

Dr. Phil. DARIO BARETTA

Curriculum Vitae, February 2023

Dr. Phil. Dario Baretta
Post-Doc Researcher
University of Bern
Institute of Psychology
Department of Health Psychology and Behavioral Medicine
Fabrikstrasse 8, 3012 Bern
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EDUCATION

- 02/2018 PhD in Social, Cognitive and Clinical Psychology.
Department of Psychology, University of Milan-Bicocca, Italy.
Thesis: "From sport performance to digital health: understanding key psychological variables for developing a physical activity app". Supervisor: Prof. Patrizia Steca, PhD; Letizia Bollini, PhD
- 05/2016 Further Advanced Studies: Item Response Theory models with IRTpro software. University of Florence, IT NEUROFARBA - Psychology section, Italy.
- 03/2014 MSc in Social, Cognitive and Consumer Psychology.
Department of Psychology, University of Milan-Bicocca, Italy.
- 03/2011 Bachelor in Psychological Sciences and Techniques.
Department of Psychology, University of Milan-Bicocca, Italy.
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ACADEMIC POSITIONS

- 12/2021 – present Early post doc researcher, Department of Health Psychology and Behavioral Medicine, Institute of Psychology, University of Bern, Bern, CH.
- 06/2018 – 11/2018 Visiting scholar, Center for Wireless and Population Health System (CWPHS), University of California San Diego (UCSD), San Diego, US. Subject: Development and evaluation of Just in Time Adaptive Interventions through Micro Randomized Trials. Supervisor: Prof. Eric Hekler, PhD.
- 12/2014 – 11/2017 PhD Student in Social, Cognitive and Clinical Psychology, Department of Psychology, University of Milan-Bicocca, Italy.
- 02/2017 – 06/2017 Visiting PhD student, Centre for Behaviour Change, University College London (UCL), London, UK. Supervisor: Prof. Susan Michie, PhD.
- 10/2015 – 11/2015 Visiting PhD student, Centre for eHealth & Wellbeing Research, University of Twente, Enschede, The Netherlands. Supervisor: Prof. Lisette van Gemert-Pijnen, PhD.
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NON-ACADEMIC POSITIONS

- 07/2020 – 11/2021 Data science consultant, Applied Intelligence - Data and Analytics at *Accenture*, Geneva, CH
- 04/2019 – 02/2020 Consumer insights analyst at *Tsquared Insights*, Geneva, CH
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RESEARCH FUNDING

- 06/2022 Understanding habit formation in physical activity behavior: An idiographic approach.
Principle Investigator (PI)

Funding institution: Stiftung Suzanne und Hans Biäsch
Amount: 39'250 CHF

- 04/2018 Travel grant "Professionalism Project"
Funding institution: Fondazione Banca del Monte di Lombardia, Pavia, Italy.
Amount: 14'957 Euros.
- 2016 Component of the research group of the project "Personality and sport involvement: a comparison between athletes and non-athletes".
Funding institution: University of Milan-Bicocca.
- 2015 Component of the research group of the project "Quality of life among patients with head and neck cancer. From the diagnosis to the end of the radiotherapy".
Funding institution: University of Milan-Bicocca.

PROFESSIONAL MEMBERSHIPS

- 2023 – Member, European Health Psychology Society (EHPS)

REVIEWER ACTIVITIES - AD-HOC JOURNAL REVIEWS

Applied Psychology: Health and Well-Being; Cyberpsychology, Behavior and Social Networking; International Journal of Behavioral Nutrition and Physical Activity; Journal of Medical Internet Research

TEACHING

Mentoring of PhD students

- 01/2022 Robert Edgren, PhD candidate at the Department of Health Psychology and Behavioral Medicine, Institute of Psychology, University of Bern.

Spring schools

- 03/2023 Coordinator and lecturer for the module 'Analysing time series data collected with digital technologies' for the International Spring School in Global Health. Organization: ISGlobal, Barcelona, Spain.
- 03/2022 Coordinator and lecturer for the module 'Analysing time series data collected with digital technologies' for the International Spring School in Global Health. Organization: ISGlobal, Barcelona, Spain.

Supervision of bachelor and master's theses

Regular supervision of bachelor and master's theses.

Total bachelor theses supervised to date: 3

Total master's theses supervised to date: 3

Graduate level courses taught

- Spring 2022 Seminar: Assessment of digital behavior change interventions.
Institute of Psychology, University of Bern.
- Fall 2022 Method seminar: Methods for exploring and modeling intensive longitudinal data: implementations in R.
Institute of Psychology, University of Bern.

External ad-hoc teaching

- 2017 – Course: Elements of Psychology
School of Sport, Italian National Olympic Committee, Rome.

LANGUAGE SKILLS

Italian	Mother tongue
English	Fluent
French	Fluent

09/2009 – 01/2010 Erasmus Student, Charles de Gaulle University, Lille, France.

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PUBLICATIONS

Peer-reviewed,
published

Baretta, D., Amrein, M. A., Bäder, C., Ruschetti, G. G., Rüttimann, C., Carral, M. D. R., Fabian, C., & Inauen, J. (2023). Promoting Hand Hygiene During the COVID-19 Pandemic: Parallel Randomized Trial for the Optimization of the Soapp App. *JMIR MHealth and UHealth*, 11(1), e43241

Baretta, D., Koch, S., Cobo, I., Castaño-Vinyals, G., de Cid, R., Carreras, A., Buekers, J., Garcia-Aymerich, J., Inauen, J., & Chevance, G. (2023). Resilience characterized and quantified from physical activity data: A tutorial in R. *Psychology of Sport and Exercise*, 65, 102361.

Chevance, G., **Baretta, D.**, Romain, A. J., Godino, J. G., & Bernard, P. (2022). Day-to-day associations between sleep and physical activity: A set of person-specific analyses in adults with overweight and obesity. *Journal of Behavioral Medicine*, 45(1), 14– 27.

Chevance, G., **Baretta, D.**, Heino, M., Perski, O., Olthof, M., Klasnja, P., ... & Godino, J. (2021) Characterizing and predicting person-specific, day-to-day, fluctuations in walking behavior. *PLoS ONE* 16(5): e0251659.

Chevance, G.*, **Baretta, D.***, Golaszewski, N., Takemoto, M., Shrestha, S., Jain, S., Rivera, D. E., Klasnja, P., & Hekler, E. (2021). Goal setting and achievement for walking: A series of N-of-1 digital interventions. *Health Psychology*, 40(1), 30–39. (*=Shared first authorship)

D'Addario, M., **Baretta, D.**, Zanatta, F., Greco, A., & Steca, P. (2020). Engagement Features in Physical Activity Smartphone Apps: Focus Group Study with Sedentary People. *JMIR mHealth uHealth*, 8(11), e20460.

Chevance, G., Golaszewski, N. M., **Baretta, D.**, Hekler, E. B., Larsen, B. A., Patrick, K., & Godino, J. (2020). Modelling multiple health behavior change with network analyses: results from a one-year study conducted among overweight and obese adults. *Journal of Behavioral Medicine*, 1-8.

Baretta, D.*, Bondaronek, P.*, Direito, A., & Steca, P. (2019). Implementation of the goal-setting components in popular physical activity apps: Review and content analysis. *Digital Health*, 5, 2055207619862706. (*=Shared first authorship)

Baretta, D., Sartori, F., Greco, A., D'Addario, M., Melen, R., & Steca, P. (2019). Improving Physical Activity mHealth Interventions: Development of a Computational Model of Self-Efficacy Theory to Define Adaptive Goals for Exercise Promotion. *Advances in Human-Computer Interaction*, 2019.

Baretta, D., Perski, O., & Steca, P. (2019). Exploring Users' Experiences of the Uptake and Adoption of Physical Activity Apps: Longitudinal Qualitative Study. *JMIR mHealth and uHealth*, 7(2), e11636.

Perski, O., **Baretta, D.**, Blandford, A., West, R., & Michie, S. (2018). Engagement features judged by excessive drinkers as most important to include in smartphone applications for alcohol reduction: A mixed-methods study. *Digital Health*, 4, 2055207618785841.

Steca, P., **Baretta, D.**, Greco, A., D'Addario, M., & Monzani, D. (2018). Associations between personality, sports participation and athletic success. A comparison of Big Five in sporting and non-sporting adults. *Personality and Individual Differences*, 121C, 176-183.

- Baretta, D.**, Greco, A., & Steca, P. (2017). Understanding performance in risky sport: The role of self-efficacy beliefs and sensation seeking in competitive freediving. *Personality and Individual Differences*, 117, 161-165.
- Baretta, D.**, Sartori, F., Greco, A., Melen, R., Stella, F., Bollini, L., et al. (2016). Wearable devices and AI techniques integration to promote physical activity. In *Proceedings of the 18th International Conference on Human-Computer Interaction with Mobile Devices and Services Adjunct* (pp. 1105-1108). ACM.
- Greco, A., Sala, M., Pancani, L., **Baretta, D.**, D'Addario, M., Petruzzo, A., et al. (2016). The Caregiver Burden Inventory in evaluating the burden of heart failure patients' caregivers: a multicenter study. *European Journal of Heart Failure*, 18 (Supp. 1), 314-314.
- Theses **Baretta, D.** (2018). From sport performance to digital health: Understanding key psychological variables for developing a physical activity app. n (Unpublished doctoral thesis). Department of Psychology, University of Milano-Bicocca, Milano, Italy.
- Oral presentations **Baretta, D.**, Koch, S., Cobo, I., Castaño-Vinyals, G., de Cid, R., Carreras, A., Buekers, J., Garcia-Aymerich, J., Inauen, J., & Chevance, G. (2023). Resilience characterized and quantified from physical activity data: A tutorial in R. Paper presented at the 4th SGS Conference, 15-16 February 2023, Bern, Switzerland.
Paper presented at the 17th conference of the Swiss Psychological Society, 4-6 September 2022, Zurich, Switzerland.
- Baretta, D.** & Inauen, J. (2022). Pandemic trajectory and hand hygiene interventions: results from the secondary analysis of the *Soapp* trial. Paper presented at the 36th conference of the European Health Psychology Society, 23-27 August, 2022, Bratislava, Slovakia.
- Baretta, D.**, Sartori, F., Greco, A., Melen, R., Stella, F., Bollini, L., et al. (2016). Wearable devices and AI techniques integration to promote physical activity. Paper presented at the 18th International Conference on Human-Computer Interaction with Mobile Devices and Services, 06-09 September, 2016, Florence, Italy.
- Poster presentations **Baretta, D.**, Greco, A., Monzani, D., D'Addario, M., & Steca, P. (2016). Does personality matter for physical activity and sport involvement? Poster presented at the 30th conference of the European Health Psychology Society, 23-27 August, 2016, Aberdeen, Scotland