

Curriculum Vitae

Nicolas Silvestrini, Ph.D.

Contact

Faculty of Psychology and
Educational Sciences (FPSE)
University of Geneva
Boulevard du Pont d'Arve 40
CH-1211 Geneva 4, Switzerland

Email: nicolas.silvestrini@unige.ch
Phone: + 41 22 379 92 68
www.unige.ch/fapse/motivation/silvestrini
<https://orcid.org/0000-0002-5654-9428>

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
- 11/2003-10/2004: **Teaching and Research Assistant**, University of Geneva, 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 1'000.-).

Teaching Activities

02/2018-present: "**Psychology of effort**", Master level seminar, University of Geneva

09/2013-present: "**Psychology of pain**", Master level seminar, 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

Title: *The impact of physical pain on effort mobilization*

- 09/2020-present: Patricia De Abreu Gonçalves, master thesis
Title: *The influence of a difficult cognitive task on selected difficulty for a subsequent unrelated task*
- 09/2020-present: Carla Ponce Gomez, master thesis
Title: *The impact of intrinsic motivation on the feeling of effort*
- 09/2020-present: Nadine Akame, master thesis
Title: *The influence of intrinsic motivation during a difficult task on pain perception*
- 09/2019-present: André Pires & Bruno Remolif, master thesis
Title: *The influence of a difficult cognitive task on video games performance*
- 09/2019-present: Filipa Mota Da Silva & Nicolas Pasquel Cedeno, master thesis
Title: *Testing motivational intensity theory predictions using pupillometry*
- 09/2018-09/2020: Lionel Pralong, master thesis
Title: *Dissociating mental and physical effort*
- 09/2018-06/2020: Elsa Cicchini, master thesis
Title: *The impact of emotion regulation on subsequent behavioral regulation*
- 09/2018-09/2020: Marina Cabitza, master thesis
Title: *The impact of pain regulatory strategies on subsequent physical effort*
- 09/2017-06/2019: Lola Chennaz, master thesis
Title: *The impact of mood on the after-effect of cognitive control on pain*
- 09/2017-06/2019: Mélanie Antonio, master thesis
Title: *The impact of self-efficacy on the after-effect of cognitive control on pain*
- 09/2017-06/2018: Lionel Pralong, bachelor thesis
Title: *The impact of mood on physical effort*
- 09/2016-09/2018: Yann Bouzidi, master thesis (in co-direction with Prof. Guido Gendolla)
Title: *The moderating role of volition on the impact of mood on effort mobilization*
- 09/2016-09/2018: Tamara Cancela, master thesis
Title: *The interactions between pain and executive functions*

- 09/2016-06/2018: Valentine Rattaz, master thesis
Title: *Priming self-efficacy: Influence on effort-related cardiovascular reactivity*
- 09/2016-06/2018: Coraline Beytrison, master thesis
Title: *The influence of perceived unpleasantness on physical effort*
- 09/2015-06/2017: Yann Bouzidi, bachelor thesis (in co-direction with Prof. Guido Gendolla)
Title: *Insecure attachment: Impaired cognitive performance in the face of threat*
- 09/2015-06/2017: Elodie Vuignier, master thesis
Title: *The influence of perceived available cognitive resources in a sequential task paradigm*
- 09/2013-02/2015: Gisana Riedo, master thesis
Title: *Investigating the implicit association between the concepts of pain and difficulty using a decision lexical task*
- 01/2009-06/2009: Christopher Hill, bachelor thesis
Title: *Can effort be invested without conscious awareness? Inducing a state of energization through subliminal stimulation*
- 03/2007-06/2009: Mika Naville, master thesis
Title: *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, R, Statistica, E-prime, Inquisit, MatLab, and SPM

Organizational Involvement

- 09/2018-present: Financial auditor of the Association of the mid-level faculty staff of the University of Geneva ("Association du corps des collaborateurs à l'enseignement et à la recherche en psychologie", ACERP)
- 01/2020: Representative of the mid-level faculty staff in one committee responsible for the renewal of an academic position at the Faculty of Psychology and Educational Sciences (University of Geneva)
- 09/2011-present: Member of the Association of the mid-level faculty staff of the University of Geneva ("Association du corps des collaborateurs à l'enseignement et à la recherche en psychologie", ACERP)

Affiliations

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

Functions in Research Societies

- 09/2014-present: Member of the Award Committee of the Society for the Science of Motivation
- 05/2015: Chair of the Award Committee of the Society for the Science of Motivation

Ad hoc Reviewer

Psychophysiology, Biological Psychology, Motivation and Emotion, International Journal of Psychophysiology, Frontiers, Music and Medicine, Behavior Therapy, Consciousness and Cognition, Psychology and Aging, Motivation Science, Psychomusicology, Cerebral Cortex, European Journal of Pain, Social Psychology, Journal of Experimental Psychology: General.

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

Editorial Roles

Guest Associate Editor for *Frontiers in Neuroscience* and *Frontiers in Psychology*, Research Topic: Effort-Bases Decision Making and Cognitive Fatigue

Publications

Articles in Peer-Reviewed Journals

- Cancela, T., & **Silvestrini, N.** (in press). The impact of pain on mental effort assessed as cardiovascular reactivity. *PAIN Reports*.
- Bernard, L. C., Ciecuch, J., Lac, A., Zuro, B., Krupic, D., Richter, M., **Silvestrini, N.**, & von Helversen, B. (2021). A cross-cultural study of purposive “traits of action”: measurement invariance of scales based on the action–trait theory of human motivation using exploratory structural equation modeling. *Studia Psychologica: Theoria et Praxis*, 21, 5-29. <https://doi.org/10.21697/sp.2019.19.1.01>
- Silvestrini, N.**, Chen, J.-I., Piché, M., Roy, M., Vachon-Preseu, E., Woo, C.-W., Wager, T.D., & Rainville, P. (2020). Distinct fMRI patterns colocalized in the cingulate cortex underlie the after-effects of cognitive control on pain. *NeuroImage*. doi: 10.1016/j.neuroimage.2020.116898
- Silvestrini, N.**, Gendolla, G.H.E. (2019). Affect and cognitive control: Insights from research on effort mobilization. *International Journal of Psychophysiology* (Special issue on “What is Cognitive Control Without Affect?”), 143, 116-125. doi: 10.1016/j.ijpsycho.2019.07.003
- Silvestrini, N.**, Vuignier, E., Matthey, A., & Piquet, V. (2019). The perception of available resources influences the after-effect of cognitive control on cognitive performance and pain. *Social Psychology*. (Special issue on “Ego Depletion and Self-Control: Conceptual and Empirical Advances”), 50, 332-344. doi: 10.1027/1864-9335/a000386
- Silvestrini, N.** (2018). On the implicit influence of pain cues on cognitive effort: Evidence from cardiovascular reactivity. *Biological Psychology*, 132, 45-54. doi: 10.1016/j.biopsycho.2017.11.002
- Silvestrini, N.** (2017). Psychological and neural mechanisms associated with effort-related cardiovascular reactivity and cognitive control: An integrative approach. *International Journal of Psychophysiology*, 119, 11-18. doi: 10.1016/j.ijpsycho.2016.12.009
- Chatelain, M., **Silvestrini, N.** & Gendolla, G.H.E. (2016). Task difficulty moderates implicit fear and anger effects on effort-related cardiac response. *Biological Psychology*, 115, 94-100. doi: 10.1016/j.biopsycho.2016.01.014
- Quirin, M., Wróbel, M., Norcini Pala, A. N., Stieger, S., Shanchuan, D., Hicks, J. A., Mitina, O., Brosschot J., Kazén, M., Lasauskaite-Schüpbach, R., **Silvestrini, N.**, Steca, P., & Padun, M. A. (2016). A cross-cultural validation of the Implicit Positive and Negative Affect Test (IPANAT): Results from ten nations across three continents. *European Journal of Psychological Assessment*. doi: 10.1027/1015-5759/a000315
- Silvestrini, N.** (2015). The effort-related cost of implicit pain. *Motivation Science*, 1(3), 151-164. doi: 10.1037/mot0000020

- Lasauskaite-Schüppbach, R., Gendolla, G.H.E., & **Silvestrini, N.** (2014). Contrasting the effects of suboptimally versus optimally presented affect primes on effort-related cardiac response. *Motivation and Emotion*, *38*, 748-758. doi: 10.1007/s11031-014-9438-x
- Silvestrini, N.** (2014). Implication de la capacité de contrôle cognitif dans l'expérience de la douleur [Implication of cognitive control capacity in pain experience]. *Revue Médicale Suisse*, *10*(436), 1378-1381.
- Lasauskaite, R., Gendolla, G.H.E., & **Silvestrini, N.** (2013). Do sadness-primes make me work harder because they make me sad? *Cognition and Emotion*, *27*, 158-165. doi : 10.1080/02699931.2012.689756
- Silvestrini, N.**, & Rainville, P. (2013). After-effects of cognitive control on pain. *European Journal of Pain*, *17*, 1225-1233. doi: 10.1002/j.1532-2149.2013.00299.x
- Silvestrini, N.**, & Gendolla, G.H.E. (2013). Automatic effort mobilization and the principle of resource conservation: One can only prime the possible and justified. *Journal of Personality and Social Psychology: ASC*, *104*, 803-816. doi: 10.1037/a0031995
- Freydefont, F., Gendolla, G.H.E., & **Silvestrini, N.** (2012). Beyond valence: The differential effect of masked anger and sadness stimuli on effort-related cardiac response. *Psychophysiology*, *49*, 665-671. doi : 10.1111/j.1469-8986.2011.01340.x
- Gendolla, G.H.E., & **Silvestrini, N.** (2011). Smiles make it easier and so do frowns: Masked affective stimuli influence mental effort. *Emotion*, *11*, 320-328. doi: 10.1037/a0022593
- Silvestrini, N.**, & Gendolla, G.H.E. (2011). Beta-adrenergic impact underlies the effect of mood and hedonic instrumentality on effort-related cardiovascular response. *Biological Psychology*, *87*, 209-217. doi:10.1016/j.biopsycho.2011.02.017
- Silvestrini, N.**, & Gendolla, G.H.E. (2011). Do not prime too much: Prime frequency effects of masked affective stimuli on effort-related cardiovascular response. *Biological Psychology*, *87*, 195-199. doi:10.1016/j.biopsycho.2011.01.006
- Silvestrini, N.**, & Gendolla, G.H.E. (2011). Masked affective stimuli moderate task difficulty effects on effort-related cardiovascular response. *Psychophysiology*. *48*, 1157-1164. doi:10.1111/j.1469-8986.2011.01181.x
- Silvestrini, N.**, Piguet, V., Cedraschi, C., & Zentner, M.R. (2011). Music and auditory distraction reduce pain: Emotional or attentional effects? *Music and Medicine*, *3*, 264-270. doi: 10.1177/1943862111414433.
- Gendolla, G.H.E., & **Silvestrini, N.** (2010). The implicit "Go": Masked action cues directly mobilize mental effort. *Psychological Science*, *21*, 1389-1393. doi: 10.1177/0956797610384149
- Silvestrini, N.**, & Gendolla, G.H.E. (2009). The joint effect of mood, task valence, and task difficulty on effort-related cardiovascular response and facial EMG. *International Journal of Psychophysiology*, *73*, 226-234. doi:10.1016/j.ijpsycho.2009.03.004

Silvestrini, N., & Gendolla, G.H.E. (2009). Mood-regulative hedonic incentive interacts with mood and task difficulty to determine effort-related cardiovascular response and facial EMG. *Biological Psychology, 82*, 54–63. doi:10.1016/j.biopsycho.2009.05.005

Silvestrini, N., & Gendolla, G.H.E. (2007). Mood effects on autonomic activity in mood regulation. *Psychophysiology, 44*, 650-659. doi: 10.1111/j.1469-8986.2007.00532.x

Chapters in Edited Books

Gendolla, G.H.E., & **Silvestrini, N.** (2015). Bounded effort automaticity: A drama in four parts. In G.H.E. Gendolla, M. Tops, & S.L. Koole (Eds.), *Handbook of biobehavioral approaches to self-regulation*. New York, NY: Springer.

Gendolla, G.H.E., Brinkmann, K., & **Silvestrini, N.** (2011). Gloomy and lazy? On the impact of mood and depressive symptoms on effort-related cardiovascular response. In R. A. Wright & G.H.E. Gendolla (Eds.), *How motivation affects cardiovascular response: Mechanisms and applications*. Washington, DC: APA Press.

Silvestrini, N., & Gendolla, G.H.E. (2010). L'humeur, l'affect inconscient et la mobilisation de l'effort mental. In A. Naceur & S. Masmoudi (Eds.), *Du percept à la décision: Intégration de la cognition, l'émotion et la motivation*. Brussels, Belgium: De Boeck University.

Monographs

Silvestrini N. (2008). *De la justification de l'effort par la motivation de régulation des humeurs. [About effort justification by the motivation for mood regulation]*. Doctoral dissertation, University of Geneva, Switzerland. URL <http://archive-ouverte.unige.ch/unige:622>.

Symposia Organization

Silvestrini, N. (2019, September). *Self-regulation and effort II: Applied and fundamental issues*. Symposium chaired at the 16th Congress of the Swiss Society of Psychology (SSP/SGP), Bern, Switzerland.

Silvestrini, N. (2019, March). *Neural Mechanisms of Effort Mobilization and Cognitive Control*. Symposium chaired at the 3rd International Convention for Psychological Science (ICPS), Paris, France.

Silvestrini, N. (2018, May). *Current Perspectives on the Mechanisms and Consequences of Effort Mobilization*. Symposium chaired at the 30th Annual Convention of the Association for Psychological Science (APS), San Francisco, CA, USA.

- Silvestrini, N.** (2017, September). *Recent Advances in Motivation Research II: Applied perspectives*. Symposium chaired at the 15th Congress of the Swiss Society of Psychology (SSP/SGP), Lausanne, Switzerland.
- Silvestrini, N., & Gendolla, G. H. E.** (2017, March). *Understanding the Implicit Foundation of Behavior: Integrating Implicit Motives and Implicit Affect*. Symposium chaired at the second International Convention for Psychological Science (ICPS), Vienna, Austria.
- Wright, R.A., & **Silvestrini, N.** (2016, May). *Advancing Issues in Effort Intensity Research*. Symposium chaired at the 9th Annual Meeting of the Society for the Study of Motivation (SSM), Chicago, IL, USA.
- Richter, M., & **Silvestrini, N.** (2015, September). *Motivational Determinants of Goal Pursuit*. Symposium chaired at the 14th Congress of the Swiss Society of Psychology (SSP/SGP), Geneva, Switzerland.
- 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.
- Silvestrini, N., & Wright, R.A.** (2015, March). *Determinants and Cardiovascular Correlates of Effort: Recent Applications of Fundamental Understandings and Findings*. Symposium chaired at the Inaugural International Convention for Psychological Science (ICPS), Amsterdam, Netherlands.
- Silvestrini N., & Rainville, P.** (2014, May). *New Perspectives on the Interaction Between Pain, Cognition, and Motivation*. Symposium chaired at the 26th Annual Convention of the Association for Psychological Science (APS), San Francisco, CA, USA.

Contributions to Published Conference Proceedings

- Silvestrini, N., & Corradi Dell'Acqua, C.** (2016). The impact of pain on subsequent effort mobilization and performance. *International Journal of Psychophysiology*, 108, 15.
- Silvestrini, N., & Gendolla, G.H.E.** (2013). Implicit affect and cardiovascular response. *Psychotherapy and Psychosomatics [Supplement]*, 82, 376.
- Lasauskaite, R., **Silvestrini, N., & Gendolla, G.H.E.** (2010). Informational impact of masked affective stimuli on mental effort intensity. *Psychophysiology [Supplement]*, 47, S56.
- Gendolla, G.H.E., & **Silvestrini, N.** (2009). Unconscious affect and unconscious effort: Effects on cardiovascular reactivity. *Psychophysiology [Supplement]*, 46, S3.
- Gendolla, G.H.E., & **Silvestrini, N.** (2009). L'affect non-conscient et l'effort mental. In S. Masmoudi & A. Naceur (Eds.), *Cognition, Emotion, Motivation : Percept – Concept – Décision. Abstracts of CEM09* (pp. 63-66). Tunis, Tunisie: CNIPRE.

- Silvestrini, N.**, & Gendolla, G.H.E. (2009). Mood, hedonic incentive, and effort-related cardiovascular reactivity. *Psychophysiology [Supplement]*,46, S72.
- Gendolla, G.H.E., & **Silvestrini, N.** (2008). Mood regulation facilitates as incentive for effort mobilization. *Psychophysiology [Supplement]*,45, S103.
- Silvestrini, N.**, & Gendolla, G.H.E. (2008). When task pleasantness helps negative mood: Evidence from cardiovascular and facial EMG reactivity. *International Journal of Psychology*, 43.
- Silvestrini, N.**, & Gendolla, G.H.E. (2007). Mood, task valence, and difficulty effects on cardiovascular and facial EMG reactivity. *Psychophysiology [Supplement]*,44, S107.
- Piguet, V., **Silvestrini, N.**, Dumont, P., Zentner, M., Cedraschi, C., Chabert, J., & Desmeules, J. (2006). 266 Effects of music on nociceptive pain thresholds. *European Journal of Pain*, 10, S71-S72.

Congress Contributions

- Silvestrini, N.** (2019, September). *Neural correlates of effort-related cardiovascular reactivity: an integrative approach*. Talk at the 16th Congress of the Swiss Society of Psychology (SSP/SGP), Bern, Switzerland
- Silvestrini, N.** (2019, March). *Neural correlates and mechanisms of effort-related cardiovascular reactivity*. Talk at the 3rd International Convention for Psychological Science (ICPS), Paris, France.
- 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 (CANoP), Fribourg, Switzerland.
- Silvestrini, N.** (2018, May). *An integrative approach of effort-related cardiovascular measures and cognitive control*. Talk at the 30th Annual Convention of the Association for Psychological Science (APS), San Francisco, CA, USA.
- Silvestrini, N.** (2018, May). *The impact of perceived resources on the after-effect of cognitive control on task performance and pain*. Talk at the 30th Annual Convention of the Association for Psychological Science (APS), San Francisco, CA, USA.
- Silvestrini, N.**, Matthey, A., & Piguet, V. (2017, September). *The impact of perceived capability on the after-effect of cognitive control on pain*. Talk at the 15th Congress of the Swiss Society of Psychology (SSP/SGP), Lausanne, Switzerland.
- Silvestrini, N.** (2017, March). *Implicit processes in the interaction between pain, cognitive control, and effort*. Talk at the second International Convention for Psychological Science (ICPS), Vienna, Austria.

- Silvestrini, N., & Corradi Dell'Acqua, C.** (2016, September). *The impact of pain on subsequent effort mobilization and performance*. Talk at the 18th World Congress of Psychophysiology (IOP2016), Havana, Cuba.
- 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.** (2016, May). *Priming Pain Implicitly: Influence on Effort Mobilization and Performance*. Talk at the 28th Annual Convention of the Association for Psychological Science (APS), Chicago, IL, USA.
- Silvestrini, N., & Corradi Dell'Acqua, C.** (2016, May). *Pain-related cognitive depletion impacts effort mobilization and performance*. Talk at the 9th Annual Meeting of the Society for the Study of Motivation (SSM), New York, NY, USA.
- Silvestrini, N., & Corradi Dell'Acqua, C.** (2015, November). *After-Effects of Pain on Effort Mobilization and Performance During Cognitive Control*. Poster at the Annual Convention of the Swiss Society for the Study of Pain, Soleure, Switzerland.
- Silvestrini, N., & Corradi Dell'Acqua, C.** (2015, September). *Pain-Related Cognitive Depletion Impacts Effort Mobilization and Performance*. Talk at the 14th Congress of the Swiss Society of Psychology (SSP/SGP), Geneva, Switzerland.
- Silvestrini, N., & Corradi Dell'Acqua, C.** (2015, May). *After-Effects of Pain on Effort Mobilization and Performance during Cognitive Control*. Talk at the 27th Annual Convention of the Association for Psychological Science (APS), New York, NY, USA.
- Silvestrini, N.** (2015, May). *The Effort-Related Cost of Implicit Pain Processing*. Talk at the 8th Annual Meeting of the Society for the Study of Motivation (SSM), New York, NY, USA.
- Silvestrini, N.** (2015, March). *The Effort-Related Cost of Priming Pain*. Talk at the inaugural International Convention for Psychological Science (ICPS), Amsterdam, Netherlands.
- Silvestrini, N.** (2014, November). *The Influence of Priming Pain on Effort-Related Cardiovascular Response*. Poster at the Annual Convention of the Swiss Society for the Study of Pain, Interlaken, Switzerland.
- Silvestrini, N., & Corradi Dell'Acqua, C.** (2014, May). *Effects of Cognitive Control on Concomitant and Subsequent Pain Experience*. Talk at the 26th Annual Convention of the Association for Psychological Science (APS), San Francisco, CA, USA.
- Silvestrini, N.** (2014, May). *Priming Pain and Effort-Related Cardiovascular Response*. Talk at the 7th Annual Meeting of the Society for the Study of Motivation (SSM), San Francisco, CA, USA.
- Silvestrini, N., & Rainville, P.** (2013, December). *The Influence of Cognitive Control on Subsequent Pain*. Poster at the Annual Convention of the Swiss Society for the Study of Pain, Biel, Switzerland.

- 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. (2013, May). *The Influence of Cognitive Control on Subsequent Pain*. Poster at the 25th Annual Convention of the Association for Psychological Science (APS), Washington, DC, USA.
- Silvestrini, N.**, & Rainville, P. (2013, May). *The Influence of Cognitive Control on Subsequent Pain*. Poster at the 6th Annual Meeting of the Society for the Study of Motivation (SSM), Washington, DC, USA.
- 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.
- Gendolla, G.H.E., & **Silvestrini, N.** (2012, September). *“Los!” – Direkte Anstrengungsmobilisierung durch das implizite Handlungskonzept*. Talk at the 48. Kongress der Deutschen Gesellschaft für Psychologie (DGPs), Bielefeld, Germany.
- Gendolla, G.H.E., & **Silvestrini, N.** (2012, May). *Integrating motivational and cognitive influences on mental effort*. Talk at the 5th Conference of the Society for the Study of Motivation (SSM), Chicago, IL, USA.
- Freydefont, L., Gendolla, G.H.E., & **Silvestrini, N.** (2011, September). *The joint effect of affect priming and task difficulty on effort-related cardiac activity: The facilitating effect of anger*. Poster at the 12th Conference of the Swiss Psychological Society (SSP/SGP), Fribourg, Switzerland.
- Gendolla, G.H.E., & **Silvestrini, N.** (2011, September). *Direct implicit influences on the intensity of mental effort*. Talk at the 12th Conference of the Swiss Psychological Society (SSP/SGP), Fribourg, Switzerland.
- Lasauskaite, R., Gendolla, G.H.E., & **Silvestrini, N.** (2011, September). Informational weight of affective primes on mental effort. Poster at the 12th Conference of the Swiss Psychological Society (SSP/SGP), Fribourg, Switzerland.
- Freydefont, L., Gendolla, G.H.E., & **Silvestrini, N.** (2011, July). *Implicit affect priming and mental resource mobilization: The role of anger*. Poster at the Plenary meeting of the International Society for Research on Emotion (ISRE), Kyoto, Japan.
- Gendolla, G.H.E., & **Silvestrini, N.** (2011, July). *Zur direkten Mobilisierung von Anstrengung*. Talk at the 31st Motivationspsychologischen Kolloquium, München, German.
- Lasauskaite, R., Gendolla, G.H.E., & **Silvestrini, N.** (2011, July). *Masked affective stimuli and mental effort: Effects due to induced affect?* Poster at the 12th European Congress of Psychology in Istanbul, Turkey.

- Lasauskaite, R., Gendolla, G.H.E., & **Silvestrini, N.** (2011, July). *Maskierte affektive Stimuli und mentale Anstrengung – zur Rolle der Gefühle*. Poster at the 31. Motivationspsychologischen Kolloquium, München, Germany.
- Freydefont, L., Gendolla, G.H.E., & **Silvestrini, N.** (2011, May). *Anger primes, task difficulty, and effort-related cardiac response*. Poster at the 23rd Annual Convention of the Association for Psychological Science (APS), Washington, DC, USA.
- Gendolla, G.H.E., & **Silvestrini, N.** (2011, May). *Masked action cues override difficulty effects on mental effort*. Poster at the 4th Conference of the Society for the Study of Motivation (SSM) in Washington, DC, USA.
- 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.
- Lasauskaite, R., Gendolla, G.H.E., & **Silvestrini, N.** (2011, May). *Mental effort and affective primes: Testing if effects arise due to induced affect*. Poster at the 4th Conference of the Society for the Study of Motivation (SSM) in Washington, DC, USA.
- Silvestrini, N.**, & Gendolla, G.H.E. (2011, May). *Masked affective stimuli and effort mobilization: Too many primes kill the effect*. Poster at the 23rd Annual Convention of the Association for Psychological Science (APS), Washington, DC, USA.
- Silvestrini, N.**, & Gendolla, G.H.E. (2011, May). *Masked affective stimuli interact with task difficulty to determine effort intensity*. Poster at the 4th Conference of the Society for the Study of Motivation (SSM) in 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.
- Freydefont, L., Gendolla, G.H.E., & **Silvestrini, N.** (2011, January). *Affective priming and effort-related cardiac activity: focus on anger*. Poster at the Annual Research Forum of the Centre Interfacultaire en Sciences Affectives (CISA), Geneva, Switzerland.
- Gendolla, G.H.E., & **Silvestrini, N.** (2010, September). *Zum Einfluss unbewussten Affekts auf mentale Anstrengung*. Key Note at the 47th Kongress der Deutschen Gesellschaft für Psychologie (DGPs), Bremen, Germany.
- Gendolla, G.H.E., & **Silvestrini, N.** (2010, June). *Priming effort-related cardiovascular response: The impact of masked stimuli*. Invited talk at the Conference on Motivation, Self- Regulation, and Gender: Perspectives and Applications, Gdansk, Poland.
- Gendolla, G.H.E., & **Silvestrini, N.** (2010, May). *Priming the heart: Effects of masked stimuli on effort-related cardiovascular response*. Talk at the 3rd Conference of the Society for the Study of Motivation (SSM), Boston, MA, USA.

- Gendolla, G.H.E., & **Silvestrini, N.** (2010, May). *Unconscious effort: The effect of subliminal cues on cardiovascular response*. Talk at the 22nd Annual Convention of the Association for Psychological Science (APS), Boston, MA, 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.
- Gendolla, G.H.E., & **Silvestrini, N.** (2009, November). *L'affect non-conscient et l'effort mental*. Talk at the CEM09 – Cognition, Emotion, and Motivation. Hammamet, Tunisia.
- Gendolla, G.H.E., & **Silvestrini, N.** (2009, October). *L'influence de l'affect conscient et "non-conscient" sur l'effort mental*. Invited talk at the University of Liège, Belgium.
- Gendolla, G.H.E., & **Silvestrini, N.** (2009, October). *Unconscious affect and unconscious effort: Effects on cardiovascular reactivity*. Talk at the 49th Annual Meeting of the Society for Psychophysiological Research (SPR), Berlin, Germany.
- Silvestrini, N.**, & Gendolla, G.H.E. (2009, October). *Mood, hedonic incentive, and effort-related cardiovascular reactivity*. Poster at the 49th Annual Meeting of the Society for Psychophysiological Research (SPR), Berlin, Germany.
- Gendolla, G.H.E., & **Silvestrini, N.** (2009, September). *Effects of "unconscious" and "conscious" affect on mental effort*. Talk at the 11th Congress of the Swiss Society of Psychology (SGP), University of Neuchâtel.
- Silvestrini, N.**, & Gendolla, G.H.E. (2009, September). *The joint impact of mood and hedonic incentive on effort mobilization*. Poster at the 11th Congress of the Swiss Society of Psychology (SGP), University of Neuchâtel.
- Gendolla, G.H.E., & **Silvestrini, N.** (2009, August). *Zum Einfluss des "bewussten" und "unbewussten" Affekts auf mentale Anstrengung*. Talk at the 29th Motivationspsychologisches Kolloquium (MPK). Zürich.
- Gendolla, G.H.E., & **Silvestrini, N.** (2009, May). *Conscious and unconscious affect influence effort-related cardiovascular response*. Talk at the 21th Annual Convention of the Association for Psychological Science (APS), San Francisco, CA, USA.
- Silvestrini, N.**, & Gendolla, G.H.E. (2009, May). *Mood and hedonic incentive effects on effort-related cardiovascular reactivity*. Poster at the 21th Annual Convention of the Association for Psychological Science (APS), San Francisco, CA, USA.
- Gendolla, G.H.E., & **Silvestrini, N.** (2008, October). *Mood regulation facilities as incentive for effort mobilization*. Poster at the 48th Annual Meeting of the Society for Psychophysiological Research (SPR), Austin, TX, USA.

Silvestrini, N., & Gendolla, G.H.E. (2008, July). *When task pleasantness helps negative mood: Evidence from cardiovascular and facial EMG reactivity*. Poster at the 29th International Congress of Psychology, Berlin, Germany.

Gendolla, G.H.E., & **Silvestrini, N.** (2008, May). *The joint effect of mood, task difficulty, and mood-regulative incentive on effort-related cardiovascular activity*. Poster at the 1st Annual Convention of the Society for the Study of Motivation (SSM), Chicago, IL, USA.

Silvestrini, N., Piguët, V., Cedraschi, C., & Zentner, M.R. (2008, January). *Pain reducing effects of emotions and distraction elicited by music and other auditory stimulations*. Poster at the 3rd Alpine Brain Imaging Meeting, Champéry, Switzerland.

Silvestrini, N., & Gendolla, G.H.E. (2007, October). *Mood, task valence, and difficulty effects on cardiovascular and EMG activity*. Poster at the 47th Annual Meeting of the Society for Psychophysiological Research (SPR), Savannah, GA, USA.

Silvestrini, N., & Gendolla, G.H.E. (2007, September). *Autonomic reactivity during mood regulation: The impact of mood states*. Poster at the 10th Congress of the Swiss Society for Psychology (SSP), Zürich, Switzerland.

Gendolla, G.H.E., & **Silvestrini, N.** (2007, January). *Mood effects on autonomic activity in affect regulation*. Poster at the 8th Annual Meeting of the Society for Personality and Social Psychology (SPSP), Memphis, TN, USA.

Invited Talks / Knowledge Transfer

Silvestrini, N. (2014, October). *Pain: A vital function with undesirable cognitive and emotional consequences*. Invited talk at the Red Cross Museum, Geneva, Switzerland.

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.

Silvestrini, N. (2007, December). *The effect of music on emotions and pain*. Invited talk at the University of Neuchâtel, Neuchâtel, Switzerland.

Silvestrini, N. (2007, June). *Music, emotions, and pain: An experimental study*. Invited talk at the University of Bern, Bern, Switzerland.

Silvestrini, N. (2007, April). *The influence of music on emotions*. Invited talk at the “Rencontres de Genève”, Geneva University Hospital, Geneva, Switzerland.

Hobbies and Interests

Music Playing guitar for 30 years (blues, jazz, & world music)
Sport Running, snowboard, football
Yoga Practice at home
Nature Hiking

Last CV update: March 16, 2021