

## Usman Afzali, PhD

Postdoctoral Research Fellow  
Lecturer (Teaching and Admin)  
School of Psychology, Speech and Hearing  
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## Contact

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## Employment

2023→	University of Canterbury	Postdoctoral Research Fellow
2022→	University of Canterbury	Lecturer (Teaching and Admin)
2022	University of Canterbury	Research Associate in Computational Neuroscience
2021→2022	Victoria University of Wgtn	Research Assistant at the School of Psychology
2018→2022	University of Canterbury	Teaching Assistant→Teaching Assistant Coordinator →Guest Lecturer→Lecturer (Teaching only)
	Postgraduate Courses:	Cognitive Psychology, Forensic Psychology, Advanced Research Methods & Statistics
	Undergraduate Courses:	Cognition, Social Psychology, Intermediate Research Methods & Statistics, Introductory Research Methods & Statistics, Introductory Psychology

## Fields of Research

Cognitive Psychology, Forensic Neuroscience, Science of Flourishing, Neuroscience of Self-transcendent Practices

## Education

2022	University of Canterbury	PhD in Psychology
2018	University of Canterbury	BSc with First Class Honours in Psychology
2009	Shaikh Zayed University	MD in Curative Medicine

## Awards

2022	<a href="#">UC Foundation</a> Doctoral Publication Prize	1000 NZD
2022	<a href="#">SPR</a> Free Membership	-
2022	Georgina Carvell Memorial Prize	5,000 NZD
2019	<a href="#">Te Puna Toiora</a> Scholarship	2,500 NZD
2019	<a href="#">University of Canterbury</a> Doctoral Scholarship	21,000 NZD p.a. plus tuition (3 years)
2018	Stage 4 Psychology Prize	-
2017	Stage 3 Psychology Prize	250 NZD

## Grants

### Principal Investigator

2023 U. Afzali (PI): **TRT-2022-30579: A National Longitudinal Study of Muslim Diversity and Flourishing: 406,021 NZD**

## Supervisory Roles

### Ongoing - as supervisor

2023→ Harriet Grace. *BA Hons Psychology*. Contemplative Neuroscience.

## Ongoing - as co-supervisor

- 2023→ Azadeh Taghvaie. *PhD*. Multi-objective building design through geometry, wall opening shape and area to optimize the awe experience in the temperate oceanic climate of Christchurch, NZ
- 2023→ Ruby Heaton. *BA Hons Psychology*. Cognitive Psychology.

## Completed - as co-supervisor

- 2022 Kendal Johnson. *BSc Hons Psychology*. Testing the Think/No-Think Effect with Same and Independent Cues: Conditionalised Versus Unconditionalised Recall.
- 2022 Parris Theobald. *BSc Hons Psychology*. Actively Forgetting Unwanted Memories: An Inhibitory Account of the Think No/Think Paradigm.
- 2021→2022 Duncan Matchett. *MSc Psychology*. Memory Suppression under Sleep Deprivation: The Effects of Sleep Loss and Sleep Time on Suppressing Unwanted Memories.
- 2021 Joshua Lynskey. *BSc Hons Psychology*. Memory Suppression in Those Susceptible to PTSD - A Study Adopting the Think/No-Think Paradigm.
- 2021 Julia Newlands. *BSc Hons Psychology*. Does OCD Impact One's Ability to Actively Suppress Memories? A Think/No-Think Paradigm Study.

## Research Mentoring

- 2022 Jessie Auckram. *BSc Hons Psychology*. Powering Through Struggles: Resilience of Muslim Women in Ōtautahi/Christchurch During Covid-19 Lockdowns

## Research Projects

- 2022→ Resting EEG Microstates of Meditative Practices
- 2022→ A Multisite Registered Replication of the Think/No-Think Effect
- 2019→2020 Post-trauma micronutrients intervention ([Te Puna Toiora](#))
- 2019→2022 [PhD Dissertation](#)
- 2018→2022 Brain Fingerprinting Independent Replication
- 2017→2018 New Zealand Tertiary Students' Financial Stress

## Publications

(Citations: 43, *h-index*: 3, *i10-index*: 2; [Google Scholar](#), Feb, 2023)

Published

[Revise and resubmit](#)

[In preparation](#)

13. **Afzali, M. U.**, Jones, R. D., Seren-Grace, A. P., Palmer, R. W., Makarious, D., Rodrigues, M. N. B., and Neumann, E. (2023) Classification accuracy of the ERP-based Brain Fingerprinting and its robustness to direct-suppression and thought-substitution countermeasures. *Applied Cognitive Psychology*. <https://doi.org/10.1002/acp.4050>
12. **Afzali, M. U.** (2022). Suppressing unwanted memories and thoughts: Psychological traits and forensic brainwave investigations [PhD Dissertation]. University of Canterbury. <http://dx.doi.org/10.26021/13084>
11. **Afzali, M. U.**, Seren-Grace, A. P., Palmer, R. W., Neumann, E., Makarious, S., Wilson, D., and Jones, R. D. (2022). Detection of concealed knowledge via the ERP-based technique *Brain Fingerprinting*: Real-life and real-crime incidents. *Psychophysiology*, 00:e14110, 1-21. <https://doi.org/10.1111/psyp.14110>
10. Byrne, K., Yogeeswaran, K., Dorahy, M. J., Gale, J., **Afzali, M. U.**, Bulbulia, J. A., Sibley, C. G. (2022). Psychological impact of far-right terrorism against Muslim minorities on national distress, community, and wellbeing. *Scientific Reports*. 12, 1620. <https://doi.org/10.1038/s41598-022-05678-x>
9. Shanaah, S., Yogeeswaran, K., Greaves, L., Bulbulia, J. A., Osborne, D., **Afzali, M. U.**, & Sibley, C. G. (2021). Hate begets warmth? The impact of an anti-Muslim terrorist attack on public attitudes toward Muslims. *Terrorism and Political Violence*. 1-19. <https://doi.org/10.1080/09546553.2021.1877673>
8. Rucklidge, J. J., **Afzali, M. U.**, Kaplan, B. J., Bhattacharya, O., Blampied, M. F., Mulder, R. T., & Blampied, N. M. (2021). Massacre, Earthquake, Flood: Translational science evidence that the use of micronutrients post-disaster reduces the risk of post-traumatic stress in survivors of disasters. *International Perspectives in Psychology: Research, Practice, Consultation*. 10, 39-54. <https://doi.org/10.1027/2157-3891/a000003>
7. **Afzali, M. U.**, Bustos, J. V. C., & Kemp, S. (2020). Perception of financial satisfaction and its implications for free first-year education in New Zealand university students. *New Zealand Journal of Psychology*, 49(2), 4-14.
6. Sibley, C. G., **Afzali, M. U.**, Satherley, N., Ejova, A., Stronge, S., Yogeeswaran, K., ... Bulbulia, J. (2020). Prejudice toward Muslims in New Zealand: Insights from the New Zealand Attitudes and Values Study. *New Zealand Journal of Psychology*, 49(1), 48-72.
5. Blampied, N. M., Mulder, R. T., **Afzali, M. U.**, Bhattacharya, O., Blampied, M., & Rucklidge, J. J. (2020). Disasters, policies and micronutrients: the intersect among ethics, evidence and effective action. *New Zealand Medical Journal*, 133(1508), 8-11. ([url](#)).

4. Yogeeswaran, K., **Afzali, M. U.**, Andrews, N. P., Chivers, E. A., Wang, M.-J., Devos, T., & Sibley, C. G. (2019). Exploring New Zealand National Identity and Its Importance for Attitudes toward Muslims and Support for Diversity. *New Zealand Journal of Psychology*, 48(1), 29–35.
3. Bulbulia, J. A., **Afzali, M. U.**, Yogeeswaran, K., and Sibley, C. G. Long-term causal effects of far-right terrorism in New Zealand. R&R at *PNAS Nexus*. <https://doi.org/10.31234/osf.io/8tfxm>. [JAB and MUA equal first authors].
2. **Afzali, M. U.**, Nardo, D., Jones, R. D., Lynskey, J., Newlands, J., and Neumann, E. Behavioural evidence of suppression-induced forgetting and its interaction with psychological traits. In preparation.
1. **Afzali, M. U.** Brain Fingerprinting: How to do better and why? In preparation.

## Research Presentation

4. Behavioural evidence of suppression-induced forgetting and its interaction with psychological traits. School of Psychology, Speech and Hearing, University of Canterbury. Jun 2022.
3. University of Canterbury Brain Fingerprinting Studies. School of Psychology, Speech and Hearing, University of Canterbury. Dec 2021.
2. Brain Fingerprinting: Replication and Countermeasures. New Zealand Psychological Society Annual Conference. Sep 2021.
1. Detection of concealed knowledge via the ERP-based technique Brain Fingerprinting: Real-crime scenarios. Australasian Experimental Psychology Society Annual Conference. Apr 2021.

## Professional Training

- 2023 MATLAB for Neuroscience (University of Canterbury)
- 2022 Git & GitHub with RStudio (edX and UdeMY)
- 2022 R, Essential, Basics and Advanced training (LinkedIn Learning)
- 2022 Academic Development for lecturers (University of Canterbury)
- 2022 EEGLab - The Matlab toolbox for EEG and MEG data processing
- 2022 Causal Diagrams: Draw Your Assumptions Before Your Conclusions (edX Harvard)
- 2021 Python: Basics of programming, data analysis, data visualisation (edX IBM)
- 2021 Meta-Analysis (University of Canterbury)
- 2021 Tutor and Demonstrator Training (University of Canterbury)
- 2020 Teaching in Academia Workshop (University of Canterbury)

## Professional Affiliations

- 2022→ [Society for Psychophysiological Research](#): Member
- 2022→ [Centre for Applied Cross-cultural Research](#): Associate
- 2020→ [UC Meta](#): Member
- 2019→ [New Zealand Psychological Society](#): Student Member

## Skills

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|-----------------------|---|
| Academic              | Applied frequentist statistics, teaching, research (conducting, collaboration, supervision)     |
| Programming           | Python, R   |
| Software applications | SPSS, Jamovi, Statistica, AMOS, L <sup>A</sup> T <sub>E</sub> X, Qualtrics, EEGLab, Git, Quarto |

## Service

- 2023 Reviews for funding agency (e.g., HRC NZ) and academic journals
- 2021 Academic rep of the the Postgraduate Society (SPSH, UC)
- 2020 Founding member of the Postgraduate Society (SPSH, UC)
- 2020→ Member of the School Marketing Committee (SPSH, UC)
- 2020→2021 Administrator of School's social media platforms (SPSH, UC)
- 2020 Founder of School's social media platforms (SPSH, UC)
- 2019 Founder of *Social Hour* facilitating socialization in the postgraduate community (SPSH, UC)
- 2018→2021 Member of the Postgraduate Council (SPSH, UC)
- 2018→2019 Phone counsellor (Lifeline Aotearoa)

## Lifeline Aotearoa

- 2018→2019 Phone counsellor

## Languages

Pashto	● ● ● ● ●
Farsi/Persian	● ● ● ● ●
English	● ● ● ● ●
Hindi and Urdu	● ● ● ● ●
Arabic	● ● ● ● ●

## Other

Citizenship	New Zealand
Advocacy	Preregistration, Open Science, E-learning
Interests	History, Historical Period Drama, Islamic Civilization, Nature and Wildlife

## Referees

Available on request.