., *et al.* **Caselani E. (last author).**
Medical comorbidities in bipolar disorder (BIPCOM): study protocol. **International Journal of Bipolar Disorders**, 2024.
5. De Girolamo G., La Cascia C., Macchia P.E., *et al.* **Caselani E. (last author).**
Metabolic Syndrome in people treated with antipsychotics (RISKMet): a multimethod study protocol investigating genetic, behavioural, and environmental risk factors. **PLoS ONE**, 2024; 19(5): e0298161.

Honours

European College of Neuropsychopharmacology (ECNP) – Excellence Award, 2021

February 2026

