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Valentina holds a bachelor's degree in Psychology from Vita-Salute San Raffaele University in Milan, and a double master's degree in Cognitive Psychology and Health Communication from Università della Svizzera Italiana in Lugano and Vita-Salute San Raffaele University in Milan.

Her current research interests include the interaction between psychology, health, communication, and behavioral sciences.

Valentina is a researcher at the Open University of Catalonia in Information and Communication Sciences and works as a research consultant at PredictBy.

Prior to this, she worked as a research assistant in the neuroscience field at Københavns Universitet in Denmark, and as a research assistant in the public health field at Università della Svizzera Italiana in Switzerland.