

Curriculum Vitae

Prof Arnaldo Zelli

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Present Position: Full Professor and Dean of the Department of Movement, Human and Health Sciences-University of Rome "Foro Italico"

Education

B.A. Psychology, University of Rome "La Sapienza", Rome, Italy - 1984.
Laurea cum Laude

Ph.D. Social Psychology, University of Illinois at Chicago, Illinois, 1992.

Professional Appointments

5/15- present Chairman of the Department of Movement, Human and Health Sciences-University of Rome "Foro Italico"

5/04 – 5/15 President of the "Foro Italico" University's Evaluation Committee

2/07 – 4/15 Vice-Director of the Inter-university Center "Mind in Sport Team" (MiST)

2/07 – present Director of the Master Program in "Sport Psychology"

1/99 – 5/01 Research Scholar, Sanford Institute of Public Policy, Duke University, USA

9/96 - 12/98 Research Associate, Department of Psychology and Human Development, Vanderbilt University

10/93 - 8/96 Senior Research Specialist in Public Health, Health Research and Policy Center, University of Illinois at Chicago, USA

6/92 - 9/93 Research Associate, Institute of Juvenile Research, University of Illinois at Chicago, USA

8/92 - 12/93 Visiting Assistant Professor, Department of Psychology, University of Illinois at Chicago, USA

Guest Reviewer for:

-Social Cognition
-Journal of Abnormal Child Psychology
-Developmental Psychology
-Aggressive Behavior
-Cognitive Therapy and Research

Research Interests

Sport:
-Legal and illegal Performance Enhancing Substance and Health
-Gender Stereotyping in Sport
-Sport, Physical Activity and Socialization Processes
-Motivation and Social Cognition in High Performance

Personality:

- Social-cognitive analysis of personality development and functioning
- Idiographic perspectives in the assessment of personality processes
- Knowledge and processing mechanisms regulating aggression and conduct problems
- Automatic mental processes and social behavior
- Stereotyping and theories of social tolerance
- Modeling the social-cognitive processes linking child maltreatment to aggression

Recent research grants

2019- Project Title: "Implementazione e valutazione di un intervento antidoping tramite nuovi media realizzato da studenti di licei sportivi"

Funding Institution: Italian Ministry of Health

Role: Research Associate

Duration: 18 months

Principal investigator: Prof, Fabio Lucidi, Sapienza University of Rome, Italy

2018- Project Title: "Implementazione e valutazione dell'efficacia di un intervento di Media Literacy sull'uso di sostanze dopanti in studenti di Scienze Motorie"

Funding Institution: Italian Ministry of Health

Role: Research Associate

Duration: 24 months

Principal investigator: Prof, Fabio Lucidi, Sapienza University of Rome, Italy

2017- Project title: *Developing a scenario-based educational module for values-based anti-doping: The SMART project*

Funding Institution: International Olympic Committee (IOC), Ant-Doping Research Fund

Role: Research Associate

Duration: 36 months

Principal investigator: Prof. Andrea Petroczi, Aristotle University of Thessaloniki, Greece.

2017- Project title: *SAFE YOU + - Strengthening the Anti-Doping Fight in Fitness & Exercise in Youth Funding body.*

Funding Institution: European Commission, Erasmus+ .

Duration: 24 month

2015- Project title: *A Prospective Exploratory Study of Psychological, Physiological and Brain Activity Characteristics of Doping Use Across Sport Levels*

Funding Institution: University of Rome "Foro Italico"

Role: Principal Investigator

Duration: 24 months

2015- Project title: *Anti-Doping Policy Legitimacy and Support among Clean Athletes: A Cross-National Study (LEGIT Project)*

Funding Institution: International Olympic Committee (IOC), Ant-Doping Research Fund

Role: Research Associate

Duration: 18 months

Principal investigator: Dr Vassilis Barkoukis, Aristotle University of Thessaloniki, Greece.

2015- Project title: *SAFE YOU - Strengthening the Anti-Doping Fight in Fitness & Exercise in Youth Funding body.*

Funding Institution: European Commission, Erasmus+ .

Duration: 24 months

Role: Research Associate

Principal investigator: Dr Vassilis Barkoukis, Aristotle University of Thessaloniki, Greece.

2012- Project title: *A cross-national longitudinal investigation of the contribution of efficacy belief systems and interpersonal appraisals on doping use in team sports*

Funding Institution: World Anti-Doping Agency (WADA), Social Science Research Grant Program.

Duration: 24 months

Role: Research Associate

Principal investigator: Prof. Fabio Lucidi, Sapienza-University of Rome.

Bibliometric Indices

SCOPUS

- N° of papers: 74
- N° of citations : 3972
- H-index: 27

Publications

Main publications concerning sport and physical exercise

1. Galli F., Palombi T., Mallia L., Chirico A., Zandonai T., Alivernini F., De Maria A., **Zelli A.**, & Lucidi F. (2021). Promoting media literacy online: An intervention on performance and appearance enhancement substances with sport high school students. *International Journal of Environmental Research and Public Health*. Open Access, Volume 18, Issue 111, Article number 5596.
2. Chirico A., Lucidi F., Pica G., Di Santo D., Galli F., Alivernini F., Mallia L., **Zelli A.**, Kruglanski A.W., & Pierro A. (2021). The motivational underpinnings of intentions to use doping in sport: A sample of young non-professional athletes. *International Journal of Environmental Research and Public Health*, Open Access, Volume 18, Issue 102, Article number 5411.
3. De Maria A., Mallia L., Lombardo C., Vacca M., **Zelli A.** (2021). The personal and interpersonal components of perfectionism: The Italian validation of "multidimensional inventory of perfectionism in sport". *International Journal of Environmental Research and Public Health*, Volume 18, Issue 5, Article number 2657
4. Mallia L, Chirico A, **Zelli A**, Galli F, Palombi T, Bortoli L, Conti C, Diotaiuti P, Robazza C, Schena F, Vitali F, Zandonai T and Lucidi F (2021). The Implementation and Evaluation of a Media Literacy Intervention About PAES Use in Sport Science Students. *Front. Psychol.* 11: 368. <https://doi.org/10.3389/fpsyg.2020.00368>
5. Mallia, L., Lucidi, F., **Zelli, A.**, Chirico, A., Hagger, M. (2019). Predicting Moral Attitudes and Behavior in Young Team Sport Athletes: A self Determination Theory Perspective. *Journal of Applied Social Psychology*, 49(4), 249-263. doi: <https://doi.org/10.1111/jasp.12581>
6. Mallia L, Chirico A, Galli F, **Zelli A**, Sánchez JCJ, García-Mas A, Lucidi F (2018). The role of achievement goals and moral disengagement in explaining moral attitudes and behaviours in sport. *REVISTA DE PSICOLOGÍA DEL DEPORTE*, vol. 27, p. 66-69, ISSN: 1132-239X.
7. Mallia, L., Lucidi, F., **Zelli, A.**, Chirico, A., Hagger, M. (2019). Predicting Moral Attitudes and Behavior in Young Team Sport Athletes: A self Determination Theory Perspective. *Journal of Applied Social Psychology*, 49(4), 249-263. doi: <https://doi.org/10.1111/jasp.12581>
8. Lazuras, L., Barkoukis, V., Loukovitis, A., Brand, R., Hudson, A., Mallia, L., Michaelides, M., Muzi, M., Petroczi, A. and **Zelli, A.** (2017) "I want it all, and I want it now": Lifetime Prevalence

and Reasons for Using and Abstaining from Performance and Appearance Enhancing Substances (PAES) among Young Exercisers in Five European Countries: Findings from the SAFE YOU Project. *Frontiers in Psychology- Movement Science and Sport Psychology*, 8: 717. doi: <https://doi.org/10.3389/fpsyg.2017.00717>

9. Lucidi, F., Mallia, L., Alivernini, F., Chirico, A., Manganelli, S., Galli, F., Biasi, V. and **Zelli, A.** (2017) The Effectiveness of a New School-Based Media Literacy Intervention on Adolescents' Doping Attitudes and Supplements Use. *Frontiers in Psychology* 8: 749. Doi <http://dx.doi.org/10.3389/fpsyg.2017.00749>
10. Lucidi, F., **Zelli, A.**, Mallia, L., Nicolais, G. Lazuras, L., Hagger, M. S. (2017). Moral attitudes predict cheating and gamesmanship behaviors among competitive tennis players. *Frontiers in Psychology- Movement Science and Sport Psychology*, 8: 571. doi: <http://dx.doi.org/10.3389/fpsyg.2017.00571>
11. **Mallia, L.**, Lazuras, L., Barkoukis, V., Brand, R., Baumgarten, Tsorbatzoudis, H., Zelli, A. Lucidi, F. (2016). Team-related Self-regulatory Processes in Doping Use: A Cross-national Study with Adolescent Athletes. *Psychology of Sport and Exercise*, 25:78-88. <http://dx.doi.org/10.1016/j.psychsport.2016.04.005>
12. Baumgarten, F., Lucidi, F., Mallia, L., **Zelli, A.**, Brand R. (2016). Bury the inner hatchet: Complex propositions mediate the relationship of potentially discrepant implicit and explicit attitudes on doping intention. *Performance Enhancement & Health*, 5 (1),10-16 doi: <http://dx.doi.org/10.1016/j.peh.2016.01.002>
13. **Zelli, A.**, Lucidi, F., Mallia, L. (2015). The Complexity of Neuroenhancement and the Adoption of a Social Cognitive Perspective. *Frontiers in Psychology*, 6: 1880. doi: <http://dx.doi.org/10.3389/fpsyg.2015.01880>.
14. Mallia, L., Lucidi, F., **Zelli, A.**, Violani C. (2013). Doping attitudes and the use of legal and illegal performance-enhancing substances among Italian adolescents. *Journal of Child & Adolescent Substance Abuse*, 22(3), 179-190. doi: <http://dx.doi.org/10.1080/1067828X.2012.733579>
15. **Zelli, A.**, Lucidi, F., Mallia L. (2010). The relationships among adolescents' drive for muscularity, drive for thinness, doping attitudes and doping intentions. *Journal of clinical sport psychology*, 4 (1), 39-52.
16. **Zelli, A.**, Mallia, L., Lucidi, F. (2010). The contribution of interpersonal appraisals to a social-cognitive analysis of adolescents' doping use. *Psychology of Sport & Exercise*, 11, 304-311. doi: <http://dx.doi.org/10.1016/j.psychsport.2010.02.008>
17. Lucidi, F., **Zelli, A.**, Mallia, L., Grano, C., Russo. P.M., Violani, C. (2008). The Social-Cognitive Mechanisms Regulating Adolescents' Use of Doping Substances. *Journal of Sport Sciences*, 26(5): 447-456. doi: <http://dx.doi.org/10.1080/02640410701579370> .

Contributions in books

18. **Zelli A.**, Mallia, L., Lucidi, F. (2015). "I am not sure what you mean...": The possible contribution of interpersonal appraisals to social-cognitive accounts of doping use. In: Barkoukis, V., Lazuras, L. & Tsorbatzoudis H. (Eds), *The Psychology of Doping in Sport*. Routledge, pages 18-32. ISBN: 978-1-138-79347-7.
19. Lucidi, F., Mallia, L., **Zelli A.** (2015). When the "how" may at least matter as much as the "what": The value of qualitative approaches in doping research. In: Barkoukis, V., Lazuras, L. & Tsorbatzoudis H. (Eds), *The Psychology of Doping in Sport*. Routledge, pages 65-77. ISBN: 978-1-138-79347-7.