**Assoc Prof. LOUISE MCHUGH**

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**Professional posts**

**2013-Present** Visiting Fellow School of Psychological Sciences & Health,

University of Strathclyde

**2017-Present** Associate Professor School of Psychology, University College Dublin, Ireland

**2012-2017** Lecturer School of Psychology, University College Dublin, Ireland

**2004 - 2011** Lecturer Department of Psychology, Swansea University

**Education**

**PhD in Behavioural Analysis (2004)** National University of Ireland, Maynooth

**BA (Hons) in Psychology** **(2000)** University College Dublin, Ireland

**HONOURS & AWARDS**

* Outstanding Mentor Award (2010). Association for Behaviour Analysis International Convention
* Fellow of the Association for Contextual Behavioural Science (awarded 2014)

**GRANTS & FUNDING**

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| --- | --- | --- | --- | --- |
| **Period** | **Funding Agency** | **Amount** | **Title** | **Role** |
| 2018-2020 | Irish Research Council | €40,000 | Reducing stigma and shame for people experiencing homelessness | PI |
| 2016-18 | Health Research Board | €329,818 | Towards treatment stratification for successful smoking cessation: Harnessing neurocognitive models |  CI |
| 2015-18 | Irish Research Council | €77,000 | The contribution of an acceptance and commitment therapy based smartphone application to brief intervention towards smoking cessation outcomes: A randomized control trial | PI |
| 2014-16 | Irish Research Council | €48,000 | Modelling and remediating the impact of cyber exclusion on adolescents | PI |
| 2014-17 | Irish Research Council | €40,500 | Personal impACT: Using ACT training to enhance charisma skills training in organisational populations | PI |
| 2014-15 | Seed Funding, UCD | €5,754 | Identifying neurocognitive endophenotypes of anxiety versus depression in adolescents | PI |
| 2012-14 | European Commission FP7 - Marie Curie Career Integration Grant | €50,000 | The generalization of self efficacy functions | PI |
| 2012-13 | UCD Seed Funding | €6,000 | Combining novel methods for training perspective-taking with touchscreen technology to create and test a new intervention for children with autism | PI |
| 2011-12 | Welsh Institute for Cognitive Neuroscience | €3,546€1,773\* | EEG correlates of the effects of mindfulness on recognition memory | CI |
| 2010-13 | Wales Office of Research and Development for Health and Social Care | €63,836 | Development of a novel mode of service delivery for a psycho-social intervention (PH-ACT) to promote autonomy in socially-isolated older | PI |
| 2008-10 | The Waterloo Trust | €34,282€17,141\* | Structural and cognitive changes in the postpartum brain: A pilot study | CI |
| 2008-09 | The Leverhulme Trust | €42,402€21,201\* | Mechanisms underlying transfer of function after evaluative learning | CI |
| 2006-07 | British Academy (BARDA) | €50,991 | Semantic network growth: the relative contribution of stimulus frequency, reinforcement, and time of acquisition | PI |

\*Indicates amount of grant attributed to PI. Award amounts have been converted into Euros

**Publications**

McHugh has published over 80 peer-reviewed articles in major international journals with 2402 citations including Consciousness & Cognition, Journal of the International Neuropsychological Society, and World Journal of Biological Psychiatry.

*Citations by Year:*

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**Representative Publications**

(1) Larsson, A., Hooper, N., Osborne, L., A., Bennett, P., & **McHugh, L.** (2016). [Using brief cognitive restructuring and cognitive defusion techniques to cope with negative thoughts](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=3Z2cr60AAAAJ&sortby=pubdate&citation_for_view=3Z2cr60AAAAJ:ldfaerwXgEUC). *Behavior modification 40* (3), 452-482

(2) **McHugh, L.** (2015). [A contextual behavioural science approach to the self and perspective taking](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=3Z2cr60AAAAJ&sortby=pubdate&citation_for_view=3Z2cr60AAAAJ:BqipwSGYUEgC). *Current Opinion in Psychology 2,* 6-10

(3) Hassoulas, A., **McHugh, L.** & Reed, P. (2014). [Avoidance and behavioural flexibility in obsessive compulsive disorder](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=3Z2cr60AAAAJ&sortby=pubdate&citation_for_view=3Z2cr60AAAAJ:4JMBOYKVnBMC). *Journal of anxiety disorders, 28* (2), 148-153

(4) **McHugh, L.** & Wood, R.L. (2013). Stimulus over-selectivity in temporal brain injury: Mindfulness as a potential intervention. *Brain Injury, 27*, 1595-1599.

(5) **McHugh, L.** Procter, J., Herzog, M., Schock, A. & Reed, P. (2012). The effect of mindfulness on extinction and behavioral resurgence. *Learning and Behavior,* 1-11.

(6) **McHugh, L.** & Stewart, I. (Eds). (2012). *Perspective taking and the self: Contributions and Applications from Modern Behavioral Science*. New Harbinger.

(7) Hooper, N., Sandoz, E.K., Ashton, J., Clarke, A. & **McHugh, L.** (2012). Comparing thought suppression and acceptance as coping techniques for food cravings. *Eating Behaviors, 13*, 62-64.

(8) **McHugh, L.** (2011). A New Approach in Psychotherapy: ACT (Acceptance and Commitment Therapy). *World Journal of Biological Psychiatry. 12,* 76-9.
(9) Hooper, N., Davies, N., Davies, L. & **McHugh, L.** (2011). Comparing thought suppression and mindfulness as coping techniques for spider fear, *Consciousness and Cognition*, *20*, 1824-1830.

(10) **McHugh, L.,** Simpson, A., & Reed, P. (2010). Mindfulness as a potential intervention for stimulus over-selectivity in older adults. *Research in Developmental Disabilities, 31*, 178-184.

**Citizenship to Profession**

* Associate editor Journal of Contextual Behavioural Science
* Guest editor for Special issue on Derived Relational Responding and Autistic Spectrum Disorders, Research on Autistic Spectrum Disorders.
* Reviewer for ESRC, British Academy, and Welcome Trust.
* Conference Chair (2014). UK and Ireland ACT and Contextual Behavioural Science Conference.
* Elected Board Member at Large Association for Contextual Behavioral Science (2014-16).
* Conference Strategy Committee (2012 – present). Association for Contextual Behavioural Science.
* Conference Programme Chair Association for Contextual Behavioral Science, World Conference Dublin 2019.

**ADMIN and Teaching UCD**

* Global engagement officer School of Psychology
* College of Social Science and Law Internationalisation Committee board member
* Academic Director Masters in Mindfulness Based Interventions
* Erasmus coordinator School of Psychology
* School of Psychology Teaching and Learning committee member
* Module Coordinator for 2 UG modules and 4 PG modules.
* Project supervision per year: 5 UG; 2 MSc; 1 DClin
* Director of the UCD CBS lab – 13 members (RAs, PhDs, Post Docs).