

Jenny Groarke

BA, HDip, PGCHET, PhD

SUMMARY

As a lecturer in Psychology, I bring **15 years of experience** in higher education teaching and a proven track record of conducting high-quality impactful research.

I am expert in the field of music psychology, mental health, and digital health, with a strong publication record of **31 peer-reviewed articles**, **1938 citations**, and an impressive **h-index of 16** and i-10 index of 22.

I have presented my research at **50+ conferences** and delivered **20 invited talks**, demonstrating my commitment to public engagement and to the academic community.

My research excellence has been recognised through successful grant applications, securing a total of **€8.5 million in research funding and awards**.

EMAIL

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ACADEMIC POSITIONS

2021-PRESENT

Assistant Prof | School of Psychology, University of Galway | IE

This role involves delivering lectures to undergraduate and postgraduate students, conducting original research and publishing in peer-reviewed journals. Additionally, it entails fulfilling various administrative responsibilities, such as First Year Co-Ordination, Deputy Chair of the School Research Ethics Committee, Chair of Graduate Research Committees, and participating in strategic committees across the university.

2021-PRESENT

External Examiner for Master's in Arts & Sciences in Creative Health, Faculty of Arts and Humanities | Department of Arts and Sciences | University College London | UK

This role involves attendance at exam boards, maintaining academic standards, and ensuring fair treatment of students.

2021-PRESENT

Honorary Lecturer in Health Psychology | School of Psychology, Queen's University Belfast | UK

As a holder of honorary status at Queen's University Belfast I collaborate with faculty members on research, deliver guest lectures, co-supervise postgraduate research students, and contribute to the overall academic community at Queen's University Belfast.

2018-2021

Lecturer in Health Psychology | School of Psychology, Queen's University Belfast | UK

In this role, I delivered lectures to undergraduate and postgraduate students. I conducted original research and published in peer-reviewed journals. I also fulfilled administrative roles, including serving as the Academic Lead for School Communications and Public Engagement, being a Founding Member of the Centre for Improving Health-Related Quality of Life, and establishing the inaugural MSc in Clinical Health Psychology.

2017-2018

Post-doctoral Researcher, 'Moving On Study' | mHealth Research Group | University of Galway | IE

Key responsibilities:

- As Lead Researcher I designed, executed, and disseminated a randomised controlled trial of personalized health behaviour change intervention utilising mobile health technology at Letterkenny University Hospital, funded by the Irish Cancer Society.

2008-2018

Teaching Assistant/Adjunct Lecturer | School of Psychology | University of Galway | IE

Key responsibilities:

- Delivered lectures and tutorials within the School of Psychology and across the university.
- Contributed to module and program administration (See "Teaching" section for full details).

2006-2012

Research Assistant, 'Challenging Breast Cancer Together Study' | School of Psychology | University of Galway | IE

Key responsibilities:

- Collecting and analysing longitudinal data from quantitative surveys.
- Providing administrative support to research projects, scheduling participant appointments, and follow-ups.
- Co-authoring research reports, summaries, and presentations.

HIGHER EDUCATION

2023 **Post Graduate Certificate in Higher Education Teaching**

School of Social Sciences, Education and Social Work, Queen's University Belfast

2017 **Structured PhD in Psychology**

National University of Ireland, Galway

Thesis title: The Adaptive Functions of Music Listening; Structure, Correlates, and Consequences

Supervisor: Dr Michael Hogan. *Internal Examiner:* Prof Molly Byrne

External Examiner: Prof Alexandra Lamont, Keele University, UK

2006 **Higher Diploma in Psychology (Conversion)**

National University of Ireland, Galway

Degree Classification: 1st Class Honours

2005 **Bachelor of Arts in Psychological Studies and Sociological & Political Studies**

National University of Ireland, Galway

Degree Classification: 1st Class Honours

FUNDING AND AWARDS

I have been principal investigator (n=3), co-applicant (n=3), co-supervisor (n=3) or collaborator (n=2) on 10 successful funding applications that generated a total of €8,500,000.

2024-2025 Trinity St James's Cancer Institute - Cancer Research Stimulus Awards (Collaborator)

Examining the role of lifestyle interventions for modifiable risk factor management in people with BRCA-associated inherited cancer risk (€12,000).

2023-2024 Enterprise Ireland (Principal Investigator)

European Research Council Proposal Preparation Support for Harnessing Music and Technology for Reducing Isolation and Loneliness (€15,723)

2023-2025 Horizon (European commission) ERASMUS plus (Co-Applicant)

'PARTICIP.AGE- Supporting community participation and social inclusion of Ageing People with Intellectual Disabilities' (€250,000, of which €43,137 direct funding to University of Galway)

2022-2027 NUIG Strategic Fund 22/23 (Co-Applicant/Proposer)

'The Global Centre for Creative Technologies' (€975,124)

2022-2023 Irish Cancer Society (Principal Investigator)

Social Science, Nursing, Allied Health Cancer Research Networking Award for a stakeholder engagement workshop to identify national priorities for research in psycho-oncology (€1,975)

2022-2025 Department for the Economy, Northern Ireland Executive, CAST (Co-operative Awards in Science and Technology) Research Studentship (Co-Supervisor)

'The All-Ireland Death Literacy Study: empowering communities to provide end of life care' (£52,000)

2022-2026 Economic and Social Research Council and Medical Research Council, NINE Doctoral Training Partnership (Co-Supervisor)

'The Experience of Loneliness during Adolescence when a Parent has Cancer' (£60,000)

2022-2027 Horizon (European commission) (Co-Applicant)

'PvSTATEM: Serological testing and treatment for p. Vivax: from a cluster-randomised trial in Ethiopia and Madagascar to a mobile-technology supported intervention' (€7,000,000 of which 709k is for the Digital Health work package we are leading, and 303k direct funding to University of Galway)

2021-2022 Catapult - Connected Places (UKRI) (Collaborator)

'Homes for Healthy Ageing' - Test bed location partner for innovative solutions focused on social connectedness by creating environments where new products and services can be safely developed and tested by and with local communities' (£50,000)

2019-2023 Economic and Social Research Council, NINE Doctoral Training Partnership (Supervisor)

'Loneliness across the lifespan: understanding the causes and reducing the impact through intergenerational contact' (£60,000)

2013-2016 Irish Research Council, Government of Ireland Postgraduate Scholarship (Principal Investigator)

'The Adaptive Functions of Music Listening; Structure, Correlates, and Consequences' (€72,000)

Throughout my academic career, I have received funding for travel and networking, and awards recognising my research and academic excellence, and involvement in music and arts.

- 2024 Invited for Stage 2 Interview for ERC Starting Grant

- **2019** British Psychological Society Early Career Study Visit (£800)
- **2012** College of Arts Travel Bursary (€1000)
- **2018** Awarded Medical Research Council (UK) funding to attend Proximity2Development Innovation Training Programme
- **2018** Awarded funding to attend Connected Health Summer School funded by Marie Skłodowska-Curie Actions under Horizon 2020 bursaries to support scholars
- **2014** Awarded Health Research Board funding to attend Cochrane systematic review course
- **2002, 2003** University Scholar title for high academic achievement (€400)
- **2016** Best Presentation at the School Research Day in NUI Galway
- **2015** Best Poster at the Innovations in Health Psychology conference in Galway, Ireland
- **2014** Shortlisted for the Young Researcher's Award at the 13th International Conference for Music Perception and Cognition in Seoul, South Korea
- **2012** Choral Scholarship NUI Galway (€1000)
- **2012** NUI Galway Student's Union Enterprise Runners-up Award for Sing-Bang Music Workshops business plan (€5000)

PUBLICATIONS

Peer Reviewed Papers (n=31)

1. Davis, D., Furtado, M., **Groarke, J. M.**, & Graham-Wisener, L. (2024) Experiences of informal caregivers supporting individuals with upper gastrointestinal cancers: a systematic review. *BMC Health Services Research*. 24:932 <https://doi.org/10.1186/s12913-024-11306-3>
2. **Groarke, J. M.**, McKeown, L., McKenna-Plumley, P. E., & Graham-Wisener, L. (2024). "Oh my God I am alone": young adult students' experiences of living alone in a time of global uncertainty. *International Journal of Adolescence and Youth*, 29(1), 2298082.
3. McKenna-Plumley, P. E., Turner, R. N., Yang, K., & **Groarke, J. M.** (2023). "It's a feeling of complete disconnection": Experiences of Existential Loneliness from Youth to Older Adulthood. *BMC Psychology*, 11(1), 408.
4. Lowry, E., Hogan, M., Moriarty, J., Harney, O., Ruiker, E., Pilch, M., **Groarke, J. M.**, Hanlon, M., & Shuttleworth, I. (2023). Using collective intelligence methods to improve government data infrastructures and promote the use of complex data: The example of the Northern Ireland Longitudinal Study. *Health Research Policy and System*, 21, 134. <https://doi.org/10.1186/s12961-023-01070-x>
5. Lok V., Sjöqvist H., Sidorchuk A., Flodin P., Osika W., Daly M., Hyland P., Andersen L. H., Fallesen P., Cabrera M. C., Knudsen A. K. S., Wetherall K., Widnall E., Pieh C., **Groarke J. M.**, Armour C., Dalman C., Hollander A. C., Niemi M. (2023). Changes in anxiety and depression during the COVID-19 pandemic in the European population: A meta-analysis of changes and associations with restriction measures. *European Psychiatry*. 66(1),e87,1-12 <https://doi.org/10.1192/j.eurpsy.2023.2467>
6. *McKenna-Plumley, P. E., Turner, R. N., Yang, K., & **Groarke, J. M.** (2023). Experiences of Loneliness Across the Lifespan: A Systematic Review and Thematic Synthesis of Qualitative Studies. *International Journal of Qualitative Studies on Health and Well-being*, 18(1), 2223868.
7. Graham-Wisener, L., Toner, P., Leonard, R. & **Groarke, J. M.**, (2022). Psychometric validation of the Death Literacy Index and benchmarking of death literacy level in a representative UK population sample, *BMC: Palliative Care*. <https://doi.org/10.1186/s12904-022-01032-0>
8. ***Groarke, J. M.**, MacCormac, N., McKenna-Plumley, P. E., & Graham-Wisener, L. (2022). Music Listening Was an Emotional Resource and Social Surrogate for Older Adults During the COVID-19 Pandemic: A Qualitative Study. *Behaviour Change*. 1-12, doi:10.1017/bec.2022.10

9. *McKenna-Plumley, P. E., Berry, E., Graham-Wisener, L., & **Groarke, J.M.** (2021) Connection, constraint, and coping: A qualitative study of experiences of loneliness during the COVID-19 lockdown in the UK. *PLoS ONE*. <https://doi.org/10.1371/journal.pone.0258344>
10. *Walsh J. C., Richmond J., McSharry J., Groarke A., Glynn L., Kelly M. G, Harney O, **Groarke J.M.** (2021). Examining the Impact of an mHealth Behavior Change Intervention with a Brief In-Person Component for Cancer Survivors with Overweight or Obesity: Randomized Controlled Trial. *JMIR mHealth and uHealth*. 9(7):e24915. doi: 10.2196/24915
11. ***Groarke, J.M.**, McGlinchey, E., McKenna-Plumley, P. E., Berry, E., Graham-Wisener, L., & Armour, C. (2021). Examining temporal interactions between loneliness and depressive symptoms and the mediating role of emotion regulation difficulties among UK residents during the COVID-19 lockdown: Longitudinal results from the COVID-19 Psychological Wellbeing Study. *Journal of Affective Disorders*, 285. doi.org/10.1016/j.jad.2021.02.033
12. ***Groarke J. M.**, Richmond J., Mc Sharry J., Groarke A., Harney O. M., Kelly M. G., & Walsh J. C. (2021). Acceptability of a Mobile Health Behavior Change Intervention for Cancer Survivors with Obesity or Overweight: Nested Mixed Methods Study Within a Randomized Controlled Trial. *JMIR Mhealth Uhealth*, 9(2):e18288 doi: 10.2196/18288
13. *McKenna-Plumley, P. E., **Groarke, J. M.**, Turner, R. N., & Yang, K. (2020). Experiences of loneliness: a study protocol for a systematic review and thematic synthesis of qualitative literature. *Systematic Reviews*, 9(1), 1-8.
14. ***Groarke J. M.**, & Hogan M. J. (2020). The Eudaimonic Functions of Music Listening Scale: An Instrument to Measure Transcendence, Flow and Peak Experience in Music. *Frontiers in Psychology* 11:566296. doi: 10.3389/fpsyg.2020.566296
15. *Groarke, A., Curtis, R., Skelton, J., & **Groarke J. M.** (2020). Quality of life and adjustment in men with prostate cancer: Interplay of stress, threat and resilience. *PLoS ONE* 15(9): e0239469. <https://doi.org/10.1371/journal.pone.0239469>
16. ***Groarke, J. M.**, Berry, E., Graham-Wisener, L., McKenna-Plumley, P., McGlinchey, E., & Armour, C. (2020). Loneliness in the UK during the COVID-19 pandemic: Cross-sectional results from The COVID-19 Psychological Wellbeing Study, *PLoS ONE*, 15(9): e0239698. <https://doi.org/10.1371/journal.pone.0239698>
17. Hogan, M.J, Harney, O., Moroney, M., Hanlon, M., Khoo, S., Hall, T., Pilch, M., Pereira, B., Van Lente, E., Hogan, V., O'Reilly, J., **Groarke, J.**, Razzante, R., Durand, H., Broome, B. (2020). A group dynamics framework for 21st century collective intelligence facilitators. *Systems Research and Behavioural Science*. <https://doi.org/10.1002/sres.2688>.
18. *Kelly, M. G., Richmond, J., Singaroyan, N., Kerr, T., O'Donnell, A., Masterson, E., ... & **Groarke, J.** (2019). CN52 A pilot trial to investigate the impact of a personalised self-management lifestyle programme using mobile technology on the health and wellbeing of cancer survivors. *Annals of Oncology*, 30, Supplement 5, doi:10.1093/annonc/mdz275.
19. ***Groarke, J. M.**, Groarke, A., Hogan, M., Costello, L., Lynch, D. (2019). Does Listening to Music Regulate Negative Affect in a Stressful Situation? Examining the Effects of Self-Selected and Researcher-Selected Music Using Both Silent and Active Controls. *Applied Psychology: Health and Wellbeing*. <https://doi.org/10.1111/aphw.12185>
20. *Caroll, G. A., & **Groarke, J. M.** (2019). The importance of the social sciences in reducing tail biting prevalence in pigs. *Animals*, 9(9), 591. <https://doi.org/10.3390/ani9090591>
21. ***Groarke, J. M.**, Richmond, J., Kelly, M. G., McSharry, J., Groarke, A., Kerr, T., ... & Walsh, J. (2019). Examining the Impact of a Personalized Self-Management Lifestyle Program Using Mobile Technology on the Health and Well-Being of Cancer Survivors: Protocol and Rationale for a Randomized Controlled Trial (The Moving On Study). *JMIR research protocols*, 8(8), e13214.

22. ***Groarke J. M., & Hogan M. J.** (2019). Listening to self-chosen music regulates induced negative affect for both younger and older adults. *PLoS ONE* 14(6): e0218017.
23. Walsh, J., **Groarke, J.**, Dunne, D., Fletcher, K., Stapleton, R., & Finucane, F. (2019). Personalised goals to reduce sedentary behaviour in a clinically obese population : A pilot trial. *National Institute of Health Sciences Research Bulletin*, 8(2), p.72.
24. ***Walsh, J. C., & Groarke, J. M.,** (2019). Integrating behavioural science with mobile health (mHealth) technology to optimise health behaviour change interventions. *European Psychologist*, 24(1), 38-48.
25. Dingle, G. A., Clift, S., Gilbert, R., **Groarke, J. M.**, Irons, Y. J., Bartoli, A. J., Lamont, A., Launay, J., Martin, E. S., Moss, H., Sanfilippo, K. R., Shipton, M., Stewart, L., Talbot, S., Tarrant, M., Tipp, L., & Williams, E. J. (2019). An Agenda for Best Practice Research on Group Singing, Health, and Well-Being. *Music & Science*, <https://doi.org/10.1177/2059204319861719>
26. ***Groarke, J. M., & Hogan, M. J.** (2018). Development and psychometric evaluation of the Adaptive Functions of Music Listening Scale. *Frontiers in Psychology*, 9:516. <https://doi.org/10.3389/fpsyg.2018.00516>
27. Wallace, E., Hogan, M. J., Noone, C., & **Groarke, J. M.**, (2018). A collective intelligence analysis of the nature and causes of sabotage amongst University academics. *Studies in Higher Education*. <https://doi.org/10.1080/03075079.2018.1477128>
28. ***Groarke, J. M., & Hogan, M. J.** (2016). Enhancing wellbeing: An emerging model of the adaptive functions of music listening. *Psychology of Music*, 44(4), 769-791 DOI: 10.1177/0305735615591844
29. Groarke, A., Curtis, R., **Groarke, J. M.**, Hogan, M. J., Gibbons, A., & Kerrin, M. (2016). Post-traumatic growth in breast cancer: How and when do distress and stress contribute? *Psycho-Oncology*, doi: 10.1002/pon.4243.
30. Gibbons, A., Groarke, A., Curtis, R., & **Groarke, J. M.** (2016). The effect of mode of detection of breast cancer on stress and distress. *Psycho-Oncology*, doi: 10.1002/pon.4227.
31. Hogan, M. J., Johnston, H., Broome, B., McMoreland, C., Walsh, J., Smale, B., Duggan, J., Andriessen, J., Leyden, K. M., Domegan, C., McHugh, P., Hogan, V., Harney, O., **Groarke, J.**, Noone, C., Groarke, A. (2015). Consulting with citizens in the design of wellbeing measures and policies. *Social Indicators Research* 123, 857-877. doi: 10.1007/s11205-014- 0764-x

Papers under peer-review (n=7)

1. Forbes, J., Rice, P., **Groarke, J. M.**, Berry, E., Graham, H., & Graham-Wisener, L. (revising) Factors influencing unrelated stem cell donation: A systematic review. *British Journal of Health Psychology*.
2. McKenna-Plumley, P. E., Turner, R. N., Yang, K., & **Groarke, J. M.** (in review). The Brief Scale of Existential Loneliness: Scale Development and Psychometric Evaluation. *Current Psychology*.
3. **Groarke, J. M.**, Lewis, C., Graham-Wisener, L., James, J. (in review). Public awareness and attitudes toward the use of Artificial Intelligence in Pathology Research and Practice. *Journal of Medical Internet Research*.
4. McFadden, S., Graham-Wisener, L., Lavelle, M., Hull, S., & **Groarke, J. M.** (in review). Exploring the Experiences of Healthcare Professionals who work with victims of Sexual Assault: A Systematic Review of Qualitative Evidence. *Journal of Forensic Psychology Research and Practice*.
5. McKeown, L., Dempster, M., Groarke, J. M., & Graham-Wisener, L. (in review). Adolescent Loneliness When a Parent Has Cancer: A Qualitative Systematic Review. *Psycho-Oncology*.
6. Peters, Kwasnicka, Crutzen, ten Hoor, Varol, ... **Groarke, J. M.** ... (in review). Your COVID-19 Risk Assessment Tool, Data Analysis and Open Access Data Repository. *BMC Pilot and Feasibility Studies*.
7. ***Warner, N., Groarke, A., & Groarke, J.M.** (in review). Predictors of engagement in health-related cancer preventative behaviours in females with a BRCA1/2 alteration. *PLoS ONE*.

Book chapters, editorials, and reviews (n=5)

1. Dingle, G., & **Groarke, J. M.** (2022). Editorial: An Update on Loneliness Theory and Practice for Health Professionals. *Behaviour Change* 39 (3), 131 - 133. <https://doi.org/10.1017/bec.2022.19>
2. Karkou, V., Sainani, N., Orkibi, H., **Groarke, J. M.**, Czamanski-Cohen, J., Panero, M. E., Drake, J., Jola, C., & Baker, F. A. (2022). Editorial: The Psychological and Physiological Benefits of the Arts. *Frontiers in Psychology - Health Psychology*. doi: 10.3389/fpsyg.2022.840089
3. Carroll, G., **Groarke J.**, & Graham-Wisener, L. (2021). Human behaviour change models for improving animal welfare In: Camerlink, I. (Ed.), *Bridging Research Disciplines to Advance Animal Welfare Science*. Oxfordshire: Cabi Publishing.
4. Carroll, G., Graham-Wisener, L., & **Groarke J.** (2021). Human-centred research approaches to improve animal welfare: survey design and stakeholder involvement. In: Camerlink, I. (Ed.), *Bridging Research Disciplines to Advance Animal Welfare Science*. Oxfordshire: Cabi Publishing.
5. ***Groarke, J. M.** (2019). Book review: Handbook of music, adolescents, and wellbeing. *Music & Science*. doi.org/10.1177/2059204319897253

Commissioned reports (n=3)

1. Hogan, M. J., Harney, O., **Groarke, J. M.**, Pilch, M. (2019). *Northern Ireland Longitudinal Study (NILS) Infrastructure Design: Accessing, understanding, and using the NILS data for research purposes and to guide policy, practice, and action*. Northern Ireland Statistics & Research Agency.
2. Latu, I., Blaylock, D., Burns, S., Cena, E., **Groarke, J.M.**, & McKenna-Plumley, P. E. (2022). *Gender Recognition Act (GRA) 2004 Evaluation and Policy Options*. Northern Ireland Department of Finance.
3. **Groarke, J. M.** (2023). *Review of Best Practice in Child and Youth Participation*. Music Generation National Development Office.

Conference presentations with abstracts published in conference proceedings are designated with an asterisk * (n = 37)

Conference Papers and Posters (n=51)

1. *Groarke, J., Durkan, A., McKenna-Plumley, P. E., Graham-Wisener, L., (2024, September). Comfort and Connection: A qualitative study exploring young adults' experiences of using music for loneliness regulation. Oral paper presented at the 37th Annual Conference of the European Health Psychology Society, Cascais, Portugal.
2. *Groarke, J., McKeown, L., McKenna-Plumley, P. E., Graham-Wisener, L., (2023, September). "I am Alone and I am Stuck": University Students Experiences of Living Alone During COVID-19. Oral paper presented at the 36th Annual Conference of the European Health Psychology Society, Bremen, Germany.
3. *McKenna-Plumley, P. E., Turner, R. N., Yang, K., & Groarke, J. M. (2023, September). *Social, emotional, and existential dimensions of loneliness from youth to older adulthood*. Poster presented at the 36th Annual Conference of the European Health Psychology Society, Bremen, Germany.
4. *McKenna-Plumley, P. E., Turner, R. N., Yang, K., & Groarke, J. M. (2023, July). *Measuring existential loneliness: development and psychometric evaluation of a new scale*. Oral paper presented at the 40th Biennial Conference of the International Society for the Study of Individual Differences, Belfast, UK.
5. *McKenna-Plumley, P. E., Turner, R. N., Yang, K., & Groarke, J. M. (2023, July). *Social, emotional, and existential dimensions of loneliness from youth to older adulthood*. Oral paper presented at the 40th Biennial Conference of the International Society for the Study of Individual Differences, Belfast, UK.

6. *McKenna-Plumley, P. E., Turner, R. N., Yang, K., & Groarke, J. M. (2023, February). *"A deeper longing": Lived experiences of existential loneliness from youth to older adulthood*. Poster presented at the Existential Psychology Preconference of the Society for Personality and Social Psychology 2023 Annual Convention, Online.
7. *Groarke, J., MacCormac, N., McKenna-Plumley, P. E., Graham-Wisener, L., (2022, August). A qualitative study exploring music as a behaviour for managing older adult wellbeing during COVID19. Oral paper presented at the 36th Annual Conference of the European Health Psychology Society, Bratislava, Slovakia.
8. McKenna-Plumley, P. E., Turner, R. N., Yang, K., & Groarke, J. M. (2022, July). Experiences of loneliness: A systematic review of qualitative literature across the lifespan. The Australian Loneliness Dialogue.
9. *Graham-Wisener, L., Toner, P., Leonard, R., Horsfall, D., Groarke, J. (2022, May). *Validation of the Death Literacy Index in a Representative UK Sample*. Oral paper presented at 12th World Research Congress of the European Association for Palliative Care, Online.
10. McKenna-Plumley, P. E., Groarke, J. M., Turner, R. N., & Yang, K. (2022, May). *Experiences of loneliness: A systematic review of qualitative literature across the lifespan*. Oral paper presented at The Australian Loneliness Dialogue: Loneliness Across the Generations Conference, Online.
11. *Graham-Wisener, L., Toner, P., Leonard, R., Horsfall, D., Groarke, J. (2022, February). *Death literacy in the UK- benchmarking levels of death literacy and validating a new measure*. Oral paper presented at The Marie Curie Research Conference Improving End of Life for All, UK.
12. *Groarke, J., McGlinchey, E., McKenna-Plumley, P. E., Berry, E., Graham-Wisener, L., & Armour, C. (2021, September). *A longitudinal assessment of loneliness, emotion dysregulation and depressive symptoms in the first four months of the UK lockdown*. Oral paper presented at the 10th European Conference on Mental Health, Lisbon, Portugal.
13. McKenna-Plumley, P. E., Groarke, J. M., Turner, R. N., & Yang, K. (2021, September). *Experiences of loneliness: A systematic review of the qualitative literature*. Oral paper presented at the Queen's University Belfast School of Psychology Annual Postgraduate Research Conference, Online.
14. *Groarke, J., McGlinchey, E., McKenna-Plumley, P. E., Berry, E., Graham-Wisener, L., & Armour, C. (2021, August). *Loneliness and mental health in lockdown: a longitudinal analysis*. Oral paper presented at the 35th Annual Conference of the European Health Psychology Society.
15. *Krause, A. E., Baker, D. J., Groarke, J., Pereira, A. I., Liew, K., Anglada-Tort, M., Steffens, J.. (2021, July). *A global investigation of music listening practices: The influence of country latitude and seasons on music preferences*. Oral paper presented at the 16th International Conference on Music Perception and Cognition jointly organised with the 11th triennial conference of European Society for the Cognitive Sciences of Music, Sheffield, UK.
16. *Groarke, J., Walsh, J., McSharry, J., Groarke, A., Harney, O., Richmond, J., Kelly, M. G., & Glynn, L. (2021, June). *A mixed-methods study of the acceptability of a mHealth lifestyle intervention for cancer survivors*. Oral paper presented at the British Psychological Society Division of Health Psychology Annual Conference.
17. *McKenna-Plumley, P. E., Groarke, J. M., Turner, R. N., & Yang, K. (2021, May). *Examining experiences of loneliness: A protocol for a systematic review of qualitative literature*. Poster presented at the 18th Annual Psychology, Health and Medicine Conference, Online.
18. McKenna-Plumley, P. E., Graham-Wisener, L., Berry, E., & Groarke, J. M. (2021, April). *Connection, constraint, and coping: A mixed-methods study of loneliness during COVID-19-related physical distancing*. Oral paper presented at the Loneliness in Lockdown Gathering, Online
19. *McKenna-Plumley, P. E., Graham-Wisener, L., Berry, E., & Groarke, J. M. (2021, April). *"Jesus, here we go again": Experiences of loneliness during the COVID-19 lockdown in the UK*. Oral paper presented at the Northern Ireland Branch of the British Psychological Society Annual Conference 2021, Online.

20. *Groarke, J., McGlinchey, E., McKenna-Plumley, P. E., Berry, E., Graham-Wisener, L., & Armour, C. (2020, August). *Loneliness in Lockdown: Prevalence and Predictors*. Oral paper presented at the 34th Annual Conference of the European Health Psychology Society.
21. *Groarke, J. (2020, May). *Comparing the affect regulating effects of music listening and music video watching*. Oral paper presented at Brain, Cognition, Emotion, Music conference, Online
22. *Groarke, J., Groarke, A., Hogan, M. J., Costello, L., Lynch, D. (2019, October). *Comparing the affect regulating effects of self-selected and researcher-selected music*. Oral paper presented at Psychology and Music: Interdisciplinary Encounters, Belgrade, Serbia.
23. *Groarke, J., Walsh, J., McSharry, J., Groarke, A., Harney, O., Richmond, J., Kelly, M. G., & Glynn, L. (2019, September). *Moving On: Acceptability of a personalised mHealth lifestyle self-management intervention for cancer survivors*. Oral paper presented at the 33rd Annual Conference of the European Health Psychology Society, Dubrovnik, Croatia.
24. *Warner, N., Groarke, A., & Groarke, J. (2019, September). *Using a mobile app for experienced based sampling in cancer survivors: methodological lessons learned*. Poster presented at the 33rd Annual Conference of the European Health Psychology Society, Dubrovnik, Croatia.
25. *Walsh, J., Groarke, J., Harney, O., Richmond, J., Kelly, M. G., & Glynn, L. (2019, September). *Personalised goals via mHealth technology to increase physical activity in cancer survivors: Moving On Study*. Poster presented at the 33rd Annual Conference of the European Health Psychology Society, Dubrovnik, Croatia.
26. *Groarke, J. M., Walsh, J., Harney, O., Richmond, J., Kelly, M. G., Glynn, L. (2019, April). *Evaluating the effect of a self-management intervention using mobile technology on health outcomes in cancer survivors*. Oral paper presented at the British Psychological Society Northern Ireland Branch Annual Conference. Templepatrick, Northern Ireland.
27. Groarke, J. M., Walsh, J., Harney, O., Richmond, J., Kelly, M. G., Glynn, L. (2019, February). *Moving On: The long-term impact of a self-management intervention using mobile technology on health outcomes in cancer survivors*. Oral paper presented at the Association of University Departments of General Practice in Ireland: Annual Scientific Meeting. Dublin, Ireland.
28. *Groarke, J. M., Walsh, J., Richmond, J., Kelly, M. G., Groarke, A., Glynn, L., McSharry, J. (2018, August). *The impact of mHealth self-management intervention on health outcomes in cancer survivors*. Oral paper presented at 32nd Annual Conference of the European Health Psychology Society. Galway, Ireland.
29. *Walsh, J., Groarke, J., Dunne, D., & Stapleton, R. (2018, August). *The impact of digitally-supported personalised goals to reduce sedentary behaviour in a clinically obese population*. Oral paper presented at 32nd Annual Conference of the European Health Psychology Society. Galway, Ireland.
30. *Groarke, A., Groarke, J., Hogan, M., Costello, L., & Lynch, D. (2018, August). *Does listening to music support coping with induced stress? Comparing self-chosen and researcher-chosen music*. Oral paper presented at 32nd Annual Conference of the European Health Psychology Society. Galway, Ireland.
31. *Warner, N., Groarke, A., & Groarke, J. (2018, August). *The influence of music on affect regulation and post-traumatic growth in a cancer population*. Poster presented at 32nd Annual Conference of the European Health Psychology Society. Galway, Ireland.
32. *Warner, N., Groarke, A., & Groarke, J. (2018, August). *An exploration into affect, coping and post-traumatic growth in cancer patients: a two-phase study*. Poster presented at 32nd Annual Conference of the European Health Psychology Society. Galway, Ireland.
33. *Murray, O., Groarke, J., & Walsh, J. (2018, August). *Everyday music listening and its impact on affect regulation and physical activity*. Poster presented at 32nd Annual Conference of the European Health Psychology Society. Galway, Ireland.

34. Groarke, J. & Hogan, M. J. (2017, November). *A measure for outcomes-based research: The Adaptive Functions of Music Listening Scale*. Poster presented at 1st meeting of the Science of Mind and Art network, Jyväskylä, Finland.
35. *Groarke, J., McKenna-Plumley, P., Hogan, M. J., (2017, August). *Does listening to music support coping with stress?* Oral paper presented at the 31st conference of the European Health Psychology Society, Padua, Italy.
36. *Groarke, J., Richmond, J., Kelly, M.G., Patton S., Glynn L., Kerr, T., Duffy, K, Groarke A., McSharry, J. (2017, August). *Does a personalized mHealth intervention improve health behaviour in cancer survivors? A pilot RCT*. Poster presented at the 31st conference of the European Health Psychology Society, Padua, Italy.
37. *Groarke, J., Hogan, M. J., McKenna-Plumley, P. (2016, July). *Efficacy of a self-chosen music listening intervention in regulating induced negative affect: a randomized controlled trial*. Oral paper presented at the 14th International Conference for Music Perception and Cognition, San Francisco, USA.
38. *Groarke, J. & Hogan, M. J. (2015, October). *The adaptive functions of music listening: A theoretical model of music listening and wellbeing*. Poster presented at 6th International Conference on Emotions, Well-being and Health, Tilburg, The Netherlands.
39. *Groarke, J. & Hogan, M. J. (2015, August). *The adaptive functions of music listening: Theory & Measurement*. Oral paper presented at 9th Triennial Conference of the European Society for the Cognitive Sciences of Music, Manchester, UK.
40. Groarke, J. & Hogan, M. J. (2015, July). *Use of music for enhancing social connection across the lifespan*. Oral paper presented at Galway International Arts and Human Rights Summer School, Galway, Ireland.
41. Groarke, J. & Hogan, M. J. (2015, June). *Developing the adaptive functions of music listening scale and theoretical model*. Poster presented at Innovations in Health Psychology, Galway, Ireland.
42. *Groarke, A. M., Curtis, R., Hogan, M., Gibbons, A., & Groarke, J. (2014, August). *Predictors of benefit finding in women with breast cancer over 18 months post diagnosis*. Oral paper presented at the 28th Conference of the European Health Psychology Society. Innsbruck, Austria.
43. *Hogan, M., Johnston, H., Broome, B., Smale, B., Duggan, J., Andriessen, J., Domegan, C., Mc Hugh, P., Leyden, K., Mc Moreland, C., Hogan, V., Harney, O., Groarke, J. (2014, August). *Consulting with citizens in the design of wellbeing measures and policies*. Oral paper presented at the 28th Conference of the European Health Psychology Society. Innsbruck, Austria.
44. *Groarke, J., & Hogan, M. J. (2014, August). *A qualitative investigation of developmental differences in the functions of music listening and its role in everyday well-being*. Oral paper presented at the 13th International Conference for Music Perception and Cognition and 5th Conference of the Asia-Pacific Society for the Cognitive Sciences of Music. Seoul, South Korea.
45. *Groarke, J. & Hogan, M. J. (2014, August). *The adaptive functions of music listening: An exploratory factor analysis*. Poster presented at the 13th International Conference for Music Perception and Cognition and 5th Conference of the Asia-Pacific Society for the Cognitive Sciences of Music. Seoul, South Korea.
46. *Groarke, J., & Hogan, M. J. (2014, July). *Music listening and wellbeing: A developmental perspective*. Oral paper presented at the 7th European Conference on Positive Psychology. Amsterdam, The Netherlands.
47. *Groarke, J., & Hogan, M. J. (2013, July). *Music listening and wellbeing: A qualitative investigation*. Poster presented at 27th Conference of the European Health Psychology Society. Bordeaux, France.
48. *Groarke, J. & Hogan, M. J. (2013, June). *The adaptive functions of music listening: A scale development project*. Poster presented at 3rd International Conference on Music & Emotion. Jyväskylä, Finland.
49. Groarke, J. & Hogan, M. J. (2013, January). *The Adaptive Functions of Music Listening*. Poster session presented at Annual NUI, Galway Psi Chi Poster Event. Galway, Ireland.
50. Groarke, A. M., Curtis, R., & Groarke, J. (2012, March). *Psychological adjustment in women with breast cancer: An intervention study*. Poster session presented at Annual NUI, Galway Psi Chi Poster Event. Galway, Ireland.

51. Groarke, A. M., Curtis, R., Gibbons, A., & Groarke, J. (2012, June). *Challenging breast cancer together: Enhancing psychological adjustment in women with breast cancer*. Poster session presented at Changing The System: Overcoming Barriers to Well-Being in Ireland conference. Galway, Ireland.
52. *Groarke, J., & Elliott, M. (2006, May). *A comparison of pre-event and post-event misinformation and performance on a recognition task*. Oral paper presented at 28th Annual Congress of Psychology Students in Ireland in Maynooth, Ireland.

Invited Talks (n=21)

1. Groarke J. (2023, September). *Tuning in to Coping: How Music Supported Wellbeing in COVID-19*. Department of Music, Arts and Culture seminar series, University of Jyväskylä, Finland.
2. Groarke J. (2023, June). *Music Listening and Wellbeing: Past and Future*. School Research Day, University of Galway
3. Groarke J. (2023, February). *Stress, distress, and positivity in the year following diagnosis*. Research on Cancer Screening in Ireland: Exploring an Integrated Approach Across Cancer Types, Irish Cancer Society Networking Conference.
4. Groarke, J. (2022, October). *Using the arts to assess learning outcomes in health psychology: A case study in a higher education setting*. Northern Ireland branch of the British Psychological Society Annual Conference.
5. Groarke, J. (2021, September). *Advancing Research on the Arts and Health*. Public webinar presented by Frontiers and New York University.
6. Groarke, J. (2021, April). *Health Psychology - what's art got to do with it?* Northern Ireland branch of the British Psychological Society Annual Conference.
7. Groarke, J. (2021, April). *Music Listening and Wellbeing: A programme of research*. Keele University Psychology Seminar Series, UK.
8. Groarke, J. (2021, April). *Loneliness in Lockdown: Risk factors and temporal interactions with depression*. Loneliness in Lockdown Gathering, UK.
9. Groarke, J. (2021, March). *Novel Methods of Human Behaviour Change for Improving Animal Welfare*. Animal Welfare Research Network, Belfast, UK.
10. Groarke, J. (2021, March). *Changing Behaviours, Changing Lives - The Role of Psychology*. Communities in Transition: The NI Executive Office, North Belfast Health Summit.
11. Groarke, J. (2021, January). *Digital technologies in weight management*. Northern Ireland Association for the Study of Obesity, Belfast, UK.
12. Groarke, J. (2020, August). *Loneliness in Lockdown*. Trades Union Congress Pensioners' Network Annual Seminar, London, UK.
13. Groarke, J. (2019, June). *Workshop: mHealth for behaviour change*. British Psychological Society Careers and Training in Health Psychology, Queen's University Belfast, UK.
14. Groarke, J. (2018, September). *Music listening and wellbeing across the lifespan*. Postgraduate Research Conference, Queen's University Belfast, UK.
15. Walsh, J., & Groarke, J. (2018, June). *Designing interventions for health behaviour change*. Connected Health Summer School, Artemino, Italy.
16. Groarke, J. (2018, May). *The adaptive functions of music listening across the lifespan*. Department of Music, Arts and Culture seminar series, University of Jyväskylä, Finland.
17. Walsh, J., & Groarke, J. (2017, September). *Mobile technology for health behaviour change*. Open Internet of Things Summer School. INSIGHT, Galway, Ireland.

18. Groarke, J. (2016, May). *The adaptive functions of music listening: Doctoral thesis overview*. Oral presentation at School Research Day, NUI, Galway.
19. Groarke, J. (2014, June). *Stories, reflections, and lessons: Irish Research Council funding*. Invited presentation to School of Psychology, NUI, Galway. Ireland.
20. Groarke, J. (2014, February). *Positive ageing and music*. Invited public talk to Ballinasloe Soroptimists, Galway, Ireland.
21. Groarke, J. (2013, February). *Positive psychology and ageing*. Invited public talk to Doughiska Active Retirement group, Galway, Ireland.

TEACHING AND ASSESSMENT

I have extensive experience providing a high standard of teaching to student groups of various sizes, at different levels, across different disciplines, and institutions. I have proficiency in utilising learning technologies and virtual learning environments, specifically with platforms such as Canvas and Blackboard. I have continued to develop my teaching practice by completing a PG Cert in Higher Education Teaching and through training in Universal Design for Learning. I have contributed to curriculum review and development, and the design of new programmes that engage and inspire students.

TEACHING DELIVERY

SCHOOL OF PSYCHOLOGY, UNIVERSITY OF GALWAY

- 2021-present **Theories of Personality** BA Psychology, Year 2 (avg. n=180)
- 2021-present **Advanced Research Methods in Psychology** BA Psychology, Year 3 (avg. n=60)
- 2021-present **Research Methods in Health Psychology** MSc Health Psychology (avg. n=15)

SCHOOL OF PSYCHOLOGY, QUEEN'S UNIVERSITY BELFAST

- 2020-2021 **Health Behaviour Change** MSc Clinical Health Psychology (avg. n=45)
- 2020-2021 **Psycho-Oncology** MSc Clinical Health Psychology (avg. n=45)
- 2020-2021 **Arts in Health** MSc Clinical Health Psychology (avg. n=45)
- 2020-2021 **Introduction to Clinical Health Psychology** BSc Psychology Level 3 (elective) (avg. n=40)
- 2020-2021 **Individual Differences and Health Psychology** BSc Psychology Level 2 (avg. n=150)
- 2018-2021 **Using Psychology in Everyday Life** BSc Psychology Level 1 (avg. n=150)
- 2018 **Psychological Methods** BSc Psychology Level 1 (avg. n=150)

SCHOOL OF ARTS, ENGLISH AND LANGUAGES, QUEEN'S UNIVERSITY BELFAST

- 2019-2021 **Music Psychology** BMus Music Level 2 (avg. n=50)

SCHOOL OF PSYCHOLOGY, NATIONAL UNIVERSITY OF IRELAND, GALWAY

- 2013, 2017 **Developmental Psychology** BA Psychology Year 2 (avg. n=180)
- 2013, 2017 **Applied Developmental Psychology** BA Psychology Year 3 (elective) (avg. n=50)
- 2010-2016 **Psychological Measurement: Theory and Practice** BA Psychology Year 3 (avg. n=50)

2012-2017 **Introduction to Positive psychology** BA Psychology Year 3 (avg. n=180)
2013-2015 **Biological Psychology** BA Psychology Year 2 (avg. n=180)
2012-2013 **Memory & Cognition** BA Psychology Year 3 (avg. n=180)

SCHOOL OF NURSING AND MIDWIFERY, NATIONAL UNIVERSITY OF IRELAND, GALWAY

2013 **Social Sciences 1: Psychology** Bachelor of Nursing Science Year 1 (avg. n=80)

COLLEGE OF ARTS, SOCIAL SCIENCES, AND CELTIC STUDIES, NATIONAL UNIVERSITY OF IRELAND, GALWAY

2018 **Introduction to Psychology for the Social Sciences** BSc Applied Social Sciences Year 1 (avg. n=40)

SCHOOL OF MEDICINE, NATIONAL UNIVERSITY OF IRELAND, GALWAY

2018 **mHealth and Behaviour Change** MSc Preventative Cardiology (avg. n=15)

EDUCATIONAL LEADERSHIP

2022 **Module co-ordinator** Psychological Measurement | BA Psychology University of Galway (avg. n=60)
2022 **Module co-ordinator** Developmental Psychology | BA Psychology University of Galway (avg. n=180)
2021-present **Module co-ordinator** Theories of Personality | BA Psychology University of Galway (avg. n=180)
2020-2022 **Module co-ordinator** Arts in Health | MSc Clinical Health Psychology, QUB (avg. n=45)
2018 **Module co-ordinator** Introduction to Psychology | BSc Applied Social Sciences National University of Ireland, Galway (avg. n=40)
2013 & 2017 **Module co-ordinator** Applied Developmental Psychology | BA Psychology National University of Ireland, Galway (avg. n=50)
2013 **Course co-ordinator** Psychology component of BSc in Nursing and Midwifery Science, National University of Ireland, Galway (avg. n=80)
2013 **Course Director (Acting)** Higher Diploma in Psychology postgraduate programmes National University of Ireland, Galway

CURRICULUM AND PROGRAMME DEVELOPMENT

Programme development:

2023 **Structured PhD in Creative Technologies** | University of Galway
2019 **MSc in Clinical Health Psychology** | Queen's University Belfast

Module development:

2020 **Sustainability** | PG Certificate in Zero Carbon Engineering, Queen's University Belfast
2020 **Individual Differences and Health Psychology** | BSc Psychology Level 2 Queen's University Belfast
2020 **Introduction to Clinical Health Psychology** | BSc Level 3, Queen's University Belfast
2019 **Arts in Health** | MSc in Clinical Health Psychology, Queen's University Belfast
2017 **Introduction to Psychology for the Social Sciences** | BSc, Year 1, University of Galway

EXAMINATION

2024 **External Examiner for PhD award** (C. Smith) | School of Psychology, Sport and Sensory Science | Anglia Ruskin University | UK

2021-2025 **External Examiner for Master's in Arts & Sciences in Creative Health**, Faculty of Arts and Humanities | Department of Arts and Sciences | University College London | UK

2023 **Intern Examiner for Doctorate in Psychological Science (clinical psychology)** (T. Parker), School of Psychology | University of Galway | IE

2022 **Intern Examiner for Doctorate in Psychological Science (clinical psychology)** (R. McKenna), School of Psychology | University of Galway | IE

2021-present **Chair of Graduate Research Committee** (J. Sheehy) School of Psychology | University of Galway | IE

2021-present **Chair of Graduate Research Committee** (E. Corley) School of Psychology | University of Galway | IE

2021- present **Chair of Graduate Research Committee** (R. Fitzpatrick) School of Psychology | University of Galway | IE

RESEARCH SUPERVISION

CURRENT DOCTORAL STUDENTS (N = 2)

2022 **L. McKeown, Co-supervisor**, School of Psychology | QUB (anticipated completion 2025)

The Experience of Loneliness during Adolescence when a Parent has Cancer

2022 **S. Crawford, Co-supervisor**, School of Psychology | QUB (anticipated completion 2025)

The All-Ireland Death Literacy Study: empowering communities to provide end of life care

DOCTORAL THESES SUPERVISED TO COMPLETION (N = 4)

2022-2024 **A. Hegarty, Co-supervisor**, Doctorate in Psychological Science (clinical psychology) | University of Galway

The barriers to implementation of psychosexual risk management strategies of people with intellectual and developmental disabilities

2020-2024 **P. McKenna-Plumley, Co-supervisor**, School of Psychology | QUB

Conceptualising and measuring loneliness across the lifespan: a multidimensional approach

2020-2023 **S. McFadden, Co-supervisor**, Doctorate in Clinical Psychology | QUB

Understanding the experiences of professionals working with victims of sexual offences

2021-2023 **L. McMahon, Co-supervisor**, Doctorate in Psychological Science (clinical psychology) | University of Galway

Clinician self-efficacy in the context of service re-organisation: A qualitative study of CAMHS clinicians in their experience of supporting young people with autism and mental health needs

MASTER'S THESES SUPERVISED TO COMPLETION (N = 12)

2023 **A. Gaztelua, Primary supervisor** [2:2] | MSc in Health Psychology | University of Galway

2023 **P. Saji, Primary supervisor** [2:1] | MSc in Health Psychology | University of Galway

2021 **L. McKeown, Primary supervisor** [1st] | MSc in Clinical Health Psychology | QUB

Exploring the experience of loneliness and living alone during the COVID-19 pandemic

2021 **D. McNerney, Primary supervisor** [2:1] | MSc in Clinical Health Psychology | QUB

Investigating the Impact of Music and Music Videos on Loneliness: The Moderating Effect of Para-social Relationships

2021 **N. MacCormac, Primary supervisor** [1st] | MSc in Clinical Health Psychology | QUB

2021 **M. Esler, Primary supervisor** [2:1] | MSc in Clinical Health Psychology | QUB

Exploring Music Listening as a Form of Social Surrogacy in the Context of COVID-19: A Thematic Analysis

2021 **I. Berwick, Primary supervisor** [2:1] | MSc in Clinical Health Psychology | QUB

2021 **C. Herron, Primary supervisor** [2:1]

2021 **K. Hagan, Primary supervisor** [2:2]

An investigation of predictors of problematic social media use: the role of loneliness, emotion dysregulation, and narcissism

2020 **P. McKenna-Plumley, Primary supervisor** [1st (90%)] | MRes in Social Science Methods | QUB

Loneliness and social isolation during COVID-19-related social distancing: A mixed methods study

2018 **N. Warner, Co-supervisor** [1st] | MSc in Health Psychology | University of Galway

An experience sampling study of the effect of everyday music listening for savoring and post-traumatic growth in cancer survivorship

2018 **O. Murray, Co-supervisor** [2:1] | MSc in Health Psychology | University of Galway

An experience sampling study of the effect of everyday music listening for regulating affect and physical activity in university students

UNDERGRADUATE THESES SUPERVISED TO COMPLETION (N = 21)

2023 **E. Kelly, Primary supervisor** [1st] | BA in Psychology | University of Galway

What musical features are perceived as relevant to music-based loneliness regulation?

2023 **S. McHugh, Primary supervisor** [1st] | BA in Psychology | University of Galway

Exploring the Individual and Contextual Factors Relevant to Music-based Loneliness Regulation

2022 **N. Kelly, Primary supervisor** [1st] | BA in Psychology | University of Galway

An examination of age differences in the relationship between emotional regulation and loneliness

2022 **L. O'Meara, Primary supervisor** [1st] | BA in Psychology | University of Galway

An Evaluation of the Relationship between Emotion Regulation and Emotional and Social Loneliness

2021 **J. Hurrell, Primary Supervisor** [2:2] | BA in Psychology | University of Galway

Investigating the Active Ingredients of Outdoor Based Therapies in Ireland: A Mixed-Methods Survey

2021 **L. Christopher, Primary Supervisor** [1st] | BA in Psychology | University of Galway

The Effect of Self-Selected versus Researcher-Selected Music on Loneliness and Momentary Self-Esteem

2021 **R. Duffy, Primary Supervisor** [1st] | BA in Psychology | University of Galway

Comparing the Effects of Autonomous Sensory Meridian Response and Music Listening on Affect

2020 **A. Loesel, Primary Supervisor** [1st] | BSc in Psychology | Queen's University Belfast

2020 **A. McDonnell, Primary Supervisor** [2:1]

2020 **B. McKevitt, Primary Supervisor** [2:2]

2020 **E. Flanighan, Primary Supervisor** [2:1]

2020 M. Conroy, Primary Supervisor [1st]

The Effects of Music Listening versus Music Video Watching on Affect Regulation

2020 S. Briggs, Primary Supervisor [2:1] | BSc in Psychology | Queen's University Belfast

2020 N. Gunn, Primary Supervisor [2:1]

2020 E. Anderson, Primary Supervisor [2:2]

Comparing the effectiveness of music listening, mindfulness and distraction on affect regulation: A randomised controlled trial

2019 L. Haughey, Primary Supervisor [2:1] | BSc in Psychology | Queen's University Belfast

2019 N. Donnelly, Primary Supervisor [2:1]

Does music video watching regulate induced negative affect?

2017 D. Lynch, Co-Supervisor [1st] | BA in Psychology | University of Galway

Examining the efficacy of music versus an active control on the regulation of induced negative affect and state mindfulness

2016 L. Costello, Co-supervisor [1st] | BA in Psychology | University of Galway

The effects of self-selected, researcher-selected, and no music on psychological and physiological measures of stress

2015 A. McInerney, Co-supervisor [1st] | BA in Psychology | University of Galway

The affective and cognitive effects of music listening

2015 S. Doherty, Co-supervisor [1st] | BA in Psychology | University of Galway

The effect of background auditory stimuli on cognition

CONTRIBUTION AND CITIZENSHIP

CONTRIBUTION TO UNIVERSITY COMMITTEES

2023-present **Member of the University Research Ethics Committee**

I review research proposals to ensure compliance with ethical guidelines and standards, engage in ethical decision-making processes and actively participate in discussions regarding research projects across the university.

2021-present **Member of the Steering Committee** | Centre for Creative Technologies CASSCS

In this role, I actively participate in planning meetings, identify collaboration opportunities, and contribute to the development of the centre's mission statement, research environment statement, and recruitment of staff/students.

CONTRIBUTION TO SCHOOL COMMITTEES

2022-present **Member of the First Year Co-Ordination Team**

I am the exams officer for a large student cohort (approx. 400). This entails coordinating assessments, managing student marks, preparing for external examiner visits, attending exam boards, overseeing the tutorial program, managing appeals, coordinating mature student recruitment, and serving as the first point of contact for student support and queries.

2022-present **Member of the Research Strategy Committee**

This role involves contributing to the development and implementation of the School's research strategy. This includes identifying areas for growth and development, monitoring the effectiveness of current research initiatives, and helping to organise the seminar series and training for research staff.

2021-present **Deputy Chair, Research Ethics Committee**

I assist the Chair in overseeing the ethical conduct of research projects within the school. This involves reviewing research proposals, addressing ethical concerns, and ensuring compliance with regulations and guidelines.

2021-2023 **Academic Lead for the CEIM peer-learning program in Psychology**

I supervise second and third-year students who mentor first-year students and organise peer-learning sessions. In this capacity, I ensured the smooth implementation of the program, including recruiting and interviewing leaders, providing feedback sessions, assigning mentor groups, and collecting feedback from participants.

CONTRIBUTION TO EXTERNAL COMMITTEES/ORGANISATIONS

2023 **Fellow, Higher Education Authority** | UK

2021-present **Honorary Lecturer in Health Psychology**, Queen's University Belfast | UK

2021-present **Research Committee member, National Association of Social Prescribing Link Workers** | UK

2018-present **Chartered Psychologist, British Psychological Society** | UK

2018-present **Full member, British Psychological Society Division of Health Psychology** | UK

2018-2021 **Northern Ireland representative, Arts Health Early Career Researchers' Network** | UK

2018-2019 **Committee member, British Psychological Society, Division of Health Psychology Northern Ireland branch** | UK

2017-present **Member, European Health Psychology Society** | EU

2018-present **Member, Society for Education, Music, and Psychology Research** | UK

CONFERENCE ORGANISATION

2022 **Organising Committee member**, Sustainable Digital Health Innovation Conference | IE

2021 **Conference Chair**, Inside Government, 6th Annual Tackling Loneliness Conference | UK

2021 **Session chair**, Weight management: policy and intervention: UCL Centre for Behaviour Change Conference | UK

2021 **Session chair**, Mental Health and Wellbeing: BPS, Division of Health Psychology conference 2021 | UK

2021-present **Scientific Committee member**, UCL Centre for Behaviour Change Conference | UK

2019-2022 **Track co-chair**, European Health Psychology Society Annual Conference | UK

2019 **Track chair**, World Conference of the International Society for Music Education | EU

2019 **Session chair**, Managing Chronic Conditions with Digital Technologies: European Health Psychology Society 33rd Annual Conference | EU

2019-2021 **Scientific Committee member**, BPS, Division of Health Psychology conference | UK

2017-2018 **Scientific and Organising Committee member**, mHealth National Conference | IE

EDITORIAL ACTIVITY

2022 **Guest Co-Editor**, Special Issue on Loneliness Theory and Practice for Behaviour Change journal

2021-present **Editorial Board Member**, Cogent Psychology journal

2020-2023 **Associate Editor**, Behaviour Change journal

2020-2021 **Guest Associate Editor**, Frontiers in Psychology (Research Topic: The Psychological and Physiological Benefits of the Arts)

2015-present **Peer Reviewer**, Annals of the New York Academy of Sciences, Psychology of Music, Telematics and Informatics, Psycho-oncology, Nature Scientific Reports, Psychomusicology, Frontiers in Psychology, JMIR Medical Informatics, Musicae Scientia

2012-2013 **Copy editor**, Journal of European Psychology Students