

Personal Information

Full Name: Agnese Favale

Place and Date of Birth: Velletri (RM), 25/06/1992

Nationality: Italian

e-mail 

Current Position

Gastroenterologist, Tenure-Track Researcher (RTT), Department of Medical Sciences and Public Health, University of Cagliari (CA). Clinical practice at the Gastroenterology department, Azienda Ospedaliero Universitaria di Cagliari, Policlinico Universitario di Monserrato (CA) – (director: Prof. MC Fantini)."

Personal Profile

Brief Description: Gastroenterologist specializing in the management of patients with Inflammatory Bowel Disease (IBD). Expertise includes outpatient IBD management, Day Hospital for the administration of advanced therapies, and inpatient management of complications related to IBD. IBD diagnostic endoscopy and endoscopic surveillance.

Scientific Activity: Research focus on comparative studies of advanced therapies in IBD and the impact of diet on the natural history of these diseases.

Participation in non-sponsored, multicenter clinical studies promoted by the Italian Society for the Study of Inflammatory Bowel Diseases (IG-IBD), particularly on the efficacy of advanced therapies in IBD in a “real-world” context.

Role of sub-investigator and study coordinator in phase II, phase III and phase IV clinical trials on Inflammatory Bowel Diseases since 2020 (Latest GCP certificate: ICH Good Clinical Practice E6 (R2), The Global Health Network, 2025).

Participation in Clinical Trials

2020 Clinical trial I6T-MC-AMAM; *role: sub-investigator*

2021 Clinical trial CNT01959 CRD3001; *role: sub-investigator*

2021 Clinical trial M20-259; *role: sub-investigator*

- 2024 Clinical trial MK7240-008; *role: sub-investigator, study coordinator*
 2024 Clinical trial MK7240-001; *role: sub-investigator*
 2024 Clinical trial M23-703; *role: sub-investigator, study coordinator*
 2025 Clinical trial M24-885; *role: sub-investigator*
 2025 Clinical trial GA-45331; *role: sub-investigator*
 2025 Clinical study “Uplift”; *role: sub-investigator*
 2025 Clinical trial GA-45329; *role: sub-investigator*
 2025 Clinical trial I7P-MC-DSAG; *role: sub-investigator*

Academic Training and Pre-Graduate Experiences

- 2016 - 2017 Erasmus Program, *Charles University of Prague*, First Faculty of Medicine, Prague.
- 2018 Voluntary clinical experience in IBD outpatient clinics at Fondazione IRCCS Cà Granda (2 weeks), Ospedale Maggiore, Università degli Studi di Milano (Prof. F.A. Caprioli) and at Complesso Integrato Columbus (2 weeks), Università Cattolica del Sacro cuore, Roma (Prof. A. Armuzzi) to complete data collection for a multicenter retrospective study published in peer-reviewed journal (*Favale A, Onali S et al, Inflammatory Bowel Disease, 2019 Oct 18;25(11):1805-1812*).
- July 27, 2018 Graduated in Medicine and Surgery at the “*International Medical School*,” University of Rome “Tor Vergata,” Rome. Final grade 110/110 cum laude. Dissertation on: “*Comparative Efficacy of Vedolizumab and Adalimumab in Ulcerative Colitis Patients Previously Treated With Infliximab*” (Supervisor: Prof. M.C. Fantini).

Post-Graduate Training and Experiences

- March 14, 2019 Licensed Medical Doctor (Ordine dei Medici e Chirurghi di Roma, registration number 64656)
- 2018 - 2019 Voluntary post-graduate attendance in IBD outpatient clinics Gastroenterology Unit, Policlinico Universitario di Roma “Tor Vergata”, actively participating in clinical and basic science research in the field of IBD and obtaining publications in peer-reviewed journals (Prof. Giovanni Monteleone).
- 2019 - 2023 Master degree in Gastrointestinal Diseases at the University of Sassari. Final grade 50/50 cum laude. Dissertation on: “*Iron-Deficiency Refractory Anemia (IDRA) In Sardinian Inflammatory Bowel Disease Patients: A Longitudinal Observational Study*” (Supervisor: Prof. M.C. Fantini).

<i>September 2022</i>	Selected to participate in the 2-day course promoted by IG-IBD “ <i>Intestinal Ultrasound and Inflammatory Bowel Diseases: a theoretical-practical course,</i> ” Firenze.
<i>November 2022</i>	Selected to participate in the 3-day course promoted by SIGE “ <i>Quality Ultrasound in Digestive Diseases,</i> ” Pisa.
<i>March 2023</i>	Winner of a grant to attend the “ <i>21st IBD Intensive Course for Trainees</i> ” promoted by the European Crohn’s and Colitis Organization (ECCO), Copenhagen.
<i>November 2023</i>	SIGE scholarship winner for a 2-weeks clinical fellowship at the IBD Unit at “Policlinico Universitario Agostino Gemelli IRCCS”, Roma.
<i>November 2024- September 2025</i>	IG-IBD grant for a master on intestinal ultrasound in IBD, Casa Sollievo della Sofferenza Hospital, San Giovanni Rotondo (FG), (Dr. F. Terracciano).
<i>February 2026</i>	SIUMB National Qualification

Held Positions

<i>October 2025 - present</i>	Researcher Tenure Track (RTT), Department of Medical Sciences and Public Health, University of Cagliari. Clinical activity in the Gastroenterology Unit and in IBD outpatient clinics and dedicated Day Hospital, Azienda Ospedaliero Universitaria di Cagliari, Policlinico Universitario di Monserrato (CA), (Director: Prof. MC Fantini).
<i>March 2024 – September 2025</i>	Research Fellow (Type B research grant). Project: Screening for HCV infection in patients with Inflammatory Bowel Diseases (IBD). Scientific Director: Prof. Massimo Claudio Fantini. Selection Code: 85A_23), Department of Medical Sciences and Public Health, University of Cagliari. Clinical activity in IBD outpatient clinics and dedicated Day Hospital, Gastroenterology Unit, Azienda Ospedaliero Universitaria di Cagliari, Policlinico Universitario di Monserrato (CA), (Director: Prof. MC Fantini).
<i>Aug 2019 - Sep 2019</i>	Telemedicine at AXA Assurance, Rome
<i>Jan 2022 - Apr 2022</i>	COVID-19 Vaccination Center - ATS Sardinia – Cagliari, Italy

Awards and Recognitions

<i>2025</i>	Master IG-IBD in Intestinal Ultrasound
<i>2016-2017</i>	Winner of two merit-based scholarships, University of Rome “Tor Vergata,” Rome.
<i>2015-2016</i>	Winner of a merit-based scholarship, University of Rome “Tor Vergata,” Rome

Affiliations and Participation in Scientific Societies

<i>2017 – Present</i>	Regular member of IG-IBD (Italian Group for the Study of Inflammatory Bowel Disease).
<i>2018 – Present</i>	Regular member of SIGE (Italian Society of Gastroenterology).
<i>2022 – Present</i>	Regular member of ECCO (European Crohn’s and Colitis Organization).
<i>2024 – Present</i>	Secretary of the Sardinia regional section of the Italian Society of Gastroenterology (SIGE).

Language Certifications

<i>English</i>	EF Cambridge English level: C2 (proficient); Degree course “School of Medicine and Surgery” taught in English).
<i>French</i>	DELF French certificate level A2
<i>Spanish</i>	Lengalia Spanish certificate level B1

Academic Activities and Teaching Assignments

<i>2025-present</i>	Front-line teaching in Medicine and Surgery, Dentistry and Dental Prosthetics, Food and Nutrition Sciences, and Psychosocial Rehabilitation course at the University of Cagliari
<i>May 2024</i>	Participation in the “5-Nations Meeting 2024” promoted by international societies for the study of IBD (GEDII, GETAID, IG-IBD, GETECCU, The Israeli IBD Society), Porto, Portugal. <i>Role: Tutor</i>
<i>2023 – Present</i>	Participation in front-line teaching under faculty supervision, presenting clinical cases and seminars in Medicine and Surgery, Dentistry and Dental Prosthetics, and Food and Nutrition Sciences at the University of Cagliari
<i>2020 – Present</i>	Complementary teaching activities as a tutor in professional internships in gastroenterology of the degree course in Medicine and Surgery (University of Cagliari)
<i>2020 – Present</i>	Complementary teaching activities assisting degree theses in the courses of Medicine and Surgery, Human Nutrition Sciences and Master degree theses in Gastrointestinal Diseases (University of Cagliari).

Clinical Activities

- Outpatient clinic dedicated to IBD.
- Day Hospital: Intravenous infusion of advanced therapies and supplementation therapies for IBD patients with nutritional deficiencies.
- Multidisciplinary clinics dedicated to patients with IBD with extra-intestinal manifestations.
- Organization and participation in multidisciplinary meetings for the management of patients with complex inflammatory bowel diseases and/or with surgical indications.
- Diagnostic endoscopy focusing on IBD.
- Endoscopic follow-up and endoscopic surveillance (chromoendoscopy) of IBD patients.
- General gastroenterology and hepatology outpatient clinic.
- Management of gastroenterology patients as inpatients.
- Inter-divisional on-call services, Internal Medicine area.
- Hepatic elastography in outpatient settings.

Bibliometric Indexes (source: Scopus 2019-2026)	
<i>Total number of publications</i>	18
<i>Total number of citations in the last 10 years</i>	242
<i>h-Index</i>	7

Publications on peer-reviewed journals with Impact Factor:

1. Valdiserra G, Fantini MC, **Favale A**, Antonioli L. The Importance of Treatment Timing and Positioning in IBD. *Inflamm Bowel Dis*. 2026 Feb 1;32(2):401-403. doi: 10.1093/ibd/izaf282. PMID: 41231677.
2. **Favale A**, Orrù V, Lutz N, Di Petrillo A, Demurtas M, Ibba I, Italia A, Fantini MC, Onali S. Optimizing Malnutrition Risk Detection in Inflammatory Bowel Disease: A Longitudinal Analysis of Serial Nutritional Screening Tools. *Nutrients*. 2026 Jan 24;18(3):383. doi: 10.3390/nu18030383. PMID: 41683207; PMCID: PMC12899848.
3. Di Petrillo A, Fais A, Raho N, Era B, Cannea FB, Padiglia A, Grecu E, Murtas D, Maxia C, Sogos V, Porcedda C, Caboni P, Demurtas M, **Favale A**, Onali S, Fantini MC. Xanthine Oxidase-Dependent Activation of NLPR3 Inflammasome in Epithelial Cells Sustains Inflammation in Inflammatory Bowel Disease. *Inflamm Bowel Dis*. 2025 Dec 1;31(12):3398-3406. doi: 10.1093/ibd/izaf231. PMID: 41124322; PMCID: PMC12688067.
4. Di Petrillo, A., **Favale, A.**, Onali, S., Kumar, A., Abbracciavento, G., & Fantini, M. C. 2025. Interplay Between Depression and Inflammatory Bowel Disease: Shared Pathogenetic Mechanisms and Reciprocal Therapeutic Impacts—A Comprehensive Review. *Journal of Clinical Medicine*, 14(15), 5522. <https://doi.org/10.3390/jcm14155522>
5. Lutz N, **Favale A**, Demurtas M, Del Giacco S, Onali S, Fantini MC. 2025. Eosinophilic esophagitis in the “atopic march”: dupilumab as an “umbrella” strategy for multiple coexisting atopic diseases. *Front. Med.* 11, 1513417. <https://doi.org/10.3389/fmed.2024.1513417>
6. Ukashi, O., Amiot, A., Laharie, D., Menchén, L., Gutiérrez, A., Fernandes, S., Pessarelli, T., Correia, F., Gonzalez-Muñoz, C., López-Cardona, J., Calabrese, G., Ferreiro-Iglesias, R., Tamir-Degabli, N., Dussias, N.K., Mousa, A., Oliveira, R., Richard, N., Veisman, I., Sharif, K., Ben-Horin, S., Soutullo-Castiñeiras, C., Dragoni, G., Rotulo, S., **Favale, A.**, Calméjane, L., Bazin, T., Elosua, A., Lopes, S., Felice, C., Mauriz, V., Rodrigues, I.C., Jougon, J., Botto, I., Tavares De Sousa, H., Bertani, L., Abadía, P.R., Bernardi, A.D., Zabana, Y., Serra-Ruiz, X., Viola, A., Barreiro-de Acosta, M., Yanai, H., Armuzzi, A., Magro, F., Kopylov, U., 2025. Inter-Rater Disagreements in Applying the Montreal Classification for Crohn’s Disease: The Five-Nations Survey Study. *UEG Journal* ueg2.12757. <https://doi.org/10.1002/ueg2.12757>
7. Sestu A, Lai A, Murru V, **Favale A**, Scuteri A. Arterial aging and the autonomic nervous system: is the relationship differently modified by physical activity in men and women? *Front*

- Aging. 2025 Sep 24;6:1653656. doi: 10.3389/fragi.2025.1653656. PMID: 41069791; PMCID: PMC12504498.
8. Nardone, O.M., Bruzzese, D., Allocca, M., Calabrese, G., Caprioli, F., Danese, S., Fantini, M.C., Onali, S., Orlando, A., Rispo, A., Savarino, E., Soriano, A., Testa, A., Variola, A., Castiglione, F., D'Alessandro, E., Barba, C.D., **Favale, A.**, Guglielmi, P.F., Mantia, A.L., Mannino, M., Todeschini, A., Vezzosi, V., 2024. Italian validation of the IBD-disk tool for the assessment of disability in inflammatory bowel diseases: A cross-sectional multicenter study. *Digestive and Liver Disease* S1590865824010946. <https://doi.org/10.1016/j.dld.2024.11.004>
 9. Cadoni, M., **Favale, A.**, Piras, R., Demurtas, M., Soddu, P., Usai, A., Ibba, I., Fantini, M.C., Onali, S., 2024. Adherence to Mediterranean Diet and Diet Quality in Patients with Inflammatory Bowel Disease: A Single-Center, Observational, Case-Control Study. *Nutrients* 16, 1557. <https://doi.org/10.3390/nu16111557>
 10. Di Petrillo, A., Kumar, A., Onali, S., **Favale, A.**, Fantini, M.C., 2023. GPR120/FFAR4: A Potential New Therapeutic Target for Inflammatory Bowel Disease. *Inflammatory Bowel Diseases* 29, 1981–1989. <https://doi.org/10.1093/ibd/izad161>
 11. Onali, S., Pugliese, D., Caprioli, F.A., Orlando, A., Biancone, L., Nardone, O.M., Imperatore, N., Fiorino, G., Cappello, M., Viola, A., Principi, M.B., Bezzio, C., Aratari, A., Carparelli, S., Mazzuoli, S., Manguso, F., Grossi, L., Bodini, G., Ribaldone, D., Mocci, G., Miranda, A., Minerba, L., **Favale, A.**, Grova, M., Scucchi, L., Segato, S., Fries, W., Castiglione, F., Armuzzi, A., Fantini, M.C., IG-IBD, 2022. An Objective Comparison of Vedolizumab and Ustekinumab Effectiveness in Crohn's Disease Patients' Failure to TNF-Alpha Inhibitors. *Am J Gastroenterol* 117, 1279–1287. <https://doi.org/10.14309/ajg.0000000000001773>
 12. **Favale, A.**, Fantini, M.C., 2021. Inflammatory bowel disease and immune-mediated diseases. *Giornale Italiano di Endoscopia Digestiva* 2021, 85–89.
 13. Pinto, S., Loddo, E., Paba, S., **Favale, A.**, Chicco, F., Onali, S., Usai, P., Fantini, M.C., 2021. Crohn's disease and ulcerative colitis patient-reported outcomes signs and symptoms for the remote management of inflammatory bowel disease during the COVID-19 pandemic. *J Patient Rep Outcomes* 5, 48. <https://doi.org/10.1186/s41687-021-00323-z>
 14. Berte', R., Mazza, S., Stefanucci, M.R., Noviello, D., Costa, S., Ciafardini, C., Miletì, E., Mapelli, M., Pasqualato, S., Pinto, S., **Favale, A.**, Vecchi, M., Neurath, M.F., Atreya, R., Fantini, M.C., Facciotti, F., Caprioli, F., 2021. Seroprevalence of SARS-CoV2 in IBD Patients Treated with Biologic Therapy. *J Crohns Colitis* 15, 864–868. <https://doi.org/10.1093/ecco-jcc/jjaa237>
 15. Fantini, M.C., **Favale, A.**, Onali, S., Facciotti, F., 2020. Tumor Infiltrating Regulatory T Cells in Sporadic and Colitis-Associated Colorectal Cancer: The Red Little Riding Hood and the Wolf. *Int J Mol Sci* 21, 6744. <https://doi.org/10.3390/ijms21186744>

16. Onali, S., **Favale, A.**, Fantini, M.C., 2019. The Resolution of Intestinal Inflammation: The Peace-Keeper's Perspective. *Cells* 8, 344. <https://doi.org/10.3390/cells8040344>
17. Di Giovangiulio, M., Rizzo, A., Franzè, E., Caprioli, F., Facciotti, F., Onali, S., **Favale, A.**, Stolfi, C., Fehling, H.-J., Monteleone, G., Fantini, M.C., 2019. Tbet Expression in Regulatory T Cells Is Required to Initiate Th1-Mediated Colitis. *Front Immunol* 10, 2158. <https://doi.org/10.3389/fimmu.2019.02158>
18. **Favale, A.**, Onali, S., Caprioli, F., Pugliese, D., Armuzzi, A., Macaluso, F.S., Orlando, A., Viola, A., Fries, W., Rispo, A., Castiglione, F., Mocchi, G., Chicco, F., Usai, P., Calabrese, E., Biancone, L., Monteleone, G., Fantini, M.C., Italian Group for the study of Inflammatory Bowel Disease (IG-IBD), 2019. Comparative Efficacy of Vedolizumab and Adalimumab in Ulcerative Colitis Patients Previously Treated With Infliximab. *Inflamm Bowel Dis* 25, 1805–1812. <https://doi.org/10.1093/ibd/izz057>

Presentation of Abstracts at National and International Congresses

February 2026	Participant at the 21 st ECCO congress, oral poster presentation of four abstract titled “ <i>A Multidimensional Analysis of the Clinical and Functional Impact of Fatigue related to Sleep in Patients with Inflammatory Bowel Disease during remission: a cross-sectional study</i> ”; “ <i>Enhancing early diagnosis and differential assessment of Inflammatory Bowel Disease-related spondylarthrititis through a multidisciplinary strategy: findings from a cross-sectional Study</i> ”; “ <i>Optimizing malnutrition risk detection in Inflammatory Bowel Disease: a longitudinal analysis of serial nutritional screening tools</i> ”; “ <i>Longitudinal assessment of intramural fat accumulation (fat halo sign) in patients with Crohn's disease: prevalence, predictive factors, and impact on disease outcomes</i> ”, Stockholm, Sweden
November 2025	Participant at the 16th IG-IBD National Congress, acceptance as a poster of three abstract titled “ <i>Accuracy of Repeated Nutritional Screening Tools in Assessing the Risk of Persistent Malnutrition in Inactive Inflammatory Bowel Disease: a prospective cohort study</i> ”; “ <i>A Multidimensional Analysis of the Clinical and Functional Impact of Fatigue related to Sleep in Patients with Inflammatory Bowel Disease during remission: a cross-sectional study</i> ”; “ <i>Assessment of Vedolizumab Clinical Decision Support Tool in the Clinical Management of Inflammatory Bowel Diseases</i> ”; Riccione, Italy
October 2025	Speaker at the XV Congresso Trisocetario Gastro (AIGO-SIED-SIGE), lecture titled “ <i>L'importanza della multidisciplinarietà nelle IBD complicate da manifestazioni extraintestinali articolari</i> ” Cabras, Italy
October 2025	Speaker at “Corso Regionale Ig-IBD: la Gestione delle Malattie Infiammatorie Croniche Intestinali in Sardegna”, lecture titled “ <i>Biologic Sequencing in IBD: navigating a complex landscape</i> ” Oristano, Italy
October 2025	Poster acceptance at the UEG week 2025, title: “ <i>Compared Efficacy of Nutritional Screening Tools in Detecting Malnutrition and Low Fat-</i>

- Free Body Mass Index in a Cohort Of Inactive/Mildly Active IBD Patients*", Berlin, Germany
- September 2025 **Speaker** at "S'Attobiu de Casteddu 2025: Incontri di gastroenterologia", lecture titled "*Eosinophilic Esophagitis an Gastrointestinal Reflux Disease*", Cagliari, Italy
- May 2025 **Speaker** at the 8th edition of the advanced course "Le nuove sfide nella gestione delle MICI: dall'età pediatrica all'adulto", lecture titled "*Positioning SIP modulators in the next future*", Cagliari, Italy
- April 2025 **Oral presentation** at the 31st FISMAD National Congress in Gastroenterology of the accepted abstract titled "*Compared Efficacy of Nutritional Screening Tools in Detecting Malnutrition and Low Fat-Free Body Mass Index in a Cohort of Inactive/Mildly Active IBD Patients*", Roma, Italy
- November 2024 Participant at the 15th IG-IBD National Congress, acceptance as a poster of the abstract titled "*Compared efficacy of Nutritional Screening Tools in detecting malnutrition and low Fat-Free Body Mass Index in a cohort of inactive/mildly active IBD patients.*", Riccione (RN), Italy
- November 2024 **Speaker** at the 14th FISMAD Regional Congress, lecture titled "*Therapy for IBD: when is the right time to start advanced therapy?*", Oristano (OR), Italy
- October 2024 Participant at UEG Week 2024 with acceptance as a poster of the abstract titled "*Adherence to Mediterranean Diet and Diet Quality in Patients with Inflammatory Bowel Disease: A Single-Center, Observational, Case-Control Study.*", Vienna, Austria
- October 2023 **Speaker** at the regional congress "IG-IBD Sardinia," lecture titled "*Dual biological therapy.*", Oristano (OR), Italy
- October 2023 UEG Week 2023, acceptance as a poster of the abstract titled "*Iron-deficiency refractory anemia (IDRA) in Sardinian Inflammatory Bowel Disease patients: a longitudinal observational study.*", Copenhagen, Denmark
- March 2023 Participant at the 29th FISMAD National Congress in Gastroenterology; **oral poster presentation** titled "*Iron-deficiency refractory anemia (IDRA) in Sardinian Inflammatory Bowel Disease patients: a longitudinal observational study.*", Rome, Italy
- December 2022 Participant at the 13th IG-IBD National Congress, acceptance as a poster of the abstract titled "*Iron-deficiency refractory anemia (IDRA) in Sardinian Inflammatory Bowel Disease patients: a longitudinal observational study.*", Riccione (RN), Italy
- March 2019 Participant at the 25th FISMAD National Congress in Gastroenterology, acceptance as a poster of the abstract titled "*Comparative efficacy of vedolizumab and adalimumab as second line therapy in ulcerative colitis patients previously treated with infliximab.*", Roma, Italy

Authorization for the Processing of Personal Data

I authorize the processing of personal data contained in my curriculum vitae in accordance with Article 13 of Legislative Decree 196/2003 and Article 13 of EU Regulation 2016/679 regarding the protection of natural persons with regard to the processing of personal data.

Date:

21/02/2026

