

Thomas Anderson

Personal Information

E-mail: metathomas.anderson@mail.utoronto.ca

ResearchGate: [/profile/Thomas_Anderson10](https://www.researchgate.net/profile/Thomas_Anderson10)

Lab website: radlab.zone

OSF: osf.io/98meg

LinkedIn: [/in/mrthomasanderson/](https://in.mrthomasanderson/)

ORCID: [0000-0002-2387-5219](https://orcid.org/0000-0002-2387-5219)

Education

Institution	Degree	Date	Field of Study
University of Toronto, Toronto, Ontario, Canada	PhD	2016 – 2020 [expected]	Psychology
University of Toronto, Toronto, Ontario, Canada	MA	2015 – 2016	Psychology
University of Waterloo, Waterloo, Ontario, Canada	BA	2006 – 2012	Psychology, Computer Science

Positions and Honors

Positions and Employment

2019–	Research Director, Psychedelic Studies Research Program, University of Toronto, Toronto, ON, CA
2015–	Graduate Teaching Assistant, University of Toronto, Toronto, ON, CA
2014	Research Assistant - Meltzer Lab, Rotman Research Institute at Baycrest, Toronto, ON, CA
2013	Research Programmer - Child and Adolescent Neuropsychology Lab, University of Waterloo, Waterloo, ON, CA
2013	Research Programmer - Besner Lab, University of Waterloo, Waterloo, ON, CA
2012–2013	Research Assistant - Gambling Research Lab, University of Waterloo, Waterloo, ON, CA
2010–2013	Research Assistant - Event Related Potentials Lab, University of Waterloo, Waterloo, ON, CA
2008	Associate Software Engineer, Electronic Arts, Montreal, QC, CA
2008	Junior Software Developer, IBM Cognos, Ottawa, ON, CA
2007	Technical Consultant, Alcatel-Lucent, Ottawa, ON, CA

Honors

2018	Canada Graduate Scholarships–Doctoral (PGS-D) from the Natural Sciences and Engineering Research Council of Canada (NSERC)
2017	Ontario Graduate Scholarship (OGS) from the Government of Ontario
2016	Canada Graduate Scholarships–Master’s, Social Sciences and Humanities Research Council of Canada (SSHRC), ON, CA
2015	J. Davidson Ketchum Graduate Award in Psychology, University of Toronto, Toronto, ON, CA
2006	University of Waterloo Merit Scholarship, University of Waterloo, Waterloo, ON, CA

Contributions to Science

Publications

1. **Thomas Anderson**, Rotem Petranker, Adam Christopher, Daniel Rosenbaum, Cory Weissman, Le-Anh Dinh-Williams, Katrina Hui, & Emma Hapke (2019) Psychedelic Microdosing Benefits and Challenges: An Empirical Codebook. *Harm Reduction Journal*. <https://doi.org/10.1186/s12954-019-0308-4> <https://rdcu.be/bJAJZ>
2. **Thomas Anderson**, Rotem Petranker, Daniel Rosenbaum, Cory Weissman, Le-Anh Dinh-Williams, Katrina Hui, Emma Hapke, & Norman Farb (2019) Microdosing Psychedelics: mental health, personality, and creativity differences in microdosers. *Psychopharmacology*. <https://doi.org/10.1007/s00213-018-5106-2> <https://rdcu.be/bffhp>
3. **Thomas Anderson**, Mallika Suresh, Norman Farb (2019) Meditation Benefits and Drawbacks: Empirical Codebook and Implications for Teaching. *Journal of Cognitive Enhancement*. <https://doi.org/10.1007/s41465-018-00119-y>
4. **Thomas Anderson** & Norman Farb (2018). Personalising Practice Using Preferences for Meditation Anchor Modality. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2018.02521>
5. Dan Nemrodov, **Thomas Anderson**, Frank Preston, Roxane Itier (2014) Early sensitivity for eyes within faces: A new neuronal account of holistic and featural processing. *NeuroImage*. <http://dx.doi.org/10.1016/j.neuroimage.2014.04.042>

Accepted Manuscripts

1. None

Submitted Manuscripts

2. **Thomas Anderson**, Rotem Petranker, Hause Lin, & Norman Farb (2019) Replicating the Metronome Response Task: A continuous performance task measuring meta-awareness and mind-wandering. Submitted to *Journal of Experimental Psychology: Learning, Memory, and Cognition*.
3. Daniel Rosenbaum, Cory Weissman, **Thomas Anderson**, Rotem Petranker, Le-Anh Dinh-Williams Katrina Hui, & Emma Hapke (2019) Microdosing psychedelics: Demographics, psychiatric comorbidities, and comorbid substance use. Submitted to *Journal of Psychopharmacology*.
4. **Thomas Anderson** & Norman Farb (2019) The Metronome Counting Task for Measuring Meta-awareness. Submitted to *Behavior Research Methods*.

Invited Talks

1. **Thomas Anderson** (2019) The Next Frontier of Psychoactive Drugs: Psychedelic Microdosing. Invited Talk at the 2019 Code Conference, Scottsdale, AZ, USA.
2. **Thomas Anderson** (2018) Outcomes of Microdosing: What we must measure. Invited Talk at the 2018 Biohack Summit, Toronto, ON, Canada. <http://dx.doi.org/10.13140/rg.2.2.33197.33764>
3. **Thomas Anderson**, Rotem Petranker (2018) Demography of Microdosing: Who's doing what, how and when. Invited Talk at the "From microdosing to mystical experiences" Symposium, Toronto, ON, Canada

Conference Presentations

1. **Thomas Anderson** & Norman Farb (2019) Measuring Meta-Awareness with the Metronome Counting Task. Poster Presentation for 60th annual meeting of the Psychonomic Society, Montréal, QC, Canada. [to be presented Nov 15th]
2. **Thomas Anderson**, Rotem Petranker, Adam Christopher, Daniel Rosenbaum, Cory Weissman, Le-Anh Dinh-Williams, Katrina Hui, & Emma Hapke (2019) Empirically identified benefits and challenges of LSD and psilocybin microdosing. Poster Presentation for 1st International Society for Research on Psychedelics (ISRP), New Orleans, LA, USA.
3. **Thomas Anderson**, Rotem Petranker, Hause Lin, & Norman Farb (2019) Measuring Mind-Wandering, Meta-Awareness, and Intentionality: Replicating the Metronome Response Task. Oral Presentation for 29th annual Canadian Society for Brain, Behaviour, and Cognitive Science (CSBBCS), Waterloo, ON, Canada.

4. **Thomas Anderson**, Rotem Petranker, Le-Anh Dinh-Williams (2019) Psychedelic Microdosing: Emerging science behind a growing therapeutic trend. Symposium at the 8th annual Interdisciplinary Conference in Psychology, Ottawa, Canada.
5. **Thomas Anderson**, Rotem Petranker, Norman Farb (2019) Announcing the Center for Psychedelic Studies at the University of Toronto. Oral Presentation for Graduate Research Conference, Toronto, ON, Canada.
6. **Thomas Anderson** (2018) Measuring Meta-Awareness' and Focus' Dissolution into Mind-Wandering. Panel Presentation (Advances in Behavioral Measurement of Mindfulness) at the 4th Biennial International Symposium on Contemplative Research (ISCR), Phoenix, AZ, USA.
7. **Thomas Anderson**, Rotem Petranker, Hause Lin, & Norman Farb (2018) The Metronome Response Task: A continuous performance task measuring meta-awareness and mind-wandering. Poster Presentation for 58th annual Society for Psychophysiological Research, Quebec City, QC, Canada. <http://dx.doi.org/10.13140/rg.2.2.11632.71681>
8. **Thomas Anderson**, Adam Christopher (2018) The Benefits and Drawbacks of Microdosing Psychedelics. Oral presentation at the 2nd Biennial Beyond Psychedelics Conference, Prague, Czech Republic. <http://dx.doi.org/10.13140/rg.2.2.16319.20644>
Presentation available online: <https://slideslive.com/38909027/the-benefits-and-drawbacks-of-microdosing-psychedelics>
9. Rotem Petranker, **Thomas Anderson** (2018) A First Study of Microdosing. Oral presentation at the 2nd Biennial Beyond Psychedelics Conference, Prague, Czech Republic.
Presentation available online: <https://slideslive.com/38908580/a-first-study-of-microdosing>
10. **Thomas Anderson** (2018) Pre-Registration and Open Science in Psychedelic Research. Workshop at the 2nd Biennial Beyond Psychedelics Conference, Prague, Czech Republic.
11. Daniel Rosenbaum, Cory Weissman, **Thomas Anderson**, Le-Anh Dinh-Williams, Emma Hapke, Katrina Hui, Rotem Petranker (2018) Microdosing psychedelics: Results of an internet-based survey on practices, demographics and psychiatric co-morbidities, Poster Presentation at the 44th Annual Department of Psychiatry Harvey Stancer Research Day, Toronto, ON, Canada.
12. **Thomas Anderson**, Rotem Petranker (2018) Microdosing Psychedelics: Common Practices. Poster Presentation at the 5th Annual SPAWN Conference, Buffalo, NY, USA. <http://dx.doi.org/10.13140/rg.2.2.16302.00329>
13. **Thomas Anderson**, Rotem Petranker (2018) The Salon: Bringing Intellectual Conversations into the Living Room. Oral Presentation at the 5th Annual Binocular Conference, Toronto, ON, Canada. <http://dx.doi.org/10.13140/rg.2.2.19876.99205>
14. **Thomas Anderson**, Rotem Petranker (2018) A Preliminary Study of Microdosing Psychedelics. Oral Presentation at the 5th Annual Binocular Conference, Toronto, ON, Canada. <http://dx.doi.org/10.13140/rg.2.2.26587.87841>
15. **Thomas Anderson**, Norman Farb (2017) Beyond the Breath - Biases Toward Meditation Anchors. Poster presentation at the 3rd Annual A Mindful Society Conference, Toronto, ON, Canada. <http://dx.doi.org/10.13140/rg.2.2.13123.40480>
16. **Thomas Anderson**, Norman Farb (2016) Personalizing the Training of Attention. Oral Presentation at the 3rd Biennial International Symposium on Contemplative Science (ISCS), San Diego, CA, USA. <http://dx.doi.org/10.13140/rg.2.2.23642.03529>
17. **Thomas Anderson**, Norman Farb (2016) Personalizing the Training of Attention. Poster presentation at the 13th Annual Mind and Life Summer Research Institute (MLSRI) International Conference, Garrison, NY, USA. <http://dx.doi.org/10.13140/rg.2.1.2157.4648>
18. **Thomas Anderson**, Dan Nemrodov, Frank F. Preston, Roxane J. Itier (2013) What are you looking at? The necessity of Eye-tracking use in ERP face-research. Oral presentation at the 13th Annual Vision Sciences Society (VSS) International Conference, Naples, FL, USA. <http://www.journalofvision.org/content/13/9/1114>

19. Dan Nemrodov, **Thomas Anderson**, Frank F. Preston, Roxane J. Itier (2012) Point of gaze modulates the N170 component inversion effect: a combined ERP eye-tracking study. Poster presentation at the 23rd Annual Canadian Society for Brain, Behaviour and Cognitive Science (CSBBCS) National Conference, Kingston, ON, Canada.

Manuscripts in Preparation

1. **Thomas Anderson**, Rotem Petranker, & Norman Farb (2019) Psychedelic research and the need for transparency: Polishing Alice's Looking Glass. Manuscript in preparation.

Research Support

Ongoing Research Support

1. Philanthropic donation from the Singhal Health Foundation 10/2019 – 12/2020
Support for the Psychedelic Studies Research Program clinical trial on microdosing psilocybin
2. Francisco J. Varela Grant for Contemplative Research 12/2018 – 12/2020
Primary Investigator, Grant number: A-84847481
Measuring Meta-Awareness in the Present Moment
3. NSERC PGS-D 09/2018 – 09/2020
Canada Graduate Scholarships–Doctoral (PGS-D) from the Natural Sciences and Engineering Research Council of Canada (NSERC)
4. Francisco J. Varela Grant for Contemplative Research 12/2017 – 12/2019
Collaborator, Grant number: A-46144081
Mindfulness-to-Meaning Theory and Eudaimonic Appraisals of Positive Autobiographical Events
5. University of Toronto Graduate Student Fellowship 09/2015 – 09/2020
Guaranteed funding (Tuition + Stipend) for Master's and PhD in Experimental Psychology

Complete Research Support

1. OGS PhD Scholarship 09/2017 – 09/2018
Ontario Graduate Scholarship (OGS) from the Government of Ontario
2. SSHRC CGS-M 05/2016 – 05/2017
Canada Graduate Scholarships–Master's (CGS-M) from the Social Sciences and Humanities Research Council of Canada (SSHRC)
3. Graduate Expansion Fund Travel Award 10/2018
Travel award to present research at conferences
4. UTM Vice-Dean Conference Travel Grant 10/2018
Travel award to present research at conferences
5. Graduate Expansion Fund Travel Award 05/2018
Travel award to present research at conferences
6. UTM Vice-Dean Conference Travel Grant 03/2018
Travel award to present research at conferences
7. Graduate Expansion Fund Travel Award 10/2016
Travel award to present research at conferences
8. UTM Vice-Dean Conference Travel Grant 10/2016
Travel award to present research at conferences
9. Scholarship for International Symposium for Contemplative Studies 06/2016
Funding award to reduce registration fees for ISCS 2016 conference
10. School of Graduate Studies Conference Grant 05/2016
Travel award to present at research conferences
11. Travel Scholarship for Mind & Life Summer Research Institute 04/2016
Travel award to reduce costs associated with MLSRI 2016 conference

- | | |
|--|---------|
| 12. Graduate Expansion Fund Developmental Grant
Co-Primary Investigator, Funding for research equipment (Firstbeat BodyGuard) | 01/2016 |
| 13. Graduate Expansion Fund Developmental Grant
Co-Primary Investigator, Funding for research equipment (empatica E4 bracelets) | 01/2016 |
| 14. J. Davidson Ketchum Graduate Award in Psychology
Additional funding award for Master's study | 09/2015 |

Professional Contributions

Ad Hoc Reviewer

Psychopharmacology, Journal of Cognitive Enhancement, Journal of Psychoactive Drugs, Mindfulness, International Journal of Psychophysiology, Journal of Drug Issues, Journal of European Psychology Students

Professional Memberships

- | | |
|-----------|---|
| 2019– | Co-Founder, Toronto Centre for Psychedelic Science (<u>TCPS</u>) |
| 2019– | Co-Founder, Research Director, Psychedelic Studies Research Program (<u>PSRP</u>) |
| 2017– | Co-Founder, Psychedelic Science Interest Group |
| 2019–2020 | Member, Canadian Society for Brain, Behaviour, and Cognitive Science |
| 2019–2020 | Member, Psychonomic Society |
| 2018–2019 | Member, Society for Psychophysiological Research |
| 2016–2017 | Member, Association for Psychological Science |
| 2015–2016 | Member, American Psychological Association |
| 2013–2014 | Member, Vision Sciences Society |

Media Representation

- | | |
|---|---------|
| 1. Tiny trips: Microdosing magic mushrooms sprouting in popularity as users find small amounts of psychedelics offer many benefits
https://www.winnipegfreepress.com/arts-and-life/tiny-trips-560522212.html | 09/2019 |
| 2. Benefits and challenges of psychedelic microdosing – as reported by microdosers
http://tinyurl.com/y3tfabba | 08/2019 |
| 3. Does microdosing LSD help you focus and improve your mood?
https://www.iheartradio.ca/cjad/audio/does-microdosing-lsd-help-you-focus-and-improve-your-mood-1.9512912 | 07/2019 |
| 4. ‘Microdosers’ of psychedelics report improved mood, focus and creativity
https://theconversation.com/microdosing-psychedelics-improves-mood-focus-and-creativity-120279 | 07/2019 |
| 5. The Trip of a Lifetime
https://www.marieclaire.com/health-fitness/a28266516/microdosing-psylocybin-anxiety/ | 07/2019 |
| 6. Improved mood, focus reported by microdosers, UTM study shows
https://www.utm.utoronto.ca/main-news/improved-mood-focus-reported-microdosers-utm-study-shows | 07/2019 |
| 7. The Canadian revival of psychedelic drug research
https://www.universityaffairs.ca/features/feature-article/the-canadian-revival-of-psychedelic-drug-research/ | 06/2019 |
| 8. Could Canada decriminalize magic mushrooms?
https://edmonton.citynews.ca/video/2019/05/10/could-canada-decriminalize-magic-mushrooms/ | 05/2019 |

9. Dosing your way to bliss (Radio) 04/2019
<https://omny.fm/shows/afternoons-with-rob-breakenridge/dosing-your-way-to-bliss>
10. Is microdosing LSD a solution to the 'crisis of meaning' in modern life? 04/2019
<https://nationalpost.com/health/health-and-wellness/is-microdosing-ld-a-solution-to-the-crisis-of-meaning-in-modern-life-new-canadian-study-may-provide-answers>
11. Microdosing Psychedelics Can Lift Depression, but It May Not Be for Everyone 04/2019
<http://trauma.blog.yorku.ca/2019/04/micro-dosing-psychedelics-can-lift-depression-but-it-may-not-be-for-everyone/>
12. Study Finds Microdosers Are More Creative With Happier Emotions 11/2018
https://www.vice.com/en_ca/article/qvq8bw/study-finds-microdosers-are-more-creative-with-happier-emotions
13. The John McComb Show: “The Benefits of Microdosing” (Radio) 11/2018
<https://omny.fm/shows/the-jon-mccomb-show/the-benefits-of-microdosing>
14. ‘Microdosers’ of LSD and magic mushrooms are wiser and more creative 11/2018
<https://theconversation.com/microdosers-of-ld-and-magic-mushrooms-are-wiser-and-more-creative-101302> (120k readers in first week; 6th most-read article of 2018; republished on Newsweek, Global News)
15. Opening up the future of psychedelic science 10/2018
<http://theconversation.com/opening-up-the-future-of-psychedelic-science-101303>
16. What Is 'Microdosing'? Tiny Hits of Psychedelic Drugs Reduce Anxiety 08/2018
<https://www.newsweek.com/microdosing-tiny-hits-psychedelic-drugs-reduce-anxiety-1058538>
17. How and why people 'microdose' tiny hits of psychedelic drugs 08/2018
<https://www.cbc.ca/news/health/microdosing-pschedelics-study-1.4771647>
18. How psychedelic microdosing might help ease anxiety and sharpen focus 07/2018
<https://www.utoronto.ca/news/rethinking-psychedlics-u-t-study-looks-practice-microdosing-ease-anxiety-and-sharpen-focus>