Curriculum Vitae
Nicolas Silvestrini, Ph.D.

Contact

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Education

06/2008: **Ph.D. in Psychology** from the University of Geneva, Switzerland
Advisor: Prof. Guido Gendolla; Grade 6 (best possible)

06/2004: **License in Psychology**, University of Geneva
Advisor: Prof. Marcel Zentner; Grade 6 (best possible)

Academic Positions

08/2016-present: **Senior Research and Teaching Assistant**, University of Geneva, Switzerland
10/2015-07/2016: **Substitute Senior Lecturer**, University of Geneva, Switzerland
10/2012-09/2015: **Senior Research Associate**, University of Geneva and Geneva University Hospital, Switzerland
09/2011-09/2012: **Post-Doctoral Research Fellow**, University of Geneva, Switzerland
09/2010-08/2011: **Post-Doctoral Research Fellow**, University of Montreal, Canada
07/2008-08/2010: **Post-Doctoral Research Fellow**, University of Geneva, Switzerland
09/2005-06/2008: **Research Assistant**, University of Geneva, Switzerland
11/2004-05/2005: **Research Assistant**, Geneva University Hospital, Switzerland

Research Grant Support

09/2017: **Project grant** from the Swiss National Science Foundation (principal investigator, CHF 320’199)

08/2012: **Ambizione grant** from the Swiss National Science Foundation (principal investigator, CHF 487’046)

03/2010: **Fellowship for prospective researcher** granted by the Swiss National Science Foundation (principal investigator, CHF 77’680)
Research Interests

Mental effort, cognitive control, self-control, self-regulation, motivation, effort-related cardiovascular reactivity, neural mechanisms of effort
Pain, interactions between pain, effort and cognitive control

Award

11/2014: Poster Award for "The Influence of Priming Pain on Effort-Related Cardiovascular Response", obtained at the Annual Convention of the Swiss Society for the Study of Pain, Interlaken, Switzerland (CHF 1000.-).

Teaching Activities

02/2018-present: "Psychology of effort", Master level course, University of Geneva
09/2013-present: "Psychology of pain", Master level course, University of Geneva
09/2015-present: "Research colloquium in affective psychology", Master level research colloquium, University of Geneva, in collaboration with Prof. Guido Gendolla
09/2015-present: "Motivation, affect, and personality", Master level seminar, University of Geneva, in collaboration with Prof. Guido Gendolla
09/2015-02/2017: "Affective bases of motivation", whole semester replacement, Master level course, University of Geneva
02/2016-08/2016: "Personality, self, and motivation: Applied perspectives", whole semester replacement, Master level course, University of Geneva
09/2012-present: "Affective bases of motivation", punctual replacements, Master level course, University of Geneva
09/2012-present: "Personality, self, and motivation: Applied perspectives", punctual replacements, Master level course, University of Geneva
09/2012-present: "Motivation and learning", punctual replacements, Bachelor level course, University of Geneva
11/2003-10/2004: "Personality psychology", teaching and research assistant, University of Geneva

Mentoring Activities

10/2018-present: Tamara Cancela, doctoral thesis
"The impact of pain on effort mobilization"
09/2019-present: André Pires & Bruno Remolif, master thesis
“Influence de l’effort sur une performance dans un jeu vidéo d’action ” [The impact of effort on performing video games]

09/2019-present: Filipa Mota Da Silva & Nicolas Pasquel Cedeno, master thesis
“Un test de la théorie de l’intensité de la motivation avec des mesures de pupillométrie” [Testing motivational intensity theory using pupillometry]

09/2018-present: Lionel Pralong, master thesis
“Dissociation de l’effort mental et physique” [Dissociating mental and physical effort]

09/2018-present: Elsa Cicchini, master thesis
“Effet de la régulation émotionnelle sur la régulation comportementale dans un paradigme de tâches séquentielles “ [The impact of emotion regulation on subsequent behavioral regulation]

09/2018-present: Marina Cabitza, master thesis
“Impact de la stratégie de régulation de la douleur sur l’effort moteur” [The impact of pain regulatory strategies on subsequent physical effort]

09/2017-06/2019: Lola Chennaz, master thesis
“Effets de l’humeur sur la douleur suite à une tâche cognitive” [The impact of mood on the after-effect of cognitive control on pain]

09/2017-06/2019: Mélanie Antonio, master thesis
“L’influence du sentiment d’auto-efficacité sur la relation entre les performances cognitives et la perception de la douleur ” [The impact of self-efficacy on the after-effect of cognitive control on pain]

09/2017-06/2018: Lionel Pralong, bachelor thesis

09/2016-09/2018: Yann Bouzidi, master thesis (in co-direction with Prof. Guido Gendolla)
“Le rôle modérateur de la volition sur l’influence de l’humeur dans la mobilisation de l’effort ” [The moderating role of volition on the impact of mood on effort mobilization]
09/2016-09/2018: Tamara Cancela, master thesis
   “Douleur et fonctions exécutives” [Pain and executive functions]

09/2016-06/2018: Valentine Rattaz, master thesis
   “L’influence de l’amorçage implicite du concept de capacité sur l’effort mesuré par la réactivité cardiovasculaire” [The impact of priming the concept of capacity on effort-related cardiovascular reactivity]

09/2016-06/2018: Coraline Beytrison, master thesis
   “Effets de la perception du désagrément sur l’effort dans une tâche motrice” [The influence of perceived unpleasantness on physical effort]

09/2015-06/2017: Yann Bouzidi, bachelor thesis (in co-direction with Prof. Guido Gendolla)
   “Style insécure: Performances cognitives diminuées face à une menace” [Insecure attachment: Impaired cognitive performance in the face of a threat]

09/2015-06/2017: Elodie Vuignier, master thesis
   “Contrôle de soi : Influence de la perception des ressources cognitives disponibles dans un paradigme de tâches séquentielles” [The influence of perceived available cognitive resources in a sequential task paradigm]

09/2013-02/2015: Gisana Riedo, master thesis
   “Etude des mécanismes sous-tendant le lien entre l’amorçage du concept de douleur et la difficulté” [Investigating the implicit association between the concepts of pain and difficulty using a decision lexical task]

01/2009-06/2009: Christopher Hill, bachelor thesis
   “Can effort be invested without conscious awareness? Inducing a state of energization through subliminal stimulation”

03/2007-06/2009: Mika Naville, master thesis
   “Influence de l’humeur sur les préférences comportementales” [The impact of mood on behavioral preferences]
Physiological Measurements Skills

Cardiovascular reactivity: Impedance cardiography, blood pressure, heart rate
Other peripheral measures: Facial EMG, electrodermal activity
Pain induction: Nociceptive flexion reflex, thermal stimulations, cold pressor test
Brain imaging: Functional magnetic resonance imaging (fMRI)

Linguistic Proficiency and Computer Skills

French and English
MS Office, SPSS, Statistica, E-prime, Inquisit, MatLab, and SPM

Affiliations

Association for Psychological Science (APS); Society for the Study of Motivation (SSM); Swiss Society for the Study of Pain (SGSS/SSED); Swiss Psychological Society (SGP-SSP)

Ad hoc Reviewer


Swiss National Science Foundation (SNSF)
National Science Centre, Poland

Publications

Articles in Peer-Reviewed Journals


**Chapters in Edited Books**


**Monographs**


**Symposia Organization**


**Silvestrini, N., & Wright, R.A.** (2015, May). *Current Perspectives on Effort Mobilization.* Symposium chaired at the 27th Annual Convention of the Association for Psychological Science (APS), New York, NY, USA.


**Contributions to Published Conference Proceedings**


Silvestrini, N. (2019, January). Investigating the interactions between pain and cognitive control. Talk at the inaugural meeting of the special interest group on the Cognitive and Affective Neuroscience of Pain (CANOaP), Fribourg, Switzerland.


Silvestrini, N. (2016, May). The reciprocal influence of pain and cognitive control. Talk at the 28th Annual Convention of the Association for Psychological Science (APS), Chicago, IL, USA.


Silvestrini, N., & Gendolla, G. H. E. (2013, September). *Implicit Affect and Effort-Related Cardiac Response*. Talk at the 22nd World Congress on Psychosomatic Medicine, Lisbon, Portugal.


Silvestrini, N., & Rainville, P. (2012, August). *Cognitive Control Enhances Subsequent Pain*. Poster at the 14th World Congress on Pain of the International Association for the Study of Pain (IASP), Milano, Italy.

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Lasauskaite, R., Gendolla, G.H.E., & Silvestrini, N. (2011, May). Sadness primes make me work harder, but they don't make me sad. Poster at the 23rd Annual Convention of the Association for Psychological Science (APS), Washington, DC, USA.


Gendolla, G.H.E., & Silvestrini, N. (2011, May). Priming the heart: Direct influences on the intensity of mental effort. Talk at the 23rd Annual Convention of the Association for Psychological Science (APS), Washington, DC, USA.


Silvestrini, N., & Gendolla, G.H.E. (2010, May). Priming effort directly: Effect on cardiac activity and task performance. Poster at the 22nd Annual Convention of the Association for Psychological Science (APS), Boston, MA, USA.


Invited Talks / Knowledge Transfer


Silvestrini, N. (2013, April). Motivational and neurophysiological perspectives on the after-effect of cognitive control on pain. Invited talk at the University of Zürich, Zürich, Switzerland.


Last CV update: May 14, 2020