

Chiara Castiglione-Fontanellaz

University Hospital of Child and Adolescent Psychiatry and
Psychotherapy, University of Bern, Bern, Switzerland
Translational Research Centre, University Hospital of Psychiatry
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3000 Bern - CH



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Curriculum Vitae

Personal Information

Date of birth: 27th of February 1987
ORCID: 0000-0001-7615-5146

Academic position

Since Sept 2018

**University Hospital for Child and Adolescent Psychiatry and
Psychotherapy – Research Department and Translational Research
Centre**

Haus A, Bolligenstrasse 111, CH – 3000 Bern 60

PhD student (100 %) on the ongoing project "Sleep Subtypes in
Adolescent Depression: Sleep Physiology and Treatment" in
Dr. L. Tarokh's group.

Publication list

- 1) **Castiglione-Fontanellaz, C. E. G.**, Wild, S., Schaufler, S., Hamann, C., & Tarokh, L. (Submitted). Sleep Regularity in Healthy Adolescents: Association with Sleep Duration and Quality.
- 2) **Castiglione-Fontanellaz, C. E. G.**, Timmers, T., Lerch, S., Hamann, C., Kaess, M., & Tarokh, L. (In Revision). Sleep and physical activity: Results from a long-term actigraphy study in adolescents. *BMC Public Health (Accepted)*.
- 3) **Fontanellaz-Castiglione, C. E. G.**, Markovic, A., & Tarokh, L. (2020). Sleep and the adolescent brain. *Current opinion in physiology*, 15, pp. 167-171.
- 4) Markovic, A., **Fontanellaz-Castiglione, C. E. G.**, & Tarokh, L. (2020). Veränderte Schlafneurophysiologie als Frühmarker für Psychose. *Schweizer Zeitschrift für Psychiatrie und Neurologie*, 2020(2), pp. 8-10.
- 5) Tarokh, L., Short, M., Crowley, S. J., **Fontanellaz-Castiglione, C. E. G.**, & Carskadon, M. A. (2019). Sleep and Circadian Rhythms in Adolescence. *Current sleep medicine reports*, 5(4), pp. 181-192.

Congress Participation

- 1) Tarokh, L., & **Castiglione-Fontanellaz, C. E. G.** (23.06.2022). Nature and Nurture: Genetic Contribution to Interindividual Variability in Sleep and Circadian Rhythms. In: Sleep & Health Symposium 2022, Zürich, Switzerland, 23.06.2022. [Speaker]
- 2) **Fontanellaz-Castiglione, C. E. G.**, Markovic, A., Salvatore, V., Kaess, M., & Tarokh, L. (31.03.2022). Diminished Slow Wave Activity in Adolescents With Major Depressive Disorder (unpublished). In: SSP/SSTS – SSSSC 2022, Luzern, Switzerland, 30.03.-01.04.2022. [Speaker]
- 3) **Fontanellaz-Castiglione, C. E. G.**, Rogic, J., Kaess, M., & Tarokh, L. (30.03.2022). Sleep and Depression is there a Longitudinal Relationship? In: SSP/SSTS – SSSSC 2022, Luzern, Switzerland, 30.03.-01.04.2022. [Poster]
- 4) **Fontanellaz-Castiglione, C. E. G.** (23.02.2022). Schlaf und das jugendliche Gehirn (unpublished). In: 6. Norddeutsches Symposium zum Kinderschlaf, Rostock, Germany, 23.02.2022. [Speaker]
- 5) **Fontanellaz-Castiglione, C. E. G.**, Markovic, A., Salvatore, V., Kaess, M., & Tarokh, L. (29.10.2021). Diminished Slow Wave Activity in Adolescents With and Without Major Depressive Disorder (unpublished). In: CNB 2021, Bern, Switzerland, 29.10.2021. [Poster]
- 6) **Fontanellaz-Castiglione, C. E. G.**, Rogic, J., Kaess, M., & Tarokh, L. (29.10.2021). The longitudinal association between sleep and depressive symptoms in adolescents (unpublished). In: CNB 2021, Bern, Switzerland, 29.10.2021. [Poster]
- 7) Wild, S.*, **Fontanellaz-Castiglione, C. E. G.***, Markovic, A., Salvatore, V., Kaess, M., & Tarokh, L. (29.10.2021). The associations of sleep and personality functioning indicate dimensionality in mental health (unpublished). In: CNB 2021, Bern, Switzerland, 29.10.2021. [Poster]
- 8) Wild, S.*, **Fontanellaz-Castiglione, C. E. G.***, Schmidt, S., Kaess, M., & Tarokh, L. (29.10.2021). The sleep-stress association in adolescence – a long-term bidirectional relationship? (unpublished). In: CNB 2021, Bern, Switzerland, 29.10.2021. [Poster]
- 9) **Fontanellaz-Castiglione, C. E. G.**, Markovic, A., Salvatore, V., Kaess, M., & Tarokh, L. (23.09.2021). Sleep Neurophysiology in Unmedicated Adolescents With and Without Depression (unpublished). In: SSSSC 2021, Solothurn, Switzerland, 23.-24.09.2021. [Poster]
- 10) **Fontanellaz-Castiglione, C. E. G.**, Rogic, J., Kaess, M., & Tarokh, L. (23.09.2021). The Temporal Association Between Sleep and Depression in Adolescents With and Without Major Depressive Disorder (unpublished). In: SSSSC 2021, Solothurn, Switzerland, 23.-24.09.2021. [Poster]
- 11) Wild, S.*, **Fontanellaz-Castiglione, C. E. G.***, Markovic, A., Salvatore, V., Kaess, M., & Tarokh, L. (23.09.2021). Neurophysiological evidence for dimensionality in mental health: On the associations of sleep and personality functioning (unpublished). In: SSSSC 2021, Solothurn, Switzerland, 23.-24.09.2021. [Poster]
- 12) Wild, S.*, **Fontanellaz-Castiglione, C. E. G.***, Schmidt, S., Kaess, M., & Tarokh, L. (23.09.2021). A sustained and vicious cycle? Bidirectional relationships between sleep and stress in depressed and healthy adolescents (unpublished). In: SSSSC 2021, Solothurn, Switzerland, 23.-24.09.2021. [Poster]
- 13) **Fontanellaz-Castiglione, C. E. G.**, Wild, S., Markovic, A., Salvatore, V., Kaess, M., & Tarokh, L. (10.06.2021). Associations Between Sleep Neurophysiology and Personality Functioning Support Dimensionality in Mental Health (unpublished). In: APSS 2021 – Virtual Conference, 10.-13.06.2021. [Poster]
- 14) **Fontanellaz-Castiglione, C.**, & Tarokh, L. (2019). Sleep subtypes in adolescent depression: Sleep physiology and treatment. In: Interfaculty Research cooperation: Decoding Sleep / Berner Schlaf-Wach-Tage, Bern, Switzerland. 04.12.2019. [Poster].
- 15) **Fontanellaz-Castiglione, C. E. G.**, Timmers, T., Kaess, M., & Tarokh, L. (04.09.2019). [Steps to a good night's sleep: The association between physical activity and sleep in adolescence.] Schritte zu einer guten Nachtruhe: Der Zusammenhang zwischen körperlicher Aktivität und Schlaf in der Adoleszenz. In: Kongress der Schweizer Gesellschaft für Kinder- und Jugendpsychiatrie und Psychotherapie, 04.09.-06.09.19, Bern, Switzerland. [Poster]
- 16) **Fontanellaz-Castiglione, C. E. G.**, Timmers, T., Kaess, M., & Tarokh, L. (14.06.2019). Steps to a good night's sleep: The association between physical activity and sleep in adolescence (unpublished). In: CNB 2019, 14.06.2019, Bern, Switzerland. [Poster]
- 17) Tarokh, L., & **Fontanellaz-Castiglione, C. E. G.** (17.10.2018). Sleep subtypes in adolescent depression (unpublished). In: Interfaculty Research cooperation: Decoding Sleep / Berner Schlaf-Wach-Tage, Bern, Switzerland. 17.10.-19.10.2018. [Poster]
- 18) Tarokh, L., & **Fontanellaz-Castiglione, C. E. G.** (17.10.2018). Sleep subtypes in adolescent depression (unpublished). In: Interfaculty Research cooperation: Decoding Sleep / Berner Schlaf-Wach-Tage, Bern, Switzerland. 17.10.-19.10.2018. [Speaker]

Awards

14/06/2019 Best Poster Award. In: CNB 2019, 14.06.2019, Bern, Switzerland.

Job experience outside academia

Feb 2014 – Aug 2018	University Hospital for Child and Adolescent Psychiatry and Psychotherapy – Outpatient Clinic Bern Effingerstrasse 12, CH – 3011 Bern Psychologist and psychotherapist (50 % to 100 %)
Aug 2013 – Mar 2014	Pediatric Oncology Department, University Hospital Bern Inselspital, CH – 3010 Bern Psychologist (50 %)
Aug 2013 – Jan 2014	Neonatology Department, University Hospital Bern Inselspital, CH – 3010 Bern Psychologist and Psychotherapist (30 %)
Feb 2012 - Jul 2013	Cantonal Educational Counselling Bern Effingerstrasse 12, CH – 3011 Bern Psychological Assistant (100 %) <ul style="list-style-type: none">▪ Diploma of the Canton of Bern in educational counselling and school psychology (July 2013)
Sept 2011 - Jan 2012	Neuropediatric Department, University Hospital Bern Inselspital, CH – 3010 Bern Neuropsychologist (80 %)
Aug 2011 - Jan 2012	Day School Burgdorf Zeughausstrasse 15, CH – 3400 Burgdorf Day School Supervisor (5 - 10 %)
Feb – Jul 2011	Children's home Bachtelen – Special Educational Center for Behavior and Language Bachtelenstrasse 24, CH – 2540 Grenchen Trainee (60 %)
Oct – Dec2010	University Hospital for Child and Adolescent Psychiatry and Psychotherapy - Clinic Neuhaus Untere Zollgasse 99, CH – 3063 Ittigen Trainee (100 %)
Jun – Sept 2010	Neuropediatric Department, University Hospital Bern Inselspital, CH – 3010 Bern Trainee (100 %)
Nov 2009 – Mar 2010, Jan 2011 and Apr – Jul 2011	Kindergarten Rain II Ittigen Rain II, CH – 3063 Ittigen Trainee (20 – 30 %)
Oct 2009 – Feb 2010	Cantonal Educational Counselling Bern Effingerstrasse 6, CH – 3007 Bern Trainee (20 %)
Jan – Mar 2009	Cantonal Educational Counselling Ittigen Im Gerbelacker 1, CH – 3063 Ittigen Trainee (50 –100 %)
2002 - 2008	International Breast Cancer Study Group (IBCSG) Effingerstrasse 40, CH – 3008 Bern Office Assistant (20 – 30 %)

Education

University of Bern and Università della Svizzera Italiana

Since 2020	Master of Advanced Study in the Academy of Sleep and Consciousness at the University of Bern and the Università della Svizzera Italiana
2019 – 2021	Diploma of Advanced Study in the Academy of Sleep and Consciousness at the University of Bern and the Università della Svizzera Italiana
2018 - 2019	Certificate of Advanced Study in the Academy of Sleep and Consciousness at the University of Bern and the Università della Svizzera Italiana

University of Bern

2005 - 2011	Psychology (major subject) and Education (minor subject) at the University of Bern, Department of Child and Adolescent Psychology & Department of Clinical Psychology (Final grade 5.5; Range: 1 (worst) to 6 (best))
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Theses

- 1) Fontanellaz-Castiglione, C. (2021). The influence of the covid-19 lockdown on sleep, depression, anxiety and stress in adolescents. Supervised by Prof. Dr. Flavio Fröhlich, University of Bern and Università della Svizzera Italiana [Diploma of Advanced Studies in the Academy of Sleep and Consciousness at the University of Bern and the Università della Svizzera Italiana]
- 2) Fontanellaz-Castiglione, C. (2019). Seasonal influences on sleep behavior using long-term actigraphy measurements in adolescents. Supervised by Dr. Leila Tarokh, University of Bern and Università della Svizzera Italiana [Certificate of Advanced Studies in the Academy of Sleep and Consciousness at the University of Bern and the Università della Svizzera Italiana]
- 3) Castiglione, C. (2010). Failures in Psychotherapy: Differences between patients with and without relapse – An explorative study. Supervised by Prof. Dr. Franz Caspar, University of Bern [Master thesis]
- 4) Castiglione, C. (2008). Counterproductive work behavior and job satisfaction. Do these two constructs correlate and is there an interrelation with age, justice and gender? Supervised by Prof. Dr. Norbert Semmer, University of Bern [Bachelor thesis]

Further Experiences

Mar 2013	Development of a psychological questionnaire for the company Wittlin Stauffer AG, Zurich
Mar 2013	Lecture on «Development of children and young people» at the Organization for work with children in the city of Bern [Dachverband für offene Arbeit mit Kindern in der Stadt Bern] (March, 15th, 2013)
Oct 2012	Presentation on the topic «What do young people need from their parents» as part of a course for teachers in the canton of Bern [Pädagogische Hochschule Bern] (October 12th, 2012)
Jan 2010 – Jul 2014	Team member in the project «Nergi» (Group therapy for traumatized children in Georgia)

Professional Memberships

Since Jul 2016	Member of the Committee granting titles at the Swiss Society for Child and Adolescent Psychology [Anerkennungskommission der Schweizerischen Vereinigung für Kinder- und Jugendpsychologie]
Aug 2013 – Jul 2016	Member of the Committee organizing further education at the Swiss Society for Child and Adolescent Psychology [Weiterbildungskommission der Schweizerischen Vereinigung für Kinder- und Jugendpsychologie]
Since Mar 2012	Member of the Swiss Society for Child and Adolescent Psychology
Since Mar 2012	Member of the Federation of Swiss Psychologists (FSP)
Aug 2012 – Jul 2013	Member of the Committee for the school psychologists in the canton Bern [Ausbildungskommission Erziehungsberatung-Schulpsychologie des Kantons Bern]