

## MONIKA ALDONA WASZCZUK

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Google Scholar: <https://scholar.google.co.uk/citations?user=MUYYP5MAAAAJ&hl=en&oi=ao>

### WORK:

2016 to present **Assistant Professor of Psychiatry.** Department of Psychiatry, State University of New York at Stony Brook.  
2015 to 2016 **Postdoctoral Associate.** Department of Psychiatry, State University of New York at Stony Brook.

### EDUCATION:

2012 to 2015 **PhD:** Social, Genetic and Developmental Psychiatry Centre, Institute of Psychiatry, Psychology & Neuroscience, King's College London.  
Thesis title: *Why do depression and anxiety symptoms co-occur across development? The role of genes, environments and cognition.*  
Supervision by Professor T.C. Eley and Dr H. M. S. Zavos.  
2011 to 2012 **MSc:** Social, Genetic and Developmental Psychiatry Centre, Institute of Psychiatry, Psychology & Neuroscience, King's College London. Social, Genetic and Developmental Psychiatry, Distinction.  
2008 to 2011 **BA (Hons):** Pembroke College, University of Oxford. Experimental Psychology, 2:1.

### FUNDING:

2016 Stony Brook University Psychiatry Department's Pilot Grants Program. *Daily interplay between inflammation, depression and stress.* 07/01/2016-07/01/2017.  
Principal Investigator. \$15,000.00.  
2016 National Institute for Occupational Safety and Health. *Personality-informed care model for 9/11-related comorbid conditions.* 09/01/2016-08/30/2021.  
Co-Investigator (PI: Kotov). 20% of effort. \$2,998,098.00.

**H-INDEX:** Web of Science, Google Scholar: 5

### PUBLICATIONS IN PEER-REVIEWED JOURNALS:

Under review

1. **Waszczuk, M. A.**, Li, X., Bromet, E. J., Gonzalez, A., Zvolensky, M. J., Ruggero, C., Luft, B. J. & Kotov, R. (In Sub) Pathway from PTSD to respiratory health: longitudinal evidence from a psychosocial intervention.
2. **Waszczuk, M. A.**, Li, K., Ruggero, C. J., Clouston, S. A. P., Luft, B. J. & Kotov, R. (In Sub). Personality and 10 year course of psychiatric and medical symptoms and functional impairment following trauma.
3. **Waszczuk, M. A.\***, Kotov, R.\*, Ruggero, C. J., Gamez, W., & Watson, D. (In Sub). Hierarchical structure of internalizing psychopathology: from individual symptoms to the spectrum.

4. Gromatsky, M. A., **Waszczuk, M. A.**, Perlman, G., Salis, K. L., Klein, D. N. & Kotov, R. (In Sub). The role of parental psychopathology and personality in adolescent non-suicidal self-injury.
5. Kotov, R., Krueger, R. F., Watson, D., Achenbach, T. M., Althoff, R. R., Bagby, M.,... **Waszczuk, M. A.**... Zimmerman, M. (In Sub). The Hierarchical Taxonomy Of Psychopathology (HiTOP): A dimensional alternative to traditional nosologies.

2016

6. **Waszczuk, M. A.**, Coulson, A. E., Gregory, A. M., & Eley, T. C. (2016). A longitudinal twin and sibling study of the hopelessness theory of depression in adolescence and emerging adulthood. *Psychological Medicine*, *46* (1) 161-175.
7. **Waszczuk, M. A.**, Zavos, H. M. S., Gregory, A. M., & Eley, T. C. (2016). The stability and change of etiological influences on depression, anxiety symptoms and their co-occurrence across adolescence and young adulthood. *Psychological Medicine*, *46*(1), 161-175.
8. **Waszczuk, M. A.\***, Leonard, H. C.\*, Hill, E. L., Rowe, R., & Gregory, A. M. (2016). Coordination difficulty and internalising symptoms in adults: A twin/sibling study. *Psychiatry Research*, *239*, 1-8.
9. Hannigan, L. J., Walaker, N., **Waszczuk, M. A.**, McAdams, T. A., Eley, T. C. (2016). Aetiological influences on stability and change in emotional and behavioural problems across development: a systematic review. *Psychopathology Review*.

2015

10. **Waszczuk, M. A.**, Brown, H. M., Eley, T. C., & Lester, K. J. (2015). Attentional control theory in childhood: enhanced attentional capture by non-emotional and emotional distractors in anxiety and depression. *PLoS ONE*, *10* (11), e0141535.
11. **Waszczuk, M. A.**, Zavos, H. M. S., Antonova, E., Haworth, C. M. A., Plomin, R., & Eley, T. C. (2015). A multivariate twin study of trait mindfulness, depressive symptoms and anxiety sensitivity. *Depression and Anxiety*, *32*(4), 254-261.
12. Krebs, G., **Waszczuk, M. A.**, Zavos, H. M. S., Bolton, D., & Eley, T. C. (2015). Genetic and environmental influences on obsessive-compulsive behaviour across development: a longitudinal twin study. *Psychological Medicine*, *45*(7), 1539-1549.

2014

13. **Waszczuk, M. A.\***, Zavos, H. M. S.\*, Gregory, A. M., & Eley, T. C. (2014). The phenotypic and etiological structure of depression and anxiety disorder symptoms in childhood, adolescence and young adulthood. *JAMA Psychiatry*, *71*(8), 905-916.
14. Brown, H. M.\*, **Waszczuk, M. A.\***, Zavos, H. M. S., Trzaskowski, M., Gregory, A. M., & Eley, T. C. (2014). Cognitive content-specificity in anxiety and depressive disorder symptoms: a twin study of cross-sectional associations with anxiety sensitivity dimensions across development. *Psychological Medicine*, *44*(16), 3469-3480.
15. Kanso, R., Hewstone, M., Hawkins, E., **Waszczuk, M. A.**, & Nobre, A. C. (2014). Power corrupts cooperation: cognitive and motivational effects in a double EEG paradigm. *Social Cognitive and Affective Neuroscience*, *9*(2), 218-224.

2013

16. **Waszczuk, M. A.**, Zavos, H. M. S., & Eley, T. C. (2013). Genetic and environmental influences on relationship between anxiety sensitivity and anxiety subscales in children. *Journal of Anxiety Disorders*, *27*(5), 475-484.
17. de Gardelle, V., **Waszczuk, M. A.**, Egner, T., & Summerfield, C. (2013). Concurrent repetition enhancement and suppression responses in extrastriate visual cortex. *Cerebral Cortex*, *23*(9), 2235-2244.

## INVITED TALKS:

2016

1. Presentation at the Hierarchical Taxonomy of Psychopathology Meeting (2016, May), University of Chicago, Illinois, USA.

2015

2. Seminar at the Anxiety and Depression in Young People Research Unit Lab Meeting (2015, February), School of Psychology and Clinical Language Sciences, University of Reading, UK

## CONFERENCE PRESENTATIONS (PERSONALLY DELIVERED):

2016

1. Waszczuk, M. A., Kotov, R., Ruggero, C., Schwartz, J., Gonzalez, A., Bromet, E., & Luft, B. (2016, May). Temporal interplay between comorbid mental and physical health symptoms in an ecological momentary assessment study. **Oral presentation** as a part of a symposium at the *Association for Psychological Science* Annual Convention, Chicago, Illinois, USA.
2. Waszczuk, M. A., Kotov, R., Ruggero, C., Schwartz, J., Gonzalez, A., Bromet, E., & Luft, B. (2016, March). Temporal interplay between PTSD and other mental and physical health symptoms in an ecological momentary assessment study of World Trade Center responders. **Poster presentation** at the *American Psychopathological Association* annual meeting. New York City, NY, USA.

2015

3. Kotov, R.\*, Waszczuk, M. A.\*, Ruggero, C., Schwartz, J., Gonzalez, A., Bromet, E., & Luft, B. (2015, November). Mental and physical health of World Trade Center responders outside the clinic. **Oral presentation** at the *World Trade Center Research Principal Investigators Autumn-Winter Meeting*. New York City, NY, USA.
4. Waszczuk, M. A., Brown, H. M., Eley, T. C., & Lester, K. J. (2015, March). Attentional control in anxiety and depression in middle childhood. **Oral presentation** as a part of a symposium at the *International Convention of Psychological Science*, Amsterdam, the Netherlands.
5. Waszczuk, M. A., Zavos, H. M. S., Gregory, A. M., & Eley, T. C. (2015, March). The stability and change of genetic and environmental influences on depression, anxiety disorder symptoms and their co-occurrence across development. **Poster presentation** at the *International Convention of Psychological Science*, Amsterdam, the Netherlands.

2014

6. Waszczuk, M. A., Zavos, H. M. S., Antonova, E., Haworth, C. M. A., Plomin, R., Eley, T. C. (2014, September). The genetic and environmental influences on mindfulness and its aetiological associations with depression symptoms and anxiety sensitivity. **Oral presentation** as a part of a symposium at the *European Association for Behavioural and Cognitive Therapies Congress*, the Hague, the Netherlands.
7. Waszczuk, M. A., Zavos, H. M. S., Gregory, A. M., & Eley, T. C. (2014, September). Depression and anxiety disorder symptoms: the aetiological associations across development. **Oral pre-conference seminar presentation** at *Child Anxiety Theory and Treatment Seminars*, Amsterdam, the Netherlands.
8. Waszczuk, M. A., Zavos, H. M. S., Antonova, E., Haworth, C. M. A., Plomin, R., Eley, T. C. (2014, July). The genetic and environmental influences on mindfulness and its aetiological associations with depression

symptoms and anxiety sensitivity. Open paper **oral presentation** at the 42<sup>nd</sup> annual British Association for Behavioural and Cognitive Psychotherapies Conference, Birmingham, UK.

9. Waszczuk, M. A., Zavos, H. M. S., Gregory, A. M., & Eley, T. C. (2014, March). The phenotypic and genetic structure of depression and anxiety disorder symptoms in childhood, adolescence and young adulthood. **Poster presentation** at the *biennial meeting of the Society for Research on Adolescence*, Austin, Texas, USA.

2012

10. Waszczuk, M. A., Zavos, H. M. S., Eley, T. C. (2012, June). Genetic and environmental influences on relationship between anxiety sensitivity and anxiety subtypes in children. **Poster presentation** at the *42nd meeting of the Behavior Genetics Association*, Edinburgh, UK. Abstract retrieved from: <http://dx.doi.org/10.1007/s10519-012-9566-6>

## **JOURNAL REVIEWING:**

Behaviour Research and Therapy - Associate Editorial Board Member

*Ad Hoc Reviewing:* the American Journal of Psychiatry; Behaviour Research and Therapy; Journal of Abnormal Psychology; Journal of the American Academy of Child and Adolescent Psychiatry; Journal of Anxiety Disorders; Journal of Experimental Child Psychology; Journal of Research on Adolescence; Personality Disorders: Theory, Research, and Treatment; PLoS ONE; Psychological Medicine.

## **AWARDS:**

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| 2016 | Stony Brook University Office of Postdoctoral Affairs Travel Grant to attend and present research at the Association for Psychological Science Annual Convention, Chicago, Illinois, USA (2016). |
| 2014 | King's College London Postgraduate Conference Fund Grant to attend and present research at Society for Research on Adolescence, Austin, Texas, USA (2014).                                       |
| 2011 | Humboldt Foundation funded studentship.  |

## **IT SKILLS:**

Experienced user of SPSS, STATA, R (incl. twin modelling in OpenMx), SAS (incl. multilevel modelling) and E-prime.

## **TEACHING:**

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| 2012-2014 | Postgraduate Certificate in Academic Practice in Higher Education (PGCAP), King's College London.                        |
| 2015      | Lecturer on the Twin Model Fitting using OpenMx Course at the 16th MRC SGDP Centre Summer School, King's College London. |

- 2015 Lecturer on “Twin Modelling methodology” and “Quantitative genetics in anxiety and depression” at the Psychiatric Genetic Module, MSc Psychiatric Research, King’s College London.
- 2014 Demonstrator at the MSc Genes, Environment & Development, Twin Model Fitting Module, King’s College London.
- 2013 Demonstrator at the Twin Model Fitting using OpenMx Course at the 14th MRC SGDP Centre Summer School, King’s College London.
- 2012-2014 Tutor at the MSc Mental Health Studies Programme, Basic Mental Health Core Module, King’s College London.
- 2012-2014 Brilliant Club PhD Tutor: designed and delivered in-school courses on philosophy (Key Stage 2), biology (KS2, KS4) and psychology (KS3, KS5).

**SUPERVISION:**

- 2015-present Supervision of a doctoral student’s (Molly Gromatsky) research project conducted alongside her Clinical Psychology PhD training at Hofstra University.
- 2015-present Supervision of two Applied Mathematics and Statistics doctoral students (Xiaotong Li and Kaiqiao Li) on various analytic projects for the WTC Wellness Program at Psychiatry Department, Stony Brook University.
- 2015 Supervision of master student’s (Alice Coulson) research project for MSc Genes, Environment & Development, King’s College London.
- 2013 Supervision of third year medical student’s (Pashyca Gill) systematic review for SSC Psychiatric Research module, King’s College London.

**RELEVANT EXPERIENCE & QUALIFICATIONS:**

- 2014-2015 Grant/fellowship writing training programme, King’s College London.
- 2012-2015 Presented own research yearly to the department during the SGDP Weekly Seminar Series.
- 2011-2014 Awarded the Associateship of King’s College (AKC), a degree-equivalent qualification in theology, ethics and philosophy.
- 2011 Completed the Twin model fitting: Introducing the new OpenMx course at the 12th MRC SGDP Centre Summer School, King’s College London.
- 2011 Research Assistant, Perceptual Decision Making Laboratory, Department of Experimental Psychology, University of Oxford.
- 2010 Research Assistant, Brain and Cognition Laboratory, Department of Experimental Psychology, University of Oxford.
- 2010 Human Resources Summer Intern, Rolls-Royce plc., United Kingdom.

**PUBLIC UNDERSTANDING OF SCIENCE:**

- Ongoing Science-themed Twitter account @MAWaszczuk
- 2015 Mindfulness and mood problems share genetic influences. Lay summary of an empirical paper (Waszczuk et al. 2015, see above) published on the departmental news website <http://www.kcl.ac.uk/ioppn/news/records/Institute-of-Psychiatry-news.aspx> (search under Waszczuk).

- 2014 Genetic Structures Underlying Depression and Anxiety During Development. Lay summary of an empirical paper (Waszczuk et al. 2014, see above) published on the educational website [www.medicalresearch.com](http://www.medicalresearch.com) (search under Waszczuk).
- 2014 Run children's workshop at the Brain Awareness Day, Maudsley Learning's ORTUS Learning and Events Centre, London, UK.
- 2013 Run children's workshop at the MRC SGDP Open Day, King's College London, UK.
- 2013 Attended Introduction to the News Media event, Science Media Center, London, UK.