

Curriculum Vitae

Prof. Marcantonio Spada

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BIOGRAPHICAL SUMMARY

I am a Chartered Psychologist with over 20 years' experience spanning academia, psychological therapy, coaching and corporate training.

I am currently appointed Professor of Addictive Behaviours and Mental Health in the School of Applied Sciences at London South Bank University where I am the Deputy Lead of the Centre for Addictive Behaviours Research and Course Director of the MSc Addiction Psychology and Counselling. In addition, I serve as both Editor-in-Chief of Addictive Behaviors and Addictive Behaviors Reports, as Chair of the Board of Trustees of UK SMART Recovery, and as a Director of SMART Recovery International.

As an academic and researcher, I have made a significant contribution to the field of psychological theory and therapy through the development of new metacognitive models and interventions for addictive behaviours, cyberchondria, procrastination and self-critical rumination. The British Psychological Society awarded me a Fellowship (its highest designation) in recognition of this body of work.

More recently, I have co-conceptualised (with Professor Ana V. Nikčević) the psychological construct of the COVID-19 anxiety syndrome.

For more than 20 years I have also been working, in both private practice and in community mental health settings, as a psychological therapist specialising in both Cognitive Behaviour Therapy and Metacognitive Therapy.

Over the same time period I have accrued extensive experience of coaching individuals and delivering corporate training aimed at enhancing work performance and improving wellbeing.

ACADEMIC APPOINTMENTS

Professor of Addictive Behaviours and Mental Health

Division of Psychology, School of Applied Sciences, London South Bank University, London, UK
12/2013 – present

- Course Director MSc Addiction Psychology and Counselling (07/2021 – present)
- Deputy Lead of the Centre for Addictive Behaviours Research (08/2017 – present)
 - Support of the centre lead in all activities related to strategy and management of the centre
 - Lead on marketing and communication
- Director of Student Recruitment for the School of Applied Sciences (09/2020 – 07/2021)
 - Lead on admissions, recruitment, outreach, and widening participation
 - Chair of the School Admissions, Marketing and Communication Advisory Group (09/2020 – 07/2021)
 - Member of the School Management Committee and University Research Committee (09/2020 – 07/2021)
- Head of the Division of Psychology (04/2015 – 06/2020)
 - Lead on the delivery of academic, operational, and financial budgeting (£5.0m) and targets for the division
 - Line management of 30 FTE staff
 - Chair of the School Admissions, Marketing and Communication Advisory Group (04/2015 – 04/2017)
 - Member of the School Management Committee and University Research Committee (04/2015 – 06/2020)
- Head of Centre for Research in Psychology (03/2014 – 07/2015)
 - Lead on strategic planning of research groupings within the Division of Psychology
 - Lead on the management of the centre's budget (£200K)

Professor of Psychological Therapies and Consultant and Trust Lead in Cognitive Behaviour Therapy

Division of Mental Health and Learning Disabilities, School of Health and Social Care, London South Bank University, and North East London NHS Foundation Trust, London, UK
08/2009 – 11/2013

- Course Director MSc Cognitive Behaviour Therapy (CBT)
- Head of Scholarly and Research Activities for the Division of Mental Health
- Lead on the development and implementation of the CBT strategy for the Trust

Senior Lecturer and then Principal Lecturer in Psychology

Department of Psychology, University of Roehampton, London, UK
11/2005 – 08/2009

- Course Director MSc Applied Psychological Research
- Senate Representative of Academic Staff for the School of Human and Life Sciences

Lecturer, Senior Lecturer and then Principal Lecturer in Psychology

School of Psychology, London Metropolitan University, London, UK
09/2002 – 11/2005

- Course Director MSc Cognitive Behaviour Therapy

CONSULTANCY APPOINTMENTS

Director

SMART Recovery International, Mentor, Ohio, USA

09/2020 – present

Chair of the Board of Trustees

UK SMART Recovery, Manchester, UK

03/2020 – present

Visiting Professor of Psychology

Dipartimento di Psicologia, Sigmund Freud University, Milan, Italy / Vienna, Austria

01/2016 – present

Trustee

GambleAware, London, UK

09/2018 – 09/2021

- Member of the Education and Treatment Committee (09/2018 – 09/2021)

- Member of the Research and Evaluation Committee (09/2018 – 09/2021)

- Member of the Safer Gambling Campaign Board (09/2018 – 09/2021)

Visiting Researcher

Department of Psychology, Institute of Psychiatry, Psychology & Neuroscience, King's College, London, UK

07/2014 – 06/2020

Trustee

UK SMART Recovery, Manchester, UK

02/2015 – 02/2020

Working Group on the Development of Guidance for Use by Psychological Therapists when Working with Clients Taking (or Withdrawing from) Prescribed Drugs

All-Party Parliamentary Group (APPG) for Prescribed Drug Dependence, United Kingdom Parliament, London, UK

01/2018 – 06/2019

- Co-chair of the Withdrawal Evidence and Pragmatics Tranche (06/2018 – 06/2019)

- Member of the Implication for Therapeutic Practice Tranche (01/2018 – 06/2019)

CLINICAL APPOINTMENTS

Consultant Cognitive Behaviour Therapy Practitioner

Efficacy, London, UK

10/2011 – present

Consultant Cognitive Behaviour Therapy Practitioner

Community Alcohol and Drugs Service, Borough of Brent, London, UK

09/2008 – 10/2012

Cognitive Behaviour Therapy Practitioner

Cognitive Behaviour Therapy Consultancy, London, UK

09/2001 – 09/2011

Consultant Cognitive Behaviour Therapy Practitioner

Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK

05/2005 – 08/2007

Alcohol Counsellor and Cognitive Behaviour Therapy Practitioner

City and Hackney Alcohol Service, Borough of Hackney, London, UK

03/1999 – 10/2003

Cognitive Behaviour Therapy Practitioner

CBT Unit, University College London and Camden and Islington NHS Trust, London, UK

09/1999 – 12/2000

CORPORATE TRAINING

Delivery of talks, webinars, and workshops aimed at enhancing work performance and improving wellbeing

Efficacy, London, UK

01/2016 – present

OTHER PROFESSIONAL EXPERIENCE

Equity Analyst

J.P. Morgan Securities, London, UK

01/1997 – 08/1997

Equity Researcher

Mercury Asset Management, London, UK

09/1994 – 12/1996

EDUCATION

Diploma Level 1 in Metacognitive Therapy

Metacognitive Therapy Institute, Trondheim, Norway and Manchester, UK
03/2014 – 12/2015

PhD in Clinical Psychology entitled 'Metacognition and Problem Drinking'

Supervisor: Professor Adrian Wells
School of Psychological Sciences, University of Manchester, Manchester, UK
01/2002 – 12/2006

PgCert in Learning and Teaching in Higher Education

Centre for Academic and Professional Development, London Metropolitan University, London, UK
09/2002 – 11/2003

MA in Psychology of Education

Institute of Education, University College London, London, UK
09/1999 – 11/2001

PgDip in Cognitive Behavioural Psychotherapy

Department of Psychiatry and Behavioural Sciences, University College London, London, UK
09/1999 – 11/2000

MSc (Econ) in Industrial Relations and Personnel Management

Department of Industrial Relations, London School of Economics and Political Science, London, UK
09/1993 – 11/1994

BSc (Hons) in Sociology and Philosophy

Departments of Sociology and Philosophy, University of Bristol, Bristol, UK
09/1990 – 07/1993

MEMBERSHIPS OF PROFESSIONAL ORGANISATIONS

Registered Metacognitive Therapy Practitioner

Metacognitive Therapy Institute, Manchester, UK
01/2016 – present

Chartered Psychologist (Division of Academics, Researchers and Teachers) and Fellow of the British Psychological Society (092687)

British Psychological Society, Leicester, UK
05/2006 – present; 02/2020 – present

Fellow (29646)

Advance Higher Education, York, UK
05/2005 – present

Accredited Cognitive Behaviour Therapy Practitioner (007376)

British Association for Behavioural and Cognitive Psychotherapies, Bury, UK

06/2003 – present

Registered Psychotherapist (313450)

United Kingdom Council for Psychotherapy, London, UK

09/2003 – 09/2013

TEACHING EXPERTISE

Clinical Psychology; Cognitive Behaviour Therapy; Metacognitive Therapy; Personality and Individual Differences; Psychology of Addictive Behaviours.

RESEARCH SUPERVISION

BSc research projects: over 80 completions; MSc dissertations: over 30 completions.

Doctoral theses:

- [DT8] Palmieri, S. (PhD; 2018 – present). Metacognition in Binge Eating Disorder (First Supervisor).
- [DT7] Sapuppo, W. (PhD; 2016 – present). Modelling metacognition in anorexia nervosa (First Supervisor).
- [DT6] Fernie, B. A. (PhD; 2021). Metacognition, distress, and Parkinson's disease (Second Supervisor).
- [DT5] Martino, F. (PhD; 2021). Desire thinking and craving across the continuum of problem drinking (First Supervisor).
- [DT4] Kolubinski, D. (PhD; 2019). Metacognitions about self-critical rumination and their effect on self-esteem and acute distress (First Supervisor).
- [DT3] Marino, C. (PhD; 2018). Lost in Facebook: Individual and social correlates of problematic Facebook use in adolescents and young adults (Third Supervisor).
- [DT2] Caselli, G. (PhD; 2013). A metacognitive model of craving (First Supervisor).
- [DT1] Fernie, B. A. (PsychD; 2007). A preliminary metacognitive model of procrastination (First Supervisor).

EXAMINATION EXPERIENCE

MSc in Clinical Psychology: Stewart, L. (2013) Queensland University of Technology; PhD in Psychology: Throuvala, M. (2021) Nottingham Trent University; Cook, S. (2015) University of Liverpool; Johnson, H. L. (2015) London South Bank University; Perryman, C. (2015) University of Queensland; Lawrence, J. (2014) London South Bank University; Beer, N. (2011) London Metropolitan University; PsychD in Counselling Psychology: Kissell, K. (2018) University of Roehampton; Postgraduate programmes: MSc in Clinical Applications of Psychology, Newman University College (2009 – 2012); MSc in Cognitive Behaviour Therapy, London Metropolitan University (2008 – 2012).

EDITORIAL AND REVIEWING EXPERIENCE

Editorial Board Member

Clinical Psychology & Psychotherapy, Wiley, London, UK
06/2021 – present

Editor-in-Chief

Addictive Behaviors, Elsevier, Oxford, UK
01/2018 – present

Editorial Board Member

Journal of Behavioral Addictions, Akademiai, Budapest, Hungary
05/2016 – present

Editorial Board Member

Journal of Rational-Emotive & Cognitive-Behavior Therapy, Springer, London, UK
01/2016 – present

Editor-in-Chief and Founder

Addictive Behaviors Reports, Elsevier, Oxford, UK
11/2014 – present

Reviewer for International Scientific Journals

09/2002 – present

Acta Psychologica (1); Addiction (1); Addiction Research & Theory (2); Addictive Behaviors (34); Addictive Behaviors Reports (3); Aggressive Behavior (1); American Journal of Men's Health (1); Anxiety, Stress & Coping (2); Behavior Therapy (2); Behaviour Research and Therapy (1); Behavioural and Cognitive Psychotherapy (7); BMC Psychiatry (1); BMC Psychology (1); BMJ Open (1); British Journal of Health Psychology (1); Clinical Neuropsychiatry (1); Clinical Psychologist (3); Clinical Psychology & Psychotherapy (13); Cognitive Behaviour Therapy (1); Cognitive Neuropsychiatry (1); Cognitive Therapy and Research (2); Comprehensive Psychiatry (5); Computers in Human Behavior (3); Consciousness and Cognition (1); Current Psychology (1); Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity (1); European Journal of Pain (1); European Journal of Psychological Assessment (3); European Psychologist (1); Expert Review of Neurotherapeutics (1); Frontiers in Psychiatry (1); Frontiers in Psychology (3); General Psychiatry (1); Health and Quality of Life (1); Human Behavior and Emerging Technologies (1); International Journal of Cognitive Therapy (1); International Journal of Geriatric Psychiatry (1); Journal of Abnormal Child Psychology (1); Journal of Affective Disorders (6); Journal of Anxiety Disorders (1); Journal of Behavior Therapy and Experimental Psychiatry (2); Journal of Behavioral Addictions (2); Journal of Clinical Psychiatry (1); Journal of Clinical Psychology (1); Journal of Educational Psychology (2); Journal of Experimental Psychopathology (1); Journal of Mental Health (1); Journal of Obsessive-Compulsive and Related Disorders (2); Journal of Psychiatric Research (2); Journal of Psychopathology and Behavioural Assessment (2); Journal of Psychosomatic Research (1); Journal of Psychotherapy Integration (1); Journal of Rational-Emotive & Cognitive-Behavior Therapy (3); Mental Health & Prevention (1); Motivation and Emotion (1); Neuroscience & Biobehavioral Reviews (1); Nordic Journal of Psychiatry (1); Personality and Individual Differences (21); Personality Disorders: Theory, Research, and Treatment (1); PLOS ONE (1); Psicoterapia Cognitivo e Comportamentale (2); Psychiatry Research (10); Psychological Medicine (1); Psychological Reports (2); Psychological Trauma: Theory, Research, Practice, and Policy (1); Psychology and Psychotherapy (1); Psychology of Addictive Behaviors (1); Psychopharmacology (1); Scandinavian Journal of Psychology (3); Social Science Computer Review (2); Substance Use and Misuse (1).

Guest Editor with Professor Dr Lorra Garey and Professor Michael Zvolensky

Special issue: 'Third Wave Cognitive and Behavioural Therapies for Addictive Behaviours: Mechanisms, Moderators, and Treatment Development and Outcome'

Addictive Behaviors, Elsevier, Oxford, UK

11/2018 – 01/2020 (published 02/2020)

Associate Editor

Addictive Behaviors, Elsevier, Oxford, UK

09/2014 – 12/2017

Guest Editor with Professor Roy Baumeister and Professor Antony Moss

Special issue: 'Free will and Addictive Behaviours'

Addictive Behaviors Reports, Elsevier, Oxford, UK

10/2015 – 12/2016 (published 01/2017)

Guest Editor with Professor Ian Albery and Professor Antony Moss

Special issue: 'Contemporary Perspectives on Cognition in Addictive Behaviors'

Addictive Behaviors, Elsevier, Oxford, UK

03/2014 – 12/2014 (published 05/2015)

Editorial Board Member

Addictive Behaviors, Elsevier, Oxford, UK

03/2014 – 08/2014

RESEARCH FUNDING AWARDED

Spada, M. M. & Milia, C. (2020). Gambling prevalence rates in the UK: International comparisons. **£1,000.** *GambleAware*, London, UK.

Spada, M. M. & Milia, C. (2020). Synthesis report for the Bet Regret Campaign. **£1,000.** *GambleAware*, London, UK.

Moss, A. C., Frings, D., Vangeli, E., Albery, I. P. & **Spada, M. M.** (2016 – 2017). Acceptability and feasibility of Alcohol Identification and Brief Advice (IBA) interventions for London university students. **£9,783.** *South London Innovation and Diffusion Awards*, London, UK.

Spada, M. M., Caselli, G., Albery, I. P., Frings, D. & Moss, A. C. (2014 – 2015). Does desire thinking influence psychological challenge and physiological reactivity under conditions of stress? **£3,430.** *Centre for Research in Psychology, School of Applied Sciences, London South Bank University*, London, UK.

Frings, D., **Spada, M. M.** & Albery, I. P. (2014 – 2015). Does attention training affect states of challenge and threat under stress? **£4,020.** *Centre for Research in Psychology, School of Applied Sciences, London South Bank University*, London, UK.

Spada, M. M. & McLaren, S. (2011 – 2013). The emotional assessment of patients with spinal cord injury. **£74,000.** *Royal National Orthopaedic Hospital NHS Trust*, London, UK.

Doocey, J. & Spada, M. M. (2010 – 2012). Reintegration Project. £10,000. *Irish Fund for Great Britain*, London, UK.

Doocey, J. & Spada, M. M. (2009 – 2011). Alcohol and Drugs Awareness Service – Building motivation for change in homeless people with alcohol and drugs problems. £43,000. *Pilgrim Trust*, London, UK.

AWARDS, HONOURS AND PROFESSIONAL RECOGNITIONS

Member of the Scientific Committee, 7th International Conference on Behavioral Addictions, Nottingham, UK (2022).

Invited keynote talk entitled 'Metacognition in addictive behaviours: A 20-year overview', 50th Annual Congress of the European Association for Behavioural and Cognitive Therapies, Belfast, Northern Ireland, UK (2021).

Invited keynote talk entitled 'Cyberchondria: Fuelling anxiety through surfing the web, social media use and news consumption', Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies London Branch, London, UK (2020).

Invited keynote talk entitled 'Desire thinking: A new target in the treatment of sexual addiction and compulsivity?', Annual Conference of the Association for the Treatment of Sexual Addiction and Compulsivity, London, UK (2020).

Invited keynote talk entitled 'Metacognitive Therapy for Alcohol Use Disorder', National Conference of the Norwegian Association for Cognitive and Behavioral Therapy, Oslo, Norway (2019).

Invited keynote talk entitled 'Desire thinking: A new target in the treatment of Alcohol Use Disorder', National Conference of the Norwegian Association for Cognitive and Behavioral Therapy, Oslo, Norway (2019).

Invited keynote talk entitled 'The role of metacognitive beliefs in predicting problem gambling: A review', Conference on Current Advances in Gambling Research: Gambling Research in the UK, London, UK (2019).

Invited keynote talk entitled 'New directions for the treatment of problem drinking: Targeting metacognitive change', International Conference on Addiction and Associated Disorders, London, UK (2019).

Member of the Scientific Committee, 4th International Conference on Metacognitive Therapy, Prague, Czech Republic (2019).

Invited panel discussant on 'Diversity in Research', 6th GambleAware Conference, London, UK (2018).

Invited keynote talk entitled 'Repetitive negative thinking in problematic alcohol use', 3rd National Conference of UK SMART Recovery, Stoke-on-Trent, UK (2018).

Invited to join the All-Party Parliamentary Group (APPG) for Prescribed Drug Dependence, United Kingdom Parliament, London, UK (2018).

Invited keynote talk entitled 'Metacognition in behavioural addictions', 5th International Conference on Behavioural Addictions, Cologne, Germany (2018).

Invited keynote talk entitled 'SMART Recovery: A growing evidence base', 2nd National Conference of UK SMART Recovery, London, UK (2018).

Selected to become Editor-in-Chief of 'Addictive Behaviors', Elsevier, Oxford, UK (2017).

Member of the Scientific Committee, 4th International Conference on Behavioral Addictions, Haifa, Israel (2017).

Invited keynote talk entitled 'New directions in the CBT approach to the treatment of alcohol problems', New Directions in the Study of Alcohol Group Conference, Weston-Super-Mare, UK (2017).

Invited keynote talk entitled 'You cannot crave less by desiring more', 1st National Conference of UK SMART Recovery, Stoke-on-Trent, UK (2016).

Chair of the symposium entitled 'Metacognitions and the CAS in addictive behaviours', 3rd International Conference on Metacognitive Therapy, Milan, Italy (2016).

Invited keynote talk entitled 'Metacognition in addictive behaviours: The present and beyond', 3rd International Conference on Metacognitive Therapy, Milan, Italy (2016).

Member of the Scientific Committee, 3rd International Conference on Metacognitive Therapy, Milan, Italy (2016).

Nominated for the Spearman Medal by Professor Adrian Wells, British Psychological Society, Leicester, UK (2014).

Invited to found a new international peer reviewed journal, 'Addictive Behaviors Reports' and become its Editor-in-Chief, Elsevier, Oxford, UK (2014).

Winner of the Trainer of the Year Award, Health Education North Central and East London Quality Awards, London, UK (2013).

Nominated for the Excellence in Multi-professional Education and Training Award, Health Education North Central and East London Quality Awards, London, UK (2013).

Invited keynote talk entitled 'A triphasic metacognitive formulation of problem drinking', 2nd International Conference on Metacognitive Therapy, Manchester, UK (2013).

Member of the Scientific Committee, 2nd International Conference on Metacognitive Therapy, Manchester, UK (2013).

Chair of the symposium entitled 'Metacognitive processes in addictive behaviours', 1st International Conference on Metacognitive Therapy, Manchester, UK (2011).

Member of the Scientific Committee, 1st International Conference on Metacognitive Therapy, Manchester, UK (2011).

Winner of the Psychotherapy Article Prize, Psychotherapy Faculty, Royal College of Psychiatrists, London, UK (2009).

JOURNAL ARTICLES¹

Key journal article data (June 2021)	
Total articles (Published, in press and in revision)	168
Total citations	6338
Average citations per article	38
H-index	45
I-10 index	115
Articles on new psychometric measures	21
Articles employing experimental designs	15
Articles investigating clinical populations	40
Articles on the development of new models	6
Articles on systematic reviews/meta-analyses	8

In revision or In press

- [AIR] Albery, I. P., **Spada, M. M.** & Nikčević, A. V. (2021). The COVID-19 anxiety syndrome and selective attentional bias towards COVID-19-related stimuli in UK residents during the 2020-2021 pandemic. *Clinical Psychology & Psychotherapy*. In revision.
- [AIR] Aydın, O., Balıkçı, K., Sönmez, I., Ünal-Aydın, P. & **Spada, M. M.** (2021). Examining the roles of cognitive flexibility, emotion recognition and metacognitions in adult Attention Deficit and Hyperactivity Disorder with predominantly inattentive presentation. *Clinical Psychology & Psychotherapy*. In revision.
- [AIR] Airoldi, S., Kolubinski, D. C., Nikčević, A. V. & **Spada, M. M.** (2021). The relative contribution of health cognitions and metacognitions about health anxiety to Cyberchondria. *Journal of Clinical Psychology*. In revision.
- [AIP] Bottesi, G., Marino, C., Vieno, A., Ghisi, M. & **Spada, M. M.** (2021). Psychological distress in the context of the COVID-19 pandemic: The joint contribution of intolerance of uncertainty and cyberchondria. *Psychology and Health*. In press.
- [AIP] **Spada, M. M.**, Nikčević, A. V., Kolubinski, D. C., Offredi, A., Giuri, S., Gemelli, A., Brugnoni, A., Ferrari, A. & Caselli, G. (2021). Metacognitions, rumination, and worry in Personality Disorder. *Journal of Affective Disorders*. In press.
- [AIP] Fearn, M., Marino, C., **Spada, M. M.** & Kolubinski, D. C. (2021). Self-critical rumination and associated metacognitions as mediators between perfectionism and self-esteem. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*. In press.

¹ For a Google Scholar citations overview go to: <http://scholar.google.co.uk/citations?user=NydK-ZsAAAAJ&hl=en>.

- [AIP] Akbari, M., **Spada, M. M.**, Nikčević, A. V. & Zamani, E. (2021). The relationship between fear of COVID-19 and health anxiety among families with COVID-19 infected: The mediating role of metacognitions, intolerance of uncertainty, and emotion regulation. *Clinical Psychology & Psychotherapy*. Published electronically 10th of June 2021.
- [AIP] Casale, S., Musicò, A. & **Spada, M. M.** (2021). A systematic review of metacognitions in Internet Gaming Disorder and problematic Internet, smartphone, and social networking sites use. *Clinical Psychology & Psychotherapy*. Published electronically 30th of March 2021.
- [AIP] Palmieri, S., Mansueto, G., Ruggiero, G. M., Caselli, G., Sassaroli, S. & **Spada, M. M.** (2021). Metacognitive beliefs across eating disorders and eating behaviors: A systematic review. *Clinical Psychology & Psychotherapy*. Published electronically 19th of February 2021.
- [AIP] Solem, S., Pedersen, H., Nesse, F., Garvik Janssen, A., Ottesen Kennair, L. E., Hagen, R., Havnen, A., Hjemdal, O., Caselli, G. & **Spada, M. M.** (2020). Validity of a Norwegian version of the Desire Thinking Questionnaire: Associations with problem drinking, nicotine dependence, and problematic social media use. *Clinical Psychology & Psychotherapy*. Published electronically 22nd of October 2020.
- [AIP] Kolubinski, D., Nikčević, A. V. & **Spada, M. M.** (2020). The effect of state and trait self-critical rumination on acute distress: An experimental investigation. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*. Published electronically 7th of October 2020.

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- [A157] Akbari, M., Bahadori, M. H., Mohammadkhani, S., Nikčević, A. V., Kolubinski, D. C. & **Spada, M. M.** (2021). A discriminant analysis model of psychosocial predictors of Problematic Internet Use and Cannabis Use Disorder in University students. *Addictive Behaviors Reports*, 14, 100354.
- [A156] Akbari, M., Hossein Bahadori, M., Bouruki Milan, B. & **Spada, M. M.** (2021). Metacognitions as a predictor of online gaming in adolescents: Psychometric properties of the Metacognitions about Online Gaming Scale among Iranian adolescents. *Addictive Behaviors*, 118, 106904.
- [A155] Albery, I. P. & **Spada, M. M.** (2021). Does alcohol-related desire thinking predict in-the-moment drinking behaviours? *Addictive Behaviors*, 118, 106899.
- [A154] Caselli, G., Marino, C. & **Spada, M. M.** (2021). Modelling online gaming metacognitions: The role of time spent gaming in predicting problematic Internet use. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 39(2), 172-182.

- [A153] Palmieri, S., Gentile, N., Da Ros, A. & **Spada, M. M.** (2021). Profiling metacognition in Binge Eating Disorder. *Journal of Rational-Emotive & Cognitive-Behavior Therapy. Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 39(2), 163-171.
- [A152] Palmieri, S., Mansueto, G., Scaini, S., Caselli, G., Sapuppo, W., **Spada, M. M.**, Sassaroli, S. & Ruggiero, G. M. (2021). Repetitive negative thinking and Eating Disorders: A meta-analysis of the role of worry and rumination. *Journal of Clinical Medicine*, 10(11), 2448.
- [A151] Milia, C., **Spada, M. M.** & Kolubinski, D. (2021). The effects of self-critical rumination on shame and stress: An experimental study. *Behavioural and Cognitive Psychotherapy*, 49(3), 272-286.
- [A150] Efrati, Y., Kolubinski, D. C., Marino, C. & **Spada, M. M.** (2021). Modelling the contribution of metacognitions, impulsiveness, and thought suppression to behavioural addictions in adolescents. *International Journal of Environmental Research and Public Health*, 18(7), 3820.
- [A149] Marci, T., Marino, C., Sacchi, C., Xiaoyu, L. & **Spada, M. M.** (2021). Problematic Internet use in early adolescence: The role of attachment and negative beliefs about worry. *Journal of Behavioral Addictions*, 10(1), 194-200.
- [A148] Caselli, G., Gemelli, A., Ferrari, C., Beltrami, D., Offredi, A., Ruggiero, G. M., Sassaroli, S. & **Spada, M. M.** (2020). The effect of desire thinking on facilitating beliefs in Alcohol Use Disorder: An experimental investigation. *Clinical Psychology & Psychotherapy*, 28(2), 355-363.
- [A147] Ünal-Aydın, P., Obuca, F., Güçlü, M., Aydın, O. & **Spada, M. M.** (2021). The role of metacognitions and emotion recognition in problematic SNS use among adolescents. *Journal of Affective Disorders*, 282, 1-8.
- [A146] Nikčević, A. V., Marino, C., Kolubinski, D. C., Leach, D. & **Spada, M. M.** (2021). Modelling the contribution of the Big Five personality traits, health anxiety, and COVID-19 psychological distress to generalised anxiety and depressive symptoms during the COVID-19 pandemic. *Journal of Affective Disorders*, 279, 578-584.
- [A145] Albery, I. P., Nosa, S., **Spada, M. M.** & Frings, D. (2021). Differential identity components relate to dimensions of problematic Facebook use. *Computers in Human Behavior Reports*, 3, 100057.
- 2020**
- [A144] Aydın, O., Güçlü, M., Ünal-Aydın, P. & **Spada, M. M.** (2020). Metacognitions and emotion recognition in Internet Gaming Disorder among adolescents. *Addictive Behaviors Reports*, 12, 100296.

- [A143] Albery, I. P., Michalska, M., Moss, A. C. & **Spada, M. M.** (2020). Selective attentional bias to food-related stimuli in healthy individuals with characteristics towards orthorexia nervosa. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 25, 1225-1233.
- [A142] Nikčević, A. V. & **Spada, M. M.** (2020). The COVID-19 Anxiety Syndrome Scale: Psychometric properties and initial validation. *Psychiatry Research*, 292, 113322.
- [A141] Efrati, Y., Kolubinski, D., Caselli, G. & **Spada, M. M.** (2020). Desire thinking as a predictor of compulsive sexual behaviour in adolescents: Evidence from a cross-cultural validation of the Hebrew version of the Desire Thinking Questionnaire. *Journal of Behavioral Addictions*, 9(3), 797-807.
- [A140] Marino, C., Canale, N., Vieno, A., Caselli, G., Scacchi, L. & **Spada, M. M.** (2020). Social anxiety and Internet gaming disorder: The role of motives and metacognitions. *Journal of Behavioral Addictions*, 9(3), 617-628.
- [A139] Garrey, L., Zvolensky, M. J. & **Spada, M. M.** (2020). Third Wave Cognitive and Behavioural Processes and Therapies for Addictive Behaviours: An Introduction to the Special Issue. *Addictive Behaviors*, 108, 106465.
- [A138] Marino, C., Vieno, A., Fergus, T., Bottesi, G., Ghisi, M. & **Spada, M. M.** (2020). Testing the Italian version of the Cyberchondria Severity Scale and a metacognitive model of Cyberchondria. *Clinical Psychology & Psychotherapy*, 27(4), 581-596.
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- [A28] Cermakova, L., Moneta, G. B. & **Spada, M. M.** (2010). Dispositional flow as a mediator of the relationships between attentional control and approaches to studying during academic examination preparation. *Educational Psychology*, 30(5), 495-51.
- [A27] Caselli, G., Ferretti, C., Leoni, M., Rebecchi, D., Rovetto, F. & **Spada, M. M.** (2010). Rumination as a predictor of drinking behaviour: a prospective study. *Addiction*, 105(6), 1041-1048.
- [A26] Caselli, G., Bortolai, C., Leoni, M., Rovetto, F. & **Spada, M. M.** (2010). Aspettative, credenze metacognitive e uso di alcool. *Psicoterapia Cognitiva e Comportamentale*, 16(1), 25-38.
- [A25] **Spada, M. M.**, Georgiou, G. & Wells, A. (2010). The relationship among metacognitions, attentional control and state anxiety. *Cognitive Behaviour Therapy*, 39(1), 64-71.

2009

- [A24] Fernie, B. A., **Spada, M. M.**, Nikčević, A. V., Georgiou, G. & Moneta, G. B. (2009). Metacognitive beliefs about procrastination: development and concurrent validity of a self-report questionnaire. *Journal of Cognitive Psychotherapy*, 23(4), 283-293.

- [A23] **Spada, M. M.** & Wells, A. (2009). A metacognitive model of problem drinking. *Clinical Psychology & Psychotherapy*, 16(5), 383-393.
- [A22] **Spada, M. M.**, Caselli, G. & Wells, A. (2009). Metacognitions as a predictor of drinking status and level of alcohol use following CBT in problem drinkers: a prospective study. *Behaviour Research and Therapy*, 47(10), 882-886.
- [A21] Moneta, G. B. & **Spada, M. M.** (2009). Coping as a mediator of the relationships between trait intrinsic and extrinsic motivation and approaches to studying during academic exam preparation. *Personality and Individual Differences*, 46(5-6), 664-669.
- [A20] Karas, D. & **Spada, M. M.** (2009). Brief cognitive-behavioural coaching for procrastination: a case series. *Coaching: An International Journal of Theory, Research and Practice*, 2(1), 44-53.
- [A19] Isa Alfaraj, A. M. A., **Spada, M. M.**, Nikčević, A. V., Puffett, A. & Meer, S. (2009). Positive beliefs about rumination in depressed and non-depressed pregnant women: a preliminary investigation. *Journal of Reproductive and Infant Psychology*, 27(1), 54-60.

2008

- [A18] Caselli, G., Bortolai, C., Leoni, M., Rovetto, F. & **Spada, M. M.** (2008). Rumination in problem drinkers. *Addiction Research & Theory*, 16(6), 564-571.
- [A17] **Spada, M. M.**, Nuamah, F., Luty, J. & Nikčević, A. V. (2008). Changes in alcohol expectancies before and after inpatient chemical detoxification for alcohol dependence. *Addictive Disorders & Their Treatment*, 7(3), 157-162.
- [A16] **Spada, M. M.**, Langston, B., Nikčević, A. V. & Moneta, G. B. (2008). The role of metacognitions in problematic internet use. *Computers in Human Behavior*, 24(5), 2325-2335.
- [A15] **Spada, M. M.**, Mohiyeddini, C. & Wells, A. (2008). Measuring metacognitions associated with emotional distress: factor structure and predictive validity of the Metacognitions Questionnaire 30. *Personality and Individual Differences*, 45(3), 238-242.
- [A14] Fernie, B. A. & **Spada, M. M.** (2008). Metacognitions about procrastination: a preliminary investigation. *Behavioural and Cognitive Psychotherapy*, 36(3), 359-364.
- [A13] Nikčević, A. V. & **Spada, M. M.** (2008). Metacognitions across the continuum of smoking dependence. *Behavioural and Cognitive Psychotherapy*, 36(3), 333-339.
- [A12] **Spada, M. M.**, Nikčević, A. V., Moneta, G. B. & Wells, A. (2008). Metacognition, perceived stress, and negative emotion. *Personality and Individual Differences*, 44(5), 1172-1181.

- [A11] **Spada, M. M.** & Wells, A. (2008). Metacognitive beliefs about alcohol use: development and validation of two self-report scales. *Addictive Behaviors*, 33(4), 515-527.

2007

- [A10] **Spada, M. M.**, Moneta, G. B. & Wells, A. (2007). The relative contribution of metacognitive beliefs and expectancies to drinking behaviour. *Alcohol and Alcoholism*, 42(6), 567-574.
- [A09] **Spada, M. M.**, Zandvoort, M. & Wells, A. (2007). Metacognitions in problem drinkers. *Cognitive Therapy and Research*, 31(5), 709-716.
- [A08] **Spada, M. M.**, Nikčević, A. V., Moneta, G. B. & Wells, A. (2007). Metacognition as a mediator of the relationship between emotion and smoking dependence. *Addictive Behaviors*, 32(10), 2120-2129.
- [A07] Moneta, G. B., **Spada, M. M.** & Rost, F. (2007). Approaches to studying when preparing for final exams as a function of coping strategies. *Personality and Individual Differences*, 43(1), 191-202.
- [A06] Nikčević, A. V., Kramolisova-Advani, J. & **Spada, M. M.** (2007). Early childhood experiences and current emotional distress: what do they tell us about aspiring psychologists? *The Journal of Psychology: Interdisciplinary and Applied*, 141(1), 25-34.

2006

- [A05] **Spada, M. M.**, Nikčević, A. V., Moneta, G. B. & Ireson, J. (2006). Metacognition as a mediator of the effect of test anxiety on a surface approach to studying. *Educational Psychology*, 26(5), 615-624.
- [A04] **Spada, M. M.**, Hiou, K. & Nikčević, A. V. (2006). Metacognitions, emotions, and procrastination. *Journal of Cognitive Psychotherapy*, 20(3), 319-326.
- [A03] **Spada, M. M.** & Wells, A. (2006). Metacognitions about alcohol use in problem drinkers. *Clinical Psychology & Psychotherapy*, 13(2), 138-143.

2005

- [A02] **Spada, M. M.** & Wells, A. (2005). Metacognitions, emotion and alcohol use. *Clinical Psychology & Psychotherapy*, 12(2), 150-155.

2004

- [A01] **Spada, M. M.** & Moneta, G. B. (2004). Ethnicity as a moderator of the relationship between negative emotions and alcohol use in British Asian and White university students. *Journal of Ethnicity in Substance Abuse*, 3(4), 75-83.

BOOK CHAPTERS

2021

- [C07] Mansueto, G., Caselli, G. & **Spada, M. M.** (2021). Metacognitive Therapy for Alcohol Use Disorder: Theoretical Foundations and Treatment Principles. In D. Frings & Ian P. Albery (Eds.), *The Handbook of Alcohol Use: Understandings from Synapse to Society*. Oxford, UK: Elsevier.

2015

- [C06] **Spada, M. M.** (2015). Dipendenza da Internet (Internet Addiction). *IX Appendice dell'Enciclopedia Italiana di Scienze, Lettere ed Arti*. Rome, Italy: Istituto dell'Enciclopedia Italiana.
- [C05] Ezzamel, S., **Spada, M. M.** & Nikčević, A. V. (2015). Cognitive-behavioural case formulation in the treatment of a complex case of social anxiety disorder and substance misuse. In M. H. Bruch (Ed.), *Beyond Diagnosis: Case Formulation in Cognitive-Behavioural Psychotherapy*. London, UK: Wiley.

2013

- [C04] **Spada, M. M.**, Proctor, D., Caselli, G. & Strodl, E. (2013). Metacognition in substance misuse. In P. Miller (Ed.), *Principles of Addiction: Comprehensive Addictive Behaviors and Disorders, Volume 1*. Oxford, UK: Elsevier.

2012

- [C03] **Spada, M. M.**, Caselli, G. & Wells, A. (2012). The metacognitive therapy approach to problem drinking. In S. Hayes & M. Levin (Eds.), *Mindfulness and Acceptance for Addictive Behaviors: Applying Contextual CBT to Substance Abuse and Behavioral Addictions*. New York, USA: New Harbinger.

2008

- [C02] Caselli, G., Leoni, M., Rovetto, F. & **Spada, M. M.** (2008). Metacognizioni, attività desiderante e comportamento criminale. In F. Rovetto (Ed.), *Psicologia Giuridica: Crimini Sessuali e Attivita' Peritale*. Parma, Italy: Santa Croce.

2006

- [C01] **Spada, M. M.** (2006). Cognitive-behavioural case formulation in the treatment of alcohol problems. In A. V. Nikčević, A. Kuczmierczyk & M. H. Bruch (Eds.), *Formulation and Treatment in Clinical Health Psychology*. London, UK: Routledge.

BOOKS

In preparation

- [B06] **Spada, M. M. & Caselli, G.** (in preparation). *Metacognition in Addictive Behaviours: Theoretical Foundations and Clinical Applications*. London, UK: Springer.

2017

- [B05] **Spada, M. M.** (2017). *Overcoming Alcohol Misuse*. Second Edition. Colchester, UK: Constable & Robinson.
- [B04] **Spada, M. M.** (2017). *An Introduction to Sensible Alcohol Use*. Second Edition. Colchester, UK: Constable & Robinson.

2011

- [B03] **Spada, M. M.** (2011). *An Introduction to Sensible Drinking*. Colchester, UK: Constable & Robinson.

2010

- [B02] **Spada, M. M.** (2010). *Cognitive Behavioural Therapy for Problem Drinking: a Practitioner's Guide*. London, UK: Routledge.

2006

- [B01] **Spada, M. M.** (2006). *Overcoming Problem Drinking: a Self-help Guide Using Cognitive Behavioural Techniques*. Colchester, UK: Constable & Robinson.

REPORTS

2020

- [R03] Milia, C., **Spada, M. M.** & Moss, A. C. (2020). *BetRegret Synthesis Report*. London, UK: GambleAware.

2019

- [R02] Rizq, R., Bond, T., Guy, A., Murphy, D., Sams, P., **Spada, M. M.** & Whitney, G. (2019). Implications for therapeutic practice. In A. Guy, J. Davies & R. Rizq (Eds.), *Guidance for Psychological Therapists: Enabling Conversations with Clients Taking or Withdrawing from Prescribed Psychiatric Drugs*. London, UK: All-Party Parliamentary Group (APPG) for Prescribed Drug Dependence, United Kingdom Parliament.

- [R01] Read, J., Davies, J., Montagu, L., **Spada, M. M.** & Frederick, B. (2019). What do we know about withdrawal? In A. Guy, J. Davies & R. Rizq (Eds.), *Guidance for Psychological Therapists: Enabling Conversations with Clients Taking or Withdrawing from Prescribed Psychiatric Drugs*. London, UK: All-Party Parliamentary Group (APPG) for Prescribed Drug Dependence, United Kingdom Parliament.

PRESENTATIONS

2021

- [P102] **Spada, M. M.** (2021). Metacognition in addictive behaviours: Invited Talk, *Department of Psychology/Psykologisk Institutt, University of Oslo, Oslo, Norway*.
- [P101] Nikčević, A. V., Distaso, W. & **Spada, M. M.** (2021). A cross-continental examination of the COVID-19 anxiety syndrome, COVID-19 anxiety, and psychological distress. Oral Paper, *50th Annual Congress of the European Association for Behavioural and Cognitive Psychotherapies, Belfast, Northern Ireland, UK*.
- [P100] **Spada, M. M.** (2021). Metacognition in addictive behaviours: A 20-year overview. Invited Keynote Talk, *50th Annual Congress of the European Association for Behavioural and Cognitive Psychotherapies, Belfast, Northern Ireland, UK*.
- [P99] **Spada, M. M.** (2021). The role of metacognitions in technological addictions. Invited Talk, *Summer School, Dipartimento di Psicologia dello Sviluppo e della Socializzazione, Università di Padova, Padova, Italy*.
- [P98] Caselli, G., Martino, F., **Spada, M. M.** & Wells, A. (2021). Metacognitive Therapy for Alcohol Use Disorder: A systematic case series. Oral Paper, *10th International Congress of Cognitive Psychotherapy, Rome, Italy*.
- [P97] Marino, C., Marci, T., Sacchi, C., Lan, X, Caselli, G., Altoè, G., Simonelli, A., Vieno, A. & **Spada, M. M.** (2021). Problematic Internet Use in early adolescence: the role of negative metacognitions and attachment. Oral Paper, *10th International Congress of Cognitive Psychotherapy, Rome, Italy*.
- [P96] **Spada, M. M.** (2021). Metacognitive Therapy: An introduction. Invited Talk, *Department of Health Sciences, Section of Psychology, Università di Firenze, Firenze, Italy*.

2020

- [P95] **Spada, M. M.** (2020). Cyberchondria: Fuelling anxiety through surfing the web, social media use and news consumption. Invited Keynote Talk, *Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies London Branch, London, UK*.

- [P94] **Spada, M. M.** (2020). Desire thinking: A new target in the treatment of sexual addiction and compulsivity. Invited Keynote Talk, *Annual Conference of the Association for the Treatment of Sexual Addiction and Compulsivity*, London, UK.

2019

- [P93] **Spada, M. M.** (2019). Metacognitive Therapy for Alcohol Use Disorder. Invited Keynote Talk, *National Conference of the Norwegian Association for Cognitive and Behavioral Therapy*, Oslo, Norway.
- [P92] **Spada, M. M.** (2019). Desire thinking: A new target in the treatment of Alcohol Use Disorder. Invited Keynote Talk, *National Conference of the Norwegian Association for Cognitive and Behavioral Therapy*, Oslo, Norway.
- [P91] **Spada, M. M.** (2019). The role of metacognitive beliefs in predicting problem gambling: A review. Invited Keynote Talk, *Conference on Current Advances in Gambling Research: Gambling Research in the UK*, London, UK.
- [P90] Alma-Uzuntuna, L., Yilmaz, A. E. & **Spada, M. M.** (2019). Psychometric properties of two scales in Turkish: Desire Thinking Questionnaire (DTQ) and Metacognitions about Desire Thinking Questionnaire (MDTQ). Poster, *16th European Congress of Psychology*, Moscow, Russia.
- [P89] Alma-Uzuntuna, L., Yilmaz, A. E. & **Spada, M. M.** (2019). Psychometric properties of the Positive Alcohol Metacognitions Scale (PAMS) and the Negative Alcohol Metacognitions Scale (NAMS) in a Turkish population. Oral Paper, *16th European Congress of Psychology*, Moscow, Russia.
- [P88] **Spada, M. M.** (2019). New directions for the treatment of problem drinking: Targeting metacognitive change. Invited Keynote, *International Conference on Addiction and Associated Disorders*, London, UK.
- [P87] Caselli, G., Martino, F., **Spada, M. M.** & Wells, A. (2019). Metacognitive Therapy for Alcohol Use Disorder: A systematic case series. Invited Symposium Paper, *4th International Conference on Metacognitive Therapy*, Prague, Czech Republic.
Martino, F., Caselli, G., Fiabane, E., Felicetti, F., Menchetti, M., Mezzaluna, C.,
- [P86] Sassaroli, S., Trevisani, C., Albery, I. P. & **Spada, M. M.** (2019). Desire thinking as a predictor of relapse of drinking status following treatment for Alcohol Use Disorder: A prospective study. Invited Symposium Paper, *4th International Conference on Metacognitive Therapy*, Prague, Czech Republic.
- [P85] **Spada, M. M.** (2019). Metacognitive Therapy: An introduction. Invited Talk, *Dipartimento di Psicologia dello Sviluppo e della Socializzazione, Università di Padova*, Padova, Italy.

2018

- [P84] **Spada, M. M.** (2018). Diversity in Research. Invited Panel Discussant, *6th GambleAware Conference*, London, UK.
- [P83] **Spada, M. M.** (2018). Repetitive negative thinking in problematic alcohol use. Invited Keynote Talk, *3rd National Conference of UK SMART Recovery*, Stoke-on-Trent, UK.
- [P82] Caselli, G., Martino, F., **Spada, M. M.** & Wells, A. (2018). Terapia Metacognitiva per il Disturbo da Uso di Alcool: Una serie di casi. Oral Paper, *19^o Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Verona, Italy.
- [P81] Martino, F., Caselli, G., Felicetti, F., Fiabane, E., Lo Sterzo, E., Sassaroli, S., Mezzalua, C. & **Spada, M. M.** (2018). Il Pensiero Desiderante come predittore di craving e del consumo di alcool: Uno studio longitudinale su popolazione clinica e volontari sani. Oral Paper, *19^o Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Verona, Italy.
- [P80] Marino, C., Caselli, G., Lenzi, M., Vieno, A., Nikčević, A. V. & **Spada, M. M.** (2018). La regolazione emotive e il pensiero desiderante nell'uso problematico di Facebook in un campione di utenti adulti. Oral Paper, *19^o Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Verona, Italy.
- [P79] Marino, C., Gini, G. & **Spada, M. M.** (2018). Problematic Internet use and internalizing problems in adolescents: The role of rumination and co-rumination. Poster Presentation, *European Association for Research on Adolescence Conference*, Ghent, Belgium.
- [P78] Marino, C., Caselli, G., Lenzi, M., Vieno, A., Nikčević, A. V. & **Spada, M. M.** (2018). Emotion regulation and desire thinking as predictors of problematic Facebook use. Invited Symposium Paper, *5th International Conference on Behavioral Addictions*, Cologne, Germany.
- [P77] **Spada, M. M.** (2018). Metacognition in behavioural addictions. Invited Keynote Talk, *5th International Conference on Behavioral Addictions*, Cologne, Germany.
- [P76] **Spada, M. M.** (2018). SMART Recovery: A growing evidence base. Invited Keynote Talk, *2nd National Conference of UK SMART Recovery*, London, UK.

2017

- [P75] Fernie, B. A., Brown, R. G. & **Spada, M. M.** (2017). Predictors of momentary distress in Parkinson's disease: An ecological momentary assessment study. Oral Paper, *47th Congress of the European Association for Behavioural and Cognitive Therapies*, Ljubljana, Slovenia.

- [P74] Alma, L., Yilmaz-Samanci, A. Y., Nikčević, A. V., Caselli, G. Fernie, B. A. & **Spada, M. M.** (2017). Metacognitions about smoking as a predictor of smoking beyond negative emotions, smoking expectancies and the Big 5 in a Turkish sample. Oral Paper, *15th European Congress of Psychology*, Amsterdam, Netherlands.
- [P73] Marino, C., Gini, G. & **Spada, M. M.** (2017). Peer victimization and adolescents' adjustment and well-being: The role of metacognitions. Oral Paper, *World Anti-Bullying Forum*, Stockholm, Sweden.
- [P72] **Spada, M. M.** (2017). New directions in the CBT approach to the treatment of alcohol problems. Invited Keynote Talk, *New Directions in the Study of Alcohol Group Conference*, Weston-Super-Mare, UK.
- [P71] **Spada, M. M.** & Caselli, G. (2017). The metacognitive model of problem drinking. Invited Talk, *Dipartimento di Scienze Biomediche e Neuromotorie, Universita' di Bologna*, Bologna, Italy.
- [P70] **Spada, M. M.** (2017). An introduction to Metacognitive Therapy and its application to addictive behaviours. Invited Talk, *Dipartimento di Psicologia dello Sviluppo e della Socializzazione, Universita' di Padova*, Padova, Italy.

2016

- [P69] **Spada, M. M.** (2016). You cannot crave less by desiring more. Invited Keynote Talk, *1st National Conference of UK SMART Recovery*, Stoke-on-Trent, UK.
- [P68] Martino, F., Caselli, G., Ceci, G., Felicetti, F., Mezzaluna, C., Rampioni, M., Romanelli, P., Troiani, L., Sassaroli, S. & **Spada, M. M.** (2016). Desire thinking as a prospective predictor of binge drinking. Poster, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P67] Austin, S., Mors, O., Nordentoft, M., Hjorthøj, C., Secher, R. G., Hagen, R., **Spada, M. M.** & Wells, A. (2016). Schizophrenia and metacognition: An investigation of course of illness and metacognitive beliefs within a first episode psychosis. Poster, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P66] Manfredi, C., Caselli, G., Ferraris, A., Vinciullo, F. & **Spada, M. M.** (2016). Desire thinking as a mediator of the relationship between novelty seeking and craving. Poster, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P65] Canfora, F., Caselli, G., Ruggiero, G. M., Sassaroli, S. Albery, I. P. & **Spada, M. M.** (2016). Desire thinking mediates the relationship between emotional intolerance and problem drinking. Oral Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.

- [P64] Gandini, F., **Spada, M. M.**, Caselli, G., Fernie, B. A., Manfredi, C., Boccaletti, F., Dallari, G., Pinna, E., Ruggiero, G. M. & Sassaroli, S. (2016). Desire thinking: A risk factor for binge eating? Oral Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P63] Caselli, G., Gemelli, A., **Spada, M. M.**, & Wells, A. (2016). Detached mindfulness versus cue-exposure in alcohol use disorder: A preliminary study of effects on distress and urge to use alcohol. Oral Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P62] Offredi, A., Caselli, G., Martino, F., Varalli, D. Ruggiero, G. M., Sassaroli, S. & **Spada, M. M.** (2016). Metacognitions as a predictor of anger: A prospective study. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P61] **Spada, M. M.**, Fernie, B. A. & Nikčević, A. V. (2016). The Metacognitions about Symptoms Control Scale. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P60] Fernie, B. A., Brown, R. G. & **Spada, M. M.** (2016). The role of metacognitions in Parkinson's Disease. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P59] Nikčević, A. V., Fernie, B. A., Wells, A. & **Spada, M. M.** (2016). Metacognitions as predictors of treatment outcome in Chronic Fatigue Syndrome. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P58] Caselli, G. & **Spada, M. M.** (2016). A test of a metacognitive model of desire thinking and craving. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P57] **Spada, M. M.**, Fernie, B. A., Giustina, L., Rolandi, S. & Caselli, G. (2016). Profiling metacognition in gambling disorder. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P56] Nikčević, A. V., Caselli, G., Wells, A. & **Spada, M. M.** (2016). The Metacognitions about Smoking Questionnaire. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P55] **Spada, M. M.** (2016). Metacognition in addictive behaviours: The present and beyond. Invited Keynote Talk, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.

2015

- [P54] Fernie, B. A., Brown, R. G. & **Spada, M. M.** (2015). The role of metacognitions in Parkinson's Disease. Oral Paper, *Division of Health Psychology Annual Conference*, London, UK.
- [P53] Sassaroli, S., Caselli, G., **Spada, M. M.** & Ruggiero, G. M. (2015). From standard CBT to worry, rumination and control focused interventions for eating disorders. Oral Paper, *20th Annual Conference of the Israeli Association for Eating Disorders*, Jerusalem, Israel.
- [P52] Ruggiero, G. M., Sapuppo, W., Caselli, G., **Spada, M. M.** & Sassaroli, S. (2015). Reviewing cognitive treatment for eating disorders: From standard CBT efficacy to worry, rumination and control focused interventions. Oral Paper, *45th Congress of the European Association for Behavioural and Cognitive Therapies*, Jerusalem, Israel.
- [P51] Ruggiero, G. M., Sapuppo, W., Caselli, G., **Spada, M. M.** & Sassaroli, S. (2015). Dalla terapia cognitiva standard agli interventi di processo su controllo e rimuginio per i disturbi alimentari. Oral Paper, *Centro di Scienza Cognitiva, Università e Politecnico di Torino*, Torino, Italy.
- [P50] Frings, D., Albery, I. P., Moss, A. C. & **Spada, M. M.** (2015). Bar-labs but no booze: The (pouring) taste preference task. Oral Paper, *Conference on Emerging Methods in Addiction Research*, London South Bank University, London, UK.

2014

- [P49] **Spada, M. M.** (2014). A metacognitive model of problem drinking. Invited Talk, *Regional Supervisors Clinical Psychology Doctoral Programme, University of Bath*, Bath, UK.
- [P48] Gemelli, A., Caselli, G. & **Spada, M. M.** (2014). Esposizione metacognitiva: Test di una nuova tecnica di intervento nei disturbi da uso di alcool. Invited Symposium Paper, *15° Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Genova, Italy.
- [P47] Caselli, G. & **Spada, M. M.** (2014). Modello metacognitivo di craving e di dipendenze patologiche. Invited Symposium Paper, *15° Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Genova, Italy.
- [P46] Caselli, G. & **Spada, M. M.** (2014). An empirical test of a metacognitive model of craving. Invited Symposium Paper, *44th Congress of the European Association for Behavioural and Cognitive Therapies*, The Hague, Netherlands.
- [P45] Caselli, G. & **Spada, M. M.** (2014). A preliminary metacognitive model of craving. Invited Symposium Paper, *Workshop on Experimental Psychopathology – Università la Sapienza*, Rome, Italy.

2013

- [P44] **Spada, M. M.** (2013). Rumination and worry: relevance to primary health care practice. Invited Seminar, *Efficacy and Nuffield Health at the Royal Society of Medicine*, London, UK.
- [P43] Caselli, G. & **Spada, M. M.** (2013). Modello metacognitivo di craving e dipendenze patologiche. Invited Symposium Paper, *1° Congresso Nazionale su Metacognizione e Intervento Clinico*, Rimini, Italy.
- [P42] **Spada, M. M.** (2013). Using SPSS to analyse data from a simple questionnaire-based study. Invited Practice Seminar, *Faculty of Health and Social Care, London South Bank University*, London, UK.
- [P41] **Spada, M. M.** (2013). Setting up and running a simple questionnaire-based study. Invited Practice Seminar, *Faculty of Health and Social Care, London South Bank University*, London, UK.
- [P40] Austin, S. F., Mors, O., Hagen, R., Hesse, M., Wells, A., **Spada, M. M.**, Secher, R. G., Hjorthoj, C. & Nordentoft, M. (2013). Schizophrenia and metacognition: An investigation of course of illness and metacognitive beliefs and processes within a first episode psychosis cohort, 10 years after diagnosis. Invited Symposium Paper, *2nd International Conference on Metacognitive Therapy*, Manchester, UK.
- [P39] Caselli, G. & **Spada, M. M.** (2013). The Metacognitions about Desire Thinking Questionnaire (MCDTQ): Development and psychometric properties. Poster, *2nd International Conference on Metacognitive Therapy*, Manchester, UK.
- [P38] **Spada, M. M.** (2013). A triphasic metacognitive formulation of problem drinking. Invited Keynote Talk, *2nd International Conference on Metacognitive Therapy*, Manchester, UK.

2012

- [P37] Lindberg, A., Fernie, B. A. & **Spada, M. M.** (2012). Metacognitions and problem gambling. Invited Symposium Paper, *40th Conference of the British Association for Behavioural and Cognitive Psychotherapies*, Leeds, United Kingdom.
- [P36] Soliani, M., Caselli, G. & **Spada, M. M.** (2012). Effetto del pensiero desiderante nell'esperienza di craving. Invited Symposium Paper, *XVI Congresso Società Italiana di Terapia Comportamentale e Cognitiva*, Rome, Italy.
- [P35] Nigro, N., Caselli, G. & **Spada, M. M.** (2012). Pensiero desiderante e dipendenze patologiche. Invited Symposium Paper, *XVI Congresso Società Italiana di Terapia Comportamentale e Cognitiva*, Rome, Italy.

- [P34] Caselli, G. & **Spada, M. M.** (2012). Desire Thinking across the continuum of drinking behavior. Invited Symposium Paper, *42nd Congress of the European Association for Behavioural and Cognitive Therapies*, Geneva, Switzerland.
- [P33] Rogaten, J., Moneta, G. B. & **Spada, M. M.** (2012). A trait-state model of strategic approach to studying in university students. Invited Symposium Paper, *3rd International Conference on Education and Educational Psychology*, Istanbul, Turkey.
- [P32] Rogaten, J., Moneta, G. B. & **Spada, M. M.** (2012). A trait-state model of strategic approach to studying in university students. Invited Symposium Paper, *6th European Conference of Positive Psychology*, Moscow, Russia.
- [P31] **Spada, M. M.** (2012). Beyond Cognitive Behaviour Therapy: Metacognitive Therapy. Invited Research Seminar, *Faculty of Health and Social Care, London South Bank University*, London, UK.

2011

- [P30] Rogaten, J., Moneta, G. B. & **Spada, M. M.** (2011). Academic performance as a function of approaches to studying and affect in studying across semester phases. Invited Symposium Paper, *Annual Conference of the British Psychological Society, Education Section*, Preston, UK.
- [P29] Caselli, G. & **Spada, M. M.** (2011). The role of metacognitive processes in desire thinking. Invited Symposium Paper, *41st Congress of the European Association for Behavioural and Cognitive Therapies*, Reykjavik, Iceland.
- [P28] Nikčević, A. V. & **Spada, M. M.** (2011). The role of metacognition in smoking. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.
- [P27] Caselli, G. & **Spada, M. M.** (2011). The role of metacognitive processes in desire thinking. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.
- [P26] **Spada, M. M.**, Moneta, G. B. & Wells, A. (2011). The relative contribution of metacognitive beliefs and expectancies to drinking behaviour. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.
- [P25] **Spada, M. M.**, Caselli, G. & Wells, A. (2011). Metacognitions as a predictor of drinking status and level of alcohol use following CBT in problem drinkers: a prospective study. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.

- [P24] **Spada, M. M.**, Maher-Edwards, L., Fernie, B. A., Murphy, G., Wells, A. & Nikčević, A. V. (2011). Metacognitions and negative emotions as predictors of severity of symptoms in chronic fatigue syndrome. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.

2010

- [P23] Manfredi, C., Caselli, G., Rebecchi, D., Rovetto, F., Ruggiero G. M., Sassaroli, S. & **Spada, M. M.** (2010). Temperament and parental styles as predictors of ruminative brooding and worry. Invited Symposium Paper, *15^o Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Milan, Italy.
- [P22] Nikčević, A. V., **Spada, M. M.** & Isa Alfaraj, A. M. A. (2010). Positive beliefs about rumination in depressed and non-depressed pregnant women: a preliminary investigation. Poster, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P21] Fernie, B. A., **Spada, M. M.**, Nikčević, A. V., Georgiou, G. & Moneta, G. B. (2010). Metacognitive beliefs about procrastination: development and concurrent validity of a self-report questionnaire. Poster, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P20] Caselli, G., Manfredi, C., Rebecchi, D., Rovetto, F., Ruggiero, G. M., Sassaroli, S. & **Spada, M. M.** (2010). Temperament, parental bonding and metacognitions as predictors of rumination and worry. Invited Symposium Paper, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P19] **Spada, M. M.**, Caselli, G. & Wells, A. (2010). Metacognitions as a predictor of drinking status and level of alcohol use following CBT in problem drinkers: a prospective study. Invited Symposium Paper, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P18] Nikčević, A. V. & **Spada, M. M.** (2010). Metacognitions about smoking: a preliminary investigation. Invited Symposium Paper, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P17] Cermakova, L., Moneta, G. B. & **Spada, M. M.** (2010). Dispositional flow as a mediator of the relationships between attentional control and approaches to studying during academic examination preparation. Oral Paper, *5th European Conference on Positive Psychology*, Copenhagen, Denmark.

2009

- [P16] **Spada, M. M.** (2009). Establishing an evidence-based community alcohol and drugs service in Brent. Invited Talk, *Evidence Based Practice Conference, North East London NHS Foundation Trust*, London, UK.

- [P15] **Spada, M. M.** & Doocey, J. (2009). Community engagement by an alcohol and drugs service Invited Talk, *Alcohol Practitioners' Forum, Drugscope*, London, UK.
- [P14] Caselli, G., Ferretti, C., Leoni, M., Rebecchi, D., Rovetto, F. & **Spada, M. M.** (2009). Rumination as a predictor of relapse in alcohol abuse. Oral Paper, *7th European Conference of the Society for Psychotherapy Research*, Bolzano, Italy.
- [P13] Caselli, G., Ferretti, C., Leoni, M., Rebecchi, D., Rovetto, F. & **Spada, M. M.** (2009). Rumination as a predictor of relapse in alcohol abuse. Invited Symposium Paper, *39th Congress of the European Association for Behavioural and Cognitive Therapies*, Dubrovnik, Croatia.

2008

- [P12] **Spada, M. M.**, Caselli, G., Bortolai, C., Leoni, M. & Rovetto, F. (2008). Metacognizioni, ruminazione e uso di alcol: nuove prospettive teoriche e cliniche. Oral Paper, *7^o Congresso Nazionale della Società per la Ricerca in Psicoterapia*, Modena, Italy.
- [P11] Caselli, G., Ruggiero, G. M. & **Spada, M. M.** (2008). Trattamento focalizzato su craving e ruminazione in disturbi da abuso di alcol. Un caso singolo. Poster, *7^o Congresso Nazionale della Società per la Ricerca in Psicoterapia*, Modena, Italy.
- [P10] Caselli, G., Bortolai, C., Leoni, M., Rovetto, F. & **Spada, M. M.** (2008). Rumination as a predictor of problem drinking. Oral Paper, *38th Congress of the European Association for Behavioural and Cognitive Therapies*, Helsinki, Finland.
- [P09] Caselli, G., Bortolai, C., Leoni, M., Rovetto, F. & **Spada, M. M.** (2008). Alcohol expectancies, metacognitive beliefs and alcohol use. Oral Paper, *6th International Congress of Cognitive Psychotherapy*, Rome, Italy.

2007

- [P08] Nikčević, A. V., **Spada, M. M.**, Moneta, G. B. & Wells, A. (2007). Metacognition, stress, and emotion. Poster, *5th World Congress of Behavioural and Cognitive Therapies*, Barcelona, Spain.
- [P07] Nikčević, A. V., **Spada, M. M.**, Moneta, G. B. & Wells, A. (2007). Metacognition, emotion, and smoking dependence. Poster, *5th World Congress of Behavioural and Cognitive Therapies*, Barcelona, Spain.
- [P06] **Spada, M. M.**, Moneta, G. B. & Wells, A. (2007). The relative contribution of metacognitive beliefs and expectancies to drinking behaviour. Poster, *5th World Congress of Behavioural and Cognitive Therapies*, Barcelona, Spain.

- [P05] **Spada, M. M.** (2007). A metacognitive model and therapy for problem drinking. Invited Research Seminar, *School of Human and Life Sciences, Roehampton University*, London, UK.

2006

- [P04] Nikčević, A. V., Kramolisova-Advani, J. & **Spada, M. M.** (2006). Early childhood experiences and current emotional distress: what do they tell us about undergraduates who aspire to become psychologists working in mental health? Invited Research Seminar, *School of Arts and Social Sciences, Kingston University*, Kingston Upon Thames, UK.

2004

- [P03] **Spada, M. M.** & Wells, A. (2004). Metacognitions, alcohol use and problem drinking. Invited Symposium Paper, *34th Congress of the European Association for Behavioural and Cognitive Therapies*, Manchester, UK.

2002

- [P02] **Spada, M. M.** & Ireson, J. (2002). Do surface learners worry more? Invited Symposium Paper, *Annual Conference of the British Psychological Society, Education Section*, London, UK.

2000

- [P01] Prioglio, A. & **Spada, M. M.** (2000). When obsessional thoughts prevent “thinking”: a case formulation approach to a complex case of obsessive-compulsive disorder. Invited Symposium Paper, *30th Congress of the European Association for Behavioural and Cognitive Therapies*, Granada, Spain.

WORKSHOPS

2021

- [W39] **Spada, M. M.** (2021). *Metacognitive Therapy for Addictive Behaviours and Gambling/Gaming – An Introduction to Conceptualisation and Treatment from this Novel Perspective*. Workshop, Dipartimento Dipendenze dell'ULSS6 Euganea, Padova, Italy.
- [W38] **Spada, M. M.** (2021). *Metacognitive Therapy for Alcohol Use Disorder – An Introduction to Conceptualisation and Treatment from this Novel Perspective*. Workshop, Department of Psychology/Psykologisk Institutt, Oslo, Norway.

2020

- [W37] **Spada, M. M.** (2020). *Cyberchondria: Fuelling Anxiety Through Surfing the Web, Social Media Use and News Consumption*. Workshop, British Association for Behavioural and Cognitive Psychotherapies, London, UK.

2019

- [W36] **Spada, M. M.** (2019). *Metacognitive Therapy for Alcohol Use Disorder – An Introduction to Conceptualisation and Treatment from this Novel Perspective*. Workshop, National Conference of the Norwegian Association for Cognitive and Behavioral Therapy, Oslo, Norway.
- [W35] **Spada, M. M.** (2019). *Conceptualisation, Assessment and Interruption of Desire Thinking in Alcohol Use Disorder*. Workshop, National Conference of the Norwegian Association for Cognitive and Behavioral Therapy, Oslo, Norway.
- [W34] **Spada, M. M.** (2019). *Desire Thinking: A New Treatment Target in Addictive Behaviours*. Workshop, International Conference on Addiction and Associated Disorders, London, UK.

2018

- [W33] **Spada, M. M.** (2018). *Tips for Tackling Repetitive Negative Thinking in Problematic Alcohol Use*. Workshop, 3rd National Conference of UK SMART Recovery, Stoke-on-Trent, UK.

2015

- [W32] **Spada, M. M.** (2015). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, Advanced CBT Workshops Programme, University of East Anglia, Norwich, UK.
- [W31] **Spada, M. M.** (2015). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, CBT Workshops Programme, London South Bank University, London, UK.

2014

- [W30] **Spada, M. M.** (2014). *An Introduction to Metacognitive Therapy*. Workshop, Clinical Psychology Doctoral Programme, University of Bath, Bath, UK.
- [W29] **Spada, M. M.** (2014). *Cognitive Behaviour Therapy for Rumination and Worry*. Workshop, The Maudsley Couple and Psychosexual Group, London, UK.

2013

- [W28] **Spada, M. M.** (2013). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, The Maudsley Couple and Psychosexual Group, London, UK.
- [W27] **Spada, M. M.** & Currid, T. J. (2013). *Dual Diagnosis – Intermediate Level*. Workshop, North East London NHS Foundation Trust, London, UK.
- [W26] **Spada, M. M.** (2013). *An Introduction to the Functional Analysis - A Transdiagnostic Problem Conceptualisation Tool*. Workshop, North East London NHS Foundation Trust, London, UK.
- [W25] Currid, T. J. & **Spada, M. M.** (2013). *Dual Diagnosis – Introductory Level*. Workshop, North East London NHS Foundation Trust, London, UK.
- [W24] **Spada, M. M.** (2013). *An Introduction to the Practice of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W23] **Spada, M. M.** (2013). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.
- [W22] **Spada, M. M.** (2013). *An Introduction to the Theory of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.

2012

- [W21] **Spada, M. M.** (2012). *Cognitive Behaviour Therapy for Sensible Drinking*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.

2011

- [W20] **Spada, M. M.** (2011). *Cognitive Behaviour Therapy for Depression*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W19] **Spada, M. M.** (2011). *An Introduction to the Theory and Practice of Metacognitive Therapy*. Workshop, Efficacy Training, University College London, London, UK.
- [W18] **Spada, M. M.** (2011). *Beyond Diagnosis - A Case Formulation Approach to CBT*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W17] **Spada, M. M.** (2011). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, Efficacy Training, Royal Society of Medicine, London, UK.

- [W16] **Spada, M. M.** (2011). *The Functional Analysis in Cognitive Behaviour Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W15] **Spada, M. M.** (2011). *An Introduction to the Practice of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W14] **Spada, M. M.** (2011). *An Introduction to the Theory of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.

2010

- [W13] **Spada, M. M.** (2010). *Cognitive Behaviour Therapy for Social Anxiety Disorder*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W12] **Spada, M. M.** (2010). *Cognitive Behaviour Therapy for Generalised Anxiety Disorder*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W11] **Spada, M. M.** (2010). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W10] **Spada, M. M.** (2010). *Assessment in Cognitive Behaviour Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W09] **Spada, M. M.** (2010). *Developing a Research Proposal*. Workshop, Research and Development Seminars, North East London NHS Foundation Trust, London, UK.

2009

- [W08] **Spada, M. M.** (2009). *CBT for Problem Drinking: Building and Enhancing Motivation for Change*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.
- [W07] **Spada, M. M.** (2009). *CBT for Problem Drinking: Assessment and Formulation*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.

2008

- [W06] **Spada, M. M.** (2008). *CBT for Problem Drinking: Building and Enhancing Motivation for Change*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.

2005

- [W05] **Spada, M. M.** (2005). *Cognitive Behaviour Therapy for Problem Drinking - Assessment 2*. Workshop, Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK.
- [W04] **Spada, M. M.** (2005). *Cognitive Behaviour Therapy for Problem Drinking - Assessment 1*. Workshop, Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK.
- [W03] **Spada, M. M.** (2005). *An Introduction to Cognitive Behaviour Therapy*. Workshop, Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK.

2004

- [W02] **Spada, M. M.** (2004). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, City and Hackney Alcohol Service and the Volunteer Alcohol Counsellors Training Scheme, Borough of Hackney, London, UK.

2003

- [W01] **Spada, M. M.** (2003). *An Introduction to Cognitive Behaviour Therapy*. Workshop, City and Hackney Alcohol Service and the Volunteer Alcohol Counsellors Training Scheme, Borough of Hackney, London, UK.

CORPORATE TRAINING

2021

- [CT44] **Spada, M. M.** (2021). Burnout: Staying clear of booming and busting. Invited Webinar, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.
- [CT43] **Spada, M. M.** (2021). Gaining control over rumination and worry. Invited Webinar, *TAIT*, London, UK.
- [CT42] **Spada, M. M.** (2021). Light at the end of the tunnel: Restoring and preserving mental health as we transition out of lockdown. Invited Webinar, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.
- [CT41] **Spada, M. M.** (2021). Supporting staff's mental health during the pandemic. Invited Webinar, *TAIT*, London, UK.
- [CT40] **Spada, M. M.** (2021). Preserving mental health during the pandemic and lockdown - What can we do? Invited Webinar, *TAIT*, London, UK.

- [CT39] **Spada, M. M.** (2021). Gaining control over rumination and worry. Invited Webinar, *TAIT*, London, UK.
- [CT38] **Spada, M. M.** (2021). Light at the end of the tunnel: Restoring and preserving mental health as we transition out of lockdown. Invited Webinar, *Herbert Smith Freehills*, London, UK.
- [CT37] **Spada, M. M.** (2021). Supporting staff's mental health during the pandemic. Invited Webinar, *MARS*, London, UK.
- [CT36] **Spada, M. M.** (2021). Supporting staff's mental health during the pandemic. Invited Webinar, *TAIT*, London, UK.
- [CT35] **Spada, M. M.** (2021). Preserving mental health during the pandemic and lockdown - What can we do? Invited Webinar, *Herbert Smith Freehills*, London, UK.
- [CT34] **Spada, M. M.** (2021). Preserving mental health during the pandemic and lockdown - What can we do? Invited Webinar, *TAIT*, London, UK.

2020

- [CT33] **Spada, M. M.** (2020). Preserving mental health during the pandemic and lockdown - What can we do? Invited Webinar, *Coller Capital*, London, UK.
- [CT32] **Spada, M. M.** (2020). Supporting staff's mental health during the pandemic. Invited Webinar, *Coller Capital*, London, UK.
- [CT31] **Spada, M. M.** (2020). Supporting staff's mental health during the pandemic. Invited Webinar, *COTY*, London, UK.
- [CT30] **Spada, M. M.** (2020). Preserving mental health during the pandemic and lockdown - What can we do? Invited Webinar, *CBT Clinics and Moving Minds*, London, UK.
- [CT29] **Spada, M. M.** (2020). Understanding mental health and the impact of COVID-19. Invited Webinar, *Doctors Clinic Group*, London, UK.
- [CT28] **Spada, M. M.** (2020). Understanding low mood - The role of rumination, worry and coping styles. Invited Webinar, *Jupiter Asset Management*, London, UK.
- [CT27] **Spada, M. M.** (2020). Procrastination and productivity: How to make the most of your time. Invited Webinar, *Jupiter Asset Management*, London, UK.
- [CT26] **Spada, M. M.** (2020). Gaining control over rumination and worry. Invited Webinar, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.
- [CT25] **Spada, M. M.** (2020). Addictive behaviours: A threat to wellbeing. Invited Webinar, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.

- [CT24] **Spada, M. M.** (2020). Home working during COVID-19: Minimising procrastination and enhancing productivity. Invited Webinar, *CBT Clinics and Moving Minds*, London, UK.
- [CT23] **Spada, M. M.** (2020). Cyberchondria: Fuelling anxiety through surfing the web, social media use and news consumption. Invited Webinar, *BBC Legal Team*, London, UK.
- [CT22] **Spada, M. M.** (2020). The IMMUNE programme - Protecting mental health during COVID-19. Invited Webinar, *Macfarlane*, Coventry, UK.
- [CT21] **Spada, M. M.** (2020). COVID-19 - Mental health impact and staff wellbeing. Invited Webinar, *Macfarlane*, Coventry, UK.
- [CT20] **Spada, M. M.** (2020). COVID-19 - Mental health impact and staff wellbeing. Invited Webinar, *Maitland Medical*, London, UK.
- [CT19] **Spada, M. M.** (2020). COVID-19 Cyberchondria: Fuelling anxiety through surfing the web, social media use and news consumption. Invited Webinar, *CBT Clinics and Moving Minds*, London, UK.
- [CT18] **Spada, M. M.** (2020). COVID-19 Cyberchondria: Fuelling anxiety through surfing the web, social media use and news consumption. Invited Webinar, *NHS*, London, UK.
- [CT17] **Spada, M. M.** (2020). COVID-19 - Mental health impact and staff wellbeing. Invited Webinar, *Pepsi & Co.*, London, UK.
- [CT16] **Spada, M. M.** (2020). Managing worry in uncertain times. Invited Webinar, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.
- [CT15] **Spada, M. M.** (2020). Home working during COVID-19: Minimising procrastination and enhancing productivity. Invited Webinar, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.
- [CT14] **Spada, M. M.** (2020). Managing low mood and depression. Invited Webinar, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.
- [CT13] **Spada, M. M.** (2020). Cyberchondria: Fuelling anxiety through surfing the web, social media use and news consumption. Invited Webinar, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.
- [CT12] **Spada, M. M.** (2020). COVID-19 - Mental health impact and staff wellbeing. Invited Webinar, *Pepsi & Co.*, London, UK.

- [CT11] **Spada, M. M.** (2020). The IMMUNE programme - Protecting mental health during COVID-19. Invited Webinar, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.
- [CT10] **Spada, M. M.** (2020). COVID-19 - Mental health impact and staff wellbeing. Invited Webinar, *QBE Insurance Group Ltd.*, London, UK.
- [CT09] **Spada, M. M.** (2020). COVID-19 - Mental health impact and staff wellbeing. Invited Webinar, *Pepsi & Co.*, London, UK.

2019

- [CT08] **Spada, M. M.** (2019). Tackling procrastination. Invited Workshop, *BBC Legal Team*, London, UK.
- [CT07] **Spada, M. M.** (2019). Gaining control over worry and rumination. Invited Workshop, *BBC Legal Team*, London, UK.
- [CT06] **Spada, M. M.** (2019). Addiction to technology: A threat to well-being. Invited Talk, *BBC Legal Team*, London, UK.
- [CT05] **Spada, M. M.** (2019). Addiction to technology: A threat to well-being. Invited Talk, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.
- [CT04] **Spada, M. M.** (2019). Tackling procrastination. Invited Talk, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.

2018

- [CT03] **Spada, M. M.** (2018). Worry and rumination. Invited Talk, *Linklaters*, London, UK.
- [CT02] **Spada, M. M.** (2018). Worry and rumination. Invited Talk, *CMS Cameron McKenna Nabarro Olswang LLP*, London, UK.

2016

- [CT01] **Spada, M. M.** (2016). Addictive behaviours: A threat to well-being. Invited Talk, *Linklaters*, London, UK.