

CURRICULUM VITAE

DR SILVIA PIGNATA

University of South Australia

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ACADEMIC QUALIFICATIONS:

Institution	Degree	Date	Area
University of South Australia	Ph.D (pass forthwith)	12/2011	Work Psychology
University of Adelaide	Honours	2006	Health Sciences
University of South Australia	Bachelor	2005	Psychology

PROFESSIONAL ASSOCIATIONS:

1. Certified Professional, Australian Human Resources Institute (CAHRI)
2. Member, Australian Psychological Society (APS)
3. Full Member, Australasian Sleep Association (ASA)
4. Committee Member SA Branch, Human Factors & Ergonomic Society of Aust. (HFESA)
5. Member, Royal Aeronautical Society (MRAeS)
6. Member, Australian Aviation Psychology Association (AAvPA)
7. Member, Safety Institute of Australia (SIA)
8. Member, Stress and Anxiety Research Society (STAR)

EMPLOYMENT HISTORY:

Current Appointment: 1 December 2015 – present

1.0 Senior Lecturer/Lecturer in Aviation (Human Factors), School of Engineering, UniSA
Teaching roles:

- AERO2053 Human Factors 2 (onshore and offshore: Hong Kong Baptist University)
- AERO1017 Human Factors 1 (previously Human Performance and Limitations)
- Developed online BEHL5095 Management of Work Health and Safety Psychological Risk
- Developed Professional Certificate in Human Factors and Incident Investigation Program
- Developed SCENE 90008: Organisations, Systems and Human Performance

Previous Appointments: 1 January 2013 – 31 January 2016

0.6 Program Director, School of Engineering, UniSA, Human Factors & Safety Management Systems (Grad. Cert., Grad. Dip., Master); OHS Management (Grad. Cert., Grad. Dip., Master)
Teaching roles:

- BEHL5058 Human Factors & Safety Management Systems Thesis 1 (SP2/5)
- BEHL5059 Human Factors & Safety Management Systems Thesis 2 (SP2/5)
- BUSS5215 Workplace Health & Safety Research Thesis (18 unit course)

July 2012 – 19 December 2014

0.4 Research Associate, School of Psychology, Social Work and Social Policy (PSW).

- Project Coordinator, NHMRC funded Pre-school Obstructive Sleep Apnea Tonsillectomy-Adenoidectomy (POSTA) project (Oct. 2013-Dec. 2014) based at Women's and Children's Hospital, Adelaide

- Co-ordinated university-wide Email Management Survey project
 - Prepared PCMS submissions (Program Notification Statement; Business Case; Program Proposal) for new Bachelor of Psychological Science (Cognitive Neuroscience) program
- Lecturer & Course Coordinator**, PSW - BEHL4003 Introduction to Psychological Assessment

March 2012 – January 2013

0.2 Program Director/Advisor, PSW

Human Factors & Safety Management Systems (Graduate Certificate, Graduate Diploma, Masters); OHS Management programs (Graduate Certificate, Graduate Diploma, Masters)
Lecturer & Course Coordinator, PSW - BEHL4003 Introduction to Psychological Assessment
Tutor, PSW - BEHL3008 Work and Organisational Psychology

February 2006 – May 2012

0.8-1.0 Research Assistant/Associate, Centre for Applied Psychological Research, PSW

- Australian Research Council (ARC) Project - Australian University Stress Study
- ARC Project - Transition from School to Work

PROFESSIONAL AWARDS AND DISTINCTIONS:

Invited Guest Editor:

- *International Journal of Stress Management* – 2017 Special Issue entitled “Health and Wellbeing in Academic Employees” (Impact Factor: 1.632)
- *Biomed Research International* (Public Health) – 2017 Special Issue entitled “Addressing risks: Mental health, work-related stress and occupational disease management to enhance well-being” (Impact Factor: 2.476).

Invited Reviewer:

1. European Journal of Cancer Care (Impact Factor: 2.104)
2. Frontiers in Psychology (Educational Psychology section) (Impact factor: 2.321)
3. International Journal of Stress Management (Impact Factor: 1.632)
4. Australian Journal of Management (Impact factor: 0.795)
5. Australian Journal of Rural Health (Impact Factor: 1.0)
6. Archives of Environmental and Occupational Health (Impact Factor: 1.347)
7. Australian and New Zealand Journal of Psychiatry (Impact Factor: 4.036).

RESEARCH CENTRE AFFILIATIONS:

1. UniSA Asia Pacific Centre for Work Health and Safety (APC-WHS), Full Member
2. UniSA Centre for Sleep Research, Full Member

RESEARCH INCOME/ COLLABORATOR PROJECTS:

Category 1 – ARC Discovery

- Digital communication and work stress in universities: a multilevel study (2019-2022) \$480,000. (DP190100853) - CIs Professors Maureen Dollard, Tony Winefield, Silvia **Pignata**, Kurt Lushington, and Arnold Bakker [The Netherlands].

External

- 2015/6: **Pignata**, S. New External Collaborator, National R&D&I Plan of Spain: Project:

Motivational-affective strategies for personal self-regulation and coping with stress, in the teaching-learning process at university. Project ref. EDU2011-24805 (2012-2015)
www.estres.investigacion-psicopedagogica.org/english/

- 2012: TAFESA Adelaide North & UniSA Northern Business Research Partnership \$20,000 grant to Savelsberg, H., **Pignata**, S., & Bailey, T. to evaluate TAFESA equity programs

Internal

- 2013: EASS Divisional Research Performance Fund (DRPF) Grant of \$7,500 to **Pignata**, S., & Dorrian, J. for project ‘The impact of school holiday breaks on adolescents’ sleep, growth and mood’.
- 2011: EASS Divisional Research Performance Fund (DRPF) Grant of \$14,831 to Winefield, A.H., Winefield, H., Pocock, B., Chapman, J. & **Pignata**, S. for project ‘Choosing when to go’
- 2009: UniSA international travel mobility research grant to travel to Germany to work with researchers at University of Mannheim; presented paper at 11th European Congress of Psychology (ECP) Norway; presented paper at 30th Stress and Anxiety Research (STAR) Conference, Hungary.

RESEARCH COLLABORATIONS BY COUNTRY 2014-2018:

		2014	2015	2016	2017	2018
Australia	Publications	6	3	17	6	14
Bosnia and Herzegovina	Publications	2		1		
China	Publications			1		
Denmark	Publications			1		
Spain	Publications			1		
United Kingdom	Publications			1		
United States	Publications			1		

Source: Staff Activity Report December 2018

PUBLICATIONS:

Book

1. Burke, R. J. & **Pignata**, S. (in preparation, 2019). *Handbook of Research on Stress and Well-being in the Public Sector*. UK: Edward Elgar.
2. Winefield, A. H., Boyd, C. M., Saebel, J., & **Pignata**, S. (2008). *Job stress in university staff: An Australian research study*. Bowen Hills, Queensland: Australian Academic Press.

Book Chapters

3. **Pignata**, S. ‘Stress and well-being in universities’ In R. J. Burke & S. Pignata (in preparation, 2019). *Handbook of Research on Stress and Well-being in the Public Sector*. UK: Edward Elgar.
4. Pooley, A. W. **Pignata**, S. & Dollard, M. F. (in press, 2019). The case for Psychosocial Safety Climate to be recognised in Mining Disaster Investigations. In Richardsen, A. M.,

- & Burke R. J. *Increasing Occupational Health and Safety in Workplaces*. UK: Edward Elgar.
5. Lushington, K., & **Pignata**, S. (2017). Sleep-wake disorders. In Pelling, N.J. & Burton, L.J. (Eds.). (2017). *Abnormal psychology in context: The Australian and New Zealand handbook*. (pp. 202-215). Port Melbourne, VIC, Australia: Cambridge University Press.
 6. de la Fuente, J., Sander, P., Cardelle-Ellawar, M., & **Pignata**, S. (2016). Effects of Level of Regulatory Teaching on Achievement emotions in the Learning Process: Anxiety and Coping Strategies in Higher Education. In *Teaching and Learning: Principles, Approaches and Impact Assessment*. NY: Nova Science Publishers.
 7. Dollard, M., Zadow, A., **Pignata**, S., & Bailey, T. (2016). Stress Management. In *Global Encyclopedia of Public Administration, Public Policy and Governance*. Springer International Press.
 8. Bailey, T., **Pignata**, S., & Dollard, M. (2014). Occupational health and safety. In R. Burke & A. Richardsen (Eds.). *Corporate Wellness Programs: Linking individual and organizational health*. Chapter 4. UK: Edward Elgar.
 9. **Pignata**, S., Biron, C., & Dollard, M. F. (2014). Managing psychosocial risks in the workplace: Prevention and intervention. In M. Peeters, J. de Jonge, & T. W. Taris (Eds.), *People at work: An introduction to contemporary work psychology* (pp.393-413). Hoboken, NJ: Wiley Blackwell.
 10. Winefield, T., Boyd, C., **Pignata**, S., & Winefield, H. (2009). Predictors of psychological strain and positive work attitudes in university staff. In P. Buchwald & K. Moore (Eds.). *Stress and Anxiety – Application to Adolescence, Job Stress and Personality*. Chapter 6, pp. 77-87. Berlin: Logos Verlag.

International Peer Refereed Journal Articles

11. Punzet, L., **Pignata**, S., & Rose, J. (2018). Error types and potential mitigation strategies in Signal Passed at Danger (SPAD) events in an Australian rail organisation. *Safety Science*, 110, Part B, 89–99. <https://doi.org/10.1016/j.ssci.2018.05.015>
12. Giorgi, G., Leon-Perez, J. M., **Pignata**, S., Demiral, Y., & Arcangeli, G. (2018). Editorial Addressing Risks: Mental Health, Work-Related Stress, and Occupational Disease Management to Enhance Well-Being. *BioMed Research International*, Volume 2018. <https://doi.org/10.1155/2018/5130676>
13. Agostini, A., & **Pignata**, S., Camporeale, R., Scott, K., Dorrian, J., Way, A., Ryan, P., Martin, J., Kennedy, D., & Lushington, K. (2018). Changes in growth and sleep across school nights, weekends and a winter holiday period in two Australian schools. *Chronobiology International*, DOI:10.1080/07420528.2018.1430037
14. **Pignata**, S., Winefield, A. H., Boyd, C. M., & Provis, C. (2018). A qualitative study of HR/OHS stress interventions in Australian universities. *International Journal of Environmental Research and Public Health*, 15, 103; doi:10.3390/ijerph15010103

15. **Pignata, S., Boyd, C. M., Winefield, A. H., & Provis, C. (2017).** Interventions: Employees' perceptions of what reduces stress. *BioMed Research International*, Volume 2017. DOI.org/10.1155/2017/3919080
16. Savelsberg, H., **Pignata, S., & Weckert, P. (2017).** Second chance education: barriers, supports and best practice engagement strategies. *Australian Journal of Adult Learning (AJAL)*, 57:1, April.
17. **Pignata, S., Winefield, A. H., Provis, C., & Boyd, C. M. (2016).** A Longitudinal Study of the Predictors of Procedural Justice in Australian University Staff. *Front. Psychol.* 7:1271. DOI: 10.3389/fpsyg.2016.01271.
18. **Pignata, S., Winefield, A. H., Provis, C., & Boyd, C. M. (2016).** Awareness of stress-reduction interventions on work attitudes: the impact of tenure and staff group in Australian universities. *Front. Psychol.* 7:1225. DOI: 10.3389/fpsyg.2016.01225
19. Wilson, A., Greenacres, L., **Pignata, S., & Winefield, A. H. (2016).** Challenging the Notion of the Transition Year: The experiences of rural and urban tertiary students. *International Journal of Educational Research*, pp. 21–30, DOI: 10.1016/j.ijer.2016.06.002
20. Spuzic, S., Narayanan, R., Abhary, K., Adriansen, H. K., **Pignata, S., Uzunovic, F., & Guang, X. (2016).** The synergy of creativity and critical thinking in engineering design: The role of interdisciplinary augmentation and the fine arts. *Technology in Society*, 45, pp. 1–7, [doi:10.1016/j.techsoc.2015.11.005](https://doi.org/10.1016/j.techsoc.2015.11.005)
21. **Pignata, S., & Winefield, A. H. (2016).** Awareness of stress-reduction interventions on organisational attitudes in staff at an Australian university. International Symposium Proceedings Paper - *New strategies for the prevention of stress at work* (8-10 July, Alghero, Sardinia, 2015). Rapporti ISTISAN of National Institute of Health (ISS). Percezione degli interventi di riduzione dello stress sui comportamenti organizzativi nel personale di una universita Australiana. Simposio Internazionale tenutosi lo scorso anno in Sardegna. <http://www.iss.it/publ/index.php?lang=1&id=2989&tipo=5>
22. **Pignata, S., Lushington, K., Sloan, J., & Buchanan, F. (2015).** Employees' perceptions of email communication, volume and management strategies in an Australian university. *Journal of Higher Education Policy & Management*, DOI:10.1080/1360080X.2015.1019121
23. **Pignata, S., Boyd, C.M., Gillespie, N., Provis, C., & Winefield, A. H. (2014).** Awareness of stress-reduction interventions: The impact on employees' well-being and organizational attitudes. *Stress and Health*. DOI: 10.1002/smi.2597
24. Narayanan, R., Lemes, S., Spuzic, S., Mulcahy, D., **Pignata, S., Uzunovic, F., & Fraser, K. (2014).** Knowledge Transfer in Postgraduate Research and Education, *Asian Journal of Education and e-Learning, (AJEEL)*, 6 (2). <http://www.ajouronline.com/index.php?journal=AJEEL&page=article&op=view&path%5B%5D=2009>
25. **Pignata, S., & Winefield, A.H. (2013).** Stress-reduction Interventions in an Australian University: A Case Study. *Stress and Health*. DOI:10.1002/smi.2517

26. Boyd, C.M, Bakker, A.B., **Pignata**, S., Winefield, A.H., Gillespie, N., & Stough, C. (2011). A longitudinal test of the job demands-resources model among Australian university academics. *Applied Psychology: An International Review*, 60, 112-140.
27. Winefield, A.H., Boyd, C.M., Saebel, J., & **Pignata**, S. (2008). Update on National University Stress Study. *Australian Universities Review*, 50, 20-29.
28. **Pignata**, S., & Winefield, A. (2008). Stress-reduction interventions: Perceived organizational support in Australian universities. *International Journal of Psychology*, 43.
29. **Pignata**, S., & Winefield, A. (2006). *Awareness of stress-reduction interventions and organisational attitudes of staff at an Australian university*. *Australian Journal of Psychology*, 58, p. 180, Supplement.
30. **Pignata**, S. & Winefield, A.H. (2006, September). Awareness of stress-reduction interventions on organizational attitudes in staff at an Australian university. In M. Katsikitis (Ed.), *Proceedings of the 2006 Joint Conference of the Australian Psychological Society and New Zealand Psychological Society* (pp. 330–334). Melbourne, Victoria: Australian Psychological Society.

Research Report

31. Savelsberg, H., Weckert, P., **Pignata**, S., & Bailey, T. (2012). *TAFESA Evaluation of Community Engagement Programs*

Online Publications

32. Online supplementary materials: Lushington, K., & **Pignata**, S. (2017). Sleep-wake disorders. In Pelling, N.J. & Burton, L.J. (Eds.). *Abnormal psychology in context: The Australian and New Zealand handbook*. (pp. 202-215). Port Melbourne, VIC, Australia: Cambridge University Press.
33. **Pignata**, S., Boyd, C.M., Winefield, A. H., & Provis, C. (2017). In Giorgi, G., Shoss, M., & Di Fabio, A. (Eds.). *From organizational welfare to business success: Higher performance in healthy organizational environments*. *Frontiers Psychology*.
<http://journal.frontiersin.org/researchtopic/4485/pdf>

HDR SUPERVISION/ CO-SUPERVISION:

PhD: 2015 - present

Jean-Marie Huifang See: PhD Thesis titled “Breach of psychological contract in nurses in South Australia: consequences for retention”.

Honours (Psychology): 2012-2014

1. Claire Nesbit - Impact of sleep disordered breathing on cognitive performance in young children
2. Kathryn Scott - Adolescent growth and sleep patterns: School term versus school holidays
3. Ewelina Ustupka - An exploration study of the management of chronic urogenital pain in women
4. Roberta Camporeale - A quantitative study comparing sleep and growth in high school students during the holiday break and school term.

5. James Paget - A study of sleep, mood and stress in adolescents.
6. Amy Wilson – An investigation of social support and friendship changes in tertiary students from South Australian rural and urban secondary schools
7. Oliver Brecht –Leisure: An exploratory study into the effect of time pressure on the way we define and benefit from it.

International Fully Funded Conference Invitation

Pignata, S. (2015). Fully funded invitation by the University of Sassari, Sardinia to attend and present at an International Symposium on *New Intervention Strategies for Work Stress: Innovations and tools to improve Universities and Complex Organisations* at the University of Sassari, Sardinia, Italy, 8-10 July, 2015.

- 8 July workshop: *Best practice of performance assessment and enrichment*
- 9 July paper: *Job Stressors in the University Context*
- 10 July paper: *Awareness of stress-reduction interventions on organisational attitudes in staff at an Australian university.*

Peer Reviewed Symposia and Conference Papers/Posters

International Conferences

1. **Pignata, S.**, Lushington, K., Sloan, J., & Buchanan, F. (2016). *Mastering your inbox: examining email communication and volume in a university*. Paper presented in a symposium on “Wellbeing in academic employees: an international perspective” Institute of Work Psychology Conference (IWP), Sheffield School of Management, Sheffield, England, 21-23 June.
2. de la Fuente, J., Sander, P., Cardelle-Elawar, M., & **Pignata, S.** (2016). *Competence to learn, study and perform under stress CAERE®: Model and empirical evidence*. Symposium paper, VII International Congress of Psychology and Education (CIPE). 15-17 June 2016, Alicante, Spain.
3. Agostino, A., **Pignata, S.**, Camporeale, R., Scott, K., Dorrian, J., Way, A., & Lushington, K. (2016). *Do sleep length and timing differ between the school term and the holidays in Year 8 students?* Poster presented at 23rd Congress of the European Sleep Research Society (ESRS). 13-16 September, Bologna. Italy.
4. **Pignata, S.**, Winefield, A. H. (2015, July). *Awareness of stress-reduction interventions on organisational attitudes in staff at an Australian university*. International Symposium on “New Intervention Strategies for Work Stress: Innovations and tools to improve Universities and Complex Organisations”, University of Sassari, Alghero, Sardinia, Italy.
5. **Pignata, S.**, Winefield, A. H., Boyd, C. M., & Provis, C. (2014). *A multi-case study of HR interventions in Australian Universities: Critical ingredients for success*. Paper presented in a symposium on “Wellbeing in academic employees: an international perspective” at the European Academy of Occupational Health Psychology (EA-OHP) conference, London, 14-16 April 2014.
6. Winefield, A. H., **Pignata, S.**, & Boyd, C. M. (2014). *Organisational stress-reduction interventions in Australian universities: Cross-sectional and longitudinal results from a national study*. Paper submitted for the International Congress of Applied Psychology (ICAP), Paris, France, 8-13 July 2014.

7. Fraser, K., Mulcahy, D., **Pignata**, S., Rajendhiran, N., Sead, S., & Vaikundam, N. (2014). *Some issues related to knowledge transfer in postgraduate research and education*. Paper presented at the 11th Quality in Postgraduate Research (QPR) Conference, Adelaide, 9-11 April 2014.
8. **Pignata**, S., Winefield, A. H., Boyd, C. M., & Provis, C. (2012). *Stress-reduction interventions: Employees' perceptions of what works*. Paper presented at the 2012 Stress and Anxiety Research (STAR) Conference, Palma de Mallorca, Spain, 2-4 July 2012.
9. Winefield, H., **Pignata**, S., & Winefield, A. H., (2012). *Predictors of adult social support*. Paper presented at the 2012 Stress and Anxiety Research (STAR) Conference, Palma de Mallorca, Spain, 2-4 July 2012.
10. Winefield, A.H., Bakker, A.B., **Pignata**, S., Trainor, S., & Boyd, C.M. (2010). *Bullying, self-esteem and suicidal ideation: A three-wave longitudinal study of adolescents in South Australia*. Paper presented at the 2010 Stress and Anxiety Research (STAR) Conference, Galway, Ireland, 4-6 August, 2010.
11. **Pignata**, S., Boyd, C.M., Winefield, A.H., & Provis, C. (2010). *Perceived organisational support, positive employee attitudes, and the mediating influence of trust and justice*. Paper presented at the 27th International Congress of Applied Psychology, Melbourne, Australia, 11-16 July 2010.
12. **Pignata**, S., Winefield, A.H., Provis, C., & Boyd, C.M. (2009). *Stress-reduction interventions in universities*. Paper presented at the 30th Stress and Anxiety Research (STAR) Conference, Budapest, Hungary, 16-18 July, 2009.
13. Winefield, A.H., Boyd, C.M., **Pignata**, S., & Winefield, H.R. (2009). *Job stress in university staff: Results from a two-wave longitudinal study*. Paper presented at the 8th Industrial & Organisational Psychology Conference, Sydney, Australia, 25–28 June 2009.
14. **Pignata**, S., Winefield, A.H., Provis, C., & Boyd, C.M. (2009). *Stress-reduction interventions in universities: Perceptions of procedural fairness*. Paper presented at the 11th European Congress of Psychology (ECP) 2009, Oslo, Norway, 7-10 July 2009.
15. **Pignata**, S. & Winefield, A.H. (2008). *Stress-reduction interventions: Perceived organizational support in Australian universities*. Paper presented at the 2008 International Congress of Psychology, Berlin, Germany, 20-25 July, 2008.
16. **Pignata**, S. & Winefield, A.H. (2006). *Awareness of stress-reduction interventions on organizational attitudes in staff at an Australian university*. Paper presented at 2006 Joint Conference of APS and NZPsS, Auckland, New Zealand, 26-30 Sept., 2006.

National Conferences

17. Winefield, A. H., & **Pignata**, S. (2017). *Job stress and burnout: a multi-case study of HR/WHS interventions*. Paper presented at ASBHM-APS College of Health Psychologists. 13-15 July, Gold Coast, Australia.
18. Agostino, A., **Pignata**, S., Camporeale, R., Scott, K., Dorrian, J., Way, A., & Lushington, K. (2016). *Time-of-day preference impacts Year 8 students' sleep timing, stress, and food intake*

during the school holidays. Poster presented at the Australasian Sleep Association. 20-22 October, Adelaide, Australia

19. Winefield, T., Boyd, C., **Pignata**, S., & Winefield, H. (2010). *Procedural fairness and organisational outcomes in Australian university staff*. Paper presented at an expert workshop on psychosocial factors at work - A regional inspiration, Darwin, Australia, 8-9 July, 2010.
20. **Pignata**, S. & Winefield, A.H. (2008). *Stress-reduction Interventions: Staff perceptions of what works*. Paper presented at the 2008 Australian Psychological Society (APS) Annual Conference, Hobart, Tasmania, 23-27 September, 2008.

SCHOLARSHIPS, PRIZES AND AWARDS:

1. 2012: Joint Tony Winefield, PSW, PhD Research Thesis Prize
2. 2010: UniSA Ph.D. Completion Scholarship
3. 2007: Bellberry Pty Ltd Ph.D. Scholarship, Ethics Centre of South Australia (ECSA)
4. 2007: Australian Postgraduate Award (APA) Scholarship
5. 2002 - 2004: UniSA Dean's Merit List and Golden Key International, UniSA

MEDIA COMMENTARIES/ INTERVIEWS:

1. 20 August 2018, Brisbane Courier Mail, "The Joy of Missing Out"
2. 20 August 2018, Herald Sun, "The Joy of Missing Out"
3. 20 August 2018, Daily Telegraph Australia, "The Joy of Missing Out"
4. 20 August 2018, The Advertiser, "The Joy of Missing Out"
5. 13 March 2018, Campus Review online article – "Hundreds of uni staff share how they stress less"
6. 30 April 2015, The Australian, p. 2 article "Tablets, smartphones add to email overload".
7. 28 April 2015, Melbourne Radio 3AW – "Email overload"
8. 28 April 2015, ABC Adelaide Radio 891 Drive Show – "Email overload"
9. 23 April 2015, Times Higher Education, article entitled "How to master your inbox"
<http://www.timeshighereducation.co.uk/news/subject-how-to-master-your-inbox/2019756.article>