

CURRICULUM VITAE

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Work-address: , Department of Experimental Medicine ,Università degli Studi della Campania "Luigi Vanvitelli", via S.M. di Costantinopoli, n.16, Napoli, Italia Tel.: 081-5665891

Researcher type A , Department of Experimental Medicine, Università degli Studi della Campania Luigi Vanvitelli.

Medical Director , University Hospital U.O.C. of Dietetics, Sports Medicine and Psycho-Physical Well-being

Specialist in Sports Medicine.

Member of the research project "Messengers of Knowledge" on the "Role of the Central Nervous System and pathogenesis of metabolic disorders, including obesity and type 2 diabetes mellitus" at Yale University (USA)

PhD in "Biochemical and Biotechnological Sciences

Member of the Italian Society of Physiology;
Ordinary Member of the Italian Medical-Sport Federation;

Education	Degree in Medicine and Surgery (10-17-2008) , Università degli Studi della Campania "Luigi Vanvitelli" - Viale Abramo Lincoln n.5 - CASERTA
Professional Qualification	Admitted to Order of Physicians of the Province of the Province of Naples (03-11-2009).
Expertise	<p>Achieved at the Università degli Studi di Napoli Federico II - C.so Umberto I, 40 - NAPOLI Dip. L.240/2010 Sanità Pubblica Specialization in Sports Medicine with highest honors</p> <p>Achieved at Università degli Studi della Campania "Luigi Vanvitelli" - Viale Abramo Lincoln n.5 – CASERTA Dip. L.240/2010 BIOCHIMICA, BIOFISICA E PATOLOGIA GENERALE PhD in "Biochemical and Biotechnological Sciences</p>
Research lines	<p>Role of peptides in the regulation of body weight, energy-metabolic balance, dietary behavior, muscle activity;</p> <ul style="list-style-type: none"> - Regulation of the haematochemical parameters, with particular reference to the glyco-metabolic structure during physical activity; - Functional changes during menopause; - Functional effects of voluptuous substances in human nutrition; - Relationship between memory and eating behavior; - Nutritional epidemiology; - Food habits and cognitive abilities; - Anthropometric Evaluation of Nutritional Status; - Function of trace elements in physiological conditions of human nutrition; - Bioimpedenziometric Body Composition; - Energy expenditure at rest; Daily energy expenditure and during exercise; - Thermoregulation and introduction of nutrients; Nerve control of body temperature; <p>Correlations between thermogenesis and alimentary behavior;</p> <ul style="list-style-type: none"> - Cortical and hypothalamic control of vegetative functions; - Autonomic responses to stimulation with orexin A in various conditions, including those for administration of psychotropic drugs; - Metabolic-vegetative structure in physiological, sporting and pathological conditions; - Analysis of the power spectrum of heart rate variability, HRV - (Heart Rate Variability); - Overweight and mesenchymal stem cells; - Interaction between physical exercise, central nervous system (TMS) and cardiovascular function (HRV).
Activity Teaching	Professor in the following degree courses or specialization courses

- Medicine and Surgery
- Dentistry Nursing
- Medical-Scientific Informer
- Physical Education
- Sports Medicine Food Sciences

55. Viggiano E, Viggiano A, Di Costanzo A,..... **Messina A**, Monda M, De Luca B, Amaro S. Healthy lifestyle promotion in primary schools through the board game Kaledo: a pilot cluster randomized trial. *Eur J Pediatr*. 2018 Jan 20.
54. Monda V, Salerno M, Sessa F, **Messina A**. Functional Changes of Orexinergic React Psychoactive Substances. *Mol Neurobiol*. 2018 Jan 6. doi: 10.1007/s12035-017-0865-z.
53. Sperandeo R, Monda V, Messina G, Carotenuto M, Maldonato NM, Moretto E, Leone E, Di Luca V, Monda M, **Messina A**. Brain functional integration: an epidemiologic study on stress-producing dissociative phenomena. *Neuropsychiatr Dis Treat*. 2017 Dec 19;14:11-19.
52. Esposito M, **Messina A**, Monda The Rorschach Test Evaluation in Chronic Childhood Migraine: A Preliminary Multicenter Case-Control Study. *Front Neurol*. 2017 Dec 12;8:680.
51. Monda V, Salerno M, Fiorenzo M, **Messina A**. Role of Sex Hormones in the Control of Vegetative and Metabolic Functions of Middle-Aged Women. *Front Physiol*. 2017 Oct 4;8:773.
50. Monda V, Lupoli GA, Messina G, **Messina A**. Improvement of Bone Physiology and Life Quality Due to Association of Risedronate and Anastrozole. *Front Pharmacol*. 2017 Sep 12;8:680.
49. Monda V, Valenzano A, Moscatelli F, **Messina A**. Primary Motor Cortex Excitability in Karate Athletes: A Transcranial Magnetic Stimulation Study. *Front Physiol*. 2017 Sep 12;8:695.
48. Monda V, Lupoli GA, Messina G, **Messina A**. Improvement of Bone Physiology and Life Quality Due to Association of Risedronate and Anastrozole. *Front Pharmacol*. 2017 Sep 12;8:680.
47. Chieffi S, **Messina A**, Villano I, The Use of Velocity Information in Movement Reproduction. *Front Psychol*. 2017 Jun 12;8:983.
46. Chieffi S, Messina G, **Messina A**..... Memory for Spatial Locations in a Patient with Near Space Neglect and Optic Ataxia: Involvement of the Occipitotemporal Stream. *Front Neurol*. 2017;31;8:231.
45. Chieffi S, Messina G, Villano I, **Messina A**, Neuroprotective Effects of Physical Activity: Evidence from Human and Animal Studies. *Front Neurol*. 2017 May 22;8:188.
44. Chieffi S, Villano I, Iavarone A, **Messina A**, Manual asymmetry for temporal and spatial parameters in sensorimotor synchronization. *Exp Brain Res*. 2017 May;235(5):1511-1518.
43. Monda V, Villano I, **Messina A**..... Exercise Modifies the Gut Microbiota with Positive Health Effects. *Oxid Med Cell Longev*. 2017;2017:3831972. doi: 10.1155/2017/3831972.
42. Panico A, Messina G, Lupoli GA, **Messina A**, Precenzano F, Cibelli G, Monda M, Lupoli G. Quality of life in overweight (obese) and normal-weight women with polycystic ovary syndrome: Patient Preference Adherence. 2017 Mar 2;11:423-429. doi:10.2147/PPA.S119180.
41. Messina G, Valenzano A, Moscatelli F..... **Messina A**..... Role of Autonomic Nervous System and Orexinergic System on Adipose Tissue. *Front Physiol*. 2017 10;8:137.
40. Chieffi S, Messina G, Villano I, **Messina A**..... Exercise Influence on Hippocampal Function: Possible Involvement of Orexin-A. *Front Physiol*. 2017 Feb 14;8:85.
39. Villano I, **Messina A**, Valenzano A, Basal Forebrain Cholinergic System and Orexin Neurons: Effects on Attention. *Front Behav Neurosci*. 2017 Jan 31;11:10.
38. Albano, G.D., Sessa, F., **Messina, A.**, "Aas and organs damage: a focus on nandrolone effects." *Acta Medica Mediterranea* 33.6 (2017): 939-946.
37. Monda V, La Marra M, Perrella R, **Messina A**. Obesity and brain illness: from cognitive and psychological evidences to obesity paradox. *Diabetes Metab Syndr Obes*. 2017 21;10:473.
36. Moscatelli, F., Valenzano, A., **Messina, A.** (2017). Transcranial magnetic stimulation (TMS) application in sport medicine: A brief review. *Acta Medica Mediterranea*, 33(3).
35. **Messina, A.** , Monda, V. , Nigro, E., et al. (2017). An allied health: The pasta. *Acta Medica Mediterranea*, 33(4), 641-644.
34. Marra ML., Valenzano, A. ,Ruberto, M. **Messina, A.** ,Caviglia, G. (2017). The effects of overweight and obesity on cognitive functions and psychological well-being. *Acta Medica Mediterranea*, 33, 1225-1231.
33. **Messina, A.** , Monda, V. , Avola, R. et al. (2017). Role of the orexin system on arousal, attention, feeding behaviour and sleep disorders. *Acta Medica Mediterranea*.
32. **Messina, A.** , Monda, V. , et al. (2017). Orexin system increases energy expenditure by brown adipose tissue activity. *National Journal of Physiology Pharmacy and Pharmacology* 7(7) 658-664.

31. Monda, V. , Nigro, E. , Ruberto, M. **Messina, A.** (2017). Synergism or competition between zinc and chromium dietary levels on insulin action mechanism. A method to investigate Acta Medica Mediterranea , 33(4), 581-585.
30. Monda, V. , Anna, V. , Ruberto, M., **Messina, A.** Physiological postural stabilization v rugran plantar in athletes Acta Medica Mediterranea Vol. 33, 2017, Pages 1271-1278
29. De Fusco C, **Messina A**, Monda V et al. Osteopontin: Relation between Adipose Tissue ar Bone Homeostasis. Stem Cells Int. 2017;2017:4045238. doi: 10.1155/2017/4045238.
28. **Messina, A.** , Russo, G. , Monda, V. et al (2017). Effect of radiofrequency on sympathetic nervous system functioning. Acta Medica Mediterranea 33, 5, 2017, Pages 833-840
27. Messina, G. , Viggiano, E. , Monda, V. , **Messina, A.**Re: Neuroprotection and acidosis induced by cortical spreading depression Neuropsychiatr Dis Treat 12, 2016, 193-3194
26. Moscatelli F, Messina G, Valenzano A,...**Messina A.** ..Differences in corticospinal system activity and reaction response between karate athletes and non-athletes. Neurol Sci.;37(12):19 1953.
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23. **Messina A**, De Fusco C, Monda V et al. Role of the Orexin System on the Hypothalamus-Pituitary-Thyroid Axis. Front Neural Circuits. 2016 Aug 25;10:66.
22. Viggiano E, Monda V, **Messina A** et al. Cortical spreading depression produces a neuroprotective effect activating mitochondrial uncoupling protein-5. Neuropsychiatr Dis Treat. 2016;12:1705-10.
21. Moscatelli F, Messina G, Valenzano A,, **Messina A.** Correction: Functional Assessment of Corticospinal System Excitability in Karate Athletes. PLoS One. 2016 Jul 19;11(7):e0159846.
20. Moscatelli F, Messina G, Valenzano A,, **Messina A.**.....Functional Assessment of Corticospinal System Excitability in Karate Athletes. PLoS One. 2016;11(5):e0155998.
19. Coaccioli, S. , Varrassi, G. ,, **Messina, A.** ,, (2016). Meditation as a useful chanc chronic pain decrease. *J Psychiatry*, 19, 1-5.
18. Moscatelli F, Valenzano A, Petito A,, **Messina A.** Relationship between blood lac and cortical excitability between taekwondo athletes and non-athletes after hand-grip exercise. Somatosens Mot Res. 2016 Jun;33(2):137-44. doi: 10.1080/08990220.2016.1203305.
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16. Mazzeo, F. , Monda, M. , Messina, G. , Santamaria, S. , et al. (2016). Doping in Italy: An analysis of its spread in ten years. *Biology and Medicine*, 8(1), 1.
15. Piombino, L. , **Messina, A.** , Piombino, L. et al. (2016). An assessment of body composition and lifestyle in children aged from 8 to 10 years. *Biology and Medicine*, 8(4), 1.
14. Monda, V. , Valenzano, A. , Moscatelli, F. , **Messina, A.** , et al. Modifications of activity of autonomic nervous system, and resting energy expenditure in women using hormone-replacen therapy. *Biology and Medicine*, 8(5), 1.
13. Chieffi, S., Villano, I.,**Messina, A.**, et al. Involvement of orexin in sleep disorders and neurodegenerative diseases. *Current Topics in Peptide & Protein Research* 16, 49-54.
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11. Chieffi, S. , Iavarone, A. , La Marra, M.**Messina, A.** Memory for proprioceptive targets in bulimia nervosa. *J Psychiatry*, 18(297), 2.
10. Monda, V. , **Messina, A.** , Moscatelli, F. et al. *Current Topics in Peptide & Protein Resear* 16, 83-93.
9. Messina, G. , Monda, V. , Moscatelli, F. ,, **Messina, A.** (2015). Role of orexin syste obesity. *Biology and Medicine*, 7(4), 1.
8. Messina, G., Palmieri, F. , Monda, V. , **Messina, A.** et al. (2015). Exercise Causes Muscle GLUT4 Translocation in an Insulin. *Biol Med. S*, 3, 007.
7. Messina, G. , Zannella, C. , Monda, V.... **Messina, A.** ... (2015). The beneficial effects of c in human nutrition. *Biology and Medicine*, 7(4), 1.
6. Messina, G., Viggiano, A., Chieffi, S. **Messina, A.** , (2014). Neuroleptic Drugs Affect Sympathetic and Thermogenic Reactions to Orexin A. *J Psychiatry*, 17(1000175), 2.
5. Messina, G. , Viggiano, A. , Tafuri, D. **Messina, A.** ... (2014). Role of orexin in obese pat in the intensive care unit. *J. Anesth. Clin. Res*, 5(395), 10-4172.
4. Messina G, Dalia C, Tafuri D.... **Messina A.**... Orexin-A controls sympathetic activity and e behavior. Front Psychol. 2014 Sep 8;5:997. doi: 10.3389/fpsyg.2014.00997.
3. Mazzeo, F. , Motti, M.L. , Messina, G. ,, **Messina, A.** , .. (2013). Use of nutritional supplements among south Italian students of physical training and sport university. *Toxicology*

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2. Monda M, Messina, G. , Devastato, A. , **Messina, A.** , Caffeine and sport Caffeine Consumption and Health, 2012, Pages 93-97 (Book Chapter)

1. Chieffi, S., La Marra, M., Messina, G., De Luca, V., **Messina, A.**, Monda, M. (2011). β -amyloid peptide in pathogenesis of Alzheimer's disease. *Curr Topics Peptide Protein Res*, 12, 65-69.

English

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
B/2	B/2	B/2	B/2	B/2