

Studio delle risposte emotive esplicite ed implicite alla stimolazione sensoriale

Alessandro Tonacci

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Studio condotto in collaborazione tra IFC-CNR (Lucia Billeci, Alessandro Tonacci), IBE-CNR (Stefano Predieri, Marta Cianciabella, Nico Lippi, Massimiliano Magli, Chiara Medoro, Rachele Tamburino, Giuseppe Versari), DII-UNIFI (Chiara Pellinacci)

Trends in Cognitive Sciences

Review

Sensory emotion regulation

Micaela Rodriguez^{1,*} and Ethan Kross ^{1,2,*}

Decades of evidence reveal intimate links between sensation and emotion. Yet, discussion of sensory experiences as tools that promote emotion regulation is largely absent from current theorizing on this topic. Here, we address this gap by integrating evidence from social-personality, clinical, cognitive-neuroscience, and animal research to highlight the role of sensation as a tool that can be harnessed to up- or downregulate emotion. Further, we review evidence implicating sensation as a rapid and relatively effortless emotion regulation modality and highlight future research directions. Notably, we emphasize the need to examine the duration of sensory emotion regulation effects, the moderating role of individual and cultural differences, and how sensory strategies interact with other strategies.

Highlights

Sensation and emotion are inextricably linked.

Interdisciplinary evidence indicates that strategically activating each of the five major sensory modalities (i.e., sight, smell, hearing, taste, and touch) can increase positive emotion and decrease negative emotion.

Sensation offers a rapid and relatively effortless path to emotion regulation.

More research is needed to elucidate how, for whom, and in what contexts sensation can maximally benefit emotional wellbeing.

«Nothing can cure the soul but the senses»
(Oscar Wilde)



	0	1	2	3	4	5	6	7	8	9	Point scale		
Flavor												Like extremely	9
Odor												Like very much	8
Texture												Like moderately	7
Appearance												Like slightly	6
General approval												Neither like nor dislike	5
												Dislike slightly	4
Name:												Dislike moderately	3
Date:												Dislike very much	2
												Dislike extremely	1



SHORT COMMUNICATION | VOLUME 171, ISSUE 3, P461-463, FEBRUARY 15, 2014

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Olfactory non-cancer effects of exposure to ionizing radiation in staff working in the cardiac catheterization laboratory

Alessandro Tonacci ¹ • Giovanni Baldus ¹ • Daniele Corda ¹ • ... Alberto Cremonesi ¹ • Giulio Guagliumi ¹ • Eugenio Picano ¹ • Show all authors • Show footnotes

Published: January 21, 2014 • DOI: <https://doi.org/10.1016/j.ijcard.2013.12.223> • Check for updates



SCIENTIFIC REPORTS

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Randomized trial on the effects of a combined physical/cognitive training in aged MCI subjects: the Train the Brain study

Received: 27 May 2016

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Published: 03 January 2017

Train the Brain Consortium[†]



An Integrated Approach for the Monitoring of Brain and Autonomic Response of Children with Autism Spectrum Disorders during Treatment by Wearable Technologies

Lucia Billeci^{1,2*}, Alessandro Tonacci¹, Gennaro Tartarisco³, Antonio Narzisi⁴, Simone Di Palma⁵, Daniele Corda⁶, Giovanni Baldus⁶, Federico Cruciani⁷, Salvatore M. Anzalone⁸, Sara Calderoni⁴, Giovanni Pioggia³, Filippo Muratori^{2,4} and Michelangelo Study Group

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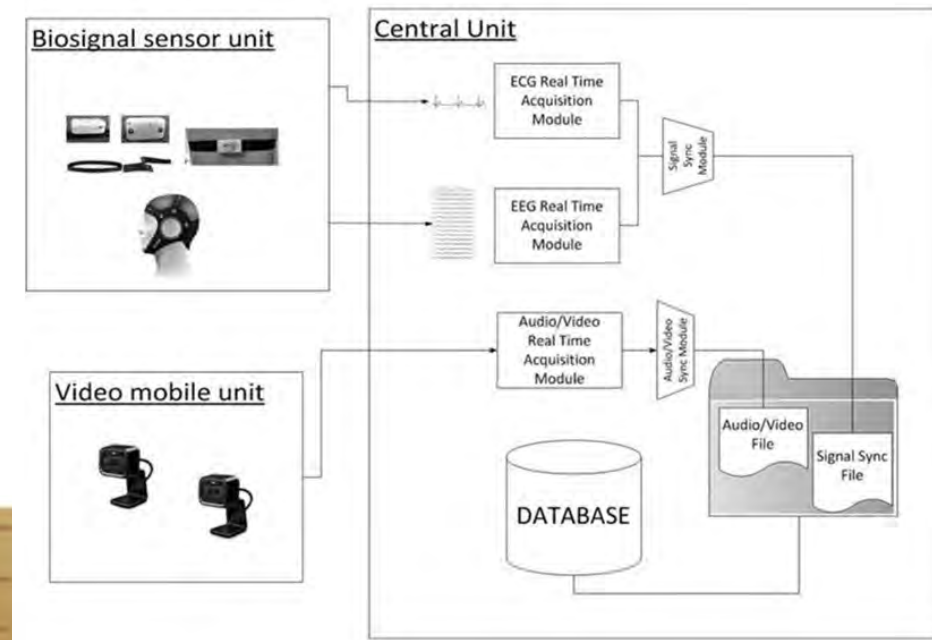
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Horticultural Therapy May Reduce Psychological and Physiological Stress in Adolescents with Anorexia Nervosa: A Pilot Study

by Olivia Curzio ¹ , Lucia Billeci ^{1,*} , Vittorio Belmonti ², Sara Colantonio ³ , Lorenzo Cotrozzi ⁴ , Carlotta Francesca De Pasquale ² , Maria Aurora Morales ¹, Cristina Nali ⁴ , Maria Antonietta Pascali ³ , Francesca Venturi ⁴ , Alessandro Tonacci ¹ , Nicola Zannoni ⁵ and Sandra Maestro ⁵ 

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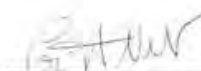


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for the 'Green Thumb'
proven during plant growth and care



Prof. Cristina Nali
Department of Agriculture, Food and Environment
University of Pisa
September–November 2020

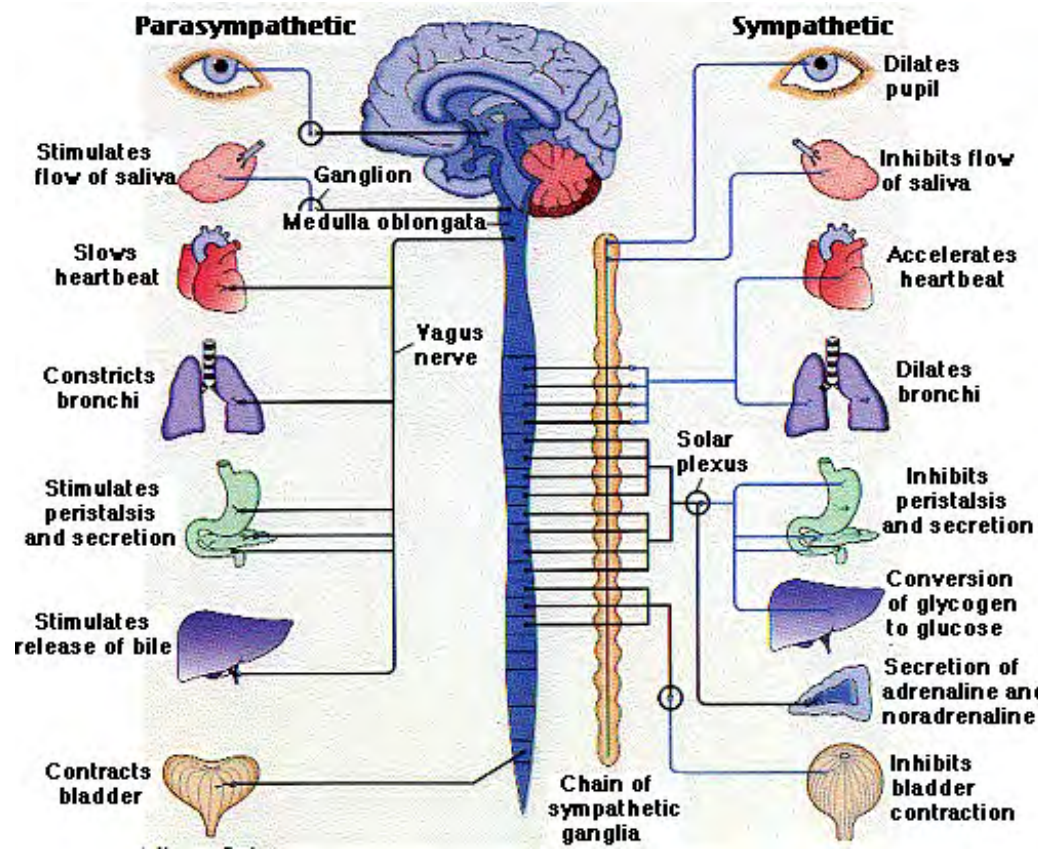
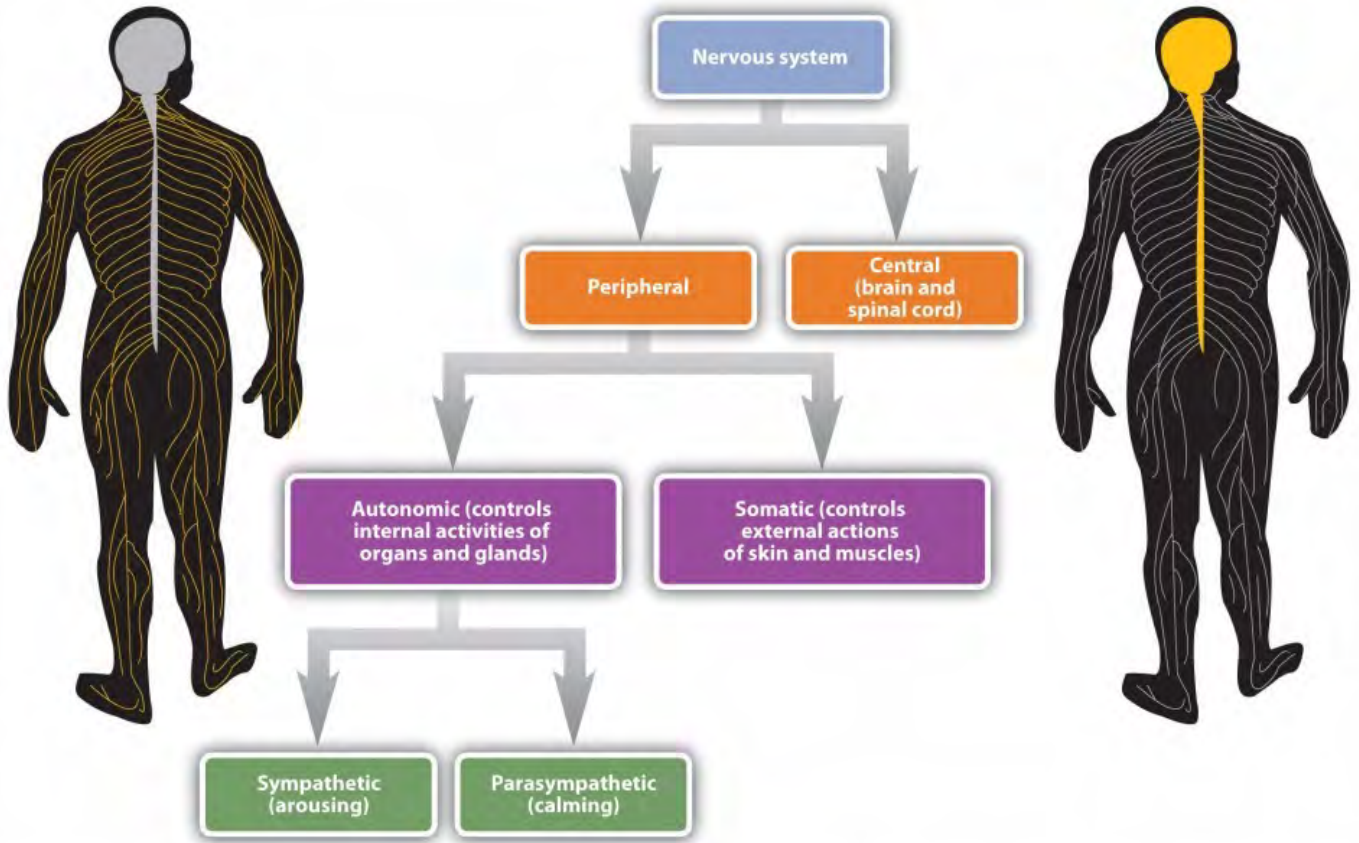


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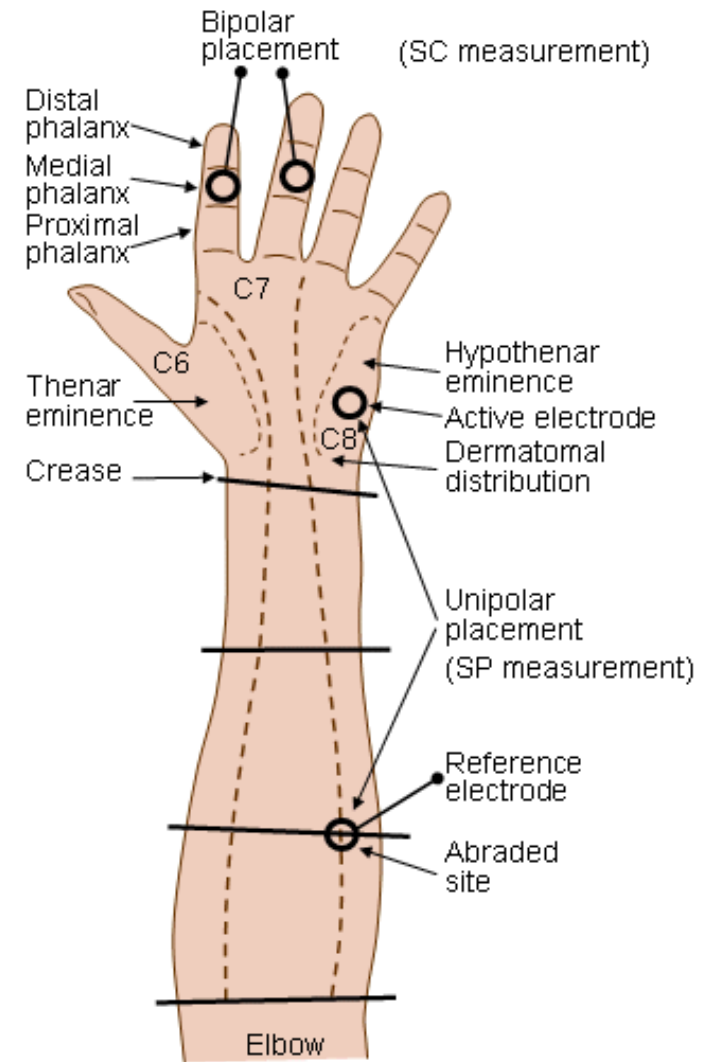
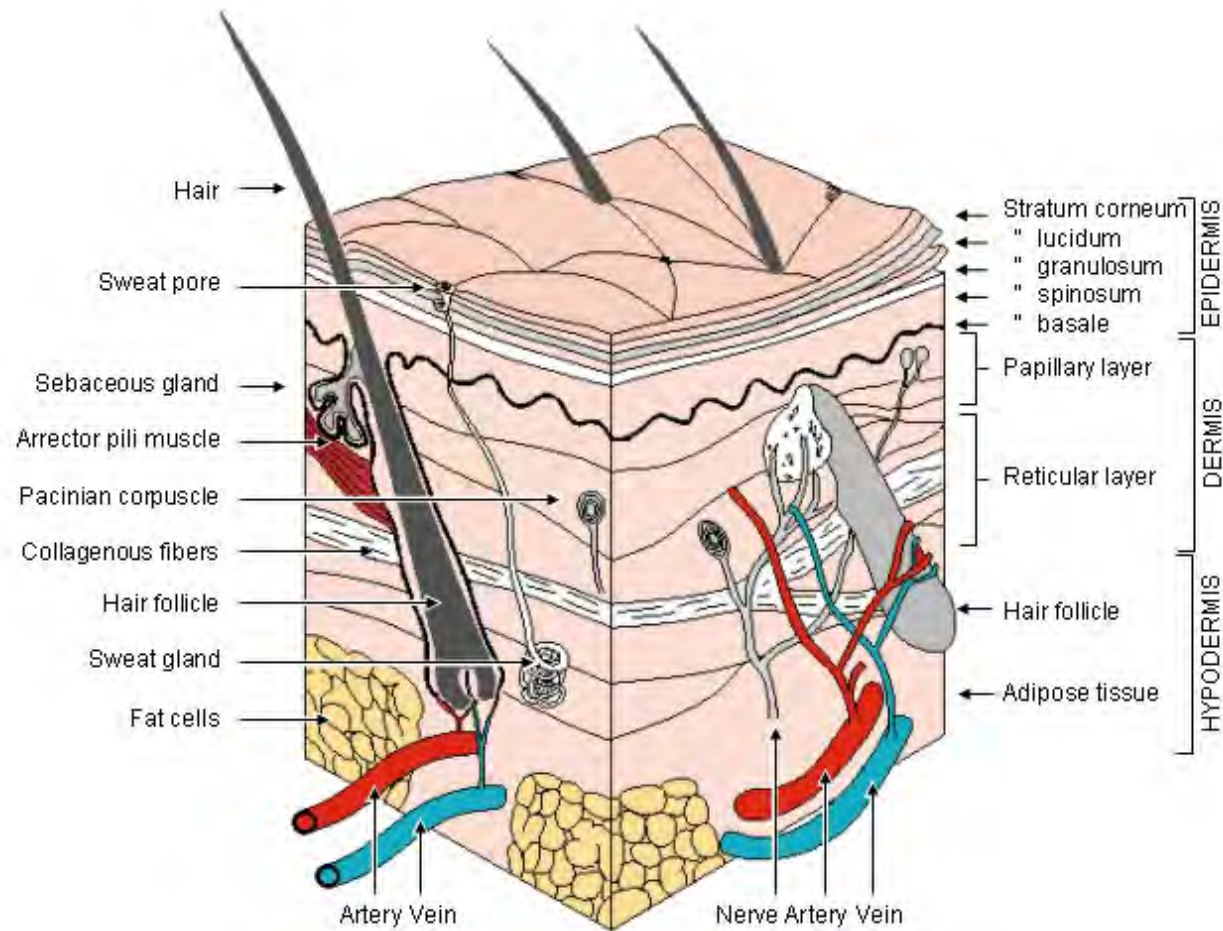
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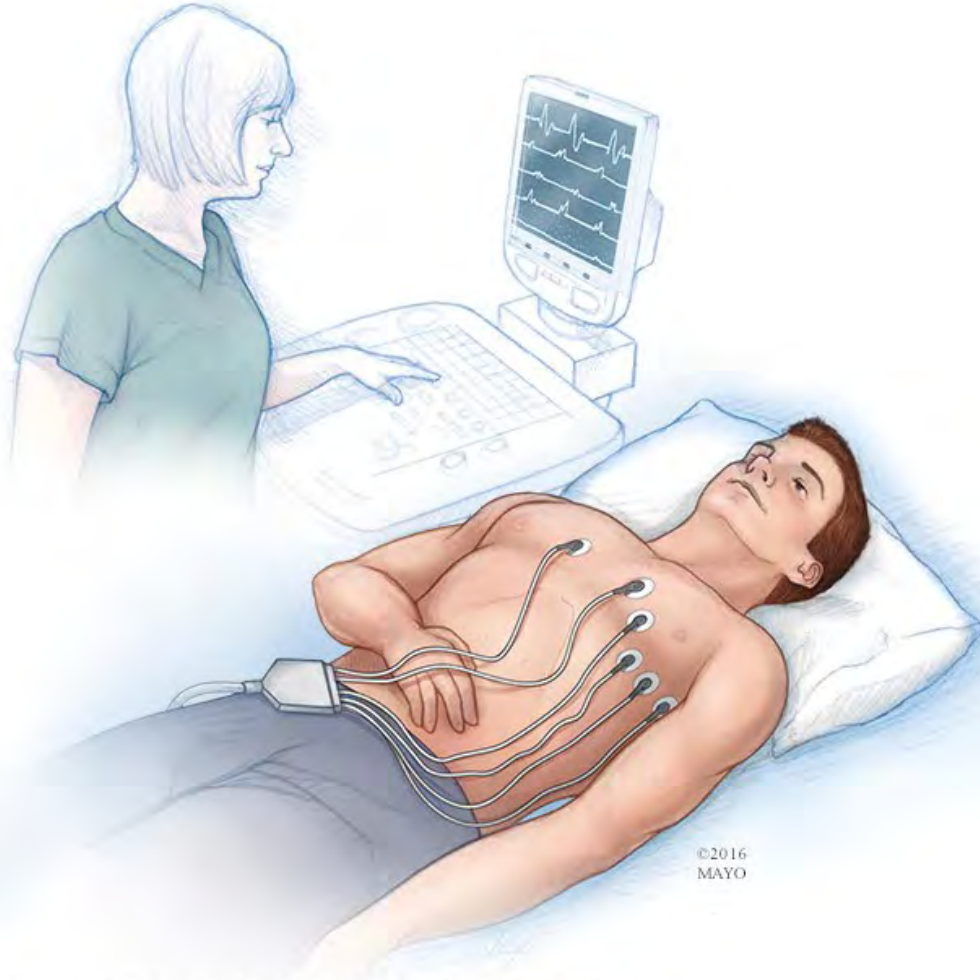
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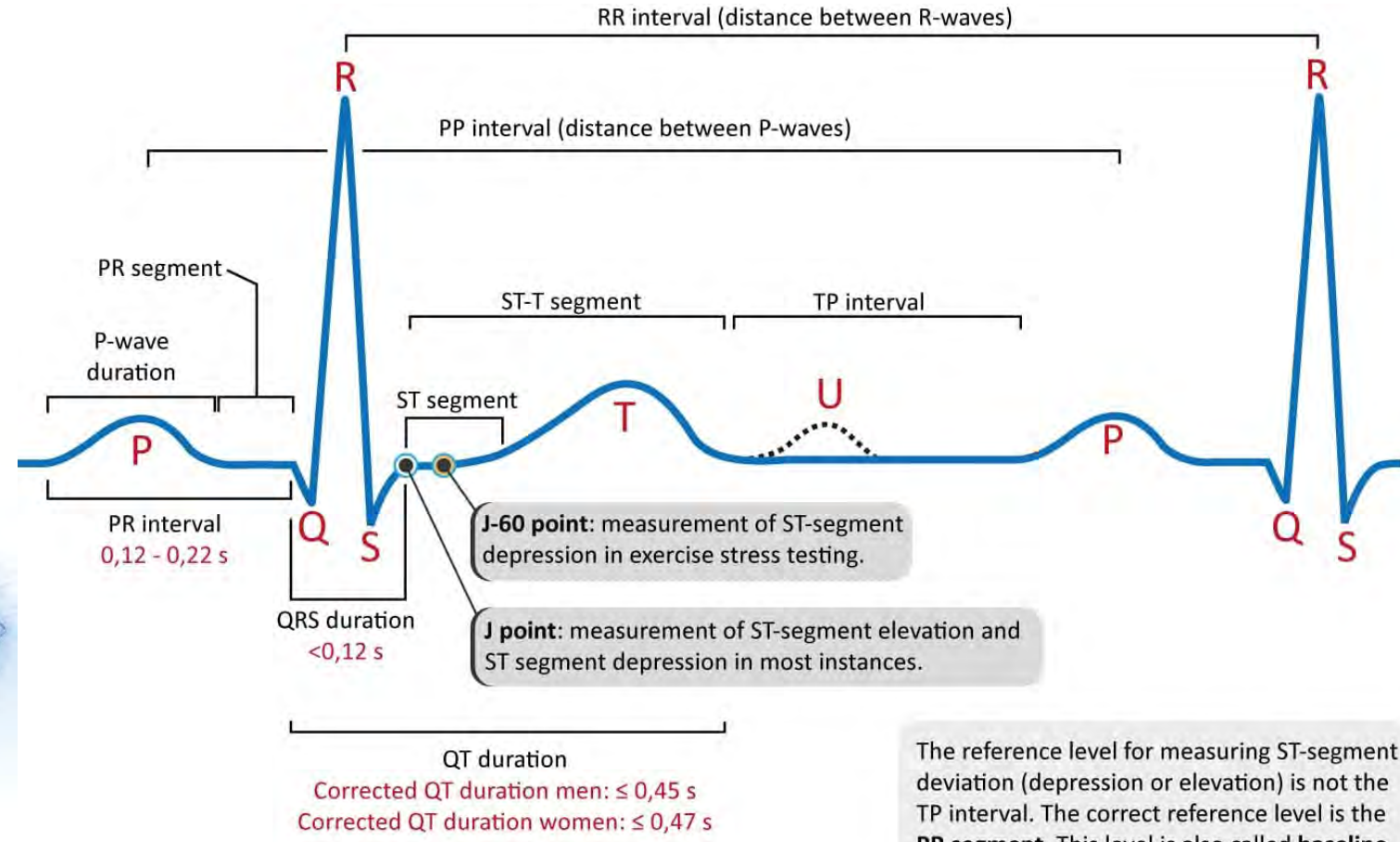


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The reference level for measuring ST-segment deviation (depression or elevation) is not the TP interval. The correct reference level is the **PR segment**. This level is also called **baseline level** or **isoelectric level**.

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Wearable Sensors for Assessing the Role of Olfactory Training on the Autonomic Response to Olfactory Stimulation









by  Alessandro Tonacci ¹  ,  Lucia Billeci ^{1,*}  ,  Irene Di Mambro ²  ,  Roberto Marangoni ^{3,4}  ,  Chiara Sanmartin ⁵   and  Francesca Venturi ^{5,6}  

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Wearable Sensors to Evaluate Autonomic Response to Olfactory Stimulation: The Influence of Short, Intensive Sensory Training


by  Lucia Billeci ¹ ,  Chiara Sanmartin ^{2,3} ,  Alessandro Tonacci ^{1,*}  ,  Isabella Taglieri ² ,  Lorenzo Bachi ⁴,  Giuseppe Ferroni ²,  Gian Paolo Braceschi ⁵,  Luigi Odello ⁶ and  Francesca Venturi ^{2,3,7} 

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Taste the emotions: pilot for a novel, sensors-based approach to emotional analysis during coffee tasting

Alessandro Tonacci, Isabella Taglieri, Chiara Sanmartin, Lucia Billeci  Giulia Crifaci, Giuseppe Ferroni, Gian Paolo Braceschi, Luigi Odello, Francesca Venturi

First published: 27 November 2023 | <https://doi.org/10.1002/jsfa.13172>

Wearable sensors to measure the influence of sonic seasoning on wine consumers in a live context: a preliminary proof-of-concept study

Lucia Billeci, Chiara Sanmartin, Alessandro Tonacci , Isabella Taglieri, Giuseppe Ferroni, Roberto Marangoni, Francesca Venturi

First published: 05 March 2024 | <https://doi.org/10.1002/jsfa.13432>



N	6
Genere (M/F)	4/2

Stimolo	Pausa	
	Piacevolezza/familiarità	Relax
20s	20s	20s
20s	40s	

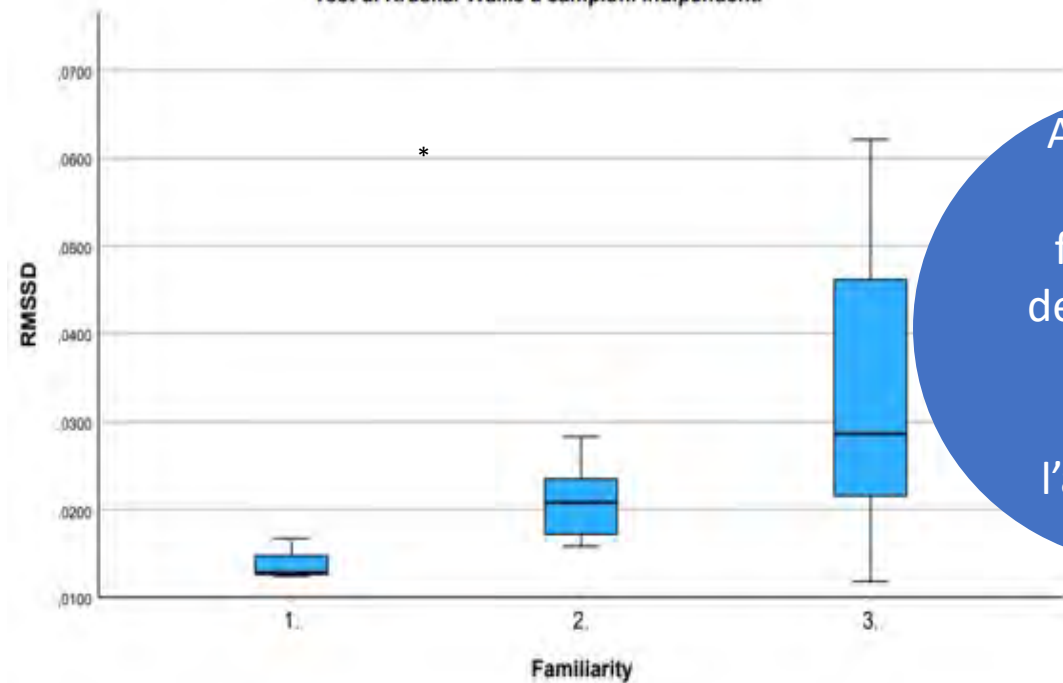
Stimolo	Pausa	
	Piacevolezza/familiarità	Relax
20s	20s	40s
20s	60s	



SWEET	SOUR	SALTY	BITTER	UMAMI
To ensure adequate intake of carbohydrates for energy in the body.	To prevent intake of toxic substances into the body. Also helps detect ripeness.	To ensure adequate intake of salt to regulate the amount of water in the body.	To prevent intake of poisonous substances into the body.	To ensure adequate intake of proteins for proper growth and maintenance of the body.

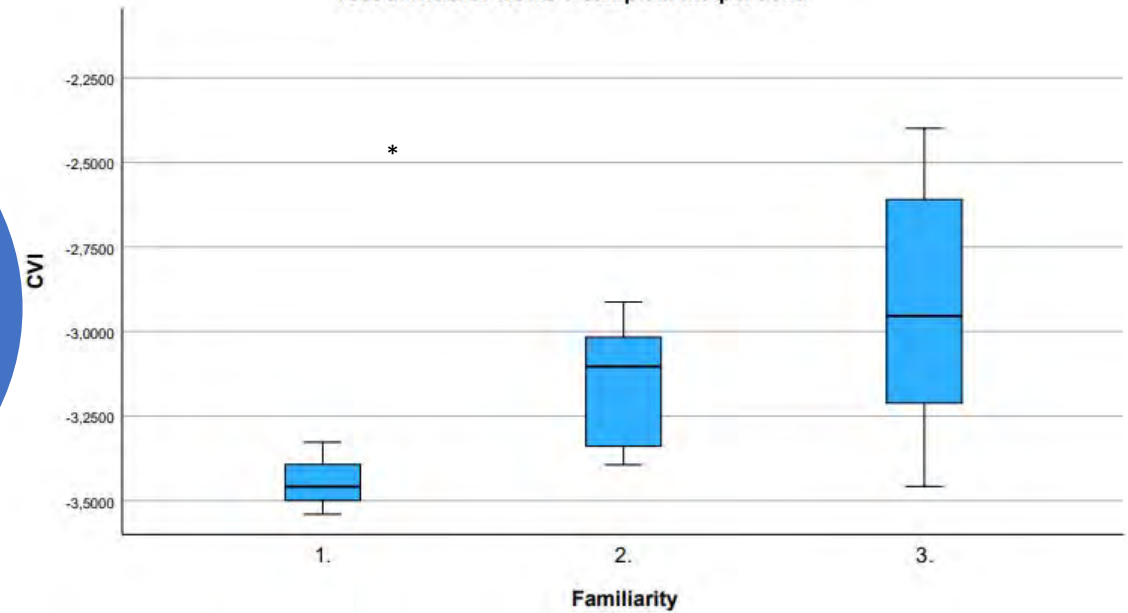
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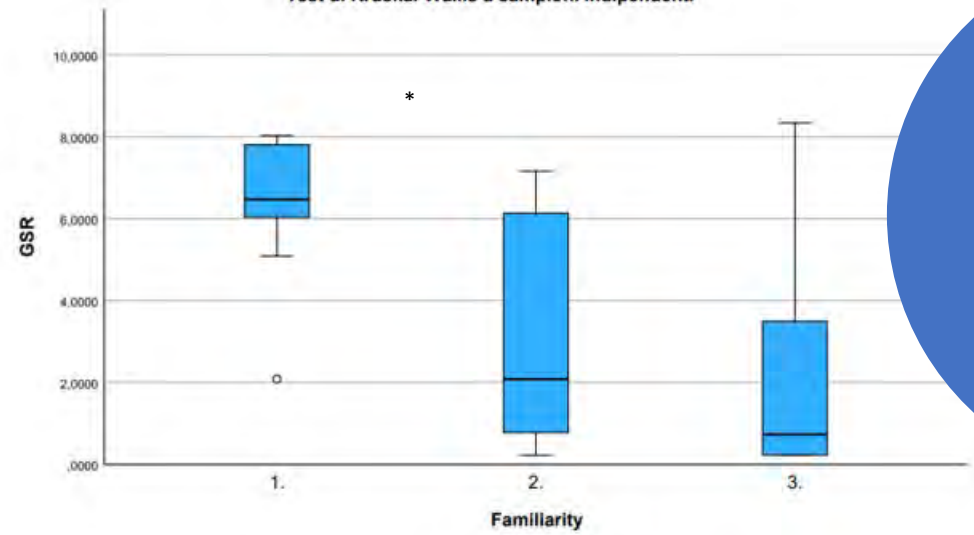


Al crescere della familiarità dello stimolo gustativo aumenta l'attività del SNP

Test di Kruskal-Wallis a campioni indipendenti

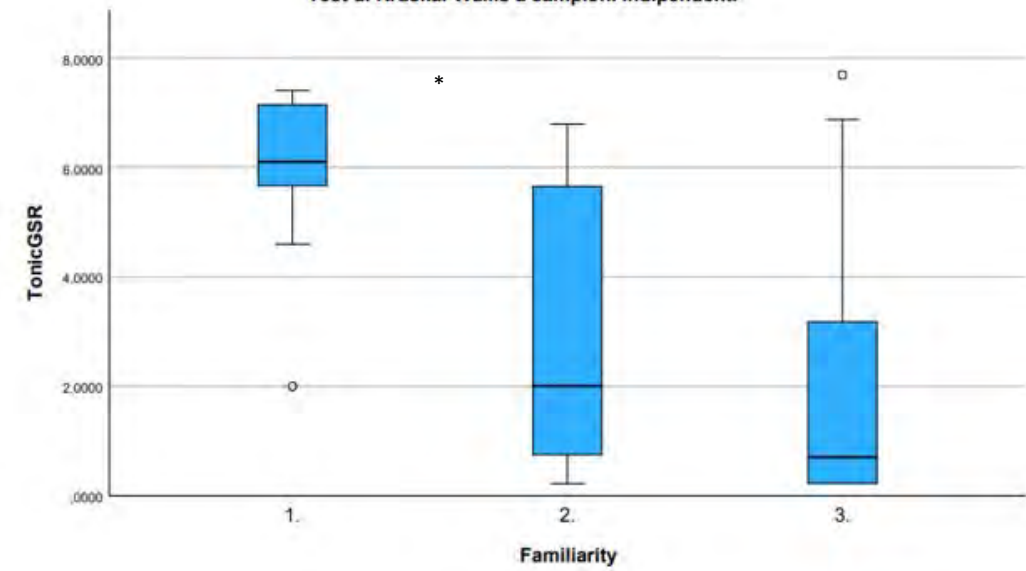


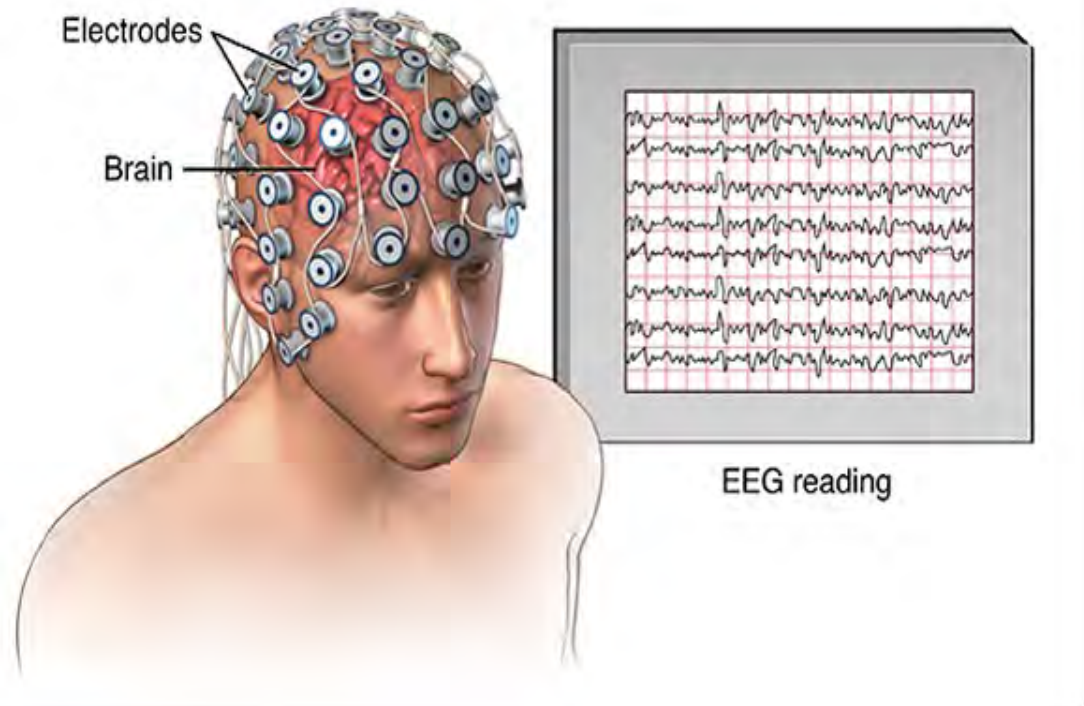
Test di Kruskal-Wallis a campioni indipendenti



Al crescere della familiarità dello stimolo olfattivo diminuisce l'attività del SNS

Test di Kruskal-Wallis a campioni indipendenti





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