

CURRICULUM VITAE

INES VILLANO

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Date of birth 28 DICEMBRE 1983



Skills and expertise

Physiology of Nutrition, Physiology of Sport, Physiology of Metabolism, Neurophysiology, Body Composition, Cell biology, Physical activity, Eating behavior.

Teaching activity

- 2018 - present** Researcher- University of Campania "Luigi Vanvitelli", Italy
- 2017- present** Matter Cultor in "Psychobiology and physiological psychology" (scientific disciplinary sector Bio / 09- Physiology). Suor Orsola Benincasa University of Naples, 80132, Naples – Italy.
- 2013- present** Teaching support activities for the teaching of Physiology, University of Campania "Luigi Vanvitelli", Italy

Experiences

- October 2018- present** Researcher in Physiology. Department of Experimental Medicine, University of Campania "Luigi Vanvitelli", Naples, Italy
- 2013- present** Research activities. Department of Human Physiology of the Department of Experimental Medicine, University of Campania "Luigi Vanvitelli", Italy.
- 2013- present** Outpatient visits at the Department of Dietetics and Sports Medicine and Psycho-physical Well Being of the University of Campania "Luigi Vanvitelli", Naples, Italy
- January 2018 – July 2018** Research project. Department of Experimental Medicine, University of Campania "Luigi Vanvitelli", Naples, Italy
- July 2017- December 2017** University of Malta, Msida, Malta - Department of Anatomy
- November 2014-December 2017** PhD in "Biochemical and Biotechnological Sciences" - XXX cycle
Department of Experimental Medicine, University of Campania "Luigi Vanvitelli", Naples, Italy
- December 2013 – April 2014** Research project. Department of Experimental Medicine, University of Campania "Luigi Vanvitelli", Naples, Italy

EDUCATION

- April 2019** Master in "Dietetic and Lifestyle". Department of Experimental Medicine, University of Campania "Luigi Vanvitelli", Naples, Italy
- December 2017** Ph.D. in "Biochemical and Biotechnological Sciences" - XXX cycle
Department of Experimental Medicine, University of Campania "Luigi Vanvitelli", Naples, Italy
- May 2015** Specialization school degree in "Food Science" cum laude. University of Naples "Federico II", Naples, Italy
- February 2011** enrolled in the National Order of Biologists
- March 2010** "Food and Health" graduation cum laude. University of Naples "Federico II", Naples, Italy

Publications, Abstracts and presence as speaker on Congress proceedings and Symposia

- Speaker at 6th International Congress On Dietology, Physical Activity, Epigenetics And Chronic Disease Prevention. Italian School of Fitness and Nutrition (SIFA). September 15th 2018. Naples, Italy
- Chieffi, S., Villano, I., Iavarone, A., Messina, A., Monda, V., Messina, G., & Monda. (2016). Space representation in Balint's syndrome. LXVII National Congress SIF. Catania, Italy, September 21-23, 2016.
- Villano, I., Messina, G., Viggiano, A., La Marra M., Monda, M., & Chieffi, S. (2014). Arm movement synchronization with an external rhythm. LXV National Congress SIF. Anacapri, Naples, Italy. September 28-30, 2014.
- C. Montagnese, I. Villano et al. Relazione tra forza di presa della mano e bioimpedenziometria multifrequenza in giovani adulti di ambedue i generi. XXXIV National Congress SINU. Nutrizione, la pietra d'angolo. Fabbisogni nutrizionali e salute nell'epoca del genoma.- Florence, Italy. December 11-12, 2009.
- M.R. Serra, I. Villano et al. Confronto tra dinamometro Takei e dinamometro Jamar per la misura di forza di presa della mano. XXXIV National Congress SINU. Nutrizione, la pietra d'angolo. Fabbisogni nutrizionali e salute nell'epoca del genoma. - Florence, Italy. December 11-12, 2009.

PUBBLICATIONS

1. Messina, A., Monda, M., Valenzano, A., Messina, G., Villano, I., Moscatelli, F., et al. (2018). Functional changes induced by Orexin A and Adiponectin on the sympathetic/parasympathetic balance. *Frontiers in Physiology*, 9, 259. <https://doi.org/10.3389/fphys.2018.00259>
2. Francavilla, C. V., Sessa, F., Salerno, M., Albano, D. G., Villano, I., Messina, G., et al. (2018). Influence of football on physiological cardiac indexes in professional and young athletes. *Frontiers in Physiology*, 9, 153. <https://doi.org/10.3389/fphys.2018.00153>

3. Messina, A., Precenzano, F., Messina, G., Roccella, M., Parisi, L., Salerno, M., Valenzano, A., Maltese, A., Salerno, M., Sessa, F., Davide Albano, G., Marotta, R., Villano, I., ... & Carotenuto, M. (2018). NREM SLEEP PARASOMNIAS AND MIGRAINE: A ROLE OF OREXINERGIC PROJECTIONS. *Frontiers in neurology*, 9, 95. <https://doi.org/10.3389/fneur.2018.00095>
4. Sperandeo, R., Maldonato, M. N. Messina, A., Cozzolino, P., Monda, M., Cerroni, F., Romano, P., Salerno, M., Maltese, A., Roccella, M., Parisi, L., Tripi, G., Moscatelli, F., Sessa, F., Salerno, M., Cibelli, G., Messina, G., Monda, V., Chieffi, S., Villano, I., Monda, E., ... & Valenzano, A. (2018). Orexin System: Network Multi-Tasking. *Acta Medica Mediterranea*, 2, 349. Doi: 10.19193/0393-6384_2018_2_55
5. Maldonato, M. N., Sperandeo, R., Dell'orco, S., Iennaco, D., Cerroni, F., Romano, P., Salerno, M., Maltese, A., Roccella, M., Parisi, L., Tripi, G., Moscatelli, F., Sessa, F., Salerno, M., Cibelli, G., Messina, G., Monda, M., Chieffi, S., Villano, I., ... & Marotta, R. (2018). Mind, brain and altered states of consciousness. *Acta Medica Mediterranea*, 34, 357. Doi:10.19193/0393-6384_2018_2_56
6. Villano, I., Messina, A., Valenzano, A., Moscatelli, F., Esposito, T., Monda, V., et al. (2017). Basal forebrain cholinergic system and orexin neurons: effects on attention. *Frontiers in Behavioral Neuroscience*, 11. doi: 10.3389/fnbeh.2017.00010
7. Monda, V.*, Villano, I.*, Messina, A., Valenzano, A., Esposito, T., Moscatelli, F., et al. (2017). Exercise Modifies the Gut Microbiota with Positive Health Effects. *Oxidative Medicine and Cellular Longevity*, 2017. <https://doi.org/10.1155/2017/3831972> (* equal contributors)
8. Chieffi, S., Messina, A., Villano, I., Valenzano, A., Nigo, E., La Marra, M., et al. (2017). The use of velocity information in movement reproduction. *Frontiers in Psychology*, 8, 983. <https://doi.org/10.3389/fpsyg.2017.00983>
9. Monda, V., Ruberto, M., Villano, I., Valenzano, A., Ricciardi, A., Gallai, B., et al. (2017). A minireview about sporting practice in epileptic children. *Acta Medica Mediterranea*, 33, 1279. Doi: 10.19193/0393-6384_2017_2s_197
10. Monda, V., Salerno, M., Fiorenzo, M., Villano, I., Viggiano, A., Sessa, F., et al. (2017). Role of Sex Hormones in the Control of Vegetative and Metabolic Functions of Middle-Aged Women. *Frontiers in Physiology*, 8, 773. <https://doi.org/10.3389/fphys.2017.00773>
11. Monda, V., Lupoli, G. A., Messina, G., Peluso, R., Panico, A., Villano, I., et al. (2017). Improvement of Bone Physiology and Life Quality Due to Association of Risedronate and Anastrozole. *Frontiers in Pharmacology*, 8, 632. <https://doi.org/10.3389/fphar.2017.00632>
12. Messina, A., Monda, V., Nigro, E., Valenzano, A.A., Villano, I., Ruberto, M. et al. (2017). An allied health: The pasta. *Acta Medica Mediterranea*, 33(4), 641-644. doi: 10.19193/0393-6384_2017_4_095.
13. Messina, A., Monda, V., Villano, I., Valenzano, A. A., Salerno, M., Tafuri, D., et al. (2017). Orexin system increases energy expenditure by brown adipose tissue activity. *International Journal Of Physiology, Pathophysiology And Pharmacology*. DOI: 10.5455/njppp.2017.7.0205422042017
14. Mazzeo, F., Monda, V., Santamaria, S., Nigro, E., Valenzano, A., Villano, I., et al. (2017). Antidoping program: an important factor in the promotion and protection of the integrity of sport and athlete's health. *The Journal of sports medicine and physical fitness*. doi:10.23736/S0022-4707.17.07722-2

15. Messina, A., Russo, G., Monda, V., Valenzano, A., Villano, I., Ascione, A., et al. (2017). Effect of radiofrequency on sympathetic nervous system functioning. *Acta Medica Mediterranea*. Doi: 10.19193/0393-6384_2017_5_124
16. Monda, V., Nigro, E., Ruberto, M., Monda, G., Valenzano, A., Triggiani, A.I., Moscatelli, F., Monda, E., Villano, I., et al. (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. doi: 10.19193/0393-6384_2017_4_085.
17. Messina, A., Monda, V., Avola, R., Moscatelli, F., Valenzano, A.A., Villano, I., Ruberto, M., et al. (2017). Role of the orexin system on arousal, attention, feeding behaviour and sleep disorders. *Acta Medica Mediterranea*, 33 (4), 645-649. doi: 10.19193/0393-6384_2017_4_096.
18. Moscatelli, F., Valenzano, A., Monda, V., Ruberto, M., Monda, G., Triggiani, A.I., Monda, E., Chieffi, S., Villano, I., et al. (2017). Transcranial magnetic stimulation (TMS) application in sport medicine: a brief review. *Acta Medica Mediterranea*, 33(3), 423-430. doi: 10.19193/0393-6384_2017_3_062
19. Chieffi, S., Carotenuto, M., Monda, V., Valenzano, A., Villano, I., Precenzano, F., et al. (2017). Orexin System: the key for a health life. *Frontiers in Physiology*, 8, 357. <https://doi.org/10.3389/fphys.2017.00357>
20. Monda, V., Valenzano, A., Ruberto, M., Villano, I., Russo, V., La Marra, M., et al. (2017). Physiological postural stabilization with Rugran plantar in athletes. *Acta Medica Mediterranea*. 2 (2), 1271 Doi: 10.19193/0393-6384_2017_2s_196
21. Chieffi, S., Messina, G., Villano, I., Messina, A., Valenzano, A., Moscatelli, F., et al. (2017). Neuroprotective Effects of Physical Activity: Evidence from Human and Animal Studies. *Frontiers in Neurology*, 8, 188. <https://doi.org/10.3389/fneur.2017.00188>
22. Chieffi, S., Messina, G., Messina, A., Villano, I., Monda, V., Ambra, F. I., ... & Iavarone, A. (2017). Memory for Spatial Locations in a Patient with Near Space Neglect and Optic Ataxia: Involvement of the Occipitotemporal Stream. *Frontiers in Neurology*, 8, 231. <https://doi.org/10.3389/fneur.2017.00231>
23. Panico, A., Messina, G., Lupoli, G. A., Lupoli, R., Cacciapuoti, M., Moscatelli, F., Villano, I., ... & Messina, A. (2017). Quality of life in overweight (obese) and normal-weight women with polycystic ovary syndrome. *Patient preference and adherence*, 11, 423. doi: 10.2147/PPA.S119180
24. Russo, V., Messina, A., Moscatelli, F., Villano, I., Esposito, T., Monda, V., et al. (2017). A Medical Device, called RUGRAN, Improves the Correction and Stabilization of Posture. *Biology and Medicine*, 9(1), 1. doi: 10.4172/0974-8369.1000370
25. Chieffi, S., Messina, G., Villano, I., Messina, A., Esposito, M., Monda, V., et al. (2017). Exercise Influence on Hippocampal Function: Possible Involvement of Orexin-A. *Frontiers in Physiology*, 8, 85. doi: 10.3389/fphys.2017.00085
26. Chieffi, S., Villano, I., Iavarone, A., Messina, A., Monda, V., Viggiano, A., et al. (2017). Manual asymmetry for temporal and spatial parameters in sensorimotor synchronization. *Experimental Brain Research*, 1-8. doi:10.1007/s00221-017-4919-2
27. Monda, V., Messina, A., Palmieri, F., Monda, G., Villano, I., Russo, G., et al. (2016). The effects of weight loss on oedematous fibrosclerotic panniculopathy and body composition: a review. *Official Journal of the International Union of Aesthetic Medicine–UIME*, 89.

28. Monda, V., Valenzano, A., Moscatelli, F., Messina, A., Piombino, L., Villano, I. et al. (2016). Modifications of Activity of Autonomic Nervous System, and Resting Energy Expenditure in Women Using Hormone-Replacement Therapy. *Biology and Medicine*, 8(5), 1. doi: 10.4172/0974-8369.1000306
29. Chieffi, S., Villano, I., Iavarone, A., La Marra, M., Valenzano, A., Messina, A., & Monda, M. (2016). Asymmetries of visuospatial attention in schizophrenia. *Journal of Psychiatry*, 19(6), 388.
30. Chieffi, S., Iavarone, A., La Marra, M., Messina, G., Villano, I., Ranucci, S., et al. (2015). Memory for Proprioceptive Targets in Bulimia Nervosa. *Journal of Psychiatry*, 2015. doi: 10.4172/2378-5756.1000297
31. Chieffi, S., Villano, I., Messina, A., Monda, V., La Marra, M., Messina, G., Monda, M. (2015). Involvement of orexin in sleep disorders and neurodegenerative diseases. *Current Topics in Peptide and Protein Research*, 16, 49-54. ISSN: 09724524
32. Scalfi L., Villano I. et al. La forza di presa della mano nella valutazione dello stato di nutrizione. *Rivista di Scienza dell'Alimentazione* - Anno 39; Numero 3