**Emma Palmer-Cooper, PhD**

epalmercooper@gmail.com

# Education

## 10.2011 – 05.2015 Institute of Psychiatry, Psychology and Neuroscience (IoPPN), KCL Doctoral Student, Department of Psychosis Studies

Thesis title: Insight and metacognition in health, psychosis and dementia:

relationship with mood and cognition.

Sponsor: MRC/IoP Excellence Scholarship

**09.2009 –09.2010** **University of Birmingham**

M.Res Cognitive Neuropsychology and Rehabilitation (Merit)

**2006-2009 Cardiff University**

BSc (Hons) Psychology - 2:1

# Employment



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| **04.2018 - Present** | **University of Southampton, School of Psychology** |
|  | Lecturer in Psychology, Deputy Director MSc Foundations in Clinical Psychology; UG Module Coordinator PSYC3002, 1021  Researcher, Centre for Innovation in Mental Health  Head of Public Engagement and Outreach  Faculty Access and Participation Committee Member  Member - Institute for Life Sciences  *Maternity Leave – Feb-September (8 months), 2020* |
| **11.2016 – 04.2018** | **University of Oxford, Nuffield Department of Primary Care Health Sciences**  Impact Research Fellow  Yarnfulness Project Lead  Patient and Public Involvement and Engagement Officer |
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| **09.2016 – Present** | **Open University** |
|  | Associate Lecturer |
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| **09.2014 – 10.2016** | **University of Oxford, Department of Experimental Psychology**  Tutor in Psychology |
| **09.2014 – 10.2016** | **University of Oxford, Department of Psychiatry**  Senior Post-Doctoral Researcher |

## 09.2010 –09.2011 IoPPN, KCL

Research Worker – EU-GEI FEP Project

# Recent Doctoral Students

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| **2021-Present** | **The relationship between mindfulness, creativity and wellbeing in adolescents and young adults: longitudinal models and cross-sectional investigations**  R Seneviratne, PhD |
| **2021-Present** | **Do cognitive fusion and experiential avoidance mediate the relationship between worry, paranoia and insomnia.**  J Pittman, DClin |
| **2021-Present** | **The efficacy of metacognitive online training in people with psychosis spectrum disorders**  L Lee, DClin |
| **2020-Present** | **The Relationship between Dysfunctional Attitudes, Maladaptive Perfectionism, Metacognition and Symptoms of Mania and Depression in Bipolar Disorder: The role of Self-Compassion as a Mediating Factor.**  C Woods, DClin |
| **2018-2020**  **Graduated** | **Associations between initial exposure to Sexually Explicit Material, Mental Health and self-perceived Relationship Satisfaction**  N Fisher, DClin |
| **2018-2020**  **Graduated** | Exploring the Experiences of Mental Health Peer Support Workers: Interactions with Colleagues and Managing Wellbeing L Taylor, DClin |
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# Recent Successful Grant Applications

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| **2022** | **Web Science Institute, University of Southampton, Stimulus Fund Projects**  Lead investigator: Exploring internet- and technology-related delusions of suspicion on engagement with digital systems in psychosis spectrum disorders, *£19,553* |
| **2021** | **Institute For Life Sciences Pilot Projects, University of Southampton**  Lead Investigator: Investigating the efficacy and acceptability of co-developed online metacognitive training in psychosis spectrum disorders, *£15,206* |
| **2021** | **British Psychological Society: Undergraduate Research Assistantship Scheme 2021**  Exploring the link between mindfulness and unusual sensory experiences in people who experience ASMR, PI, *£2,160* |
| **2019** | **British Academy: Heritage, Dignity and Violence 2019**  Crafting Heritage for Well-being in Iraq, Co-applicant, *£227,813.50* |
| **2019** | University of Southampton PERU Development Fund Project Lead, Psychosis Research in Southampton Meet-up*, £500* |
| **2018** | **ROLI**  Relationship between engaging with music and wellbeing, Lead Investigator *£5,000* |
| **2018** | University of Southampton PERU Development Fund 1) Project Lead, Ethical Research in Schools, *£1,814*  2) Collaborator, TICS Connect Project, *£500* |
| **2017** | University of Oxford Public Engagement with Research Seed Fund Lead Investigator, Yarnfulness Project *£3,972.64* |

# Professional Development



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| **06.2021** | **External Examiner**  University of East London  Educational Psychology Doctorate Viva |
| **04.2021 - Present** | **External Examiner**  King’s College London, IoPPN  Module Examiner - MSc Psychology and Neuroscience of Mental Health  MSc Applied Neuroscience |
| **03.2021** | **Statistical Programming in R - intensive course**  University of Southampton |
| **05.2019 - Present** | **‘Wessex Psychologist Bulletin’ Editor**  British Psychological Society Wessex Branch Annual Academic Publication |
| **06.2019** | **The Higher Education Academy**  Associate Fellow Accreditation |
| **09.2018 – 06.2019** | **Postgraduate Certificate in Academic Practice**  University of Southampton, Centre for Higher Education Practice |
| **10.2017** | **British Psychological Society**  Associate Fellow Accreditation |
| **10.2012 – Present** | **Cognitive Neuropsychiatry; Psychiatry Research; Journal of Mental Health; Psychology and Psychotherapy: Theory, Research and Practice; Psychology of Music; Frontiers in Psychiatry**  Invited Peer Reviewer |
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# Current Society Membership



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| **International Consortium of Hallucination Research**  Committee Member: Early Career Hallucinations Research Group  *Acting Chair, 02.2021-09.2021*  Communications Sub-Committee Member: ICHR |
| **British Psychological Society**  Committee Member: *DART-P (2018-2021)*  Committee Member: Wessex Branch |
| **European Association of Clinical Psychology and Psychological Treatment** |
| **Schizophrenia International Research Society** |

# Recent Awards



2022 **I’m a Scientist: Get Me Out of Here – Psychology Zone**

Psychologist of the Week (Week 2)

2020 **University of Southampton**

Faculty of Environment and Life Sciences Dean’s Award for Public Engagement

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| 2018 |  | British Psychological Society DART-P Conference Bursary  Social Media Conference Prize |
| 2014 |  | Schizophrenia International Research Society Conference Experimental Psychology Society Conference Bursary |

# Recent Presentations



2021 **International Consortium on Hallucination Research Annual Conference**

“Metacognition and predictive processing – Pilot Data”

2020 **Early Career Hallucinations Research Group 2020 Conference**

“Tulpamancers and autonomous sensory meridian response: differences in metacognition, hallucination proneness, and delusional ideation”

2019 **University of Sussex, Sussex Psychosis Research Interest Group (SPRiG) Seminar**

“Metacognition and psychosis-spectrum experiences in clinical and non-clinical populations”

2019 **International Consortium on Hallucination Research Annual Conference**

“Metacognition and predictive processing. A study protocol”

2019 **Early Career Hallucination Research Group Annual Conference**

“Hallucination proneness and online video watching in healthy adults:

Is watching ASMR videos associated with hallucination-proneness?”

2019 **British Psychological Society: Wessex Branch Conference**

“Schizotypal personality traits predict cognitive insight in a non-clinical population”

2019 **British Psychological Society: Division of Academics, Researchers and Teachers Annual Conference**

“Developing Teacher Resources for Ethical Research and Education in Schools: Southampton EthPsy Project”

2018 **British Psychological Society: Division of Academics, Researchers and Teachers Annual Conference**

“Supporting Students in Secure Environments”

# Selected Publications



**Palmer-Cooper, E.C.,** Carr, H.R., & Brandt, V.C. (Under Review) How Adults use Music to Regulate their Emotions In and Out of Lockdown.

**Palmer-Cooper, E.C.,** McGuire, N., & Wright, A.C. (2021) Unusual experiences and their association with metacognition: investigating ASMR and Tulpamancy. *Cognitive Neuropsychiatry*

Cullen, A. E., **Palmer-Cooper, E. C.\*,** Hardwick, M., Vaggers, S., Crowley, H., Pollak, T. A., & Lennox, B. R. (2020). Influence of methodological and patient factors on serum NMDAR IgG antibody detection in psychotic disorders: a meta-analysis of cross-sectional and case-control studies. *The Lancet Psychiatry*, *8,* 109-120.

*\*Joint first author*

**Palmer-Cooper, E.C.,** Searley, Z., and Sapachlari, C (2020) Schizotypal personality traits predict cognitive insight in a non-clinical population. *Wessex Psychologist Bulletin, 17*, pp. 10-11.

Pollak, T. A., Coutinho, E., **Palmer-Cooper, E.,** & Vincent, A. (2020). Inflammatory and autoimmune disorders in neuropsychiatry. *Oxford Textbook of Neuropsychiatry*, 245.

Brandt, V.C., Kerner auch Koerner, J., & **Palmer-Cooper, E**. (2019) The association between non-obscene socially inappropriate behavior and symptoms of ADHD and conduct problems in a large sample of adolescents. *Frontiers in Psychiatry,* 10, 660.

**Palmer-Cooper, E.** (2018) Students in diverse environments – supporting education in prisons. *Psychology Teaching Review, 24,* 1.

Lennox, B.R., Tomei, G., Vincent, S.A., Yeeles, K., Pollard, R., **Palmer-Cooper, E.,** Jones, P., Zandi, M.S. and Coles, A., (2018) Study of immunotherapy in antibody positive psychosis: feasibility and acceptability (SINAPPS1). *J Neurol Neurosurg Psychiatry*, pp.jnnp-2018.

**Palmer-Cooper, E.** (2018) Public involvement in research - Just good science. *The Psychologist, 31 6,* 46-47

Lennox, B.L., **Palmer-Cooper, E.C.,** Pollak, T., Hainsworth, J., Marks, J., Jacobsen, L., Lang, B., Fox, H., Ferry, B., Scoriels, L., Crowley, H., Jones, P.B., Harrison, P.J., Vincent, A., PPiP study team (2017) Prevalence and clinical associations of neuronal cell surface antibodies in first episode psychosis: a case-control comparison study. *Lancet Psychiatry, 4,* 42-48.

**Palmer-Cooper, E.C.** (2016) Bad press for peer review: is it deserved? *European Science Editing, 42,* 70.

Goozee, R. & **Palmer-Cooper, E.C.** (2015) Beate Hermelin: A late bloomer. In: S, Charman-Anderson (Ed). *More Passion for Science: Journeys into the Unknown.* (e-book)

**Palmer, E.C.,** Gilleen, J.G. & David, A.S. (2015) The relationship between cognitive insight and depression in psychosis and schizophrenia: a review and meta-analysis. *Schizophrenia Research, 166,* 261–268.

**Palmer, E.C.,** David, A.S. & Fleming S.M. (2014) Effects of age on metacognitive efficiency. *Consciousness and cognition, 28*, 151-160.

Nair, A., **Palmer, E.C.,** Aleman, A. & David, A.S. (2014) Relationship between cognitive functioning and clinical and cognitive insight in psychotic disorders: a review and meta-analysis. *Schizophrenia research, 152*, 191-200.

Stilo, S. A., Di Forti, M., Mondelli, V., Falcone, A. M., Russo, M., O’Connor, J., **Palmer, E.,** Paparelli, A., Kolliakou, A., Sirianni, M. & & Taylor, H. (2013). Social disadvantage: cause or consequence of impending psychosis? *Schizophrenia bulletin*, 39(6), 1288-1295.

**Palmer, E.C.** & David, A.S. (2013) More work on lack of awareness and insight in healthy people and psychiatric patients will assist model building. *Cognitive neuroscience*, 4, 206-207