

**Amato Amati, MD, professor of Psychiatry :**  
**Academic Career, Teaching, Research and Organizational Activities**

Amato Amati was born in Aversa (Caserta) on 23-09-1939,  
 1957: Classic High School Degree  
 1964: Graduated in Medicine and Surgery, School of Medicine, the University of Naples, Italy  
 1964: Professional Certification  
 1967: Postgraduate Specialty Degree in Nervous and Mental Diseases  
 1968-69: On duty as Medical Lieutenant, Italian Army Medical Corps

**ACADEMIC CAREER**

**a) University of Naples**

**Assistant Professor**

1964 -1969, at the 2nd Chair of Human Physiology (Prof. P. de Franciscis)  
 1964 -1972, at the Chair of Nervous and Mental Diseases (Prof. V. Longo)  
 1972 -1973, at the Chair of Psychiatry (Prof. D. Kemali)

**Full Assistant Professor:**

1973-1980, 1st School of Medicine, at the Chair of Psychiatry , (Prof. D. Kemali)

**Appointed Professor of Psychiatry**

1978-1979 , 1st School of Medicine, special academic course for working students.

**Associate Professor of Psycopatology,**

1981-1985, 1st School of Medicine, Chair of Psychiatry .

**Full Professor of Psychiatry at**

**b) University of Reggio Calabria, School of Medicine at Catanzaro**

1985-1998 **Chair of Psychiatry; Head Clinical Unit** ,

1991-1993 **Elected Representative** of full Professors of the Medical School at the Extended Senatus Accademicus of the University,

1996-97 **Director**, Postgraduate Specialty School of Forensic Medicine

1997- 1998 **Director**, Postgraduate Specialty School of Psychiatry,

**c) "Magna Graecia" University of Catanzaro**

- 1998-2009 **Full Professor of Psychiatry; Head, Clinical Unit**,
- 1998 –2009 **Director** Postgraduate Specialty School of Psychiatry,
- 1998-2000 **Chairman**, Department of Clinical and Experimental Medicine "G.Salvatore"
- 1999-2000 **Dean of the Faculty** of Medicine and Surgery:
- 2001-2006 **Member** ,Evaluation Unit of the University:
- 2006-2009 **Chairman**, The Higher Education Committee of the university

### Summary of Teaching & Educational Activities

1999: Delegate to the Educational Affairs of the Italian College of Full Professors of Psychiatry, provided the Italian translation and implementation of the "Core Curriculum in Psychiatry" by WHO/WPA, together with the President Prof. Mario Maj.

He has been teaching Psychiatry until 2009 in several courses of the School of Medicine as well as of Social Services. Five more 1st degree and 2<sup>nd</sup> degree courses were coordinated by the teaching collaborators of the Chair of Psychiatry. He performed educational activities of Behavioural Sciences introducing several innovative teaching-training techniques, based on the informatics room facilities. Introduced mid-term operational learning tests receiving systematic evaluation of higher quality by the students.

### Summary of research activities

The scientific production accounts approximately 200 publications, mainly in the fields of:

- **Clinical Psychiatry and Psychopathology:** translation, adaptation and validation of a system of multi-axial classification of psychiatric disorders (MACM), and of the Comprehensive Psychopathological Rating Scale (CPRS) (cited in "Schizophrenia", Bellack A.S. And, Grune & Stratton, New York, 1984, p.75), in collaboration with the Department of Psychiatry and WHO Collaborating Centre for Research and Training in Mental Health of the University of Umeå (Sweden), where he spent a period as a "Visiting Professor", in 1981. He set up an evaluation procedure of quality for pre- and the post-test counselling in the activities of prevention and fight to the AIDS (supported by a grant by the Italian Higher Institute of Health, 1996). He implemented an original operational flow-chart for communicating information and taking a chain of informed consent by patients and their relatives, entering advanced procedures of oncological molecular diagnostic.

He carried out investigations on prescribing patterns in long term treatments of schizophrenia, post-partum psychosis, transcultural symptoms of depression, borderline states, schizoaffective disorders, neurotic disorders in the elderly. He has conceptualized a bio-psychopathological staging model Major Depression (1996) and he has developed an innovative rating instrument (DESI, *Depression Early Symptoms Inventory*, 2006) being validated in the frame of an international Program, supported by an Italian Internationalization Project.

- **Clinical Neuropsychopharmacology and Biological Psychiatry,** he presented one of the first contributions about the antidepressant effectiveness of the S-adenosyl methionine, cited in the international literature (*Psychological Medicine*, 13, 705, 1983 and *Lancet*, 2, 198, 1984). He has contributed to setting up psychopathological evaluation procedures of an integrated model of clinical-pharmacological trials and to the diffusion in Italy of diagnostic criteria of DSM. He has participated in several investigations in clinical neurogenetics, such as *Dermatoglyphics in schizophrenic patients*, in collaboration of the Pediatric Research Unit of the Guy's Hospital of London, the distribution of the blood groups in the manic-depressive patients, the use of lithium in the schizoaffective disorders, the effectiveness of SSRI, in relationship with the plasma levels of melatonin and the seasonal affective diseases. He has set up an original technique for discontinuation from paroxetine. He has participated in the work groups of the Italian Society of Psychopathology, producing several guidelines and consensus conferences about crucial topics such as the informed consent in Psychiatry, the therapy of affective disorders, the schizophrenic spectrum

disorders and the prevention of metabolic syndrome in the longterm treatment with atypical antipsychotics.

- **Social and Forensic Psychiatry** , he has contributed to the volume "*Focus on the Italian Psychiatric Reform*", concerned to the application of Italian psychiatric reform, cited in the international literature ( BJP, 1985:147, 451,). He has participated in the bilateral Italian-Sweden project on the de-institutionalization process in Italy, supported by joint resources of both the Councils of Research in Italy and in Sweden, aiming to define the role of social factors as determinants of some mental diseases as well as the organization of the psychosocial network for care and rehabilitation. He has contributed to several editions of the Italian Treaty of Psychiatry as well as to the Italian Handbook of Surgical Semeiotics, as for the doctor-patient relationship. The group he has coordinated at Catanzaro has been collaborating with the School of Medicine of the University of Cambridge, UK; with the Teaching Unit of Medical Psychology and Psychiatry of the University of Cordoba, Spain. Further contacts with research centers in USA particularly with the Louisiana State University, USA. Ohio State University, and

The group has been involved in Italian and European multicentric projects on depression and mood disorders, schizophrenia, personality disorders and Feeding Behavior.

#### **Summary of Academic Activities**

He implemented a Research and Teaching Settlement with the Spanish University of Cordoba since 1991. The bilateral project was supported in the frame of Integrated Actions Italy-Spain by a joint grant at each national level. Cooperation has subsequently been running on within the activities Erasmus - Socrates, exchanging teachers as well as under-graduate and post-graduate students

**School of Medicine:** he has participated in several Committees of the School of Medicine, (Teaching , Research , Socrates Erasmus as well as in the Joint Bioethical Committee of the Faculty and the University Hospital, Catanzaro)

He was delegated by the Chancellor of the Magna Graecia University of Catanzaro to the Teaching Evaluation & Appraisal Committee of the Italian Conference of the University Chancellors . He has coordinated the 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> ,7<sup>th</sup> European Intensive Courses in Bioethics, within an international project supported by a grant of the EU, in cooperation with the Universities of Udine, Amsterdam, Madrid, Glasgow, Soroka University, Israel, Ohio State University and Louisiana State University, U.S.A

He has also received the following assignments :

- Member of the Evaluation Unit of the University
- Coordinator, of the Catanzaro Teaching Panel participating in the 8<sup>th</sup> and 9<sup>th</sup> European Intensive Course in Bioethics, in Praga, supported by UE grant .
- Chairman, The Higher Education Committee of the Magna Graecia University of Catanzaro (2006-2009)

#### **Summary of Permanent Medical Education activities**

since 1988 to 2009 he has carried out approximately more than 100 scientific events in collaboration with teachers from other italian universities and foreign institutes of higher research (NIMH) , with the leading italian and european scientific societies (residential seminars, workshops, readings, symposia, intensive and residential courses) , most of them providing ECM credits to participants. He has produced 8 Educational CDs) ,

**Membership of the following scientific associations:**

- Italian Society of Psychiatry **SIP**, (1980-1995 member of National Board of Directors; Secretary of the Campania Regional Section , Founder and Secretary of the Calabria Regional Section,
- 2015, elected member of the Ethics Committee
- Italian Society of Psycopatology **SOPSI** (Member, National Board of Directors, Coordinator of the Task Force on the Responsibility of the Psychiatrist )
- Italian Society of Forensic Psychiatry **SIPF**, (Founding Delegate and National Secretary)
- Italian Society of Biological Pyichiatry **SIPB** ( Member)
- Italian Society of Social Psychiatry **SIPS** (Member)
- Italian Society of Neuropsychopharmacology **SINPF** (Member)
- World Psychiatric Association **WPA** (Individual Member)
- International Psychogeriatric Association **IPA** (Individual Member)
- Sociedad Española de Gerontopsiquiatría y Psicogeriatría **SEGP**; (Communitarian Member)

**Member of the Scientific Committees of the following scientific reviews:**

- Italian Journal of Psychopatology ;
- INTUS, Cordoba, Spain;
- **Appointed Referee** of the Italian Higher Institute of Health and the Department of Health

**Awards**

2001: the Anassilaos reward for scientific research.

**Recent publications**

1. **Amati A**, *Rischio suicidario nel paziente depresso e possibili ricadute forensi sulla condotta professionale dello psichiatra*, editoriale, GIP 2011,17:161-164,
2. **Amati A**, Caglioti F, De Fazio P, Segura Garcia C, Sirianni M, Iuliano A, Noia R, Zullo F *Identificazione precoce di manifestazioni depressive in gravidanza mediante Desi, un nuovo strumento di valutazione: dati preliminari comparativi rispetto a HDRS e BDI*, GIP, 2011,17:198-204
3. **Amati A**, *Depressione e Demenza: dimensioni inseparabili ?* in “La demenza e le sue problematiche: esiste una differenza di genere?” A cura di Elena Capriola e Carmine Fuschillo, Maya Idee Ed. Verona, 2011, pp. 37-45
4. **Amati A**, *Instabilità interiore e turbolenze relazionali nel Disturbo Narcisistico di Personalità*, In: **Differenze di genere e salute mentale**, B. Carpiello Editor Medimond International Proceedings, 2012, pp.131-136, Monduzzi, Pianoro (Bologna)
5. **Amati A**. *Stato psicotico della mente, contatto e relazione interpersonale*, pp 31-43 in: La riabilitazione equestre con pazienti psicotici, a cura di Stefania Cerino: Aracne Editrice, Roma , 2014