

Summary

Research fellow in cognitive neuroscience investigating psychological features of the microbiome-gut-brain axis using neuroimaging, interventions and developing populations.

Employment

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

Education

2017	PhD in Psychology, University of Surrey, UK Experimental mobile EEG assessments in natural settings. Thesis
2012	MSc Psychological Research, University of Edinburgh, UK
2011	BA (Hons) Psychology with Sociology (2:1), Edinburgh Napier University, UK

Peer reviewed publications

- Basso, M., **Johnstone, N.**, Knytl, P., Nauta, A., Groeneveld, A., & Cohen Kadosh, K. (2022). A Systematic Review of Psychobiotic Interventions in Children and Adolescents to Enhance Cognitive Functioning and Emotional Behavior. *Nutrients*, 14(3), 614. <https://doi.org/10.3390/nu14030614>
- Johnstone, N.**, Dart, S., Knytl, P., Nauta, A., Hart, K., & Cohen Kadosh, K. (2021). Nutrient Intake and Gut Microbial Genera Changes after a 4-Week Placebo Controlled Galacto-Oligosaccharides Intervention in Young Females. *Nutrients*, 13(12), 4384. <https://doi.org/10.3390/nu13124384>
- Ng-Knight, T., Gilligan-Lee, K. A., Massonnié, J., Gaspard, H., Gooch, D., Querstret, D., & **Johnstone, N.** (2021). Does Taekwondo improve children's self-regulation? If so, how? A randomized field experiment. *Developmental Psychology*. <https://doi.org/10.1037/dev0001307>
- 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

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.

Research funding

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)

Awards & Grants

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.

Talks

Johnstone, N., *et al.* (2021). Nature vs nurture: successful school transitions in children depend more on parental emotion behaviour than brain maturational factors. Virtual Annual Combined Universities Brain Imaging Centre meeting, host: University of Surrey, UK

Johnstone, N., *et al.* (2021). Anxiolytic effects of a galacto-oligosaccharides prebiotic in healthy females (18–25 years) with corresponding changes in gut bacterial composition. Virtual REDD lab meeting, host: Jennifer Lau, Kings College London, UK

Outreach & Scientific Service

Peer review (Ad Hoc): *Nature Human Behaviour*, *Journal of Neuropsychopharmacology*, *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 Southeast Hub, UK