



Dr. Mauro Scala

Nationality: Italian **Date of birth:** 03/04/1995 **Gender:** Male

Email address: dr.scalapsi@gmail.com

Work: PhD student at Complutense University of Madrid (UCM), Hospital Universitario Gregorio Marañón, Madrid, Spain

and

Contracted Lecturer at Universidad Europea de Madrid (UEM), Faculty of Biomedical and Health Sciences, Department of Preclinical Dentistry

EDUCATION AND TRAINING

Master's Degree in Medicine and Surgery (six-year degree course, with habilitation for the practice of medical doctor)

University of Sassari (Università degli studi di Sassari) [22/07/2020]

Final Grade: 110/110 cum laude

Visiting Student

Hospital Universitario 12 de Octubre, Institute for Health Research Hospital Universitario 12 de Octubre, Cognition and Psychosis Research Group, directed by Professor Roberto Rodriguez Jimenez [01/06/2023 – 31/05/2024]. Research on social cognition and facial emotion recognition in schizophrenia, bipolar disorder, and major depressive disorder.

Visiting Student

Faculty of Biomedical and Health Sciences, European University of Madrid, Microbiota, Nutrition, and Health Research Group, directed by Professor Maria del Rocío Gonzalez Soltero [01/06/2024-21/11/2024]. Research on microbiota and eating disorders in schizophrenia

Specialization in Psychiatry

Alma Mater Studiorum - University of Bologna [26/01/2021 – 25/01/2025]

Final Grade: 110/110 cum laude

Thesis Title: "Emotion Recognition Using Human Avatars in Schizophrenia: Differences Between Non-Immersive and Immersive Virtual Reality"

CLINICAL ACTIVITY DURING THE RESIDENCY

I gained extensive clinical experience in Psychiatry. I performed clinical activities in an outpatient mental health center (Centro di Salute Mentale Borgo-Reno, Bologna, Italy), where I also provided consultation services for primary care. I also gained clinical experience in the psychiatric inpatient units at Ospedale Maggiore (Bologna, Italy) and Hospital Universitario 12 de Octubre (Madrid, Spain).

Phd in Psychiatry

Complutense University of Madrid (UCM), Hospital Universitario Gregorio Marañón, Madrid, Spain [2023– Current]

Project: Psychiatric Ratings using Intermediate Stratified Markers 2 (PRISM 2)

Promotors: Prof. Celso Arango and Dr. Javier David López Moríñigo. Co-promotor: Prof. Alessandro Serretti.

AWARD

International Congress of the “Federación Mediterránea de Sanidad y Producción de Rumiantes (FeMeSPRum)” [2019]

Highest quality work in the field of ruminant health

Congress of the “Sociedad Española de Psiquiatría Clínica (SEPC)” [2024]

Best poster

PROFESSIONAL LICENCE

National Board of Physicians, Surgeons, and Odontologists [04/08/2020 – Current]
Registration No 6264, OMCeO Sassari

LANGUAGE SKILLS

Mother tongue(s): **Italian**

Other language(s):

English LISTENING **C1** READING **C1** WRITING **C1** SPOKEN PRODUCTION **C1** SPOKEN INTERACTION **C1**

Spanish LISTENING **C1** READING **C1** WRITING **C1** SPOKEN PRODUCTION **C1** SPOKEN INTERACTION **C1**

PUBLICATIONS

Acute visceral cysticercosis caused by *Taenia hydatigena* in lambs: ultrasonographic findings [2020].

Andrea Corda, Giorgia Dessì, Antonio Varcasia, Silvia Carta, Claudia Tamponi, Giampietro Sedda, **Mauro Scala**, Barbara Marchi, Francesco Salis, Antonio Scala, Maria Luisa Pinna Parpaglia

Journal: *Parasites & Vectors* <https://doi.org/10.1186/s13071-020-04439-x>

Adult ADHD vs Obsessive Compulsive Disorder in the DSM-V Era: A Case Report between challenging Differentiation and Comorbidity [2021].

Margherita Magro, **Mauro Scala**, Rossella Michetti, Domenico Berardi

Journal: *International Journal of Psychiatry Research* DOI: 10.33425/2641-4317.1115

Obsessive-compulsive, psychotic and autism dimensions overlap in real world: a case report [2023].

Mauro Scala, Laura Biondi, Alessandro Serretti, Chiara Fabbri

Journal: *Clinical Neuropharmacology* DOI: 10.1097/WNF.0000000000000561

Clinical specificity profile for novel rapid-acting antidepressant drugs [2023].

Mauro Scala, Giuseppe Fanelli, Diana De Ronchi, Alessandro Serretti, Chiara Fabbri

Journal: *International Clinical Psychopharmacology* DOI: 10.1097/YIC.0000000000000488

Efficacy of brexpiprazole combination therapy on anhedonia in a case of treatment resistant bipolar II depression [2023].

Mauro Scala, Laura Biondi, Chiara Fabbri, Alessandro Serretti

Journal: *Journal of Clinical Psychopharmacology* DOI: 10.1097/JCP.0000000000001732

Managing a treatment-resistant schizophrenia spectrum disorder with a hormonal twist in a female patient. A case report of a progestin-only pill [2024].

Mauro Scala, Paula Martínez Trapote, Roberto Rodríguez-Jimenez, Basilio Pecorino, Alessandro Serretti

Journal: *Journal of Clinical Psychopharmacology* DOI: 10.1097/JCP.0000000000001836

Emotional intelligence and neurocognition profiles in first-episode psychosis: A two-year follow-up study [2024].

Derek Clougher, Maria Florencia Forte, Gisela Mezquida, Ana M. SanchezTorres, Maria Serra-Navarro, Rafael Penades, Antonio Lobo, Ana Gonzalez Pinto, Rocío Panadero, Alexandra Roldan, Eduard Vieta, Elena de la Serna Amira Trabsa, Anabel Martínez-Aran, Carla Torrent, Alfonso Tortorella, Giulia Menculini, Josep Antoni Ramos-Quiroga, Manuel J. Cuesta, Miquel Bernardo, Silvia Amoretti, **PEPs group** (Sergi Salmeron, Nestor Arbelo, Marta Ferrer-Quintero, Ana Echevarría, Judit Selma, Eva M^a Grasa, Julen Marin, Lorea Mar, Concepcion De-la-Camara, Pedro M Ruíz-Lazaro, Juan Nacher, Carlos Canete Nicolas, Anna Mane, Alba Toll, Brisa Sole, Aida Mallorqui, Josefina Castro-Fornieles, Inmaculada Baeza, Fernando Contreras, Pilar A. Saiz, Teresa Bobes-Bascaran, Rafael Segarra, Arantzazu Zabala, **Mauro Scala**, Roberto Rodríguez-Jimenez, Judith Usall, Anna Butjosa, Edith Pomarol-Clotet, Maria Angeles García-Leon, Angela Ibanez, Lucía Moreno-Izco, Vicent Balanza-Martnez).

Journal: *European Neuropsychopharmacology* <https://doi.org/10.1016/j.euroneuro.2024.05.006>

Sex differences in prolactin levels and clinical outcomes in patients with a first psychotic episode [2024].

Teresa Jorda-Baleri, Marina Garriga, Gisela Mezquida, Manuel J. Cuesta, Anabel Martinez-Aran, Clemente Garcia-Rizo, Antonio Lobo, Ana Gonzalez-Pinto, Covadonga M. Diaz-Caneja, Alexandra Roldan, Eduard Vieta, Inmaculada Baeza, Amira Trabsa, Itziar Montalvo, Alfonso Tortorella, Giulia Menculini, Norma Verdolini, Josep Antoni Ramos-Quiroga, Ana M. Sanchez Torres, Miquel Bernardo, Silvia Amoretti, **PEPs Group** (Sergi Salmeron, Nestor Arbelo, Vito Cavone, Joaquin Galvan, Judit Selma, Eva Ma Grasa, Carmen Marrtin-Requena, Juan Olmo-Osa, Concepcion De la Camara, Pedro M Ruíz-Lazaro, Juan Nacher, Carlos Canete Nicolas, Anna Mane, Alba Toll, Claudia Valenzuela, Maria Florencia Forte, Josefina Castro-Fornieles, Elena de la Serna, Fernando Contreras, Leticia Gonzalez-Blanco, Paz García-Portilla, Rafael Segarra, Arantzazu Zabala, **Mauro Scala**, Roberto Rodríguez-Jimenez, Judith Usall, Anna Butjosa, Edith Pomarol-Clotet, Maria Angeles García-Leon, Angela Ibanez, Lucía Moreno-Izco, Vicent Balanza-Martnez)

Journal: *Psychoneuroendocrinology* <https://doi.org/10.1016/j.psyneuen.2024.107112>

Aggressive behaviour and diabetes: A clinical case of atypical metabolic improvement during clozapine treatment [2024]. (Corresponding author)

Mauro Scala, Chiara Chiera, Biancamaria Bortolotti, Roberto Rodriguez-Jimenez, Marco Menchetti

Journal: *Journal of Intellectual Disabilities* DOI: 10.1177/17446295241266897

The revival of psilocybin between scientific excitement, evidence of efficacy, and real-world challenges [2024].

Mauro Scala, Chiara Fabbri, Paolo Fusar-Poli, Giorgio Di Lorenzo, Maria Ferrara, Andrea Amerio, Laura Fusar-Poli, Anna Pichiecchio, Carlo Asteggiano, Marco Menchetti, Diana De Ronchi, MNESYS - Mood and Psychosis Sub-Project, Giuseppe Fanelli, Alessandro Serretti

Journal: *CSN Spectrums* <https://doi.org/10.1017/S1092852924002268>

Differences in emotion recognition between non-immersive vs. immersive virtual reality: preliminary findings in schizophrenia and bipolar disorder [2024].

Mauro Scala, Daniel Sánchez-Reolid, Roberto Sánchez-Reolid, Patricia Fernández-Sotos, Verónica Romero-Ferreiro, Miguel Ángel Alvarez-Mon, Guillermo Lahera, Giuseppe Fanelli, Alessandro Serretti, Chiara Fabbri, Antonio Fernández-Caballero, Roberto Rodriguez-Jimenez

Journal: *International Clinical Psychopharmacology* DOI: 10.1097/YIC.0000000000000576

Cariprazine and Cognition in Patients with Schizophrenia and Bipolar Disorder: A Systematic Review [2024].

Lorena García-Fernández, Verónica Romero-Ferreiro, Inmaculada Peñuelas-Calvo, Miguel A Álvarez-Mon, **Mauro Scala**, Carmen Romero-Ferreiro, Estela Jiménez López, José Luis Santos, Roberto Rodriguez-Jimenez

Journal: *Harvard review of psychiatry* DOI: 10.1097/HRP.0000000000000411

Feasibility of standard Dialectical-Behavioral Therapy for Borderline Personality Disorder: a real-world study in Italian outpatient services [2024]. (Corresponding author)

Mauro Scala, Sara Longobardi, Biancamaria Bortolotti, Sara Gibiino, Francesca Martino, Loredana Lia, Marco Menchetti

Journal: *Mediterranean Journal of Clinical Psychology* <https://doi.org/10.13129/2282-1619/mjcp-4353>

Neurobiological correlates of personality dimensions in Borderline Personality Disorder using graph analysis of functional connectivity [2025].

Francesca D'Adda, Giovanni Sighinolfi, Micaela Mitolo, **Mauro Scala**, Lucia Guidi, Lorenzo Motta, Lorenzo Cirignotta, David Neil Manners, Caterina Tonon, Raffaele Lodi, Marco Menchetti

Journal: *Scientific Reports* <https://doi.org/10.1038/s41598-025-85989-x>

Impact of probiotic treatment on clinical symptom reduction in schizophrenia: A systematic review and meta-analysis [2025].

Veronica Romero-Ferreiro, Lorena García-Fernandez, Carmen Romero, Monica De la Fuente, Estefanía Diaz-del Cerro, **Mauro Scala**, Rocío Gonzalez-Soltero, Miguel A. Alvarez-Mon, Inmaculada Penuelas-Calvo, Roberto Rodriguez-Jimenez

Journal: *Journal of Psychiatric Research* <https://doi.org/10.1016/j.jpsychires.2025.01.050>

Unlocking the Link Between Gut Microbiota and Psychopathological Insights in Anorexia Nervosa: A Systematic Review [2025].

Mauro Scala, Mariangela Tabone, Marco Paolini, Andrea Salueña, Rocío Arroyo Iturra, Veronica Romero Ferreiro, Miguel Ángel Alvarez-Mon, Alessandro Serretti, Maria del Rocío Gonzalez Soltero, Roberto Rodriguez-Jimenez

Journal: *European Eating Disorders Review* <https://doi.org/10.1002/erv.3179>

Oropharyngeal microbiota in patients with psychotic disorders: A scoping review on compositional and functional alterations [2025]. (Corresponding author)

Mauro Scala, Maria del Rocío Gonzalez Soltero, Alberto Bellido Esteban, Jose Miguel Biscaia Fernandez, Veronica Romero Ferreiro, Alessandro Serretti, Giuseppe Fanelli, Roberto Rodriguez-Jimenez

Journal: *Progress in Neuropsychopharmacology & Biological Psychiatry* DOI: 10.1016/j.pnpbp.2025.111288

POSTERS presented in National and International Congress

Sieroprevalenza e dinamica degli anticorpi nei confronti di *Toxoplasma gondii* in agnelli di razza sarda nati da madri sieropositive e sieronegative [2018]. Co-author.

Abstract Book, 50th National Congress of the Italian Society of Buiatrics, p. 46.

Acute visceral cysticercosis by *Taenia hydatigena* in lambs: ultrasonographic findings [2019]. Co-author.

International Congress of the Mediterranean Federation of Health and Production of Ruminants (FeMeSPRum), León, Spain.

Cronotipo e abuso alcolico nel Disturbo Borderline di Personalità: evidenze di correlazione e possibili implicazioni [2022]. First author

49th National Congress of the Italian Society of Psychiatry (SIP), Genoa, Italy.

Prospettive neurobiologiche e dimensioni psicopatologiche del PID-5 nel Disturbo Borderline di Personalità [2023]. Co-author.

Oltre il Disturbo Borderline di Personalità: la caratterizzazione psicopatologica precoce come primo strumento di trattamento [2023]. Co-author.

Congress of the Italian Society of Biological Psychiatry (SIPB), Naples, Italy.

Variabili predittive di esito del programma multicomponentiale esordi psicotici della regione Emilia-Romagna nel DSM-DP AUSL Bologna [2023]. Co-author.

IX National Congress of AIPP, Bari, Italy.

Passive social withdrawal and cognition in first episode of schizophrenia: a cross-sectional study [2024]. First author

Caregivers' self-perceived stigma and psychopathology of patients with first episode of schizophrenia: a cross-sectional study [2024]. First author

Disability and quality of life in first episode of schizophrenia: a cross-sectional study [2024]. First author

Stigma and disability in first episode of schizophrenia: the caregiver's perspective [2024]. First author

Antipsychotics prescription in first episode psychosis within an early psychosis intervention program (programma atempo.12) [2024]. Co-author.

The effects of early initiation of long-acting injectable antipsychotics on relapses rates in an early psychosis intervention program (programma atempo.12) [2024]. Co-author.

Congress of the "Sociedad Española de Psiquiatría Clínica (SEPC)", Madrid, Spain.

Relationship between different PANSS cognitive factors and cognition assessed with MCCB in patients with first psychotic episode of schizophrenia [2024]. Co-author.

European Congress of Psychiatry (EPA), Budapest, Hungary.

Risk factors for drop-out among EarlyPsychosis patients: results from a 7 years study at the Bologna Mental Health Department [2024]. Co-author

Schizophrenia International Research Society (SIRS) Congress, Florence, Italy.

Insights into trauma and narcissistic traits: a case report [2024]. First author

Unlocking the gut's microbiota: psychopathological insights into anorexia nervosa [2024]. First author

Cognitive functioning in patients with first-episode of psychosis screened for ADHD: an exploratory study [2024]. First author

Mental state decoding, cognitive functions, and psychopathology inpatients with first-episode of schizophrenia [2024]. First author

Cognitive functions and negative symptoms in patients with first-episode of schizophrenia: the relationship with personality domains [2024]. First author

Cognitive functions, psychopathology, and personality trait dimensions in first-episode of schizophrenia: the relationship with childhood trauma [2024]. First author

37th ECNP Congress, Milan, Italy.

PEER-REVIEWER ACTIVITY

Peer-reviewer for International Clinical Psychopharmacology, Frontiers Psychiatry, and BMC Anesthesiology.

Mauro Scala

