

# Curriculum Vitae

Birthe Macdonald (Henne), PhD  
Ländernachstrasse 48, 9443 Widnau, Switzerland  
+41 786 744 782  
birthe.macdonald@uzh.ch  
Work Permit Switzerland: B  
DoB: 24.08.1986

## Education

### **Doctoral Researcher, School of Psychology and Clinical Language Sciences, University of Reading, October 2013 – November 2017**

Title: Learned Safety contingent on Cognitive Evaluation. Bridging the Gap between Emotion Regulation and the Extinction of Conditioned Fear.

Supervisor: Professor Tom Johnstone, Dr Tim Salomons, Dr Matthew Whalley

### **MSc in Cognitive Neuroscience, University of Reading, October 2010 – September 2011**

Thesis: The effect of maternal postnatal depression on the neural correlates of memory processing in the young adult offspring.

Supervisors: Dr Sarah Halligan, Professor Tom Johnstone

### **BSc(Hons.) in Psychology, University of Reading, October 2007 – September 2010**

Thesis: The role of internal and external motivation on motor performance.

Supervisor: Professor Tom Johnstone

## Scientific and Data Analysis Consultancy

### **March 2018**

Workshop on scientific working and writing at the University of Liechtenstein. Participants were MBA candidates working on their theses.

### **April 2018 – September 2018**

Support for a Psychology MSc student at Fernuni Hagen through the analysis of her thesis data (questionnaire data, factor analysis, correlation analysis) as well as giving her advice on scientific working and thesis preparation.

### **September 2018**

Freelance work for Statscape data consultancy. Multi-level modelling in R for a project at the University of Bath investigating an intervention about body image in school aged children.

## Research Experience

### **December 2018 – current**

Postdoctoral Researcher at the University of Zurich. Studying how older adults use digital technologies to organise their social lives using an event-based micro-longitudinal design.

Responsibilities: Setting up and coordinating research project, supervising student research assistants, management of data, data analysis. Presentation of results at international conferences

and publication in peer-reviewed journals.  
Principle Investigator: Prof. Dr. Gizem Hülür

### **November 2017 – November 2018**

Honorary research fellow at the University of Reading. Preparing publication of my PhD research and other projects including a combined TMS-fMRI study on the causal role of the vIPFC in the spontaneous and instructed regulation of emotion.

### **April 2013 – July 2013**

Research Assistant at the University of Reading. Investigating the effects of aging and cognitive decline on neural circuits involved in emotion regulation.  
Responsibilities: Participant contact and recruitment, study design, fMRI data collection and analysis.  
Supervisor: Prof. Dr. Carien van Reekum, Collaborator: Dr. Will Lloyd, Dr. Jayne Morriss

### **October 2011 – March 2013**

Research Assistant at the University of Reading. Investigating the causal role of lateral prefrontal cortex (PFC) in the instructed and spontaneous regulation of emotion, using fMRI guided transcranial magnetic stimulation to modify PFC activity.  
Responsibilities: Physiological (SCR and EMG) and fMRI data collection and analysis, and presentation at conferences.  
Supervisor: Prof. Dr. Tom Johnstone, Collaborators: Dr Ignazio Puzzo, Dr Yanbo Hu

### **Publications**

**Macdonald, B.**, Salomons, T., Meteyard, L., & Whalley, M. (2018). Prevalence of pain flashbacks in posttraumatic stress disorder arising from multiple or childhood traumatisation. *Canadian Journal of Pain*, 2(1), 48 – 56, <https://doi.org/10.1080/24740527.2018.1435994>.

Morriss, J., **Macdonald, B.** & van Reekum, C.M. (2016). What is going on around here? Intolerance of uncertainty predicts threat generalization. *PLoS ONE*, 11(5): e0154494.  
<https://doi.org/10.1371/journal.pone.0154494>.

**Macdonald, B.**, Murray, L.B., Moutsiana, C., Fearon, P., Cooper, P.J., Halligan, S.L. & Johnstone, I.T. (2016). Altered engagement of autobiographical memory networks in adult offspring of postnatally depressed mothers. *Biological Psychology*, 118, 147-153,  
<https://doi.org/10.1016/j.biopsycho.2016.05.006>.

### **Submitted**

Hülür, G. & **Macdonald, B.** (submitted). Rethinking Social Relationships in Old Age- Digitalization and the Social Lives of Older Adults. Submission as a Special Issue Article – Adult Development, *American Psychologist*.

Lloyd, W.K., Morriss, J., **Macdonald, B.**, Joanknecht, K., Nihouarn, J., & van Reekum, C. (submitted). Longitudinal change in executive function is associated with impaired top-down frontolimbic regulation during reappraisal in older adults.

### **Preprints**

**Macdonald, B.**, Hoare, S. & Johnstone, I.T. (preprint). Selective Extinction through cognitive Evaluation: Linking emotion regulation and extinction. Preprint available here: <https://doi.org/10.31234/osf.io/cdw92>.

**Macdonald, B.** & Johnstone, I.T. (preprint). Development of a Selective Extinction through Cognitive Evaluation paradigm. Preprint available here: <https://doi.org/10.31234/osf.io/etsb4>.

### **In Preparation**

**Macdonald, B.** & Hülür, G. (in prep.). Probability of internet use in community-dwelling adults. A Cox Proportional Hazards Model.

### **Conference presentations**

2019 – **European Meeting of Human Fear Conditioning**, Würzburg, Germany. Talk entitled *“Cognition and Learned Safety: Where Emotion Regulation and Extinction meet?”*

2016 – **Social and Affective Neuroscience Society**, New York, USA. Poster entitled *“Where Extinction, Cognition, and Reappraisal intersect.”*

2015 – **Reading Emotions**, Reading, UK. Poster entitled *“Reappraising extinction: the role of lateral PFC and vmPFC in emotion regulation.”*

2014 – **Organisation for Human Brain Mapping Annual Meeting**, Hamburg, Germany. Poster entitled *“Effects of maternal postnatal depression on offspring autobiographical memory systems 21 years later.”*

2013 – **Cognitive Neuroscience Society Annual Meeting**, San Francisco, USA. Poster entitled *“Physiological Effects of Thetaburst Stimulation on Instructed and Spontaneous emotion regulation.”*

### **Specialist Training Courses**

2019 – Modern Longitudinal Data Analysis, University of Maryland (Online Attendance)

2015 – Henley Business School course “Making a difference as a leader”

2014 – Oxford University FSL course

2014 – Reading University MATLAB course

2013 – KOSMOS Summer University, “Human Sociality and the Brain”, Humboldt University Berlin

### **Achievements and Awards**

2016 – Travel award from Guarantors of Brain

2014 – Reading University Travel Grant

2013 – 2017 – MRC Doctoral Research Grant

2012 – Travel awards from Guarantors of Brain and Reading University Travel Grant

2010 – Full scholarship for MSc course

2008, 2009 – University of Reading achievement award for high achieving students

### **Skills and Experience**

- Design and Implementation of psychological longitudinal research studies
- Design and Implementation of psychological experimental research studies (EPrime, GPower)
- Programming in MATLAB, R
- Statistical analysis software (SPSS)
- Psychophysiology data collection and analysis (AdInstruments PowerLab, LabChart)
- fMRI data collection and analysis (FSL, MRICRON, AFNI)
- fMRI guided TMS navigation and delivery (Brainsight)

### **Teaching and Supervision**

- 2016 – Statistics lecture 2<sup>nd</sup> year BSc students
- 2013 – 2016 – Assistance in Statistics Workshops, BSc and MSc level
- 2012 – 2016 – Introduction to Neuroscience seminar, MSc level
- 2015 – Supervision MSc thesis Shannon Wake (Hoare). Title: *“Physiological correlates of Extinction through Cognitive Evaluation”*
- 2014 – Supervision BSc thesis Alice Hannam & Sara Lentz. Title: *“Cognitive Evaluation of a Conditioned Response – Behavioural Correlates”*

### **Languages**

- German – Native speaker
- English – Near native, spoken and written
- French – Basic knowledge