



INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

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NAME: Milena Zucca

TITLE: Dr

PROFESIONAL GROUPING: Research Fellow, PhD, Psychologist, Psychotherapist

WORK ADDRESS:

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PRESENT POSITION: Research Fellow

HIGHEST ACADEMIC QUALIFICATION: PhD

YEAR OF PHD QUALIFICATION: 2019

PROFILE OF MEMBER:

I am a psychologist and psychotherapist, PhD in Neuroscience, and Research Fellow with substantial expertise in clinical neuropsychology, cognitive stimulation and rehabilitation, and the psychology of health and well-being.

AREAS OF EXPERTISE:

- Support in diagnosis and neuropsychological assessment of individuals with neurological and neurodegenerative disorders.
- Cognitive stimulation and rehabilitation for patients with cognitive impairments and neurological conditions, also using brain stimulation techniques.
- Psychological support for caregivers of patients with cognitive decline.

KEY PUBLICATIONS (Max. 5):

- **Zucca M**, Albera A, Albera R, Montuschi C, Della Gatta B, Canale A, Rainero I. "Cochlear Implant Results in Older Adults with Post-Lingual Deafness: The Role of "Top-Down" Neurocognitive Mechanisms." *Int J Environ Res Public Health*. 2022 Jan 25;19(3):1343. doi: 10.3390/ijerph19031343. PMID: 35162365; PMCID: PMC8834693.
- **Zucca M**, Rubino E, Vacca A, De Martino P, Caglio MM, Marcinnó A, Bo M, and Rainero I. "The Carers' Needs Assessment for Dementia (CNA-D): a validation study in the Italian population" *Neurol Sci*. 2021 May 4. doi: 10.1007/s10072-021-05285-0. Epub ahead of print. PMID: 33942173.
- **Zucca M**, Isella V, Di Lorenzo R, Marra C, Cagnin A, Cupidi C, Bonanni L, Laganà V, Rubino E, Provero P, Vanacore N, Agosta F, Caffarra P, Sambati R, Quaranta D, Guglielmi V, Appollonio IM, Logroscino G, Filippi M, Tedeschi G, Ferrarese C, Rainero I, Bruni AC and SINDem COVID-19 Study Group. "Being the family caregiver of a patient with dementia during COVID-19 lockdown." *Front. Aging Neurosci*. 2021 Apr 20; 13:653533. doi: 10.3389/fnagi.2021.653533
- **Zucca M**, Rubino E, Vacca A, De Martino P, Roveta F, Govone F, Gai A, Caglio M, Gentile S, Giordana MT, Rainero I. "Metacognitive impairment in patients with episodic and chronic migraine" *Journal of Clinical Neuroscience*. 2020 Jan; doi: 10.1016/j.jocn.2019.12.048.
- **Zucca M**, Rubino E, Vacca A, Govone F, Gai A, De Martino P, Boschi S, Gentile S, Giordana MT, Rainero I. "High risk of suicide in behavioral variant Frontotemporal Dementia" *Am J Alzheimers Dis Other Demen*. 2019 Jun;34(4):265-271

RELEVANT RESEARCH ACTIVITY:

PhD and Other Projects:

- The Carers' Needs Assessment for Dementia (CNA-D): a validation study in the Italian population (2021)
- Being the Family Caregiver of a Patient With Dementia During the Coronavirus Disease 2019 Lockdown (2021)
- Cochlear Implant Results in Older Adults with Post-Lingual Deafness: The Role of "Top-Down" Neurocognitive Mechanisms (2022)

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

"Evaluating the needs of caregivers of patients with Alzheimer's disease".

The primary objective of this research project is to examine how the demographic and psychological characteristics of family members, alongside the symptomatology and the degree of cognitive and functional impairment of patients, shape the types of needs identified and the utilization of available support by primary informal caregivers of individuals with neurodegenerative cognitive disorders. To this end, caregiver needs will be systematically assessed using a standardized protocol in participants attending Day Centers and Social Cooperatives. The research sample will subsequently be stratified based on relevant characteristics of both caregivers and patients. This approach will also facilitate the identification of a risk profile for family members at higher risk of experiencing caregiver burden, thereby informing the development of more flexible and personalized social and care pathways, strategically designed to promote individual well-being.

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

I have developed extensive clinical and research experience over the years in the management of patients with cognitive impairment and their caregivers. My contribution to INTERDEM could therefore build upon the knowledge already acquired, providing additional data to support research and to enhance European dementia policy development. By offering my expertise in the analysis and implementation of non-pharmacological strategies and programs for the care of patients with dementia and their caregivers, as well as in active aging and prevention, I could contribute to the advancement and definition of shared psychosocial and social care interventions at the European level—further personalized and strategically oriented toward individual well-being.