

## Innovative Strategies for Wellbeing

PhD Course in	INNOVATIVE STRATEGIES FOR WELLBEING
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Duration	3 years - Starting date : November 1 <sup>st</sup> 2025
Disciplines	Biological, psychological, physical, computer, and engineering sciences.
PhD Programme description	<p>The PhD program in "Innovative Strategies for Wellbeing" stems from the collaboration between the University "G. d'Annunzio" of Chieti-Pescara (UdA, Italy), Munster Technological University (MTU, Ireland), and South-Eastern Finland University of Applied Sciences (XAMK, Finland), three partners of the INGENIUM European Alliance. Its aim is to train researchers capable of addressing emerging challenges in the fields of physical and mental wellbeing, public health, and prevention through an integrated, interdisciplinary, and innovative approach. In a global context marked by demographic aging, the rise of chronic degenerative diseases, environmental impacts, and changes in lifestyle models, promoting wellbeing is a strategic priority for the sustainability of healthcare, social, and economic systems. The program offers an integrated approach combining life sciences, neuroscience, genetics, digital technologies, behavioral sciences, psychology, artificial intelligence, and environmental sciences.</p> <p>A central element is the study of the exposome—the totality of environmental exposures an individual encounters throughout life—and its relationship with dynamic biological and behavioral responses that can be measured in real time. Using wearable sensors, biochemical patches, biomarkers, omics and digital technologies, it will be possible to collect multidimensional data in real or simulated environments to identify personalized risk or resilience profiles, develop predictive models, and support targeted interventions.</p> <p>The PhD program emphasizes the study of complex interactions among biological, environmental, and psychological factors, with particular attention to cognitive, emotional, and behavioral responses to stress and environmental stimuli. The goal is to understand the mechanisms that promote resilience, stress regulation, quality of life, and healthy lifestyles, also through evidence-based behavioral and environmental strategies.</p> <p>The three universities contribute complementary expertise: "G. d'Annunzio" University focuses on the neurophysiological, genetic, and psychological characterization of wellbeing; Munster Technological University develops personalized sensors, cyber-physical systems, IoT architectures, and AI algorithms for integrated data analysis; South-Eastern Finland University of Applied Sciences conducts experiments on environmental and behavioral interventions, studying the effects of nature, urban environments, and immersive technologies on cognitive and emotional wellbeing.</p> <p>The educational path adopts an international co-supervision model, with mobility across institutions, access to specialized laboratories, and collaborations with public, industrial, and healthcare partners. All activities are oriented towards technology transfer, open innovation, and social impact, in line with the priorities of the 2030 Agenda, the Horizon Europe program, and the National Research Plan.</p> <p>The project aims to train a new generation of scientists equipped to tackle human wellbeing challenges with advanced scientific tools, systemic vision, and personalized intervention strategies, contributing to the transformation of prevention services and the sustainable improvement of health and quality of life.</p> <p>A mandatory visiting period abroad of at least 3 months is required.</p>
PhD Website	<a href="https://www.scuolasuperiore.unich.it/offerta-formativa;">https://www.scuolasuperiore.unich.it/offerta-formativa;</a> <a href="https://www.dnisc.unich.it/home-innovative-strategies-for-wellbeing-25987">https://www.dnisc.unich.it/home-innovative-strategies-for-wellbeing-25987</a>

Available positions	n. 4 <b>positions</b> of which:
	2 scholarships funded by the University "G. d'Annunzio" of Chieti-Pescara
	1 scholarship funded by Munster Technological University (MTU)
	1 scholarship funded by South-Eastern Finland University of Applied Sciences (XAMK)
Admission requirements	See art. 2 PhD Call 41st cycle - Academic Year 2025/2026 All Master's degrees.
Language	English language knowledge is required
Date publication pre-Selection	<b>September 11, 2025</b>
Exam date	The oral examination will be held remotely on <b>September 29, 2025, at 11:00 AM</b> . Candidates will be contacted via email by the Committee, which will provide the link.