

# CURRICULUM VITAE

## DR SILVIA PIGNATA

University of South Australia  
Work: (08) 8302 3823  
Mobile: 0424 846 220  
Email: [silvia.pignata@unisa.edu.au](mailto:silvia.pignata@unisa.edu.au)

### QUALIFICATIONS:

<b>Institution</b>	<b>Degree</b>	<b>Date</b>	<b>Area</b>
University of South Australia	Ph.D.	Dec. 2011	Work Psychology
University of Adelaide	Honours	2006	Health Sciences
University of South Australia	Bachelor	2005	Psychology

### PROFESSIONAL ASSOCIATIONS:

1. Member, Australian Psychological Society (MAPS)
2. Certified Professional, Australian Human Resources Institute (CAHRI)
3. Committee Member SA Branch, Human Factors and Ergonomic Society of Australia Inc. (HFESA)
4. Australian Aviation Psychology Association (AAvPA)
5. Safety Institute of Australia (SIA)
6. Associate Member, Australasian Sleep Association (ASA)
7. Stress and Anxiety Research Society (STAR)

### RESEARCH CENTRE AFFILIATIONS:

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

### EMPLOYMENT HISTORY:

1 December 2015 – present

**1.0 Level B Lecturer in Aviation (Human Factors)**, School of Engineering, University of South Australia (UniSA)

Teaching experience:

AERO2053 Human Factors 2

AERO1017 Human Factors 1 (previously Human Performance and Limitations)

BEHL5095 Management of WHS psychological risk (online course developed for SP5 2016)

Professional Certificate in Human Factors and Incident Investigation - SCENE 90008

Organisations, Systems and Human Performance

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 experience:

- 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). Projects included:

- 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 (CAPR), PSW

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

## **RESEARCH INCOME/COLLABORATOR PROJECTS:**

### **External**

1. 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/](http://www.estres.investigacion-psicopedagogica.org/english/)
2. 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**

1. 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'.
2. 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'
3. 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.

## **PUBLICATIONS:**

### ***Book***

1. 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***

2. 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.
3. 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.
4. Dollard, M., Zadow, A., **Pignata, S.**, & Bailey, T. (2016). Stress Management. In *Global Encyclopedia of Public Administration, Public Policy and Governance*. Springer International Press.
5. 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.
6. **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.
7. 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***

8. 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.
9. **Pignata, S.**, Boyd, C. M., Winefield, A. H., & Provis, C. (under review for 2017 publication). Interventions: Employees' perceptions of what reduces stress. Special Edition – Addressing Risks: Mental health, Work-related stress, and Occupational Disease Management to enhance well-being. *BioMed Research International*.
10. **Pignata, S.**, Winefield, A. H., Boyd, C. M., & Provis, C. (under review for 2017 publication). A qualitative study of HR/OHS stress interventions in Australian universities. *International Journal of Environmental Research and Public Health*.

11. Punzet, L., **Pignata, S.**, & Rose, J. (under review 2017). Error types and potential mitigation strategies in Signal Passed at Danger (SPAD) events in an Australian rail organisation. *Safety Science*.
12. **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.
13. **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
14. 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
15. 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)
16. **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 università Australiana. Simposio Internazionale tenutosi lo scorso anno in Sardegna. <http://www.iss.it/publ/index.php?lang=1&id=2989&tipo=5>
17. **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
18. **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
19. 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.ajournalonline.com/index.php?journal=AJEEL&page=article&op=view&path%5B%5D=2009>
20. **Pignata, S.**, & Winefield, A.H. (2013). Stress-reduction Interventions in an Australian University: A Case Study. *Stress and Health*. DOI:10.1002/smi.2517
21. 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.

22. Winefield, A.H., Boyd, C.M., Saebel, J., & **Pignata, S.** (2008). Update on National University Stress Study. *Australian Universities Review*, 50, 20-29.
23. **Pignata, S.**, & Winefield, A. (2008). Stress-reduction interventions: Perceived organizational support in Australian universities. *International Journal of Psychology*, 43.
24. **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.
25. **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***

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

### ***Online Publications***

27. Online supplementary materials: 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.

### **SERVICE ACTIVITIES:**

**Invited Guest Editor:** International Journal of Stress Management – 2017 Special Issue entitled “Health and Wellbeing in Academic Employees”

**Invited Guest Editor:** Biomed Research International (Public Health) – 2017 Special Issue entitled “Addressing risks: Mental health, work-related stress and occupational disease management to enhance well-being”

### **Invited Reviewer:**

1. European Journal of Cancer Care
2. Frontiers in Psychology, (Educational Psychology section)
3. International Journal of Stress Management
4. Australian Journal of Management
5. Australian Journal of Rural Health
6. Archives of Environmental and Occupational Health
7. Australian and New Zealand Journal of Psychiatry

### **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 - 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 Ustupska - 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.

1. 8 July workshop: *Best practice of performance assessment and enrichment*
2. 9 July paper: *Job Stressors in the University Context*
3. 10 July paper: *Awareness of stress-reduction interventions on organisational attitudes in staff at an Australian university.*

### ***International Peer Reviewed Symposia and Conference Papers***

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. **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.
4. **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.
5. 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.

6. 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.
7. **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.
8. 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.
9. 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.
10. **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.
11. **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.
12. 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.
13. **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.
14. **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.
15. **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 NZPS, Auckland, New Zealand, 26-30 Sept., 2006.

#### ***International Conference Poster Presentation:***

1. 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 23<sup>rd</sup> Congress of the European Sleep Research Society (ESRS). 13-16 September, Bologna. Italy.

### ***National Peer Reviewed Symposia or Conference Papers/Posters***

1. Winefield, A. H., & **Pignata, S.** (2017). *Job stress and burnout: a multi-case study of HR/WHIS interventions*. Paper presented at ASBHM-APS College of Health Psychologists. 13-15 July, Gold Coast, Australia.
2. 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
3. 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.
4. **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. 30 April 2015, The Australian, p. 2 article "Tablets, smartphones add to email overload".
2. 28 April 2015, Melbourne Radio 3AW – Email overload
3. 28 April 2015, ABC Adelaide Radio 891 Drive Show – Email overload
4. 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>