




LUCA MENGHINI

Research areas: Occupational Health Psychology, Psychophysiology of stress, recovery & sleep. Mainly interested in research methods to assess psychophysiological processes in real time, in participants' natural environment (Ecological Momentary Assessment).

RESEARCH EXPERIENCE

- present
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2021
- **Postdoctoral Research Fellow**
Department of Psychology, University of Bologna  Bologna, IT
 - Research Project: State workaholism as a predictor of daily fluctuations in blood pressure, emotional exhaustion, and sleep quality
 - Supervisor: Prof. Cristian Balducci
 - **Visiting Research Fellow**
Human Sleep Research Program, SRI International  Menlo Park, CA, USA
 - Validity of consumer sleep technology compared to laboratory PSG, daily reciprocal relationships between stress and sleep among adolescents
 - Supervisor: Massimiliano de Zambotti PhD
 - **Research Consultant**
Consorzio per il Trasferimento Tecnologico C2T  Milan, IT
 - Assessing the role of physical workspace features in employees' health & wellbeing
 - Supervisor: Chiara Veneziani PhD

EDUCATION

- 2020
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2017
- **PhD cum laude in Psychological Sciences**
PsychoPhysiology Lab, University of Padova  Padova, IT
 - Thesis: Workplace stress in real time: Towards the psychophysiological assessment of stressors and strain under ecological conditions
 - Supervisors: Prof. Michela Sarlo, Prof. Massimiliano Pastore
 - **MS cum laude in Work, Social & Communication Psychology**
University of Padova  Padova, IT
 - Thesis: A psychophysiological protocol for workplace stress risk assessment
 - Supervisor: Prof. Michela Sarlo
 - **BS cum laude in Social & Work Psychology**
University of Padova  Padova, IT
 - Thesis: Biofeedback training for stress management in organizational contexts
 - Supervisor: Prof. Laura Dal Corso

CONTACT INFO

-  Padova, Italy
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-  [@LuMenPsy](https://twitter.com/LuMenPsy)
-  github.com/luca-menghini
-  osf.io/kd7fu/
-  [linkedin.com/in/lucamenghini](https://www.linkedin.com/in/lucamenghini)

SOFTWARE SKILLS

R packages: Rmarkdown, lme4, lavaan, ggplot2, tidy, shiny

Other data analysis: MPLUS

Signal Processing: ARTiiFACT, Kubios HRV, Actiware, R

Data collection: Qualtrics

Made with the R package [pagedown](#).

The source code is available on github.com/nstrayer/cv.

Last updated on 2021-05-03.





RESEARCH GROUPS

- **PsychoPhysiology Lab**
<https://dpg.unipd.it/en/psyphylab>  Padova, IT
- **Psicostat Research Group**
<https://psicostat.dpss.psy.unipd.it/>  Padova, IT
- **Wellbeing at Work Research Group**
<https://psicologia.unibo.it/it/ricerca/gruppi-di-ricerca/salute-benessere-e-diversita-nei-luoghi-di-lavoro>  Bologna, IT

OTHER WORK EXPERIENCE

- 2017 ● **Research Intern**
PsychoPhysiology Lab, University of Padova  Padova, IT
 - Psychophysiological data processing and analysis with R
 - Supervisors: Prof. Michela Sarlo, Nicola Cellini PhD
- 2017 | 2015 ● **Psychological Service Intern**
Inside Performance - <https://insideperformance.it>  Padova, IT
 - Organizational & sports consultancy, stress management & biofeedback
 - Supervisor: Marianna Munafò PhD

TEACHING EXPERIENCE

- 2021 ● **Teaching assistant (General Psychophysiology)**
BSc degree Psychological Sciences, University of Padova  Padova, IT
 - Chair: Prof. Nicola Cellini
- 2021 ● **Teaching assistant (Organizational Psychology)**
BSc degree Psychological Sciences, University of Bologna  Bologna, IT
 - Chair: Prof. Cristian Balducci
- 2020 ● **Teaching assistant (Psychological Testing)**
BSc degree Psychological Sciences, University of Padova  Padova, IT
 - Chair: Prof. Gianmarco Altoé
- 2018 ● **Teaching assistant (General Psychophysiology)**
BSc degree Psychological Sciences, University of Padova  Padova, IT
 - Chair: Prof. Michela Sarlo

RESEARCH SKILLS

Data collection: daily diaries & experience sampling methods, ambulatory & laboratory assessment of psychophysiological variables and weak/sleep patterns (actigraphy)

Data analysis: generalized linear mixed-effects regression (GLMER) models, structural equation models (SEM), cross-lagged panel modeling, latent growth curve modeling (LGCN) models, psychometrics, influential analysis

Language skills: Italian (native), English (proficient), French (intermediate)




TUTORING

From 2017 to present:

I have tutored both **BSc (2)** and **MSc (8) undergraduates in Psychology**. With each of them, I have tried to raise awareness of the importance of methodological and statistical choices, while encouraging them to use R for both data processing and data analysis.






EDUCATIONAL EXPERIENCE

- 2019 ● **Modern statistical approaches in psychological sciences**
Winter School, University of Padova  Padova, IT
- 2019 ● **Intensive longitudinal methods and data analysis**
Summer School, University of Aberdeen  Aberdeen, UK
- 2018 ● **Data analysis with Shiny R**
TquanT Seminar, University of Glasgow  Glasgow, UK



HONORS & AWARDS

- 2019 ● **Best scientific contribution award (€500)**
Italian Association of Psychology (Org. Psy)  Lecce, IT
- 2019 ● **Best Poster Awards (3rd place)**
Cognitive Science Arena  Brixen, IT
- 2014 ● **Erasmus Scholarship (6 months)**
Université Catholique de Louvain  Louvain-la-neuve, BE



PEER-REVIEWED PUBLICATIONS

Menghini, L., & Balducci, C. (2021). The importance of contextualized psychosocial risk indicators in workplace stress assessment: evidence from the healthcare sector. *International Journal of Environmental Research and Public Health*, 18(6), 3263. <https://doi.org/10.3390/ijerph18063263>

Menghini, L., Yuksel, D., Goldstone, A., Baker, F. C., & de Zambotti, M. (2021). Performance of Fitbit Charge 3 against polysomnography in measuring sleep in adolescent boys and girls. *Chronobiology International*, 1-13. <https://doi.org/10.1080/07420528.2021.1903481>

Menghini, L., Cellini, N., Goldstone, A., Baker, F. C., & de Zambotti, M. (2021) A standardized framework for testing the performance of sleep-tracking technology: Step-by-step guidelines and open-source code. *Sleep*, zsaal70 <https://doi.org/10.1093/sleep/zsaal70>

de Zambotti, M., Cellini, N., **Menghini, L.**, Sarlo, M., & Baker, F. C. (2020). Sensors Capabilities, Performance, and Use of Consumer Sleep Technology. *Sleep Medicine Clinics*, 15(1), 1-30. <https://doi.org/10.1016/j.jsmc.2019.11.003>

Cellini, N., **Menghini, L.**, Mercurio, M., Vanzetti, V., Bergamo, D., & Sarlo, M. (2020). Sleep quality and quantity in Italian University students: an actigraphic study. *Chronobiology International*, 1-14. <https://doi.org/10.1080/07420528.2020.1773494>

Menghini, L., Gianfranchi, E., Cellini, N., Patron, E., Tagliabue, M., & Sarlo, M. (2019). Stressing the accuracy: Wrist-worn wearable sensor validation over different conditions. *Psychophysiology*, 56(11), e13441. <https://doi.org/10.1111/psyp.13441>

CERTIFICATIONS

2017: **Academic IELTS** (English) score: lv C1, issued by British Council

2017: **HRV Biofeedback** lv 3, issued by Biofeedback Fed. of Europe

2016: **Qualified trainer Work Health & Safety**, issued by AIFES Formazione

VERIFIED REVIEWS

From 2019 to present:

Ad-hoc reviewer (3):
Psychophysiology, International Journal of Psychophysiology, Sleep

Check my verified publications & peer reviews from <https://publons.com/researcher/3337236/menghini/>



SELECTED TALKS & POSTERS

Menghini L., et al. Accuracy of a commercial wearable in detecting sleep stages compared to polysomnography in adults: considering sleep classification methods and effects of evening alcohol consumption. Poster *Sleep 2020 Virtual Meeting, August 27-30, 2020*.
doi.org/10.1093/sleep/zsaa056.1187

Menghini L., Balducci, C., Pastore, M., & Sarlo, M. Work Stress in Real-Time: Validation of Six Scales for the Intensive Longitudinal Assessment of Work Stress and Psychosocial Risk Factors. Talk *EAWOP 2019, Turin (IT), May 29-31, 2019*

Menghini, L., Fuochi, G., Cellini, N., & Sarlo, M. Psychophysiology of Everyday Life: Daily Fluctuations in Affective, Cognitive and Physiological Processes. Poster *Cognitive Science Arena, Brixen (IT), Feb 15-16, 2019*.

Menghini, L., Ecological Momentary Assessment of Work Stress. Poster *Brains meet enterprises – Digital Meet 2019, Padova, October 10th, 2019*.

Menghini, L., Gianfranchi, E., Cellini, N., Patron, E., & Sarlo, M. Accuracy of a Multi-Sensor Wristband under different Physical and Psychological Conditions. Poster *First Joint Congress of the SEPEX, SEPNECA and AIP experimental, Madrid (E), July 3-6, 2018*.



PUBLIC DATA & CODE REPOSITORIES

Menghini, L., Pastore, M., Balducci, C. (2021). Workplace stress in real time: Four parsimonious scales for the experience sampling measurement of stressors and strain at work - Supplementary materials https://osf.io/87a9p/?view_only=8439d7578f54405a853b31264df9bc19

Menghini, L. & Balducci, C. (2021). The importance of contextualized psychosocial risk indicators: Evidence from the healthcare sector. <https://osf.io/9z4dr/>

Menghini, L. (2020). Sleep habits LMER analysis. <https://github.com/Luca-Menghini/Sleep-Habits-LMER-analysis>

Menghini, L., Yüksel, D., Goldstone, A., Baker, F. C., & de Zambotti, M. (2020). Performance of Fitbit Charge 3 against polysomnography in measuring sleep in adolescent boys and girls. <https://github.com/SRI-human-sleep/CST-performance>

Menghini, L., Cellini, N., Goldstone, A., Baker, F. C., & de Zambotti, M. (2020). Analytical pipeline and functions for testing the performance of sleep-tracking technology v1.0.0. <https://doi.org/10.5281/ZENODO.3762086>

Menghini, L. (2018). Wrist-worn wearable sensor validation. <https://osf.io/fsx8h/>

I hereby authorize the use of my personal data in accordance to the GDPR 679/16.

OTHER PUBLICATIONS

Menghini, L., & Sarlo, M. (2019). Interdisciplinary approach to workplace stress management: A psychophysiological perspective. Comment to Balducci, C., & Fraccaroli F. (2019). Workplace stress: Open questions and future directions. *Italian Journal of Psychology*, 1-2, 135-140.
<https://doi.org/10.1421/93780>