

Curriculum Vitae • Alicia Smith

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• Education

PhD in Cognitive Neuroscience

Oct 2020 – Nov 2024

MRC Cognition and Brain Sciences Unit, University of Cambridge

Supervisors: Dr Camilla Nord and Dr Caitlin Hitchcock - Neuroscience Mental Health Lab

Dissertation topic: *The pathophysiological mechanisms underlying metamemory disruptions*

BSc (Hons) Neuroscience

Sept 2015 – Sept 2019

University of Manchester

First Class

Supervisor: Dr Rebecca Elliott

Dissertation topics:

- *Molecular chaperones and their role in neurodegenerative diseases* **Grade: 95%**
- *Effects of early life stress, depression and their interaction on brain structural alterations revealed using structural magnetic resonance imaging* **Grade: 87%.**
- *A transient autobiographical memory enhancement induction to improve cognitive skills* **Grade: 82%.**
- *Effects of childhood maltreatment (CM) on neural structure and its relationship with depression* **Grade: 73%.**

• Research Experience

Mechanisms of Mental Health Group, University of Melbourne, Australia

Dec 2024 - present

Post-Doctoral Research Fellow

Orygen Digital, Orygen Youth Mental Health, Melbourne, Australia

Jun 2023 – Dec 2023

Research Intern

Cognition, Emotion & Mental Health Group, MRC CBU, University of Cambridge

Sept 2019 – Sept 2020

Research Assistant

Risk & Resilience Group, Department of Psychiatry, University of Cambridge

Jun 2019 – Jun 2020

Research Assistant

Cognition, Emotion & Mental Health Group, MRC CBU, University of Cambridge

Sept 2017 – Sept 2018

Research Intern

Risk & Resilience Group, Department of Psychiatry, University of Cambridge

May 2018 – Aug 2018

Research Intern

• Grants, Awards & Presentations

Award: Sir Robbie Jennings Fund

May 2023
£500

Award: Ting-Hway Wong Fund	May 2023 £500
Award: MRC DTP Flexible Supplement Funding	March 2023 £7,500
Award: Jesus College Postgraduate Travel Grant	January 2023 £500
Award: Alwyn Lishman Prize	May 2022 £200
CULP language bursary	May 2022 £75
Presentation: Australian Association for Cognition and Behaviour Therapy: Conference talk "Metacognition & post-trauma symptoms: bridging insights from the cognitive and clinical fields"	October 2024
Presentation: British Neuropsychiatry Association Annual Meeting: Conference talk "Aberrant emotional memory encoding in a transdiagnostic sample of patients with intrusive memories"	May 2022
Presentation: MRC Cognition and Brain Sciences Unit: Department talk "Hot metacognition: stress induces focal shifts in metacognition for affective information at a state-level"	June 2022
Presentation: MRC Cognition and Brain Sciences Unit: Department talk "Stress on the brain: the effect of traumatic stress and inflammation on the brain"	March 2022
MRC PhD Studentship	February 2020 £101,000

• Technical skills

Coding proficiency in R, Python, MATLAB, JavaScript, HTML, CSS

Proficient with Microsoft Office, Inkscape, audio and video editing software.

• Publications

Smith A. J., Mangelsdorf S, Baker S, Jafari J, Alvarez-Jimenez M, Hitchcock C, Cross S (2025). User Character Strengths and Engagement Prediction on a Digital Mental Health Platform for Young People: Longitudinal Observational Study. **Journal of Medical Internet Research**

Smith, A. J., Bisby, J., Dercon, Q., Bevan, A., Dalgleish, T., Hitchcock, C., & Nord, C. (2024). Hot metacognition: poorer metacognitive efficiency following acute but not traumatic stress. **Translational Psychiatry**.

König, M., **Smith, A. J.**, Moreno-Lopez, L., Davidson, E., Dauvermann, M., Orellana, S., ... Van Harmelen, A. (2024). Friendship buffering effects on mental health symptoms before and during the COVID-19 pandemic: a UK longitudinal study of young people with childhood adversity. **Development and Psychopathology**.

Marsh, L. C., Patel, S. D., **Smith, A. J.**, So, M., Armstrong, H., Elliott, R., Watkins, E., Moulds, M., Dalgleish, T. & Hitchcock, C. (2023). From basic science to clinical practice: Do cognitive behavioural therapy tasks benefit from enhanced episodic specificity? **Behaviour Research and Therapy**.

Hitchcock C, **Smith A.J.**, Elliott R, O'Leary C, Gormley S, Parker J, Patel SD, Esteves CV, Rodrigues E, Hammond E, Watson P, Werner-Seidler A, Dalgleish T. (2021) A randomized, controlled proof-of-concept trial evaluating durable effects of memory flexibility training (MemFlex) on autobiographical memory distortions and on relapse of recurrent major depressive disorder over 12 months. **Behavior Research and Therapy**.

Smith, A. J., Moreno-Lopez, L., Davidson, E., Dauvermann, M., Orellana, S., Sonesson, E., Ioannidis, K., Kaser, M. & van Harmelen, A-L. (2020). *The REACT study protocol: Resilience after the COVID-19 Threat (REACT) in adolescents*. **British Medical Journal: Open**.

Hitchcock. C., Rudokaite, J., Patel, S., **Smith, A.**, Kuhn, I., Watkins, E., & Dalgleish, T. (2019). *The role of autobiographical memory in patient response to cognitive behavioural therapies for depression: Protocol of an individual patient data meta-analysis*. **British Medical Journal: Open**.

Moreno-Lopez, L., Ioannidis, K., Askelund, A. D., **Smith, A. J.**, Schueler, K. & van Harmelen, A-L. (2019). *The resilient emotional brain; a scoping review of mPFC and limbic structure and function in resilient adults with a history of child maltreatment*. **Biological Psychiatry: Cognitive Neuroscience and Neuroimaging**.

Nord, CL, Longley, B, Dercon, Q, Phillips, V , Funk, J, Gormley, S, Knight, R , **Smith, A. J.**, Dalgleish, T. (2023) When do acute augmentations boost the efficacy of psychological therapy? A transdiagnostic meta-analysis. **Nature Mental Health**.

• Extracurricular Roles

Varsity Newspaper: Podcast Team and Science Writer	2021 – 2022
Cambridge Students Union: NUS Delegate	2020 - 2021
Homeless Project Manchester: Volunteer	2018 – 2019
Mind, UK: Campaign Maker	2018
University of Manchester Neuroscience Society Committee: Vice Chair and Social Secretary	2016 -2017
University of Manchester Netball Club	2015 – 2017
Poole General Hospital Stroke Unit: Volunteer	2014 - 2015
The Royal Bournemouth Hospital Geriatric Ward: Volunteer	2015
St John's Ambulance: Volunteer	2013 - 2015