

Jonathan Smallwood

Professor in Psychology and Neuroscience, Department of Psychology, Queen's University, Canada

- Smallwood J. & Jefferies E., 2016- , Understanding the significance of age related declines in self-generated thought , *Dunhill Medical Trust*, £30,000.
- Smallwood, J. & Wammes, J.D.W, 2022- , Sampling patterns of ongoing thought in the real world and describing their links to mental health HFRF, \$250,000 CAD.
- Smallwood, J. 2023-2028. States of Mind and Brain. NSERC Discovery Grant. \$295,000 CAD.
- Smallwood, J. 2023-2025. Sub-contract with Child Mind Institute. \$170,000 CAD.

Published papers (in alphabetical order)

Adams, N. E., Teige, C., Mollo, G., Karapanagiotidis, T., Cornelissen, P. L., Smallwood, J., Traub, R. D., Jefferies, E., & Whittington, M. A. (2019). Theta/delta coupling across cortical laminae contributes to semantic cognition. *Journal of neu- δ phesia*

- Engert, V., Smallwood, J., & Singer, T. (2014). Mind your thoughts: Associations between self-generated thoughts and stress-induced and baseline levels of cortisol and alpha-amylase. *Biological psychology*, 103, 283-291.
- Evans, M., Krieger-Redwood, K., Alam, T. R. G., Smallwood, J., & Jefferies, E. (2020). Controlled semantic summation correlates with intrinsic connectivity between default mode and control networks. *Cortex*, 129, 356-375.
- Finnigan, F., Schulze, D., & Smallwood, J. (2007). Alcohol and the wandering mind: A new direction in the study of alcohol on attentional lapses. *International Journal on Disability and Human Development*, 6(2), 189-200.
- Finnigan, F , Schulze, D , Smallwood, J , Helander, A The effects of self administered alcohol induced

Jefferies, E., Thompson, H., Cornelissen, P., & Smallwood, J. (2020). The neurocognitive basis of knowledge

Martinon, L. M., Smallwood, J., McGann, D., Hamilton, C., & Riby, L. M. (2019). The disentanglement of the neural and experiential complexity of self-generated thoughts: A users guide to combining experience sampling with neuroimaging data. *NeuroImage*, 192, 15-25.

Mason, M. F., Brown, K., Mar, R. A., & Smallwood, J. (2013). Driver of discontent or escape vehicle: the affective consequences of mindwandering. *Frontiers in Psychology*, 4, 477.

McKeown, B., Poerio, G. L., Strawson, W. H., Martinon, L. M., Riby, L. M., Jefferies, E., McCall, C., & Smallwood, J. (2021). The impact of social isolation and changes in work patterns on ongoing thought during the first COVID-19 lockdown in the United Kingdom. *Proceedings of the National Academy of Sciences*, 118(40), e2102565118.

McKeown, B., Strawson, W. H., Wang, H.-T., Karapanagiotidis, T., de Wael, R. V., Benkarim, O., Turnbull, A., Margulies, D., Jefferies, E., & McCall, C. (2020). The relationship between individual variation in macroscale functional gradients and distinct aspects of ongoing thought. *NeuroImage*, 220, 117072.

McKeown, B., Strawson, W. H., Zhang, M., Turnbull, A., Konu, D., Karapanagiotidis, T., Wang, H.-T., Leech, R., Xu, T., & Hardikar, S. (2023). Experience sampling reveals the role that covert goal states play in task-relevant behavior. *Scientific Reports*, 13(1), 21710.

Medea, B., Karapanagiotidis, T., Konishi, M., Ottaviani, C., Margulies, D., Bernasconi, A., Bernasconi, N., Bernhardt, B. C., Jefferies, E., & Smallwood, J. (2018). How do we decide what to do? Resting-state connectivity patterns and components of self-generated thought linked to the development of more concrete personal goals.

- Murphy, C., Poerio, G., Sormaz, M., Wang, H.-T., Vatansever, D., Allen, M., Margulies, D. S., Jefferies, E., & Smallwood, J. (2019). Hello, is that me you are looking for? A re-examination of the role of the DMN in social and self relevant aspects of off-task thought. *PLoS one*, 14(11), e0216182.
- Murphy, C., Rueschemeyer, S.-A., Smallwood, J., & Jefferies, E. (2019). Imagining sounds and images: Decoding the contribution of unimodal and transmodal brain regions to semantic retrieval in the absence of meaningful input.

- Perkins, A. M., Arnone, D., Smallwood, J., & Mobbs, D. (2015). Thinking too much: Self-generated thought as the engine of neuroticism. *Trends in Cognitive Sciences*, 19(9), 492-498.
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- Smallwood, J. BRIEF REPORT Self reference, ambiguity, and dysphoria *Cognition and Emotion*, 18(7), 999-1007.
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- Wang, H.-T., Bzdok, D., Margulies, D., Craddock, C., Milham, M., Jefferies, E., & Smallwood, J. (2018). Patterns of thought: Population variation in the associations between large-scale network organisation and self-reported experiences at rest. *NeuroImage*, 176, 518-527.
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- Xu, T., Nenning, K.-H., Schwartz, E., Hong, S.-J., Vogelstein, J. T., Goulas, A., Fair, D. A., Schroeder, C. E., Margulies, D. S., & Smallwood, J. (2020). Cross-species functional alignment reveals evolutionary hierarchy within the connectome. *NeuroImage*, 223, 117346.
- Zanesco, A. P., King, B. G., MacLean, K. A., Jacobs, T. L., Aichele, S. R., Wallace, B. A., Smallwood, J., Schooler, J. W., & Saron, C. D. (2016). Meditation training influences mind wandering and mindless reading. *Psychology of Consciousness: Theory, Research, and Practice*, 3(1), 12.
- Zhang, M., Bernhardt, B. C., Wang, X., Varga, D., Krieger-Redwood, K., Royer, J., Rodríguez-Cruces, R., de Wael, R. V., Margulies, D. S., & Smallwood, J. (2022). Perceptual coupling and decoupling of the default mode network during mind-wandering and reading. *Elife*, 11, e74011.
- Zhang, M., McNab, F., Smallwood, J., & Jefferies, E. (2022). Perceptual coupling and decoupling are associated with individual differences in working memory encoding and maintenance. *Cerebral Cortex*, 32(18), 3959-3974.
- Zhang, M., Nathaniel, U., Savill, N., Smallwood, J., & Jefferies, E. (2022). Intrinsic connectivity of left ventrolateral prefrontal cortex predicts individual differences in controlled semantic retrieval. *NeuroImage*, 246, 118760.
- Zhang, M., Savill, N., Margulies, D. S., Smallwood, J., & Jefferies, E. (2019). Distinct individual differences in default mode network connectivity relate to off-task thought and text memory during reading. *Scientific Reports*, 9(1), 16220.
- Zhang, M., Varga, D., Wang, X., Krieger-Redwood, K., Gouws, A., Smallwood, J., & Jefferies, E. (2021). Knowing what you need to know in advance: the neural processes underpinning flexible semantic retrieval of thematic and taxonomic relations. *NeuroImage*, 224, 117405.

Positions and Employment

- 2020-present Professor in Psychology, Queen's University, Ontario, Canada.
- 2013-2020 Professor In Psychology, University of York, England, UK.
- 2011 2013 Senior Researcher Max Planck Institute, Leipzig, Germany.
- 2010 2011 Assistant Project Scientist, Step 3 University of California, Santa Barbara, USA.
- 2008 2010 Assistant Project Scientist, Step 1 University of California, Santa Barbara, USA.
- 2006 2008 Lecturer in Psychology University of Aberdeen, Aberdeen, UK.
- 2004 2006 Post Doctoral Researcher University of British Columbia, Vancouver, Canada.

Talks & Lectures

Keynote Addresses

Current Issues in Mind-wandering Research, Heidelberg, June 2023; 2nd conference for Neuroscience in Education, Abu Dhabi, 2017; Killam Lecture, Montreal Neurological Institute, 2015; Whitehead lecture, Goldsmiths University, 2015; MINDLab Retreat, Sanderburg, Denmark, 2013; Cortex, Lyon, 2013; Towards a Science of Consciousness, Tucson, USA, 2013.

Departmental Seminars

University of Arizona, Nathan Kline Institute, Duke University, University of Helsinki, University of Kyoto, University College London, Kings College London, Imperial College London, University of Hertfordshire, Institute of Psychiatry, University of Sussex, University of Toulouse, MRC Cognition and Brain Unit, Tilburg University, University of Potsdam, Max Plank Institute for Human Cognitive Brain Science (Leipzig), Central Institute for Mental Health, Ecole Normale Supérieure, University of Hamburg, University of Liege.

Outreach Activities

Public Lectures: Pint of Science: Matters of the mind (2014), YorNight (2015)

Media Coverage: Global Kingston, CBBC, BBC (The One Show, CrowdScience), Daily Telegraph, Daily Mail, New Scientist, New York Times, National Public Radio, Easy Living, Scientific American, Discover Magazine, Psychologist, New Statesmen.