

Liila Taruffi

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Education

- Jan. 2017 – at present** **DRS HONORS Postdoctoral Fellow**
Dept. of Psychology and Education, Division of Health Psychology
Free University Berlin, Germany
Project: “Effects of Music-Evoked Mind-Wandering on Mood and Well-Being: An Ecological Momentary Assessment and Longitudinal Study”
- Nov. 2012 – May 2016** **Ph.D. Psychology/Neuroscience, Cluster “Languages of Emotion” (grade: *magna cum laude*)**
Free University Berlin, Germany
Supervisor: Prof. Dr. Stefan Koelsch
Dissertation: “Why We Listen to Sad Music: Effects on Emotion and Cognition”
- 2010 – 2011** **M.Sc. Music Psychology (grade: *distinction*)**
Goldsmiths, University of London, UK
Supervisor: Prof. Dr. Pamela Heaton
Dissertation: “Empathy, Alexithymia, Personality and Music: Investigating the Links between Music Emotion Recognition Skills and Individual Differences”
- 2006 – 2009** **M.A. Theoretical Philosophy/Aesthetics (grade: *110 with honors*)**
University of Florence, Italy
Supervisor: Prof. Dr. Eleonora Negri
Dissertation: “T. W. Adorno’s Thought on Modern and Contemporary Music”
- 2002 – 2006** **B.A. Theoretical Philosophy/Philosophy of Science (grade: *110 with honors*)**
University of Florence, Italy
Supervisor: Prof. Dr. Paolo Parrini
Dissertation: “Philosophy of Science in the Work of Edouard Le Roy”

Research Interests

Music Psychology: music-evoked emotions, sad music, music-evoked visual mental imagery

Health Psychology: music & well-being, digital health, mindfulness

Cognitive Psychology and Neuroscience: mind-wandering, creativity, default mode network

Neuroaesthetics: empathic responses to music and art

Scientific Publications

Taruffi, L. (2018). Sad Music and Self-Reflection. *Physics of Life Reviews*, available on line. doi: 10.1016/j.plrev.2018.03.007

Taruffi, L., & Küssner, M.B. (2018). The Need to Consider Pluralistic Functions of Music from a Global Perspective. *Physics of Life Reviews*, available on line. doi: 10.1016/j.plrev.2018.03.003

Taruffi, L., Pehrs, C., Skouras, S., & Koelsch, S. (2017). Effects of Sad and Happy Music on Mind-Wandering and the Default Mode Network. *Scientific Reports*, 7(1): 14396. doi: 10.1038/s41598-017-14849-0

Taruffi, L., & Koelsch, S. (2017). Implications of the Vienna Integrated Model of Art Perception for Art-Based Interventions in Clinical Populations. *Physics of Life Reviews*, 21: 145-147. doi: 10.1016/j.plrev.2017.06.017

Taruffi, L., Allen, R., Downing, J., & Heaton, P. (2017). Individual Differences in Music-Perceived Emotions: The Influence of Externally-Oriented Thinking. *Music Perception*, 34(3): 253-266. doi: 10.1525/mp.2017.34.3.253

Taruffi, L., & Koelsch, S. (2014). The Paradox of Music-Evoked Sadness: An Online Survey. *PLOS ONE*, 9(10): e110490. doi: 10.1371/journal.pone.0110490

Pehrs, C., Zaki, J., **Taruffi, L.**, Kuchinke, L., & Koelsch, S. (accepted for publication). Hippocampal-Temporopolar Connectivity Contributes to Episodic Simulation During Social Cognition. *Scientific Reports*.

Taruffi, L., Skouras, S., Pehrs, C., & Koelsch, S. (in preparation). Mapping a Brain Network Underlying Empathic Responses to Sad Music.

Book Chapters

Taruffi, L., & Koelsch, S. (in press). Why we listen to sad music: Philosophical perspectives, psychological functions and underlying brain mechanisms. In Gouk, P., Prins, J., Thormaehlen, W., & Kennaway, J. (Eds.), *The Routledge Companion to Music, Mind, and Wellbeing: Historical and Scientific Perspectives*.

Research Funding and Awards

Nov. 2017	Marie Schlei Award (women's prize for best scientific work at FU Berlin)
2017 - 2018	Dahlem Research School, <i>Effects of music-evoked mind-wandering on mood and well-being</i> (Principal Investigator: €22,300)
Sep. - Dec. 2015	STIBET - DAAD postdoctoral scholarship (€2,000)
2014	SEMPRE Travel Award
2012	DFG - Graduate Research Fellowship (€36,000)
2011	ILA Award (€2,500)
2006	2-year University Scholarship for Postgraduate Studies (University of Florence)
2002	3-year University Scholarship for Undergraduate Studies (University of Florence)

Invited Talks

Taruffi, L. (27/6/2017). *Music, emotion, and mind-wandering in everyday life*. Free University, Berlin, Germany.

Taruffi, L. (29/1/2017). *Which emotions does music evoke? Aesthetic vs "everyday" emotions*. CTM Festival 2017, Berlin, Germany.

Taruffi, L. (21/11/2016). *Music, emotion, and spontaneous cognition*. Brain and Consciousness Research Center, Shuang Ho Hospital, Taipei, Taiwan.

Taruffi, L. (24/11/2016). *Why we listen to sad music: Effects on emotion and cognition*. Taipei Medical University, Taipei, Taiwan.

Taruffi, L. (5/11/2016). *Effects of music-evoked emotions on spontaneous cognition*. STATE Festival 2016, Berlin, Germany.

Conference Presentations

Taruffi, L. (2017). *Visual imagery during music-evoked emotions: Perspectives from cognitive psychology and neuroscience*. KOSMOS Dialogue "Music, Emotion, and Visual Imagery". Humboldt University Berlin, Germany.

Taruffi, L., & Koelsch, S. (2014). *Why do people seek and appreciate sadness in music?* 7th International Conference of Systematic Musicology. London, UK.

Taruffi, L. (2011). *Music emotion recognition skills and individual differences*. International Summer School in Systematic Musicology (ISSSM2011). Jyväskylä, Finland.

Conference & Workshop Organization

2018 Co-organizer of the KOSMOS Workshop *Mind-Wandering and Visual Mental Imagery in Music*, Humboldt University of Berlin, Germany

2016 Scientific Advisory Board for the 9th *International Conference of Systematic Musicology*, Jyväskylä, Finland

2014 Scientific Advisory Board for the 7th *International Conference of Systematic Musicology*, London, UK

Courses and International Programmes

2017 *Teaching Core Certificate*, Dahlem Research School, Berlin

2013 *SPM course for fMRI and MRI/VBM*, UCL Institute of Neurology, London, UK

2011 *International Summer School in Systematic Musicology*, University of Jyväskylä, Finland

2009 Postgraduate course *Musical Mind between Science and Aesthetics: Philosophical Perspectives and Therapeutic Dimensions*, University of Florence, Italy

2006 *Summer School in Humanities*, Scuola Normale Superiore, Cortona, Italy

2004 *Erasmus Programme*, Technische Universität Dresden, Germany

Related Work Experiences

- 2012** Data analyst at *researchgate.net*, ResearchGate GmbH, Berlin, Germany
- 2008 - 2009** [BaDaCrim project](#) (Database of Italian Musical Criticism 1900-1970), Department of Music of the University of Florence, Italy
- 2008 - 2009** *University Tutor*, Department of Music of the University of Florence, Italy

Skills

Languages: Italian (fluent), English (fluent; IELTS certificate), German (intermediate)

Software Skills: SPSS, MATLAB, SPM, Presentation, Ledalab, SCRalyze, Adobe Photoshop, Adobe Illustrator, Inkscape, Ableton Live, Audacity, FL Studio

Peer Reviewing: *Aging and Mental Health, Brain Research, Cognitive Processing, Music Perception, Musicae Scientiae, Music & Science, PLOS ONE, Scientific Reports*

Teaching

- Summer 2018** **Music and Neuroscience: Methods and Applications (BA / MA Seminar)**
Department of Musicology and Media Studies, Humboldt University Berlin

Media Coverage

Documentaries

VICE's [Science of Sound](#) X Ford

2014 PLOS ONE paper on Music-Evoked Sadness:

Radio Interviews and Podcasts

BBC (Newshour and Radio 5 Live), NBC News, DRadio Wissen, WDR3 (TonArt), WDR5

Print Media, Internet News and Feature Interview (over 100 international news sources)

[BBC](#), [NBC](#) (Today Health), [Spiegel](#), [Le Monde](#), [DailyMail](#), [Chicago Chronicle](#), [The Independent](#), [Pacific Standard](#), [Focus Poland](#), [Noisey](#), [Panorama](#), [Medical Daily](#), [CNET](#), [Science World Report](#), [Mic.com](#), [Science Alert](#), [Huffington Post](#), [Business Standard](#), [Nymag.com](#), [Galileu](#), [Furios](#), [Boing Boing](#), [Le Figaro](#), [Lifehacker.com](#), [Donna](#), [Life Reimagined](#)