

Curriculum Vitae

Prof. Marcantonio Spada

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BIOGRAPHICAL SUMMARY

I am currently appointed Professor of Psychology and Head of the Division of Psychology in the School of Applied Sciences at London South Bank University. I am also a Visiting Researcher at the Institute of Psychiatry, Psychology & Neuroscience, King's College London, a Visiting Professor of Psychology at the Sigmund Freud University Milan, and a Director of UK SMART Recovery. Prior to my current appointment I was Professor of Psychological Therapies in the Division of Mental Health and Learning Disabilities, School of Health and Social Care at London South Bank University, where I directed the MSc in Cognitive Behaviour Therapy and led scholarly and research activities. Before joining London South Bank University I worked in the Department of Psychology at the University of Roehampton, where I directed the MSc in Applied Psychological Research, and in the School of Psychology at London Metropolitan University, where I established and directed the MSc in Cognitive Behaviour Therapy. I have also been working as a cognitive behaviour therapy practitioner (and more recently as a metacognitive therapy practitioner) for community mental healthcare organisations and in private practice for over fifteen years.

My main research focus is on identifying metacognitive factors involved in the development and maintenance of addictive behaviours (alcohol use, drug use, gambling, nicotine use and technology) and psychological distress in health conditions (such as Chronic Fatigue Syndrome and Parkinson's disease). The central aim of this research endeavour is to develop and evaluate new psychological treatments which target metacognitive change.

ACADEMIC AND RESEARCH APPOINTMENTS

Visiting Professor of Psychology

Dipartimento di Psicologia, Sigmund Freud University, Milan, Italy / Vienna, Austria
01/2016 – present

Visiting Researcher

Department of Psychology, Institute of Psychiatry, Psychology & Neuroscience, King's College London, London, UK
09/2014 – present

Professor of Psychology

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

Professor of Psychological Therapies

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

Principal Lecturer in Psychology

Department of Psychology, University of Roehampton, London, UK
09/2007 – 08/2009

Senior Lecturer in Psychology

Department of Psychology, University of Roehampton, London, UK
11/2005 – 08/2007

Principal Lecturer in Psychology

School of Psychology, London Metropolitan University, London, UK
09/2004 – 11/2005

Lecturer and Senior Lecturer in Psychology

School of Psychology, London Metropolitan University, London, UK
09/2002 – 08/2004

Equity Analyst

European Equity Research Team, JP Morgan Securities, London, UK
01/1997 – 08/1997

Equity Researcher

UK and European Fund Management Teams, Mercury Asset Management, London, UK
09/1994 – 12/1996

CONSULTANCY AND CLINICAL APPOINTMENTS

Director

UK SMART Recovery, London, UK

03/2015 – present

Consultant Cognitive Behaviour Therapy Practitioner

Efficacy, London, UK

10/2011 – present

Consultant and Trust Lead in Cognitive Behaviour Therapy

North East London NHS Foundation Trust, London, UK

08/2009 – 11/2013

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

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

Department of Psychology and Human Development, Institute of Education, 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 Associate Fellow (092687)

British Psychological Society, Leicester, UK

05/2006 – *present*; 07/2014 – *present*

Fellow (29646)

Higher Education Academy, 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

ACADEMIC LEADERSHIP IN MANAGEMENT

Chair of the School Admissions, Marketing and Communication Advisory Group

School of Applied Sciences, London South Bank University, London, UK

08/2015 – present

Member of the School Senior Management Team

School of Applied Sciences, London South Bank University, London, UK

04/2015 – present

Head of the Division of Psychology

Division of Psychology, School of Applied Sciences, London South Bank University, London, UK

04/2015 – present

Member of the Senior Staff Team

Division of Psychology, School of Applied Sciences, London South Bank University, London, UK

12/2013 – present

Member of the Senior Staff Team

Division of Mental Health and Learning Disabilities, School of Health and Social Care, London South Bank University, London, UK

09/2009 – 11/2013

Member of the Senior Staff Team

Department of Psychology, University of Roehampton, London, UK

03/2008 – 08/2009

Representative of Academic Staff for the School of Human and Life Sciences

Senate, University of Roehampton, London, UK

09/2007 – 08/2009

ACADEMIC LEADERSHIP IN TEACHING

Member of the School Academic Standards Committee

School of Applied Sciences, London South Bank University, London, UK

08/2015 – present

Course Director of the MSc in Cognitive Behaviour Therapy

Division of Mental Health and Learning Disabilities, School of Health and Social Care, London South Bank University, London, UK

08/2009 – 11/2013

Course Director of the MSc in Applied Psychological Research

Department of Psychology, University of Roehampton, London, UK

01/2008 – 08/2009

Course Director of the MSc in Cognitive Behaviour Therapy

School of Psychology, London Metropolitan University, London, UK

01/2004 – 11/2005

ACADEMIC LEADERSHIP IN RESEARCH

Member of the University Research Committee

London South Bank University, London, UK

10/2015 – present

Co-lead Submission for REF2021 Unit of Assessment for Psychology, Psychiatry and Neuroscience

School of Applied Sciences, London South Bank University, London, UK

08/2015 – present

Member of the School Research and Enterprise Advisory Group

School of Applied Sciences, London South Bank University, London, UK

08/2015 – present

Head of the Centre for Research in Psychology

Division of Psychology, School of Applied Sciences, London South Bank University, London, UK

03/2014 – 07/2015

Member of the School Research Committee

School of Health and Social Care, London South Bank University, London, UK

09/2009 – 11/2013

Head of Scholarly and Research Activities

Division of Mental Health and Learning Disabilities, School of Health and Social Care, London South Bank University, London, UK

09/2009 – 11/2013

Member of the School Ethics Committee

School of Human and Life Sciences, University of Roehampton, London, UK

12/2008 – 08/2009

TEACHING EXPERTISE

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

RESEARCH SUPERVISION EXPERIENCE

BSc research projects: 51 completions; MSc dissertations: 28 completions. Doctoral theses: Sapuppo, W. (PhD; 2016 – present) 'Modelling metacognitive control in eating disorders'; Fernie, B. (PhD; 2014 – present) 'Metacognition, distress and Parkinson's disease'; Kolubinski, D. (PhD; 2014 – present) 'A metacognitive model of self-esteem'; Martino, F. (PhD; 2014 – present) 'An evaluation of metacognitive therapy for problem drinking'; Caselli, G. (PhD; 2013) 'A metacognitive model of craving'; Fernie, B. (PsychD; 2007) 'A preliminary metacognitive model of procrastination'.

EXAMINATION EXPERIENCE

MSc in Clinical Psychology: Stewart, L. (2013) Queensland University of Technology; PhD in Psychology: 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; Postgraduate programmes: MSc in Clinical Applications of Psychology, Newman University College (2009 – 2012); MSc in Cognitive Behaviour Therapy, London Metropolitan University (2008 – 2012).

EDITORIAL EXPERIENCE

Editorial Board Member

Psicoterapia Cognitiva e Comportamentale - Italian Journal of Cognitive and Behavioural Psychotherapy, Erickson, Milan, Italy
03/2016 – present

Editorial Board Member

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

Guest Editor with Professor Roy Baumeister and Dr Antony Moss

Special issue: 'Freewill and Addictive Behaviours'
Addictive Behaviors Reports, Elsevier, Oxford, UK
10/2015 – present (to be published 12/2016)

Editor-in-Chief and Founder

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

Associate Editor

Addictive Behaviors, Elsevier, Oxford, UK

09/2014 – present

Guest Editor with Professor Ian Albery and Dr 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

REVIEWING EXPERIENCE

Reviewer for International Scientific Journals

09/2002 – present

Addiction Research & Theory (2); Addictive Behaviors (23); Addictive Behaviors Reports (2); Aggressive Behavior (1); American Journal of Men's Health (1); Anxiety, Stress & Coping (2); Behaviour Research and Therapy (1); Behavioural and Cognitive Psychotherapy (5); British Journal of Health Psychology (1); Clinical Psychologist (2); Clinical Psychology & Psychotherapy (3); Cognitive Behaviour Therapy (1); Cognitive Neuropsychiatry (1); Cognitive Therapy and Research (2); Comprehensive Psychiatry (3); Computers in Human Behavior (1); Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity (1); European Journal of Psychological Assessment (3); International Journal of Geriatric Psychiatry (1); Journal of Behavior Therapy and Experimental Psychiatry (1); Journal of Behavioral Addictions (1); Journal of Clinical Psychiatry (1); Journal of Clinical Psychology (1); Journal of Educational Psychology (2); Journal of Experimental Psychopathology (1); Journal of Psychopathology and Behavioural Assessment (1); Journal of Rational-Emotive & Cognitive-Behavioral Therapy (2); Neuroscience & Biobehavioral Reviews (1); Nordic Journal of Psychiatry (1); Personality and Individual Differences (20); Personality Disorders: Theory, Research, and Treatment (1); Psicoterapia Cognitivo e Comportamentale (1); Psychiatry Research (3); Psychological Reports (2); Psychopharmacology (1); Scandinavian Journal of Psychology (1); Social Science Computer Review (2).

GRANTS AWARDED

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.

SCHOLARLY RECOGNITION

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).

Invited to found a new international peer reviewed journal 'Addictive Behaviors Reports', Elsevier, Oxford, UK (2014).

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).

HONOURS AND AWARDS

Nominated for Spearman Medal by Professor Adrian Wells, British Psychological Society, Leicester, 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).

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

JOURNAL ARTICLES¹

- [A87] Caselli, G. & **Spada, M. M.** (in press). Desire thinking: A new target for treatment in addictive behaviours? *International Journal of Cognitive Therapy*.
- [A86] Albery, I. P., Wilcockson, T., Frings, D., Moss, A. C., Caselli, G. & **Spada, M. M.** (in press). Examining the relationship between selective attentional bias for food- and body-related stimuli and purging behaviour in bulimia nervosa. *Appetite*.
- [A85] Boldrini, M. P., Caselli, G. & **Spada, M. M.** (in press). Post-Traumatic Stress Disorder, problem gambling and metacognition. *International Journal of Multidisciplinary Trauma Studies*.
- [A84] Smyth, C., **Spada, M. M.**, Coultry-Keane, C. & Ikkos, G. (in press). The Stanmore Nursing Assessment of Psychological Status: Understanding the emotions of spinal cord injury patients. *The Journal of Spinal Cord Medicine*.
- [A83] Fernie, B. A., Wright, T., Caselli, G. & **Spada, M. M.** (in press). Metacognitions as mediators of gender identity-related anxiety. *Clinical Psychology & Psychotherapy*. Published electronically 19th of November 2015.
- [A82] **Spada, M. M.**, Gay, H., Nikčević, A. V., Fernie, B. A. & Caselli, G. (in press). Metacognitive beliefs about worry and pain catastrophizing as mediators between neuroticism and pain behaviour. *Clinical Psychologist*. Published electronically 13th of November 2015.
- [A81] **Spada, M. M.** & Caselli, G. (in press). The Metacognitions about Online Gaming Scale: Development and psychometric properties. *Addictive Behaviors*. Published electronically 20th of July 2015.
- [A80] **Spada, M. M.**, Caselli, G., Fernie, B. A., Nikčević, A. V., Ruggiero, G. M., Boccaletti, F., Dallari, G. & Sassaroli, S. (in press). Metacognitions about desire thinking predict the severity of binge eating in women. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. Published electronically 5th of July 2015.
- [A79] Fernie, B. A., Murphy, G., Wells, A., Nikčević, A. V. & **Spada, M. M.** (in press). Treatment outcome and metacognitive change in CBT and GET for Chronic Fatigue Syndrome. *Behavioural and Cognitive Psychotherapy*. Published electronically 21st of April 2015.
- [A78] Kollmann, J., Gollwitzer, M., **Spada, M. M.** & Fernie, B. A. (2016). The association between metacognitions and the impact of Fibromyalgia in a German sample. *Journal of Psychosomatic Research*, 83, 1-9.
- [A77] Kolubinski, D., Nikčević, A. V., Lawrence, J. & **Spada, M. M.** (2016). The role of metacognition in self-critical rumination: An investigation in individuals presenting with low self-esteem. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 34(1), 73-85.
- [A76] Fernie, B. A., Mckenzie, A-M., Nikčević, A. V., Caselli, G. & **Spada, M. M.** (2016). The contribution of metacognitions and attentional control to decisional procrastination. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 34(1), 1-13.

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

- [A75] Fernie, B. A., **Spada, M. M.**, Chaudhuri, R., Klingelhofer, L. & Brown, R. G. (2015). Thinking about motor fluctuations: An examination of metacognitions in Parkinson's disease. *Journal of Psychosomatic Research*, 79(6), 669-673.
- [A74] Fernie, B. A., Maher-Edwards, L., Murphy, G., Nikčević, A. V. & **Spada, M. M.** (2015). The Metacognitions about Symptoms Control Scale: Development and concurrent validity. *Clinical Psychology & Psychotherapy*, 22(5), 443-449.
- [A73] **Spada, M. M.** (2015). Commentary on Billieux et al.'s article 'Are we overpathologizing everyday life? A tenable blueprint for behavioural addiction research'. *Journal of Behavioral Addictions*, 4(3), 124-125.
- [A72] Sassaroli, S., Centorame, F., Caselli, G., Favaretto, E., Gallucci, M., Sarracino, D., Ruggiero, G. M., **Spada, M. M.** & Rapee, R. (2015). Anxiety control and metacognitive beliefs mediate the relationship between inflated responsibility and obsessive compulsive symptoms. *Psychiatry Research*, 228(3), 560-564.
- [A71] **Spada, M. M.**, Giustina, L., Rolandi, S., Fernie, B. A. & Caselli, G. (2015). Profiling metacognition in gambling disorder. *Behavioural and Cognitive Psychotherapy*, 43(5), 614-622.
- [A70] Gierski, F., **Spada, M. M.**, Fois, E., Picard, A., Naassila, M. & Van der Linden, M. (2015). Positive and negative metacognitions about alcohol use among university students: Psychometric properties of the PAMS and NAMS French versions. *Drug and Alcohol Dependence*, 153, 78-85.
- [A69] **Spada, M. M.**, Caselli, G., Fernie, B. A., Manfredi, C., Boccaletti, F., Dallari, G., Gandini, F., Pinna, E., Ruggiero, G. M. & Sassaroli, S. (2015). Desire thinking: A risk factor for binge eating? *Eating Behaviors*, 18, 48-53.
- [A68] Moss, A. C., **Spada, M. M.**, Harkin, J., Albery, I. P., Rycroft, N. & Nikčević, A. V. (2015). Neknomination: Predictors in a sample of UK university students. *Addictive Behaviors Reports*, 1, 73-75.
- [A67] **Spada, M. M.** & Roarty, A. (2015). The relative contribution of metacognitions and attentional control to the severity of gambling in problem gamblers. *Addictive Behaviors Reports*, 1, 7-11.
- [A66] Caselli, G., Manfredi, C., Ferraris, A., Vinciullo, F. & **Spada, M. M.** (2015). Desire thinking as a mediator of the relationship between novelty seeking and craving. *Addictive Behaviors Reports*, 1, 2-6.
- [A65] **Spada, M. M.** & Miller, P. M. (2015). Editorial for the launch of Addictive Behaviors Reports. *Addictive Behaviors Reports*, 1, 1.
- [A64] Nikčević, A. V., Caselli, G., Wells, A. & **Spada, M. M.** (2015). The Metacognitions about Smoking Questionnaire: Development and psychometric properties. *Addictive Behaviors*, 44, 102-107.
- [A63] Caselli, G. & **Spada, M. M.** (2015). Desire thinking: What is it and what drives it? *Addictive Behaviors*, 44, 71-79.
- [A62] **Spada, M. M.**, Caselli, G., Nikčević, A. V. & Wells, A. (2015). Metacognition in addictive behaviors. *Addictive Behaviors*, 44, 9-15.
- [A61] **Spada, M. M.**, Albery, I. P. & Moss, A. C. (2015). Contemporary perspectives on cognition in addictive behaviors. *Addictive Behaviors*, 44, 1-2.
- [A60] Caselli, G., Canfora, F., Ruggiero, G. M., Sassaroli, S., Albery, I. P. & **Spada, M. M.** (2015). Desire thinking mediates the relationship between emotional intolerance and problem drinking. *International Journal of Mental Health and Addiction*, 13(2), 185-193.

- [A59] Caselli, G. & **Spada, M. M.** (2015). Pensiero desiderante e autocontrollo nelle dipendenze patologiche. *Medicina delle Dipendenze (Italian Journal of the Addictions)*, 5(17), 28-33.
- [A58] Tanwani, P., Fernie, B. A., Nikčević, A. V. & **Spada, M. M.** (2015). A systematic review of treatments for Impulse Control Disorders and related behaviours in Parkinson's Disease. *Psychiatry Research*, 225 (3), 402-406.
- [A57] Austin, S. F., Mors, O., Nordentoft, M., Hjorthøj, C. R., Secher, R. G., Hesse, M., Hagen, R., **Spada, M. M.** & Wells, A. (2015). Schizophrenia and metacognition: An investigation of course of illness and metacognitive beliefs within a first episode of psychosis. *Cognitive Therapy and Research*, 39(1), 61-69.
- [A56] Albery, I. P., Collins, I., Moss, A. C., Frings, D. & **Spada, M. M.** (2015). Habit predicts in-the-moment alcohol consumption. *Addictive Behaviors*, 41(1), 78-80.
- [A55] Frings, D., Eskisan, G., **Spada, M. M.** & Albery, I. P. (2015). Levels of craving influence psychological challenge and physiological reactivity. *Appetite*, 84, 161-165.
- [A54] Nikčević, A. V., Caselli, G., Green, D. M. & **Spada, M. M.** (2014). Negative recurrent thinking as a moderator of the relationship between perceived stress and depressive symptoms. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 32(4), 248-256.
- [A53] **Spada, M. M.**, Caselli, G., Slaifer, M., Nikčević, A. V. & Sassaroli, S. (2014). Desire thinking as a predictor of problematic Internet use. *Social Science Computer Review*, 32(4), 474-483.
- [A52] **Spada, M. M.** & Moneta, G. B. (2014). Metacognitive and motivational predictors of surface approach to studying and academic examination performance. *Educational Psychology*, 34(4), 512-523.
- [A51] Fernie, B. A., Caselli, G., Giustina, L., Donato, G., Marcotriggiani, A. & **Spada, M. M.** (2014). Desire thinking as a predictor of gambling. *Addictive Behaviors*, 39(4), 793-796.
- [A50] **Spada, M. M.** (2014). An overview of problematic Internet use. *Addictive Behaviors*, 39(1), 3-6.
- [A49] Rogaten, J., Moneta, G. B. & **Spada, M. M.** (2013). Academic performance as a function of approaches to studying and affect in studying. *Journal of Happiness Studies*, 14(6), 1751-1763.
- [A48] **Spada, M. M.**, Caselli, G. & Wells, A. (2013). A triphasic metacognitive formulation of problem drinking. *Clinical Psychology & Psychotherapy*, 20(6), 494-500.
- [A47] Caselli, G. & **Spada, M. M.** (2013). The Metacognitions about Desire Thinking Questionnaire: Development and psychometric properties. *Journal of Clinical Psychology*, 69(12), 1284-1298.
- [A46] Caselli, G., Gemelli, A., Querci, S., Lugli, A. M., Canfora, F., Annovi, C., Rebecchi, D., Ruggiero, G. M., Sassaroli, S., **Spada, M. M.** & Watkins, E. R. (2013). The effect of rumination on craving across the continuum of drinking behaviour. *Addictive Behaviors*, 38(12), 2879-2883.
- [A45] Caselli, G., Soliani, M. & **Spada, M. M.** (2013). The effect of desire thinking on craving: an experimental investigation. *Psychology of Addictive Behaviors*, 27(1), 301-306.
- [A44] Maher-Edwards, L., Fernie, B. A., Murphy, G., Nikčević, A. V. & **Spada, M. M.** (2012). Metacognitive factors in chronic fatigue syndrome. *Clinical Psychology & Psychotherapy*, 19(6), 552-557.

- [A43] Caselli, G., Nikčević, A. V., Fiore, F., Mezzaluna, C. & **Spada, M. M.** (2012). Desire thinking across the continuum of nicotine dependence. *Addiction Research & Theory*, 20(5), 382-388.
- [A42] Caselli, G., Ruggiero, G. M., Sassaroli, S. & **Spada, M. M.** (2012). Ruminazione e pensiero desiderante nei disturbi da uso di alcool. *Mission*, 10(34), 32-37.
- [A41] **Spada, M. M.**, Caselli, G., Manfredi, C., Rebecchi, D., Rovetto, F., Ruggiero G. M., Nikčević, A. V. & Sassaroli, S. (2012). Parental overprotection and metacognitions as predictors of worry and anxiety. *Behavioural and Cognitive Psychotherapy*, 40(3), 287-296.
- [A40] Clark, A., Tran, C., Weiss, A., Caselli, G., Nikčević, A. V. & **Spada, M. M.** (2012). Personality and alcohol metacognitions as predictors of levels of alcohol use in binge drinking university students. *Addictive Behaviors*, 37(4), 537-540.
- [A39] Caselli, G., Ferla, M., Mezzaluna, C., Rovetto, F. & **Spada, M. M.** (2012). Desire thinking across the continuum of drinking behaviour. *European Addiction Research*, 18(2), 64-69.
- [A38] Currid, T. J., Tuner, A., Bellefontaine, N. & **Spada, M. M.** (2012). Mental health issues in primary care. *British Journal of Community Nursing*, 17(1), 21-26.
- [A37] **Spada, M. M.** & Moneta, G. B. (2012). A metacognitive-motivational model of surface approach to studying. *Educational Psychology*, 32(1), 45-62.
- [A36] Currid, T. J., Nikčević, A. V. & **Spada, M. M.** (2011). Cognitive Behavioural Therapy and its relevance to nursing. *British Journal of Nursing*, 20(22), 1443-1447.
- [A35] Caselli, G. & **Spada, M. M.** (2011). The Desire Thinking Questionnaire: Development and psychometric properties. *Addictive Behaviors*, 36(11), 1061-1067.
- [A34] Maher-Edwards, L., Fernie, B. A., Murphy, G., Wells, A. & **Spada, M. M.** (2011). Metacognitions and negative emotions as predictors of symptom severity in chronic fatigue syndrome. *Journal of Psychosomatic Research*, 70(4), 311-317.
- [A33] Lindberg, A., Fernie, B. A. & **Spada, M. M.** (2011). Metacognitions in problem gambling. *Journal of Gambling Studies*, 27(1), 73-81.
- [A32] Manfredi, C., Caselli, G., Rebecchi, D., Rovetto, F., Ruggiero G. M., Sassaroli, S. & **Spada, M. M.** (2011). Temperament and parental styles as predictors of ruminative brooding and worry. *Personality and Individual Differences*, 50(2), 186-191.
- [A31] Nikčević, A. V. & **Spada, M. M.** (2010). Metacognitions about smoking: a preliminary investigation. *Clinical Psychology & Psychotherapy*, 17(6), 536-542.
- [A30] Caselli, G. & **Spada, M. M.** (2010). Metacognitions in desire thinking: a preliminary investigation. *Behavioural and Cognitive Psychotherapy*, 38(5), 629-637.
- [A29] **Spada, M. M.** & Wells, A. (2010). Metacognitions across the continuum of drinking behaviour. *Personality and Individual Differences*, 49(5), 425-429.
- [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.
- [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.
- [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.
- [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.
- [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.
- [A02] **Spada, M. M.** & Wells, A. (2005). Metacognitions, emotion and alcohol use. *Clinical Psychology & Psychotherapy*, 12(2), 150-155.
- [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

- [C06] **Spada, M. M.** (2016). 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.
- [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.
- [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.
- [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.
- [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

- [B03] **Spada, M. M.** (2011). *An Introduction to Sensible Drinking*. Colchester, UK: Constable & Robinson.
- [B02] **Spada, M. M.** (2010). *Cognitive Behavioural Therapy for Problem Drinking: a Practitioner's Guide*. London, UK: Routledge.
- [B01] **Spada, M. M.** (2006). *Overcoming Problem Drinking: a Self-help Guide Using Cognitive Behavioural Techniques*. Colchester, UK: Constable & Robinson.

PRESENTATIONS

- [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.
- [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.
- [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, *19^o 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, *19^o 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.*
- [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.*
- [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, Roma, Italia.*
- [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, Roma, Italia.*
- [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.*

- [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.
- [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.
- [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.
- [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.
- [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.
- [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.

- [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.
- [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.
- [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

- [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.
- [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.
- [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.
- [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.
- [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.
- [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.
- [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.
- [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.
- [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.
- [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.

[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.