

Manuela Zambianchi PhD

Degree in Education Sciences
PhD in Psychological Sciences

Nationality: Italy

University Institute ISIA, Faenza, Italy
Adjunct Professor in Psychology

University of Padua, Italy,
Master in Geropsychology. Positive Aging lecture

Research areas

- Risk behaviors and health promotion across life-span
- Positive Psychology: Eudaimonic well-being and social well-being
- Time Perspective across life span and its relationships with health and well-being
- Positive aging. Protective behaviors and strategies that favour positive aging)

Teaching experience

University of **Bologna**, Italy
University of **Bolzano** (Bressanone), Italy
Obuda University, **Budapest**, Hungary
SUPSI, **Lugano**, CH (research seminar)
Albanian University, **Tirana**,(seminars)

Publications (selected)

Books and book chapters

- Zambianchi M. *La Psicologia Positiva* (2015). Carocci ed. Roma
- Zambianchi M., Ricci Bitti, P.E. (2012). *Invecchiamento positivo*. Roma: Carocci Editore.
- Zambianchi M., Ricci Bitti, P.E. (2011). *Tempo, salute, Benessere*. Bologna: CLUEB Editore
- Volpe, L., & Zambianchi, M. (2022). *Design Dentro e Oltre la Pandemia. Il Valore della Comunicazione Sociale*. Homless Book ed. Faenza.
- Ricci Bitti P.E., Zambianchi M., Bitner J., (2014). Time perspective and Positive Aging. In M. Stolarski, W. Van Beek, N. Fieulaine (eds) *Handbook of Time Perspective*.
- Zambianchi, M. (2021). *The potential contribution of Psychology to the expertise of designers and engineers. Theoretical dimensions and practical applications*. In E. Csanák (ed). Book of Proceedings of the 8th International Joint Conference on Environmental and Light Industry Technologies, Obuda University, Budapest.

Articles published on Academic Journals

- Zambianchi, M., & Volpe, L. (2024). Communicating science and health. Motivation Protection Theory, communicating science and Covid-19. *Proceedings of the 9th Joint Conference on Environmental and Light Industries Technologies (IJCELIT)*, Obuda University, Budapest. ISBN 978-963-449-350-1
- Zambianchi, M. (2024). Time Perspective and Motivation to Protective behaviours against Covid-19 in Italian young people. *Ricerche di Psicologia*
- Zambianchi, M. (2023). Psychological Well-being and tourism experience in Italian old people during the Covid-19 Pandemic. *Turismo e Psicologia*, 16, 2, 44-56.
- Zambianchi, M. (2023). Digital technologies and eudaimonic well-being in the emerging adults. *Revista de Psicologia* (PUCP), 147-164.

- Zambianchi, M. (2022). Il Covid-19 tra crisi individuale e crisi sociale. Un percorso formativo per un approccio alla complessità. *Counseling*, 3.
- Zambianchi, M. (2022). Wisdom and Social Well-Being in old age. *Applied Psychology Bulletin*, 295.
- Zanin, L., & Zambianchi, M. (2022). Anziani, Prospettiva temporale e Pandemia di Covid-19. *Counseling*, 2.
- Zambianchi, M. (2022). The young and the Pandemic. A pilot study testing a Questionnaire for Motivation to Protect against Covid-19. *Counseling*, 1.
- Zambianchi, M. (2021). Time perspective and Civic Participation in the emerging adulthood. *Counseling*, 3.
- Zambianchi, M. (2021). The collective traumatic event of COVID-19 Pandemic and its psychological impact on beliefs and intentions of senior Italian tourist. *Almatourism*.
- Zambianchi, M. (2020). Promuovere l'invecchiamento attivo attraverso il modello Life Skills Education. Un progetto di ricerca-intervento per potenziare il pensiero critico ed il decision making. *Ricerche di Psicologia*.
- Zambianchi, M. (2020). Time of Wisdom and Time for Wisdom. The role of time perspective on wisdom in old age. *Mediterranean Journal of Clinical Psychology*, 3.
- Zambianchi, M. (2020). Promoting a healthy aging: a study on the psychological determinants of the adherence to mediterranean diet in old age and its implications for interventions. *Counseling. Giornale Italiano di Ricerca e Applicazioni*, 3. doi: 10.14605/CS1332005
- Zambianchi, M. (2019). Time Perspective and Eudaimonic well-being in a sample of Italian Emerging Adults. *Counseling. Giornale Italiano di Ricerca e Applicazioni*, 3.
- Zambianchi, M., Ronnlund, M., & Carelli, MG. (2019). Attitudes towards and Use of Information and Communication Technologies (ICTs) in Italian and Swedish elderly: The influence of Cultural Context, Socio-Demographic Factors, and Time Perspective. *Journal of Cross-Cultural Gerontology*.
- Zambianchi, M. (2018). Benessere eudaimonico ed autoefficacia percepita nel problem-solving creativo in età giovanile. *Ricerche di Psicologia*, 4.
- Zambianchi, M. (2018). Time Perspective, coping styles, perceived efficacy on affect regulation and creative problem solving in adolescence and youth. *Psicologia Educativa (Educational Psychology)*, 24, 1-6.
- Zambianchi, M. (2017). Personalità proattiva e prospettiva temporale nei giovani. *Counseling. Giornale Italiano di Ricerca e Applicazioni*. 3.
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- Zambianchi, M. (2017). Positive Aging, Positive Psychology and Tourism. A new challenging area of investigation? *Almatourism*, (1, 1-22)
- Zambianchi, M. (2016). Life skills education in età anziana. Un progetto di ricerca-azione partecipata per il potenziamento del pensiero critico. *Counseling. Giornale Italiano di Ricerca e Applicazioni*

International Conferences (speaker, oral presentations) (selected)

- Zambianchi, M. (2024). *Wisdom, Eudaimonic well-being and Creative-divergent thinking: interrelated processes and resources for aging well*. Eccp Conference, Innsbruck.
- Zambianchi, M. (2019). *The relevance of Time Perspective for the Eudaimonic well-being in the emerging adulthood*. 2° Convegno Internazionale sul benessere nei sistemi educativi, SUPSI, Locarno.
- Mariotti, A. Zambianchi, M. (2017). *Eudaimonic well-being and cultural tourism consumption in old age. First results of an ongoing research in Ravenna (Italy)*. CBTS International Meeting, Brunek, (BZ), Italy
- Zambianchi M., Carelli M.G. (2014). *The relevance of time for attitudes toward technologies in old age. II Conference on Time Perspective*, Warsaw, Poland.
- Zambianchi M., Ricci Bitti P.E. (2012). *"Individual determinants of social well-being in emerging adulthood"*. 13st Biennial Conference of the European Association on Adolescence, Spetes-Atene.

- Zambianchi M., Ricci Bitti P.E. (2010).“*Time Perspective, coping styles, perceived efficacy on critical thought, regulation of negative emotions, expression of positive emotions among the adolescents and the young*”. (2010). 15st European Conference in Personality, Brno.
- Zambianchi M., Ricci Bitti P.E. (2010).“Can psychosocial factors promote adolescent’s social well-being?” (Award ICP, Padua Regional Meeting).

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