

## 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

## 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., & Cohen Kadosh, K. (2022, March 22). Parents set the emotional climate for successful school transitions in children.

<https://doi.org/10.31234/osf.io/px248>

**Johnstone, N.**, Tenenbaum, H., & Cohen Kadosh, K. (2022, May 13). Performance in the attention network test relates to cortical excitability and trait anxiety in mid-childhood.

<https://doi.org/10.31234/osf.io/9uq6t>

**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**

2022      Best talk prize, faculty research celebration event, University of Surrey, UK

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.* (2022) More than milk? The influence of early feeding practices on psychological development via the gut brain axis. Faculty Research Celebration Event, host: University of Surrey, UK

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*, *British Journal of Developmental Psychology*.

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      Organisation of Human Brain Mapping abstract reviewer