

Research fellow in developmental cognitive neuroscientist with research focus on neurobiological mechanisms of emotion, cognition and behaviour in development via the microbiome-gut-brain axis. Past experience in experimental mobile EEG assessments in natural settings.

## Employment

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| 2017-23  | Research Fellow, Psychology, University of Surrey, UK                 |
| 2019-20  | Teaching Fellow, Psychology, University of Surrey, UK                 |
| 2018     | Research Assistant, Experimental Psychology, University of Oxford, UK |
| 2014-18  | Graduate Teaching Assistant, Psychology, University of Surrey, UK     |
| 2012- 13 | Research Assistant, Psychology, Glasgow Caledonian University, UK     |

## Education

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| 2017 | PhD in Psychology, University of Surrey, UK<br>Developed and applied mobile EEG to study cognition in natural settings. <a href="#">Thesis</a>              |
| 2012 | MSc Psychological Research, University of Edinburgh, UK<br>EEG analysis of the relationship between eye movements and spatial attention.                    |
| 2011 | BA (Hons) Psychology with Sociology (2:1), Edinburgh Napier University, UK<br>Psychophysical and physiological investigation of emotion in decision making. |

## Publications

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Cohen Kadosh, K., Basso, M., Knytl, P., Johnstone, N., Lau, J. Y. F., & Gibson, G. R. (2021). Psychobiotic interventions for anxiety in young people: a systematic review and meta-analysis, with youth consultation. *Translational Psychiatry*, 11(1), 352. <https://doi.org/10.1038/s41398-021-01422-7>

Johnstone, N., Milesi, C., Burn, O., van den Bogert, B., Nauta, A., Hart, K., Sowden, P., Burnet, P. W. J., & Cohen Kadosh, K. (2021). Anxiolytic effects of a galacto-oligosaccharides prebiotic in healthy females (18–25 years) with corresponding changes in gut bacterial composition. *Scientific Reports*, 11(1), 8302. <https://doi.org/10.1038/s41598-021-87865-w>

Zich, C., Johnstone, N., Lührs, M., Lisk, S., Haller, S. P. W., Lipp, A., Lau, J. Y. F., & Kadosh, K. C. (2020). Modulatory effects of dynamic fMRI-based neurofeedback on emotion regulation networks in adolescent females. *NeuroImage*, 220(January), 117053. <https://doi.org/10.1016/j.neuroimage.2020.117053>

Johnstone, N., & Cohen Kadosh, K. (2019). Why a developmental cognitive neuroscience approach may be key for future-proofing microbiota-gut-brain research. *Behavioral and Brain Sciences*, 42, e73. <https://doi.org/10.1017/S0140525X18002753>

### Preprints/ under review

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Johnstone, N., Pilarova, V., Tenenbaum, H. R., & Cohen Kadosh, K. (2021). Nature vs nurture: successful school transitions in children depend more on parental emotion behavior than brain maturational factors. *Under Review*.

Ng-Knight, T., Gilligan-Lee, K. A., Massonnié, J., Gaspard, H., Gooch, D., Querstret, D., & Johnstone, N. (2020). Does Taekwondo Improve Children's Self-Regulation? If so, how? A Randomised Field Experiment. *Under Review*.

### Conference presentations

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Johnstone, N., & Sterr, A. (2017). Cortical activity underpinning natural walking is robust to effects of physical load carriage. Poster presentation at the annual meeting of the British Association of Cognitive Neuroscience, Plymouth, UK. [Poster](#) | [Abstract](#)

Johnstone, N., Debener, S., De Vos, M., & Sterr, A. (2017). Attentional capture in real life settings: assessment of the MMN in everyday activities using mobile EEG. Poster presentation at the International Conference for Cognitive Neuroscience, Amsterdam, Netherlands. [Poster](#) | [Abstract](#)

Johnstone, N. (2017). Perceptual load influences attentional function in everyday activities. Oral presentation at the Psychology PhD conference, University of Surrey, UK.

Johnstone, N., Debener, S., De Vos, M., & Sterr, A. (2015). Auditory target detection in real life settings: insights from mobile electroencephalography recordings. Poster presented at the annual meeting of the British Association of Cognitive Neuroscience, Essex, UK. [Poster](#) | [Abstract](#)

Johnstone, N., Debener, S., De Vos, M., & Sterr, A. (2015). Event related potential correlates of auditory attention in real-life settings. Poster presented at the British Neuroscience Association conference, Edinburgh, UK. [Poster](#) | [Abstract](#)

Johnstone, N., & Gherri, E. (2014). Look left but attend right: an ERP investigation of the effects of covert attention and saccadic eye movement on visual processing. Poster presented at the annual meeting of the British Association of Cognitive Neuroscience, York, UK. [Poster](#) | [Abstract](#)

Johnstone, N., Sauseng, P., & Sterr, A. (2014). Increasing ecological validity in cognitive neuroscience research: mobile EEG, Poster presented at the Postgraduate Research conference, University of Surrey, UK.

Johnstone, N. (2011). Anticipatory emotion as an attentional process from the result of making decisions: Is trait anxiety involved in a rule plus exception task? Oral presentation at the British Psychological Society undergraduate conference, Dundee, UK.

### Research funding

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2020-23 Prebiotics and mental health in children and adolescents; Royal FrieslandCampina N.V., The Netherlands to Kathrin Cohen Kadosh (PI) and Nicola Johnstone (Co-I)

2019 Microbiome Grant Initiative. Support for microbiome analysis. UBiome, USA (Co-applicant)

### **Outreach & Scientific Service**

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- Peer review (Ad Hoc): Nature Human Behaviour, Journal of Psychopharmacology, Maternal and child nutrition
- 2020 Mental elf blog co-contributor: 'Probiotics and prebiotics for youth anxiety #ActiveIngredientsMH' <https://tinyurl.com/y3ks9nw5>
- 2019 Competitor in June Mental Health Zone 'I'm a Scientist, Get me out of here', <https://mentalhealthj19.imascientist.org.uk/psychologists/>
- 2019 OHBM abstract reviewer
- 2018 STEM ambassador South East Hub, UK

### **Awards & Grants**

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- 2019 Guarantors of Brain Travel award for OHBM attendance, Rome.
- 2015 BACN student travel bursary for annual meeting attendance, Essex, UK.
- 2015 PsyPag travel grant for BNA conference attendance, Edinburgh, UK.
- 2014 BACN student travel bursary for annual meeting attendance, York, UK.