

VINCE POLITO

PERSONAL DETAILS

Current Position Senior Lecturer (Fixed Term Contract)
School of Psychological Sciences
Macquarie University

Contact 0420 758 577
vince.polito@mq.edu.au
vincep.cogscience.org

QUALIFICATIONS

PhD in Cognitive Science (MQRES scholarship), Macquarie University, 2014.
Doctoral thesis: “Sense of Agency and Hypnosis”.

Bachelor of Psychology (Honours, First Class), Macquarie University, 2004.

CURRENT AND PREVIOUS ROLES

2023- *Senior Lecturer*, School of Psychological Sciences, Macquarie University.
Present

2017- *Macquarie University Research Fellow*, Department of Cognitive Science, Macquarie
2022 University.
In this role I investigated self representation changes in behavioural illusions, hypnosis,
schizophrenia and psychedelic states.
I had a period of part time parental leave, working .4 FTE from October 2020 to March
2022

2015- *Postdoctoral Research Fellow*, ARC Centre of Excellence in Cognition and its
2017 Disorders, Macquarie University.
In this research only role I explored explicit and implicit measures of sense of agency.

2013 - *Early Career Research Fellow*, Department of Psychology, Macquarie University.
2014 In this research only role I investigated self representation and sense of agency in
expertise.

AWARDS

International & National

- 2023 *Most Influential People in Psychedelics*. This list, curated by the web magazine psychedelics.com, recognises the achievements of individuals working to progress psychedelic research.
- 2022 *2022 NSW Tall Poppy Award*. Presented by the Australian Institute of Policy and Science for excellence in research and science outreach.
- 2019 *Henry Guze Award for the Best Research Paper in Hypnosis in 2019*. Presented by the Society for Clinical and Experimental Hypnosis to Polito, V, Barnier, A, & Connors, M.
- 2019 *Universities Australia Top Performing Unit Award*. This award recognised outstanding student satisfaction ratings in the unit 'Delusions and Disorders of the Mind and Brain', which I convened.
- 2018 *Henry Guze Award for the Best Research Paper in Hypnosis in 2018*. Presented by the Society for Clinical and Experimental Hypnosis to Coltheart, M., Cox, R., Sowman, P., Morgan, H., Barnier, A., Langdon, R., Connaughton, E., Teichmann, L., Williams, N., & Polito, V.
- 2015 *Top 5 Under 40 Finalist*. A science communication competition presented by the Science Show on Radio National and the University of New South Wales.
- 2014 *Ernest Hilgard Award for the Best PhD thesis in hypnosis*. Presented by the American Psychological Association's Division 30.
- 2014 *Australian National Finalist in the British Council's Famelab competition*, Freemantle Maritime Museum, Western Australia.
- 2014 *NSW State Finalist in the British Council's Famelab competition*, Powerhouse Museum, Sydney
- 2011 *Crasilneck Award for the best first paper presented by a graduate student or young scientist at a Society for Clinical and Experimental Hypnosis meeting*. This award was given for my presentation at the 61st Meeting of the Society of Clinical and Experimental Hypnosis, Boston, USA.
- 2010 *Society for Clinical and Experimental Hypnosis Travel Prize*. A travel scholarship to attend the 61st Meeting of the Society of Clinical and Experimental Hypnosis, Boston, USA.

University

- 2011 *Award for Higher Degree Research Excellence*, Faculty of Human Sciences, Macquarie University.
- 2011 *University Finalist in the Macquarie University Three Minute Thesis Competition*, Macquarie University.
- 2011 *People's Choice Award, Faculty of Human Sciences Three Minute Thesis Competition*, Macquarie University.

RESEARCH INCOME & COLLABORATIONS

Grants (> \$7.6M TOTAL GRANT FUNDING)

External Funding

- 2023 Funding Consciousness Research through Registered Reports (\$30,483)
Centre for Open Science
Does transliminality predict subperceptual information processing? (**Polito, V.**, Howarth, S., & Roberts, A.)
- 2022 Industry funded, investigator initiated trial (\$5,562,860)
A longitudinal study of microdosing psilocybin as a treatment for mild/moderate depression. (**Polito, V.**, Brett, J., Bayes, A., Stevenson, D., Liknaitzky, P., Sowman, P., Jones, M., & Rodgers, A.)
- 2021 Industry based philanthropic donation (\$97,802)
Investigating biomarkers in the Treatment of Addiction (**Polito, V.**)
- 2020 Industry based philanthropic donation (\$225,996)
Consciousness Innovations Fund. (**Polito, V.**)
- 2018 National Science Week Grant (\$6,718)
Department of Industry, Innovation and Science
A Night of Illusions. (Ransley, K., & **Polito, V.**)
- 2015 Tutorial Grant (\$809)
Association for the Scientific Study of Consciousness
Experimental hypnosis research (Terhune, T., **Polito, V.**, & Barnier, A.)
- 2013 Travel Prize (\$500)
Society for Clinical and Experimental Hypnosis
A travel scholarship to attend the 64th Meeting of the Society of Clinical and Experimental Hypnosis, Berkeley, USA. (**Polito, V.**)

Internal Funding

- 2019 Safety Net Scheme (\$19,888)
Macquarie University
A multidimensional model and measure of the components of hypnotisability. (**Polito, V.**)
- 2018 Cross Program Support Scheme (\$22,576)
ARC Centre of Excellence in Cognition and its Disorders
Reasoning, memory and beliefs: Using hypnosis and TMS to facilitate or inhibit rational thought and belief bias. (Howarth, S., **Polito, V.**, Barnier, A., Coltheart, M., Handley, S., Trippas, D., Klein, L., & Sowman, P.)
- 2018 Cross Program Support Scheme (\$24,846)
ARC Centre of Excellence in Cognition and its Disorders
The Effect of Visual Body Size Adaptation on Multimodal Representations of the Self. (Stephen, I., Brooks, K., Zopf, R., & **Polito, V.**)

- 2017 Macquarie University Research Fellowship [2017 – 2022] (\$751,890)
Macquarie University
The science of human responsibility: Mapping sense of agency in hypnosis, virtual reality and psychosis. (**Polito, V.**)
- 2017 Neural Markers Training Scheme (\$7,436)
ARC Centre of Excellence in Cognition and its Disorders
Electrophysiological markers of sense of agency and body ownership. (**Polito, V.**, Zopf, R., Bowman, P., Brock, J., & Lutherborough, A.)
- 2017 Research Development Grant [2017 – 2018] (\$48,810)
Macquarie University
New methods to alter disturbed body perception in Anorexia Nervosa: Modifying body shape perception with virtual reality paradigms. (Zopf, R., Williams, M., Dean, C., Mondraty, N., & **Polito, V.**)
- 2016 Research Development Grant [2016 – 2017] (\$49,962)
Macquarie University
The science of human responsibility: An interdisciplinary approach to understanding the sense of agency. (**Polito, V.**, Klein, C., Kaplan, D., Langdon, R., Hitchens, M., Zopf, R., Carruthers, G., & Woody, E.)
- 2015 Innovation and Scholarship Program (\$57,232)
Macquarie University
A scalable, cost-effective, highly immersive lab-based approach to undergraduate teaching in the cognitive and brain sciences. (de Wit, B., Kaplan, D., Badcock, N., Pritchard, S., Zopf, R., **Polito, V.**, Williams, M. A)
- 2015 Faculty of Human Sciences Equipment Grant (\$2,738)
Macquarie University
A large-format, 32-inch touchscreen and a consumer-grade hand motion and gesture tracker. (Pritchard, S., Kaplan, D., Zopf, R., **Polito, V.**, & Williams, M.)
- 2015 CCD Postdoctoral Fellowship [2015 – 2017] (\$355,850).
ARC Centre of Excellence in Cognition and its Disorders
A three year competitive research fellowship to work with the Belief Formation program on sense of agency research. (**Polito, V.**).
- 2014 Cross Program Support Scheme (\$38,000)
ARC Centre of Excellence in Cognition and its Disorders
Investigating the effects of visual feedback information on body representation, sense of ownership and agency using next-generation virtual reality. (Pritchard, S., Kaplan, D., **Polito, V.**, Zopf, R., Williams, M., & Coltheart, M.)
- 2013 Cross Program Support Scheme (\$20,000)
ARC Centre of Excellence in Cognition and its Disorders
Understanding multiple components of self: Agency and body representation in healthy and impaired cognition (**Polito**, Zopf, Williams, Barnier, Langdon, Moore, Morgan).
- 2013 Cross Program Support Scheme (\$20,000)
ARC Centre of Excellence in Cognition and its Disorders

Exploring the role of meditation in language remediation: A behavioural and neurophysiological study. (Biedermann, B., McArthur, G., Savage, G., Mahajan, Y., DeLissa, P., **Polito, V.**, Quinto, L., Connors, M., Badcock, N., and Larsen, L.)

- 2013 Faculty of Human Sciences Open Access Journal Assistance Scheme (\$1,942)
Macquarie University
Awarded to support open access publication of the paper: Developing the Sense of Agency Rating Scale (SOARS): An empirical measure of agency disruption in hypnosis. (**Polito, V.**, Barnier, B., Woody, E.)
- 2013 New Staff Grant (\$19,879)
Macquarie University
Sense of agency across contexts: A multimethod approach to understanding how we control our actions. (**Polito, V.**)
- 2013 Early Career Research Fellowship (\$220,428)
Macquarie University
A two year competitive research fellowship awarded for exceptional teaching record and research potential. (**Polito, V.**)
- 2012 Belief Formation Program Small Equipment Grant (\$5,377).
ARC Centre of Excellence in Cognition and its Disorders
Computerisation of experimental flowsheets and scoresheets. (Barnier, Cox, **Polito**, Janczuk, Sutton, Harris, Congleton, Richardson, Ockenden & Saunders)
- 2011 Postgraduate Research Grant (\$3826).
Macquarie Centre for Cognitive Science
Awarded for research costs associated with inter-rater coding of qualitative data. (**Polito**).
- 2010 Foundations in Learning and Teaching Scholarship (\$500).
Macquarie University
Awarded for completion of the Macquarie University Foundations in Learning and Teaching training program. (**Polito**).
- 2010 Postgraduate Research Grant (\$4,191)
Macquarie Centre for Cognitive Science
Awarded for travel costs associated with attending the Society of Clinical and Experimental Hypnosis, Boston, USA and lab visits to the University of Waterloo, Canada, Cambridge University, UK, University College London, UK and the Institute of Psychiatry, UK. (**Polito**).
- 2010 Macquarie University Postgraduate Research Grant [PGRF] (\$4,000)
Macquarie University
Awarded for travel costs associated with attending the Society of Clinical and Experimental Hypnosis, Boston, USA and lab visits to the University of Waterloo, Canada, Cambridge University, UK, University College London, UK and the Institute of Psychiatry, UK. (**Polito**).
- 2010 Postgraduate Research Grant (\$1,500)
Macquarie Centre for Cognitive Science
Awarded for participant payments. (**Polito**).

- 2009 *Postgraduate Research Grant (\$3,959).*
Macquarie Centre for Cognitive Science
Awarded for travel costs associated with attending the Toward a Science of Consciousness 2010 conference, Tucson, USA. (**Polito**).
- 2009 *Postgraduate Research Grant (\$2,199).*
Macquarie Centre for Cognitive Science
Awarded for participant payments and materials for experiments. (**Polito**).
- 2009 *Postgraduate Research Grant (\$840).*
Macquarie Centre for Cognitive Science
Awarded for software purchase and training. (**Polito**).
- 2008 *Postgraduate Research Grant (\$612).*
Macquarie Centre for Cognitive Science
Awarded for travel costs associated with attending the Australian Society of Hypnosis 2008 Annual Congress, Norfolk Island. (**Polito**).

PUBLICATIONS

Journal articles

1. **Polito, V.**, Roberts, A. J., Connors, M., Barnier & A. J. (in press). Can hypnosis make you ticklish? Using suggestion to modulate agency. *Psychology of Consciousness: Theory, Research, and Practice*. Accepted 15th December, 2023.
2. Morales, J.-P., Ryan, B. E., **Polito, V.**, Navarrete, G., Vergara, M., & Huepe, D. (2024). Can beliefs improve mental health? A dive into resilience during pandemic times in South America. *Social Sciences & Humanities Open*, 9, 100883. <https://doi.org/10.1016/j.ssaho.2024.100883>
3. Roberts, A. J., Handley, S., & **Polito, V.** (2024). The Consequences of Anthropomorphic and Teleological Beliefs in a Global Pandemic. *Behavioral Sciences*, 14(2), Article 2. <https://doi.org/10.3390/bs14020146>
4. Higgins, W. C., Savalei, V., **Polito, V.**, & Ross, R. M. (2023). Validation of the reading the mind in the eyes test requires an interpretable factor model. *Proceedings of the National Academy of Sciences*, 120(52), e2303706120. <https://doi.org/10.1073/pnas.2303706120>
5. Perry, G., **Polito, V.**, & Thompson, W. F. (2023). Exploring the Physiological and Psychological Effects of Group Chanting in Australia: Reduced Stress, Cortisol and Enhanced Social Connection. *Journal of Religion and Health*. <https://doi.org/10.1007/s10943-023-01967-5>
6. Banushi, B., & **Polito, V.** (2023). A Comprehensive Review of the Current Status of the Cellular Neurobiology of Psychedelics. *Biology*, 12(11), Article 11. <https://doi.org/10.3390/biology12111380>
7. Graafsma, I. L., Robidoux, S., Nickels, L., Roberts, M., **Polito, V.**, Zhu, J. D., & Marinus, E. (2023). The cognition of programming: Logical reasoning, algebra and vocabulary skills predict programming performance following an introductory computing course. *Journal of Cognitive Psychology*, 0(0), 1–18. <https://doi.org/10.1080/20445911.2023.2166054>

8. Higgins, W. C., Ross, R. M., Langdon, R., & **Polito, V.** (2023). The “Reading the Mind in the Eyes” Test Shows Poor Psychometric Properties in a Large, Demographically Representative U.S. Sample. *Assessment*, 30(6), 1777–1789. <https://doi.org/10.1177/10731911221124342>
9. Higgins, W. C., Ross, R. M., **Polito, V.**, & Kaplan, D. M. (2023). Three threats to the validity of the Reading the Mind in the Eyes test: A commentary on Pavlova and Sokolov (2022). *Neuroscience & Biobehavioral Reviews*, 105088. <https://doi.org/10.1016/j.neubiorev.2023.105088>
10. Higgins, W. C., Ross, R. M., Langdon, R., & **Polito, V.** (2022). The “Reading the Mind in the Eyes” Test Shows Poor Psychometric Properties in a Large, Demographically Representative U.S. Sample. *Assessment*, 10731911221124342. <https://doi.org/10.1177/10731911221124342>
11. **Polito, V.**, & Liknaitzky, P. (2022). The emerging science of microdosing: A systematic review of research on low dose psychedelics (1955-2021) and recommendations for the field. *Neuroscience & Biobehavioral Reviews*, 139, 104706. <https://doi.org/10.1016/j.neubiorev.2022.104706>
12. Perry, G., **Polito, V.**, Sankaran, N., & Thompson, W. F. (2022). How Chanting Relates to Cognitive Function, Altered States and Quality of Life. *Brain Sciences*, 12(11), Article 11. <https://doi.org/10.3390/brainsci12111456>
13. Geagea, D., Tyack, Z., Kimble, R., **Polito, V.**, Ayoub, B., Terhune, D. B., & Griffin, B. (2022). Clinical hypnosis for Procedural Pain and Distress in Children: A Scoping Review. *Pain Medicine*, pnac186. <https://doi.org/10.1093/pm/pnac186>
14. Roberts, A., Handley, S., & **Polito, V.** (2022). Does Speeded Decision-Making Reveal Tacit Teleological Tendencies? *Collabra: Psychology*, 8(1). <https://doi.org/10.1525/collabra.38108>
15. Williams, E. C., & **Polito, V.** (2022). Meditation in the Workplace: Does Mindfulness Reduce Bias and Increase Organisational Citizenship Behaviours? *Frontiers in Psychology*, 13. <https://www.frontiersin.org/article/10.3389/fpsyg.2022.747983>
16. Hoogeveen, S., Sarafoglou, A., Aczel, B., Aditya, Y., Alayan, A. J., Allen, P. J., Altay, S., Alzahawi, S., Amir, Y., Anthony, F.-V., Kwame Appiah, O., Atkinson, Q. D., Baimel, A., Balkaya-Ince, M., Balsamo, M., Banker, S., Bartoš, F., Becerra, M., ... **Polito, V.**, ... Wagenmakers, E.-J. (2022). A many-analysts approach to the relation between religiosity and well-being. *Religion, Brain & Behavior*, 0(0), 1–47. <https://doi.org/10.1080/2153599X.2022.2070255>
17. Geagea, D., Griffin, B., Kimble, R., **Polito, V.**, Terhune, D. B., & Tyack, Z. (2022). Hypnotherapy for procedural pain, itch, and state anxiety in children with acute burns: A feasibility and acceptability study protocol. *Pilot and Feasibility Studies*, 8(1), 58. <https://doi.org/10.1186/s40814-022-01017-z>
18. Howarth, S., Handley, S., & **Polito, V.** (2022). Uncontrolled logic: Intuitive sensitivity to logical structure in random responding. *Thinking & Reasoning*, 28(1), 61–96. <https://doi.org/10.1080/13546783.2021.1934119>
19. Barnier, A. J., Terhune, D. B., **Polito, V.**, & Woody, E. Z. (2022). A componential approach to individual differences in hypnotizability. *Psychology of Consciousness: Theory, Research, and Practice*, 9(2), 130–140. <https://doi.org/10.1037/cns0000267>

20. **Polito, V.**, & Hitchens, M. (2021). Digital media impacts multiple aspects of self-representation: An investigation of flow, agency, presence, character identification, and time perception. *Psychology of Popular Media*, 10(3), 303–318. <https://doi.org/10.1037/ppm0000330>
21. Rootman, J. M., Kryskow, P., Harvey, K., Stamets, P., Santos-Brault, E., Kuypers, K. P. C., **Polito, V.**, Bourzat, F., & Walsh, Z. (2021). Adults who microdose psychedelics report health related motivations and lower levels of anxiety and depression compared to non-microdosers. *Scientific Reports*, 11(1), 22479. <https://doi.org/10.1038/s41598-021-01811-4>
➤ This paper was the 3rd most downloaded paper in this journal in 2021.
22. Roberts, A. J., Handley, S. J., & **Polito, V.** (2021). The design stance, intentional stance, and teleological beliefs about biological and nonbiological natural entities. *Journal of Personality and Social Psychology*, 120(6), 1720–1748. <https://doi.org/10.1037/pspp0000383>
23. Zopf, R., Kosourkhina, V., Brooks, K. R., **Polito, V.**, & Stephen, I. D. (2021). Visual body-size adaptation and estimation of tactile distance. *British Journal of Psychology*. <https://doi.org/10.1111/bjop.12514>
24. Dressler, H. M., Bright, S. J., & **Polito, V.** (2021). Exploring the relationship between microdosing, personality and emotional insight: A prospective study. *Journal of Psychedelic Studies, Online First*. <https://doi.org/10.1556/2054.2021.00157>
25. Geagea, D., Tyack, Z., Kimble, R., Eriksson, L., **Polito, V.**, & Griffin, B. (2021). Hypnotherapy for Procedural Pain and Distress in Children: A scoping Review Protocol. *Pain Medicine*, pnab038. <https://doi.org/10.1093/pm/pnab038>
26. Perry, G., **Polito, V.**, & Thompson, W. F. (2021). Rhythmic Chanting and Mystical States Across Traditions. *Brain Sciences*, 11(1), 101. <https://doi.org/10.3390/brainsci11010101>
27. Roberts, A. J., Wastell, C. A., & **Polito, V.** (2020). Teleology and the intentions of supernatural agents. *Consciousness and Cognition*, 80, 102905. <https://doi.org/10.1016/j.concog.2020.102905>
28. Tierney, W., Hardy, J. H., Ebersole, C. R., Leavitt, K., Viganola, D., Clemente, E. G., Gordon, M., Dreber, A., Johannesson, M., Pfeiffer, T., **Hiring Decisions Forecasting Collaboration**, & Uhlmann, E. L. (2020). Creative destruction in science. *Organizational Behavior and Human Decision Processes*, 161, 291–309. <https://doi.org/10.1016/j.obhdp.2020.07.002>
29. **Polito, V.**, & Stevenson, R. (2019). A systematic study of microdosing psychedelics. *PLOS ONE*, 14(2), e0211023. <https://doi.org/10.1371/journal.pone.0211023>
30. **Polito, V.**, Barnier, A. J., & Connors, M. H. (2018). Hypnotic clever hands: Agency and automatic responding. *Journal of Experimental Psychology: General*, 147(6), 815–828. <http://doi.apa.org/getdoi.cfm?doi=10.1037/xge0000451>
31. Barnes, L., McArthur, G., Biedermann, B., de Lissa, P., **Polito, V.**, & Badcock, N. (2018). No meditation-related changes in the auditory N1 during first-time meditation. *International Journal of Psychophysiology*, 127, 26–37. <https://doi.org/10.1016/j.ijpsycho.2018.03.003>
32. Castles, A., **Polito, V.**, Pritchard, S., Anandakumar, T., & Coltheart, M. (2018). Do nonword reading tests for children measure what we want them to? An analysis of year 2 error responses. *Australian Journal of Learning Difficulties*, 23(2), 153–165. <https://doi.org/10.1080/19404158.2018.1549088>

33. Coltheart, M., Cox, R., Sowman, P., Morgan, H., Barnier, A., Langdon, R., ... **Polito, V.** (2018). Belief, delusion, hypnosis, and the right dorsolateral prefrontal cortex: a transcranial magnetic stimulation study. *Cortex*, 101, 234–248. <https://doi.org/10.1016/j.cortex.2018.01.001>
34. Klein, C., Clutton, P., & **Polito, V.** (2018). Topic Modeling Reveals Distinct Interests within an Online Conspiracy Forum. *Frontiers in Psychology*, 9, 189. <https://doi.org/10.3389/fpsyg.2018.00189>
35. Zopf, R., **Polito, V.**, & Moore, J. (2018). Revisiting the link between body and agency: Visual movement congruency enhances intentional binding but is not body-specific. *Scientific Reports*, 8(1), 196. <https://doi.org/10.1038/s41598-017-18492-7>
36. Költő, A., & **Polito, V.** (2017). Changes in the sense of agency during hypnosis: The Hungarian version of the Sense of Agency Rating Scale (SOARS-HU) and its relationship with phenomenological aspects of consciousness. *Consciousness and Cognition*, 49, 245–254. <https://doi.org/10.1016/j.concog.2017.02.009>
37. Biedermann, B., de Lissa, P., Mahajan, Y., **Polito, V.**, Badcock, N., Connors, M. H., Quinto, L., Larsen, L., & McArthur, G. (2016). Meditation and auditory attention: An ERP study of meditators and non-meditators. *International Journal of Psychophysiology*, 109, 63–70. <https://doi.org/10.1016/j.ijpsycho.2016.09.016>
38. Marsh, P., **Polito, V.**, Singh, S., Coltheart, M., Langdon, R., & Harris, A. (2016). A quasi-randomized feasibility pilot study of specific treatments to improve emotion recognition and mental-state reasoning impairments in schizophrenia. *BMC Psychiatry*, 16(1), 360. <https://doi.org/10.1186/s12888-016-1064-6>
39. Terhune, D. B., **Polito, V.**, Barnier, A. J., & Woody, E. Z. (2016). Variations in the sense of agency during hypnotic responding: Insights from latent profile analysis. *Psychology of Consciousness: Theory, Research, and Practice*, 3(4), 293–302. <https://doi.org/10.1037/cns0000107>
40. Pritchard, S. C., Zopf, R., **Polito, V.**, Kaplan, D. M., & Williams, M. A. (2016). Non-hierarchical influence of visual form, touch and position cues on embodiment, agency and presence in virtual reality. *Frontiers in Psychology*, 7, 1649. <https://doi.org/10.3389/fpsyg.2016.01649>
41. **Polito, V.**, Langdon, R., & Barnier, A. J. (2015). Sense of agency across contexts: Insights from schizophrenia and hypnosis. *Psychology of Consciousness: Theory, Research, and Practice*, 2(3), 301–314. <https://doi.org/10.1037/cns0000053>
42. **Polito, V.**, Waters, F., & McIlwain, D. (2015). Sense of agency: Theory, methods, and application. *Psychology of Consciousness: Theory, Research, and Practice*, 2(3), 207–209. <https://doi.org/10.1037/cns0000073>
43. **Polito, V.**, Barnier, A. J., Woody, E. Z., & Connors, M. H. (2014). Measuring agency change across the domain of hypnosis. *Psychology of Consciousness: Theory, Research, and Practice*, 1(1), 3–19. <https://doi.org/10.1037/cns0000010>
44. **Polito, V.**, Barnier, A. J., & McConkey, K. M. (2014). Defining hypnosis: Process, product, and the value of tolerating ambiguity [Commentary on Wagstaff's 'On the centrality of the concept of an altered state to definitions of hypnosis']. *Journal of Mind-Body Regulation*, 2(2), 118–120.

45. Connors, M. H., Halligan, P. W., Barnier, A. J., Langdon, R., Cox, R. E., Elliott, J., **Polito, V.**, & Coltheart, M. (2014). Hypnotic analogues of delusions: The role of delusion proneness and schizotypy. *Personality and Individual Differences*, 57, 48-53.
<https://doi.org/10.1016/j.paid.2013.09.012>
46. Connors, M., Barnier, A., Langdon, R., Cox, R., **Polito, V.**, & Coltheart, M. (2014). Delusions in the hypnosis laboratory: Modeling different pathways to mirrored-self misidentification. *Psychology of Consciousness: Theory, Research, and Practice*, 1(2), 184–198.
<https://doi.org/10.1037/css0000001>
47. **Polito, V.**, Barnier, A. J., & Woody, E. Z. (2013). Developing the Sense of Agency Rating Scale (SOARS): An empirical measure of agency disruption in hypnosis. *Consciousness and Cognition*, 22(3), 684–696. <https://doi.org/10.1016/j.concog.2013.04.003>
48. Connors, M. H., Barnier, A. J., Langdon, R., Cox, R. E., **Polito, V.**, & Coltheart, M. (2013). A laboratory analogue of mirrored-self misidentification delusion: The role of hypnosis, suggestion, and demand characteristics. *Consciousness and Cognition*, 22(4), 1510–1522.
<https://doi.org/10.1016/j.concog.2013.10.006>
49. Marsh, P., Langdon, R., McGuire, J., Harris, A., **Polito, V.**, & Coltheart, M. (2013). An open clinical trial assessing a novel training program for social cognitive impairment in schizophrenia. *Australasian Psychiatry*, 21(2), 122–126. <https://doi.org/10.1177/1039856213475683>
50. **Polito, V.**, Langdon, R., & Brown, J. (2010). The experience of altered states of consciousness in shamanic ritual: The role of pre-existing beliefs and affective factors. *Consciousness and Cognition*, 19(4), 918–925. <https://doi.org/10.1016/j.concog.2010.05.013>
51. Langdon, R., McLaren, J., **Polito, V.**, Coltheart, M., & Ward, P. B. (2007). Willed action in schizophrenia. *Psychiatry Research*, 150(2), 193–197.
<https://doi.org/10.1016/j.psychres.2006.03.027>

Book Sections

1. Perry, G., & **Polito, V.** (2021). *Music and Healing*. In W. F. Thompson & K. Olsen (Eds.), *From Mozart in the office to Metallica at the Gym: The Psychology and Science of Music*. (pp. 197-204). Greenwood.
2. **Polito, V.**, & Connors, M. H. (2016). *Towards a science of internal experience: Conceptual and methodological issues in hypnosis and meditation research*. In A. Raz & M. Lifshitz (Eds.), *Hypnosis and meditation: Toward an integrative science of conscious planes*. (pp. 171-187). Oxford, UK: Oxford University Press [Winner of the 2016 Arthur Shapiro Award for Best Book on Hypnosis from the Society for Clinical and Experimental Hypnosis].

Training Manual

1. Marsh, P. J., McGuire, J., **Polito, V.**, Lee, B., Langdon, R., Anandakumar, T., Attwell, J., Lockett, G., Surev, A., Harris, A. W. F., & Coltheart, M. (2013). *SoCog: Manual for mental-state reasoning and emotion recognition training*. Sydney: Macquarie University.

Published conference proceedings

1. Perry, G., **Polito, V.**, & Thompson, W.F. (2016). Chanting meditation improves mood and social cohesion. In T. Zanto (Ed.), *Proceedings of the 14th International Conference on Music Perception and Cognition* (pp. 324-327). San Francisco: Causal Productions Pty Ltd.

Published abstracts

1. **Polito, V.** (2019). Cognitive and physiological markers of altered agency in hypnosis. *International Journal of Clinical and Experimental Hypnosis*, 67(1), 105–106.
2. Marsh, P. J., Langdon, R., McGuire, J., Harris, A. W. F., **Polito, V.**, Anandakumar, T., Lee, B., Singh, S. & Coltheart, M. (2012). SoCog: A novel social cognitive training program for people with schizophrenia. *Schizophrenia Research*, 136, S38.
3. Langdon, R., Connaughton, E., & **Polito, V.** (2011). Social skills training or social cognitive remediation? Insights from an experimental study of social knowledge and social cognition in schizophrenia. *Australian and New Zealand Journal of Psychiatry*, 45, A21.
4. Marsh, P., Langdon, R., McGuire, J., Harris, A., Luckett, G., **Polito, V.**, & Coltheart, M. (2010). The development of the mental-state reasoning training (MSR) program: Phase I and II. *Schizophrenia Research*, 117(2-3), 404-405.
5. Langdon, R., Connaughton, E., & **Polito, V.** (2008). Normative social knowledge and social cognition dissociate in schizophrenia. *Schizophrenia Research*, 102(1-3, Suppl. 2), 141.
6. Langdon, R., Connaughton, E., & **Polito, V.** (2007). Social knowledge and social cognition dissociate in schizophrenia. *Australian and New Zealand Journal of Psychiatry*, 41(Suppl. 2), A449.

Other outputs

I have contributed to training resources for improving digital research skills for scientists. I have also created training materials for the SoCog project, a remediation program targeted at improving social cognition skills in people with schizophrenia.

1. Arnold, J., Ashander, J., Attali, D., Bagchi, R., Bazaar, R., Becker, E., ... **Polito, V.**, ... Zimmerman, N. (2017). *Software Carpentry: R for Reproducible Scientific Analysis*. <https://doi.org/10.5281/zenodo.838770>
2. **Polito, V.**, Winning, A., & Marsh, P. (2013). *Face off*, social cognition training computer software.
3. **Polito, V.**, Lee, B., & Marsh, P. (2012). *What's up doc*, social cognition training computer software.
4. **Polito, V.**, Marsh, P., Anandakumar, T. & Lee, B. (2011). *Fix my face*, social cognition training computer software.
5. **Polito, V.**, & Marsh, P. (2011). *Face reveal*, social cognition training computer software.

6. Marsh, P., Lee, B., Anandakumar, t., Luckett, G. & **Polito, V.** (2010). *Face detective*, social cognition training board game.
7. Marsh, P., McGuire, J. & **Polito, V.** (2010). *SoCog cartoons*, social cognition training computer software.
8. Marsh, P., McGuire, J., **Polito, V.** & Luckett, G. (2010). *Lifeball SocialWiz*, social cognition training computer software.

RESEARCH PRESENTATIONS

International Presentations

1. Geagea, D., Griffin, B., Kimble, R., **Polito, V.**, Ayoub, B., Terhune D., & Tyack, Z. (2023, May). *Clinical hypnosis for procedural pain and distress in children: A scoping review*, Presentation at the 56th Annual Scientific Meeting of the British Pain Society, Glasgow, Scotland.
2. **Polito, V.** (2022, September). *What Is Next For Microdosing Science*. Presentation given at the Institute of Psychology, Leiden University, The Netherlands.
3. **Polito, V.** (2022, September). *Is Microdosing Just Placebo? Reasons For and Against*. Paper presented at the Interdisciplinary Conference on Psychedelic Research 2022, Amsterdam, The Netherlands.
4. **Polito, V.** (2022, September). *MicroDep: A placebo controlled trial of low dose psilocybin for moderate depression*. Presentation given at the Faculty of Psychology and Neuroscience, Maastricht University, The Netherlands.
5. **Polito, V.** (2022, April). *Is microdosing just placebo?* In D. Angelatos (Chair), A Macro View of Microdosing. Digital symposium for the Petrie-Flom Center for Health Law Policy, Biotechnology, and Bioethics at Harvard Law School.
6. **Polito, V.** (2021, April). Microdosing psychedelics: Pharmacology or fantasy? Invited presentation to the Psychotropic Substances Workgroup, Free University, Berlin.
7. **Polito, V.** (2020, April). Psychedelic medicine: A new frontier. Panel discussion conducted at the Microdose Virtual Psychedelics Conference.
8. **Polito, V.** (2019, September). *Hypnotic models of passivity delusions as a window in to the sense of agency*. In R. Pfister (Chair), Acting in a complex world – Emerging perspectives on human agency. Symposium to be conducted at the European Society for Cognitive Science 2019 Annual Meeting, Tenerife, Spain.
9. **Polito, V.** (2018, October). *Cognitive and physiological markers of altered agency in hypnosis*. Invited address at the 69th Annual Congress of the Society for Clinical and Experimental Hypnosis, Las Vegas, USA.
10. **Polito, V.** (2018, June). *A systematic investigation of microdosing psychedelics*. Poster presented at 22nd Annual Meeting of the Association for the Scientific Study of Consciousness, Krakow, Poland.

11. **Polito, V.** (2017, June). *A systematic study of microdosing: Reported effects from 6 weeks of regular ingestion of low dose psychedelics in healthy individuals*. Paper presented at the Science of Consciousness, San Diego, USA.
12. **Polito, V.** (2017, June). *Development of a new psychometric measure of agency, embodiment, and presence*. Poster session presented at the 21st Annual Meeting of the Association for the Scientific Study of Consciousness, Beijing, China.
13. Terhune, D. & **Polito, V.** (2017, June). *A primer on experimental hypnosis research [Tutorial]*. Presentation given at the 21st Annual Meeting of the Association for the Scientific Study of Consciousness, Beijing, China.
14. **Polito, V.**, Zopf, R., & Pritchard, S. (2016, August). *Exploring the effect of sensory cues on embodiment, agency and presence in the Virtual Hand Illusion*. Poster presented at the 20th Annual Meeting of the Association for the Scientific Study of Consciousness, Buenos Aires, Argentina.
15. Green, O. L., Wastell, C. A., & **Polito, V.** (2016, July). *Hypnosis: A New Methodological Approach to Investigating the Hyperactive Agency Detection Device (HADD)*. Poster presented at the International Association for the Cognitive Science of Religion, August 2016, Vancouver, Canada.
16. Perry, G., **Polito, V.**, & Thompson, B. (2016, July). *Chanting improves positive affect and altruism*. Poster presented at the 14th International Conference for Music Perception and Cognition, San Francisco, USA.
17. Perry, G., Thompson, W. T., & **Polito, V.** (2016, April). *Chanting improves mood and social cohesion*. Presentation given at the 11th biennial Science of Consciousness conference, Tucson, USA.
18. Terhune, D., **Polito, V.**, & Barnier, A.J. (2015, July). *A primer on experimental hypnosis research [Tutorial]*. Presentation given at the 19th Meeting of the Association for the Scientific Study of Consciousness, Paris, France.
19. **Polito, V.** (2015, July). *Agency and automatic responding: Hypnotic alterations to conscious control*. Poster session presented at the 19th Meeting of the Association for the Scientific Study of Consciousness, Paris, France.
20. Költő, A., & **Polito, V.** (2015, May). *Az Ágenciaérzék-megítélő Skála magyar változata (SOARS-HU) [The Hungarian version of the Sense of Agency Rating Scale (SOARS-HU). In Hungarian]*. Poster presented at the XXIV Scientific Convention of the Hungarian Psychological Association, Eger, Hungary.
21. **Polito, V.** & Barnier, A. (2013, October). Using hypnotic models to influence ‘automatic’ responses. In A. Barnier (Chair), *Instrumental hypnosis: Putting hypnosis to work*. Symposium conducted at the 64th Annual Congress of the Society for Clinical and Experimental Hypnosis, Berkely, USA.
22. **Polito, V.** (2010, November). *Hypnotic analogues of agency disorders*. Presentation given at the Behavioural and Clinical Neuroscience Institute, Department of psychiatry, Cambridge University, UK.

23. **Polito, V.** (2010, November). Hypnosis as a case study of agency change. Presentation given at the Institute of Psychiatry, University College London, UK.
24. **Polito, V.** & Barnier, A. (2010, November). *Mapping agency changes in the hypnotic state: hypnotic analogues and clinical cases*. Presentation given at the 61st Annual Congress of the Society for Clinical and Experimental Hypnosis, Boston, USA.
25. **Polito, V.**, & Barnier, A. (2010, April). *Hypnotic alterations of the sense of agency*. Presentation given at the 9th biennial "Toward a Science of Consciousness" conference, Tucson, USA.
26. **Polito, V.**, Barnier, A.J., & Langdon, R.A. (2008, October). *Whose hand is that? Changes in agency and self awareness in hypnosis*. Presentation given at the Annual Congress of the Australian Society of Hypnosis, Norfolk Island.
27. **Polito, V.** (2007, September). *Factors influencing the experience of altered states of consciousness in anomalous environments*. Presentation given at the International Conference on Humanistic and Transpersonal Psychologies and Psychotherapies, Guangzhou, China.

National Presentations

1. **Polito, V.** (2023, November). Low dose psychedelics: Promise or placebo? Invited presentation in D. Hoyer (Chair) *Preclinical and clinical aspects of psychedelics in complex mental health disorders*. Symposium conducted at the Annual Scientific Meeting of the Australasian Society of Clinical and Experimental Pharmacologists and Toxicologists.
2. **Polito, V.** (2023, June). *The clinical and cognitive enhancement potential of microdosing psychedelics*. Invited presentation to the Centre for Health Outcomes, Innovation & Clinical Education, The University of Queensland, Brisbane, Australia.
3. **Polito, V.** (2023, April). *Psilocybin Research in the Macquarie University Altered States Lab*. In Psilocybin mushrooms in Australia: From ID to Therapy. Online symposium by Entheogenesis Australis.
4. **Polito, V.** (2022, December). *What we know so far about microdosing*. Paper presented at the Garden States 2022 conference, Springvale, Australia.
5. **Polito, V.** (2022, September). *The Potential of Low Dose Psychedelics as Mental Health Treatments*. Invited presentation to The George Institute, Sydney, Australia.
6. **Polito, V.** (2022, August). *Psychedelic promises*. Panel discussion as part of the Light and Darkness Exhibition at the Cau Chak Wing Museum, University of Sydney.
7. **Polito, V.** (2022, April). *Microdosing and mental health*. Invited presentation to Southside Health and Wellbeing, Sydney, Australia.
8. **Polito, V.** (2021, November). *The Myths and Mysteries of Microdosing*. Paper presented at the Mind Medicine Australia International Summit on Psychedelic Therapies for Mental Illness, Melbourne, Australia.
9. **Polito, V.** (2021, April). *Expectations and experiences of people who microdose psychedelics*. Invited presentation to the Shoalhaven branch of the Australian Psychological Society.

10. **Polito, V.** (2020, November). *Placebo or Panacea? Experiences and Beliefs of People who Microdose Psychedelics*. Invited presentation in the Psychology Colloquium, University of Sydney
11. **Polito, V.** (2020, October). *Expectations and Experiences of Microdosers*. Invited presentation at uniMIND Brisbane.
12. **Polito, V.** (2020, July). *Australian Psychedelic Research*. I hosted this panel discussion at the Entheogenesis Australis Garden States Symposium.
13. **Polito, V.** (2019, June). *Psychedelic Science: A new frontier in mental health*. Invited presentation at Science in the House, Parliament of New South Wales.
14. **Polito, V.** (2018, December). Placebo or Panacea? Expectations and Experiences of People who Microdose Psychedelics. In *Beliefs beyond rationality*. Symposium conducted at the 1st meeting of the Australasian Society for Philosophy and Psychology, Sydney.
15. **Polito, V.** (2018, October). *How to measure a sense of self*, Paper presented at the CCD Annual Workshop, Bowral, NSW.
16. **Polito V.** (2017, December). *A systematic study of microdosing*. Paper presented at Entheogenesis Australis Psychedelic Symposium, Eildon, Victoria.
17. **Polito V.** (2017, December). *Research into the medical use of psychedelics*. Invited presentation at the South Eastern Sydney Health Annual Drug and Alcohol Forum, Sutherland Hospital.
18. Barnes, L., McArthur, G.M., Biedermann, B.A., de Lissa, P., **Polito, V.**, & Badcock, N.A. (2017, November). *No meditation-related changes in the auditory N1 during first-time meditation*, Poster session presented at the CCD Annual Workshop, Mercure Resort Hunter Valley Gardens.
19. Biedermann, B., Tran, V., Croasdale, R., Whitworth, A., Sedlmeier, P., **Polito, V.**, Mahajan, Y., Badcock, N., & McArthur, G. (2017, November). *Is meditation an effective tool in aphasia rehabilitation?* Poster session presented at the CCD Annual Workshop, Mercure Resort Hunter Valley Gardens.
20. **Polito, V.** (2017, November). *Modulating sensory responses with hypnotic manipulations of the sense of agency*. Poster session presented at the Science of the Self: The Agency and Body Representation Research Forum, Coogee.
21. Perry, G., **Polito, V.**, & Thompson, W.F. (2017, April). *Chanting promotes altruism*. Paper presented at the 44th Annual Conference of Australasian Society of Experimental Psychology (EPC17), Shoal Bay.
22. Barnes, L. J., McArthur, G. M., Biedermann, B., de Lissa, P., **Polito, V.**, Badcock, N. (2016, November). *Distinguishing confounds from true meditation effects: Insights from auditory ERPs*. Poster presented at the Australasian Cognitive Neuroscience Society conference, Newcastle, Australia.
23. Biedermann, B., Croasdale, R., Whitworth, A., Sedlmeier, P., Chen, N., de Lissa, P., **Polito, V.**, Mahajan, N., Badcock, N., & McArthur, G. (2016, October). *Is meditation an effective tool in aphasia rehabilitation?* Paper presented at the Aphasiology Symposium of Australia, Flinders University, Adelaide.

24. **Polito, V.**, Zopf, R., Williams, M., Barnier, A., Langdon, R., Moore, J., & Morgan, H. (2016, August). *Understanding multiple components of self: Agency and body representation in healthy and impaired cognition*. Paper presented at the ARC Centre of Excellence in Cognition and its Disorders Annual Workshop, The Fairmont Resort, Leura.
25. Barnes, L., McArthur, G., Biedermann, B., de Lissa, P., **Polito, V.**, & Badcock, N. (2016, August). *Does meditation affect attention in first-time meditators?* Poster presented at the ARC Centre of Excellence in Cognition and its Disorders Annual Workshop, The Fairmont Resort, Leura.
26. Biedermann, B., Croasdale, R., Whitworth, A., Sedlmeier, P., Chen, N., de Lissa, P., Polito, V., Mahajan, Y., Badcock, N., & McArthur, G. (2016, August). *Effects of meditation on attention and word finding in aphasia*. Poster presented at the ARC Centre of Excellence in Cognition and its Disorders Annual Workshop, The Fairmont Resort, Leura.
27. **Polito, V.**, Zopf, R., & Pritchard, S. (2016, August). *Exploring the effect of sensory cues on embodiment, agency and presence in the Virtual Hand Illusion*. Poster presented at the ARC Centre of Excellence in Cognition and its Disorders Annual Workshop, The Fairmont Resort, Leura.
28. Latham, A., Nguyen, E., Goodbourn, P., **Polito, V.**, & Holcombe, A. (2015, April). *Video gamers show superior temporal precision when selecting letters from a stream*. Poster presented at the Australasian Experimental Psychology Conference 2015, University of Sydney.
29. Biedermann, B., de Lissa, P., Mahajan, Y., **Polito, V.**, Badcock, N., Quinto, L., Connors, M., Larsen, L., Savage, G., & McArthur, G. (2015, April). *Pre-attentive auditory processes in adults with and without long-term meditation experience: An ERP study*. Paper presented at the 42nd Annual Australasian Experimental Psychology Conference (EPC), Sydney.
30. **Polito, V.** (2015, February). *Research tools for studying agency*. Poster presented at Research Bazaar 2015, The University of Melbourne.
31. **Polito, V.** (2014, December). *Actions, agency and individual differences*. Presentation given at the 10th Australasian Society for Cognitive Science Conference, Monash University, Australia.
32. **Polito, V.** (2014, July). *Altered experiences of control in expertise, schizophrenia and hypnosis: Measuring and understanding changes to the sense of agency*. Presentation given at the 18th meeting of the Association for the Scientific Study of Consciousness, Brisbane, Australia
33. **Polito, V.** (2013, December). *Altered experiences of control in hypnosis: a window into the underlying structure of sense of agency*. Presentation given at the Sense of Agency: Theory, Methods and Application Workshop, Macquarie University, Australia.
34. **Polito, V.** (2013, November). *Hypnosis, automaticity and sense of agency*. Invited presentation given at the 2013 ARC Centre of Excellence in Cognition and its Disorders Annual Workshop, Macquarie University, Australia.
35. **Marsh, P. & Polito, V.** (2013, September). *Social cognition and early psychosis*. Westmead Hospital Early Psychosis Forum, Westmead Hospital, Australia.
36. **Polito, V.** & Barnier, A. (2012, March). *Distributed agency in hypnosis*. Presentation given at the Distributed Cognition and Distributed Agency Workshop, Macquarie University, Australia.

37. **Polito, V.** & Barnier, A. (2011, August). *Modelling agency disruptions with hypnosis*. Presentation given at the Cognitive Neuropsychology and Cognitive Neuropsychiatry Research Forum, Macquarie University, Australia.
38. **Polito, V.,** & Barnier, A. J. (2010, September). Hypnosis and automatic responding. In A. J. Barnier (Chair), *Creating virtual patients in the laboratory: How hypnosis helps us to investigate and understand clinical disorders*. Symposium conducted at the 40th Annual Congress of the Australian Society of Hypnosis (Scientific Program), Sydney, Australia.
39. **Polito, V.,** & Barnier, A. (2009, October). *Measuring the sense of agency in hypnosis*. Presentation given at the 9th Australasian Society for Cognitive Science Conference, Macquarie University, Australia.
40. **Polito, V.,** Barnier, A., & Cox, R. (2009, July). *Whose hand is that? Investigating the sensory effects of changes in agency and self awareness in hypnosis*. Presentation given at the Cognitive Neuropsychology and Cognitive Neuropsychiatry Research Forum, Macquarie University, Australia.
41. **Polito, V.,** Barnier, A.J., & Cox, R.E. (2008, October). *Using hypnosis as a model of agency change*. Presentation given at the Inaugural Sydney Psychology Postgraduate Conference, University of Sydney, Australia.

TEACHING RECORD

Teaching

- | | |
|----------------|--|
| 2023 | <i>Convenor</i> , School of Psychological Sciences, Macquarie University.
I convene a third year unit, COGS3050: Core Problems in Cognitive Science. I designed all lecture, tutorial and assessment content for the unit. |
| 2018 -
2020 | <i>Co-convenor</i> , Department of Cognitive Science, Macquarie University.
I co-convened a large (>1200 students) introductory unit COGS1010: Delusions and Disorders of the Mind and Brain. I also designed and recorded online materials for a module on agency research in this unit. |
| 2018 -
2020 | <i>Convenor</i> , Department of Cognitive Science, Macquarie University
I convened an online only version of Delusions and Disorders of the Mind and Brain that is offered through Open Universities Australia (OUA). In 2019 this unit was recognised at one of OUA's Top Performing Units, with a student satisfaction rating of 95.56. |
| 2017 | <i>Guest Lecturer</i> , Department of Cognitive Science, Macquarie University.
I taught a module (2 lectures) on agency research in the Masters course COGS702: Advanced Principles of Cognitive Science. |
| 2017 | <i>Guest Lecturer</i> , Department of Cognitive Science, Macquarie University.
I gave a guest lecture on 'Modelling Clinical Conditions' in the Masters course COGS700: Foundations of Cognitive Science. |
| 2016 | <i>Co-convenor</i> , Department of Cognitive Science, Macquarie University.
I co-convened the Masters level unit COGS704: Advanced Principles of Cognitive Science: Memory, Self, and Cognitive Theory |

- 2015 - *Unit convenor*, Department of Psychology, Macquarie University.
2017 I convened the fourth year unit, PSY438: Instrumental Hypnosis: Putting Hypnosis to Work.
- 2013 - *Guest Lecturer*, Department of Psychology, Macquarie University.
2017 I gave a guest lecture on 'Cognitive Neuropsychiatry' in the Masters course PSYN811: Cognitive Neuropsychology.
- 2012 - *Guest Lecturer*, Department of Psychology, Macquarie University.
2017 I gave guest lectures and associated practical classes on cognitive neuropsychiatry in PSY344: Neuropsychology.
- 2013 *Unit Development and Tutor*, Department of Cognitive Science, Macquarie University. I, along with Simon McCarthy-Jones, developed online and face to face content for the 'Auditory Hallucinations' module of the course 'COGS201: Disorders and Delusions of the Mind' in 2013.
- 2013 *Tutor*, Department of Cognitive Science, Macquarie University. I tutored PhD and Masters students for the EEG module of the 'Critical issues in neuroimaging of cognition' course for HDR students in the Department of Cognitive Science in 2013.
- 2008 - *Tutor*, Department of Psychology, Macquarie University.
2012 I tutored 'PSY104: Introduction to psychology I' and 'PSY105: Introduction to Psychology II'.
- 2009 - *Co-convenor*, Department of Psychology, Macquarie University.
2011 I co-taught 'PSY438: Instrumental Hypnosis: Putting Hypnosis to Work'.
- 2008 - *Tutor*, Department of Psychology, Macquarie University.
2010 I gave guest tutorials on hypnosis in 'PSY234: Social & Personality Psychology'.
- 2008 - *Tutor*, School of Psychology, University of New South Wales.
2010 I gave guest tutorials on hypnosis in 'PSYC1001: Introductory Psychology 1A'.
- 2008 *Tutor*, Discipline of Behavioural and Social Sciences, Sydney University. I was a tutor for health science units 'HSBH1009: Health care resources and systems' and 'BACH2128: Cognition and Cognitive Impairment'.
- 2008 *Training Assistant*, Australian Society of Hypnosis. I assisted with training for Continuing Education and Professional Development in the Australian Society of Hypnosis Postgraduate Diploma in Clinical Hypnosis programme.

Supervision

Current Students

1. Spencer Arbige (PhD, completing October 2024)
2. Amber Bunting (PhD, completing 2027)
3. James Thurbon (PhD, completing 2027)

4. Agnieszka Sekula [External Supervisor] (PhD, completing 2025)
5. Wendy Patterson [Associate Supervisor] (PhD, completing 2026)
6. Adam Marschall (MClin, completing 2024)
7. Dora Szabo (Honours, completing 2024)
8. Mac Omm (Honours, completing 2024)

Completed PHD students

1. Catherine Dean [Associate Supervisor]
2. Andrew Roberts (VC Commendation)
3. Gemma Perry [Associate Supervisor]

Completed Masters Students

1. James Thurbon
2. Abigayle Peterson
3. Amber Bunting
4. Eugenie Dale
5. Rachel Scott
6. Dali Gagea [External Supervisor]
7. Spencer Arbige
8. Wendy Higgins
9. Larissa Hartmann [External Supervisor]
10. Oliva Green
11. Alexander Lutherborough
12. Emma Williams
13. Gemma Perry
14. Lydia Barnes [Associate Supervisor]

Completed Honours Students

1. Charles McKinley
2. Sage Ziman
3. Amber Bunting (Academic Excellence Award)
4. Hannah Dressler [External Supervisor]
5. Emma Williams
6. Gemma Perry [Associate Supervisor]
7. Najlah Ghalbouni

CONFERENCE ORGANISING

- | | |
|-------------|--|
| 2017 | I convened an international conference ‘Science of the Self: The agency and body representation research forum’, with three international keynotes and one national keynote, held at Coogee Beach, Sydney. |
| 2016 - 2019 | I was on the organising committee of Sydney Research Bazaar from the initial event in 2016 to 2019. This large-scale interdisciplinary, multi-university research festival teaches digital research skills to students and ECRs. In 2018 I was the Program Director for Resbaz, and coordinated the provision of 12 workshop streams across the three day event. |

2013 I convened a workshop ‘Sense of agency: Theory, methods and application’ with two international keynotes and one national keynote, held at the ARC Centre of Excellence in Cognition and Disorders, Macquarie University.

COMMUNITY ENGAGEMENT

Citizenship

In November 2020, I was an invited contributor to an Amicus Brief to the United States Supreme Court for the case of *Flores v Texas* (20-5923), concerning the science of hypnosis and memory.

In March 2020, I was an invited participant in the *Roundtable on Surviving and Prospering in the 21st Century*, an interdisciplinary workshop involving experts from multiple domains, organised by Commission for the Human Future, Australian National University.

Exhibitions

My work on self representation and altered states of consciousness has been featured in two museum exhibitions:

Psychedelic Promises. *Chau Chak Wing Museum*. 11 August 2022.
<https://www.sydney.edu.au/museum/whats-on/talks-and-events/psychedelic-promises.html>

Smoke and Mirrors: The Science of Magic. *Wellcome Trust Exhibition*. April – September 2019.
https://wellcomecollection.org/pages/W_6eSREAAMqYcurY

Training Workshops

Polito, V. (2020, September). *Software Carpentry in R*. Online Workshop hosted by Macquarie University.

Polito, V. (2019, June). *Best practices in data management*. Workshop at Macquarie University.

Polito, V. (2017, September). *R for reproducible scientific research*. Workshop at Macquarie University.

Polito, V. (2017, July). *R for reproducible scientific research*. Workshop at Research Bazaar 2017, University of Technology Sydney.

Polito, V. (2017, June). *Preregistration and the Open Science Framework*. Workshop at Macquarie University.

Polito, V., & Marsh, P. (2014, September). *Overview and assessment of social cognition, and demonstration of SoCog*. Presentation given at the Full-day Training Workshop given at the Adult Community Mental Health Service - North, Launceston.

Polito, V., & Marsh, P. (2014, March). *How to improve social cognitive impairments in schizophrenia with a focus on SoCog*. Presentation given at the Half-day Training Workshop on SoCog: Early Psychosis Intervention Team (EPI), Community Child and Youth Mental Health Services (CYMHS), Penrith.

Outreach

Polito, V. (2023, September). *Psychedelics Are Weird*. This was a public lecture given in the Science Tent at the music and arts festival Splendour in the Grass in Byron Bay, NSW.

Polito, V. (2023, August). *Microdosing and Mental Health*. I took part in this public conversation with a journalist for Science Week 2023, in an event organised by Leichardt Library, NSW.

Polito, V. (2021, November). *Science at the Edge of Consciousness*. This was a public lecture covering local and international research on altered states of consciousness. In 2021, I presented this to talk to audiences in Melbourne and Sydney.

Polito, V. (2019, August). *Science at the Edge of Consciousness*. Giant Dwarf Theatre, Redfern. This was a major public lecture presented during Science Week 2019 to a sold out audience of 350+ people.

Polito, V. (2019, August). *A Night of Illusions*. Giant Dwarf Theatre, Redfern. This was an interactive science outreach event demonstrating cognitive and perceptual illusions.

Polito, V. (2019, January). *Using Virtual Reality for Cognitive Science*. An interactive workshop and demonstration for Indigenous students as part of the Camp Aspire program, Macquarie University.

Polito, V. (2018, September). *Virtual Reality Research Demonstration*. An interactive workshop and demonstration for cognitive science work experience students, Macquarie University.

Polito, V., Keys, B., (2018, August). *Sensory Illusions and Virtual Reality*. Presentation given at 'A Night of Illusions', Armidale Art Gallery, Armidale.

Polito, V., Keys, B., (2018, August). *Sensory Illusions and Virtual Reality*. Presentation given at 'A Night of Illusions', Sydney Science Festival, 107 Projects, Sydney.

Polito, V. (2018, July). *Sci Fight Debate: Seeing is Believing* Invited participant in the 2018 Sci Fight Comedy Debate, Sydney.

Polito, V. (2018, January). *What really happens when people microdose?* A public workshop given at Rainbow Serpent Festival 2018, Lexton.

Polito, V. (2017, December). *Making Sense of microdosing*. Invited presentation at the Australian Psychedelic Society, Sydney.

Polito, V. (2017, September). *Virtual Reality Research Demonstration*. An interactive workshop and demonstration for cognitive science work experience students, Macquarie University.

Polito, V. (2016, November). *Science Says! [Panel member]*. Invited presentation given at the Science Says!, Powerhouse Museum, Sydney.

- Polito, V.** (2016, November). *Body illusions in Virtual Reality*. Presentation given at the Macquarie University Discovery Day, Sydney.
- Polito, V.** (2016, September). *Virtual Reality Research Demonstration*. An interactive workshop and demonstration for cognitive science work experience students, Macquarie University.
- Polito, V.,** Zeman, A., Wardle, S., Contini, E., & Pritchard, S. (2016, August). *Virtual mind illusions*. Presentation given at 'A Night of Illusions', Sydney Science Festival, 107 Projects, Sydney.
- Pritchard, P. & **Polito, V.** (2015, September). *Virtual Reality Research Demonstration*. An interactive workshop and demonstration for cognitive science work experience students, Macquarie University.
- Polito, V.** (2015, July). Invited participant at *The Sydney Conference*. A participatory workshop on open science, Macquarie University.
- Polito, V.** (2015, July). *Out of Control: Intention and action in altered states of consciousness*. Invited presentation given at the Nerd Nite, Sydney.
- Polito, V.** & Pritchard, S. (2015, May). *Investigating Agency and Ownership with Virtual Reality*. Presentation given at ARC Centre of Excellence in Cognition and its Disorders Stakeholders Workshop, Macquarie University.
- Biedermann, B., **Polito, V.,** & McArthur, G. (2015, May). *Effects of meditation*. A public presentation given at the Sydney Zen Centre, Sydney.
- Polito, V.** (2015, February). *Consciousness: What is it all about?* A public workshop given at Regrowth Festival 2015, Braidwood.
- Polito, V.** (2014, October). *Time, hallucinations and delusions in Donnie Darko*. A public presentation given at Movies at Macquarie, Macquarie University.
- Marsh, P., **Polito, V.,** & McGuire, J. (2014, April). *SoCog (a novel social cognitive training program for people with schizophrenia)*. Presentation given at the CCD Stakeholders' Workshop: Sharing Vision for Future Research Impacts, Macquarie University.
- Polito, V.** (2014, June). I supervised a work experience student visiting Macquarie University.
- Polito, V.** & Holcombe A. (2013, September). *What can first person reports of anomalous experiences tell us about consciousness?* Presentation at the Sydney Open Knowledge Foundation Meeting, Sydney, Australia.
- Polito, V.** (2013, September). *Delusional belief*. Lecture given at Macquarie University 'Uni in a Day' outreach program.
- Polito, V.** (2013, August). I supervised a work experience student visiting Macquarie University.

RESEARCH, DEVELOPMENT AND SERVICE ACTIVITIES

Editorial Appointments

- | | |
|------|---|
| 2019 | Field Editor for the International Journal of Neuropsychopharmacology |
| 2015 | Review Editor for Frontiers in Psychology |
| 2015 | Consulting Editor for the International Journal of Clinical and Experimental Hypnosis |
| 2014 | Guest Editor for a special issue of Psychology of Consciousness: Theory, Research, and Practice, on Sense of Agency |
| 2014 | Consulting Editor for Psychology of Consciousness: Theory, Research, and Practice |

Professional Memberships

- Founder and co-convenor of the Australasian Research Group on Psychedelic Science (ARGoPS)
- Member of the Society for the Psychology of Religion in Australia and New Zealand (SPRANZ)
- Member of the European Society for Cognitive Psychology
- Member of the Society for the Improvement of Psychological Science
- Member of the Association for the Scientific Study of Consciousness
- Member of the Society for Clinical and Experimental Hypnosis.

Service

- | | |
|--------------|--|
| 2022 | I was a mentor in the Widening Participation Macquarie Undergraduate Equity Research Internship program. |
| 2020-2021 | I was Media Representative for the Department of Cognitive Science. |
| 2019-2021 | I was Web Strategist for the Department of Cognitive Science. |
| 2019-Present | I am a mentor with the Making Connections program, providing guidance and support to students from refugee and underrepresented backgrounds at Macquarie University. |
| 2018-2021 | I am a member of the Department of Cognitive Science Facilities Committee |
| 2017-2019 | I was a member of the Macquarie University Data Science and eResearch Advisory Group |

2017-2019	I was the Faculty of Human Sciences eResearch representative
2017-2018	I was Deputy Chair of the Department of Cognitive Science Research Committee
2016-Present	I am manager of the School of Psychological Sciences Hypnosis Lab
2015-2019	I am a member of the Department of Cognitive Science Research Committee
2015-2020	I coordinated the Cognitive Science Belief Formation Team meetings
2015-2017	I was the Department of Cognitive Science Library Liaison
2013 - 2014	I convened the Centre for Elite Performance, Expertise and Training Research Colloquium series. In 2014 I organised talks from international experts including Associate Professor Daniel Brown (Harvard Medical School, April) and Professor Daniel Wolpert (University of Cambridge, August).
2013 - 2014	I was a member of the Department of Psychology Research Committee.
2013	I was a co-convenor of the 7th Australian Cognitive Neuropsychology and Cognitive Neuropsychiatry Research Forum, Macquarie University, Sydney.
2013	I chaired the Faculty of Human Sciences Three Minute Thesis Competition Final.
2013	I chaired of the Department of Psychology 'Brain Explosion', Three Minute Thesis Competition.
2012	I was on the organising committee for the 'Listening to voices: The past, present and future of the experience of hearing voices' conference, Macquarie University, Sydney.
2011	I was a co-convenor of the 6th Australian Cognitive Neuropsychology and Cognitive Neuropsychiatry Research Forum, Macquarie University, Sydney.
2011	I was on the organising committee for the 'Agent tracking and it's disorders' conference, Macquarie University, Sydney.
2011	I coordinated the Macquarie Centre for Cognitive Science Belief Formation Team lab meetings.
2009	I was a Macquarie University Postgraduate Representative Association board member.
2008	I coordinated the Macquarie Centre for Cognitive Science Postgraduate Research Seminars.

Professional Development

- 2017 I completed Software Carpentry Instructor Training.
- 2015 Completed the 'Supervision Enhancement Program'.
- 2014 Completed 'The Role of Unit Convenors: Getting Started', a professional development workshop by The Learning and Teaching Centre, Macquarie University.
- 2013 Completed 'Distributed Leadership for Learning and Teaching in Higher Education', a professional development workshop by The Learning and Teaching Centre, Macquarie University.
- 2011 Completed Macquarie Centre for Cognitive Science ERP Lab training.
- 2011 Completed the Macquarie University Postgraduate Global Leadership Program.
- 2010 Completed the Faculty of Human Sciences 'Foundations in Learning and Teaching' course.
- 2009 Completed 'MATLAB Fundamentals', a certified training course by MathWorks Australia.

MEDIA

My research has attracted significant media attention. I have been interviewed for more than 100 TV, radio, podcast, print, and web news stories. Popular science articles I have written for The Conversation have been read over 189,000 times and shared more than 4,500 times.

TV

1. MicroDep Trial: Investigating low doses of psilocybin for moderate depression. *10 News*. 17 March 2024. <https://youtu.be/DcdJ2VUYFNI>
2. Psychedelics – Healing the Spirit. *ABC Compass*. 16 July 2023. https://vincep.cogscience.org/files/media/230716_Compass.mp4
3. Australian researchers trialling magic mushroom active ingredient as antidepressant. *Nine News*. 27 April 2022. <https://www.9news.com.au/national/macquarie-university-trial-depression-psilocybin-active-ingredient-magic-mushrooms-antidepressant/dea89499-8327-4f44-8eea-5b692aeadc7e>
4. Is Australia ignoring psychedelics as a mental health treatment?. *Junkee Takeaway*. 28 November 2019. <https://www.facebook.com/watch/?v=1007373236279678>
5. Microdosing research in New Zealand. *TVI New Zealand*. 26 November 2019. <https://www.youtube.com/watch?v=vIWwdM7hJ-M>
6. Microdosing psychedelics. *ABC News24*. 9 February 2019. <https://youtu.be/J0OhYzOo47k>

Radio

1. Microdosing at work. *ABC Radio National – This Working Life*. 2 December 2022. <https://soundcloud.com/user-441363701/abc-radio-national-this-working-life-microdosingatwork-2-dec-2022>
2. Are psychedelic experiences like near death experiences?. *ABC Radio Sydney Afternoons*. 22 August 2022. <https://soundcloud.com/user-441363701/psychedelicdeath>
3. A microdosing trial for depression. *ABC Radio Hobart*. 12 July 2022. <https://soundcloud.com/user-441363701/220712-mornings-abc-hobart>
4. Are there clinical benefits to magic mushrooms?. *ABC Radio Nightlife*. 29 April 2022. <https://www.abc.net.au/radio/programs/nightlife/magic-mushrooms/13861664>
5. Can tiny doses of psychedelics help with depression?. *ABC Radio Sydney Drive*. 28 April 2022. <https://soundcloud.com/user-441363701/can-tiny-doses-of-psychedelics-help-with-depression-abc-radio-sydney-drive-28th-april-2022>
6. A world first trial to treat depression with magic mushrooms. *ABC Radio Brisbane*. 24 April 2022. <https://soundcloud.com/user-441363701/a-world-first-trial-to-treat-depression-with-magic-mushrooms-abc-radio-brisbane-26th-april-2022>
7. Science at the Edge of Consciousness. *2SER*. 17th November 2021. <https://2ser.com/science-at-the-edge-of-consciousness/>
8. Psychedelic microdosing investigated for pharmacological effect on the brain. *ABC Radio Sydney*. 19 July 2021. <https://soundcloud.com/user-441363701/abc-radio-sydney-psychedelic-microdosing-investigated-for-pharmacological-effect-on-the-brain>
9. Talking microdosing. *ABC Radio Sydney*. 6 April 2021. <https://soundcloud.com/user-441363701/talking-microdosing-on-abc-radio-sydney-6th-april-2021>
10. What is microdosing? *Radio Adelaide*. 5 April 2021. <https://soundcloud.com/user-441363701/what-is-microdosing-radio-adelaide-5th-april-2021>
11. Experiments with LSD. *Radio New Zealand*. 29 August 2019. <https://www.rnz.co.nz/programmes/the-detail/story/2018710777/experiments-with-lsd>
12. Experiences Of microdosing psychedelics: An observational Study - Bicycle Day 2019. *Radio 3CR*. 18 August 2019. <https://www.3cr.org.au/enpsychedelia/episode-201908181400/changa-change-jef-baker-and-dr-vinco-polito-microdosing>
13. Psychedelia - More Than Just Groovy. *2SER*. 14 August 2019. <https://2ser.com/psychedelia-more-than-just-groovy/>
14. Up and atom. *FBI Radio*. 13 August 2019. <https://fbiradio.com/945fm/programs/upforit/2019-08-13/>
15. Australian microdosing trends. *ABC Radio Melbourne*. 6 May 2019.
16. As the interest in microdosing rises, some ask if it can measure up to expectations. *ABC Radio Melbourne*. 7 February 2019.

<https://www.abc.net.au/radio/melbourne/programs/breakfast/microdosing-lsd-with-abc-radio-melbourne/10788976>

17. Microdosing Your Way Towards Good Mental Health? *2SER Drive*. 7 February 2019. <https://2ser.com/microdosing-your-way-towards-good-mental-health/>
18. Can microdosing actually help you? *The Daily, 2SER Radio*. 7 February 2019. <https://2ser.com/can-microdosing-actually-help-you/>
19. *Hypnosis research for reducing anxiety and stress*. The Daily on 2SER Radio Sydney. 19 September 2018. <https://2ser.com/the-scientificallly-researched-health-benefits-of-hypnosis>
20. *Tripping for depression*. ABC Radio National's All In The Mind. 16 September 2018. <http://www.abc.net.au/radionational/programs/allinthemind/tripping-for-depression/10223006>
21. *Conspiracy theorists: Are they actually irrational?* Drive on 2SER Radio Sydney. 10 April 2018. <https://www.ccd.edu.au/people/profile.php?memberID=243>
22. *Meditation meets neuroscience*. ABC Radio National's All in the Mind. 24 April 2016. <http://www.abc.net.au/radionational/programs/allinthemind/meditation-meets-neuroscience/7339332>
23. *Are we always in control of our actions?* ABC Radio National. 11 October 2014. <http://www.abc.net.au/radionational/programs/scienceshow/are-we-always-in-control-of-our-actions3f/5805658>

News

1. The VICE guide to microdosing magic mushrooms. *VICE*. 19 October 2023. <https://www.vice.com/en/article/v7bxmx/how-to-microdose-mushrooms-psilocybin-vice-guide>
2. Microdosing psychedelics has benefits, users say. Science isn't convinced. *The Washington Post*. 22 June 2023. <https://www.washingtonpost.com/wellness/2023/06/22/microdosing-mushrooms-psychedelics-mental-health/>
3. The acid test: Why LSD is making a comeback. *Australian Financial Review*. 9 June 2023. <https://www.afr.com/life-and-luxury/health-and-wellness/the-acid-test-why-lsd-is-making-a-comeback-20230608-p5df11>
4. The two sides of microdosing: Medical marvel or psychedelic placebo? *psychedelics.com*. 18 March 2023. <https://www.psychedelics.com/articles/two-sides-of-microdosing/>
5. Microdosing may be on the rise, but what are the ethical and illegal dilemmas of doing it for work? *ABC News*. 22 December 2022. <https://www.abc.net.au/news/2022-12-22/microdosing-in-the-workplace-this-working-life/101760506>
6. What we know so far about microdosing psychedelics. *360Info*. 11 October 2022. <https://360info.org/what-we-know-so-far-about-microdosing-psychedelics/>

7. Psychedelic microdosing hits a rough patch in clinical trials. *Nature Outlook*. 28 September 2022. <https://www.nature.com/articles/d41586-022-02876-5>
8. Does Microdosing Actually Work? The Science Is Still Conflicted. *Vice*. 22 August 2022. <https://www.vice.com/en/article/akev74/does-microdosing-actually-work-the-science-is-still-conflicted>
9. Microdosing: Scientists tackle psychedelic trend becoming 'creative enhancer of choice'. *Sydney Morning Herald*. 23 July 2022. <https://www.smh.com.au/lifestyle/health-and-wellness/microdosing-scientists-tackle-psychedelic-trend-becoming-creative-enhancer-of-choice-20220720-p5b390.html>
10. More Oregon counties want to ban psilocybin services, a review of microdosing, and remembering Ann Shulgin. *The Microdose*. 16 July 2022. <https://themicrodose.substack.com/p/more-oregon-counties-want-to-ban>
11. Can microdosing psychedelics improve your mental health? Here's what the science says. *ABC News*. 3 July 2022. <https://www.abc.net.au/news/health/2022-07-03/mental-health-microdosing-psychedelics-magic-mushrooms/101154616>
12. Mummies who mushroom: The mums using psychedelics to take the edge off modern parenthood. *Harpers Bazaar*. 22 June 2022. <https://harpersbazaar.com.au/mums-who-microdose-psychedelics/>
13. How Aussies suffering from depression could soon be able to start micro-dosing on MAGIC MUSHROOMS in radical new therapy. *Daily Mail Australia*. 28 April 2022. <https://www.dailymail.co.uk/news/article-10758495/How-micro-dosing-magic-mushrooms-treat-depression-radical-new-therapy.html>
14. Clinical trial to test psychedelics in treating depression. *The Lighthouse*. 25 April 2022. <https://lighthouse.mq.edu.au/article/april-2022/clinical-trial-to-test-psychedelics-in-treating-depression>
15. Is Microdosing Just Placebo?. *Bill of Health @ Petrie-Flom Center, Harvard University*. Friday, 8 April 2022. <https://blog.petrieflom.law.harvard.edu/2022/04/07/is-microdosing-just-placebo/>
16. What the science says about microdosing. *Australian Financial Review*. 24 March 2022. <https://www.afr.com/life-and-luxury/health-and-wellness/what-the-science-says-about-microdosing-20220322-p5a6vm>
17. Why microdosing is gaining momentum in Australia. *Australian Financial Review*. 24 March 2022. <https://www.afr.com/companies/healthcare-and-fitness/why-microdosing-is-gaining-momentum-in-australia-20220124-p59qvf>
18. New study finds 'microdosing' psychedelics can be effective in treating anxiety, depression. *The Hill*. 23 November 2021. <https://thehill.com/changing-america/well-being/prevention-cures/582826-new-study-finds-microdosing-psychedelics-can-be>
19. UBCO study shows link between microdosing psychedelics, reduced anxiety and depression. *Vernon Morning Star*. 23 November 2021.

- <https://www.vernonmorningstar.com/news/ubco-study-shows-link-between-microdosing-psychedelics-reduced-anxiety-and-depression/>
20. Does psychedelic microdosing work? Brain study will be the real acid test. *The New Daily*. 25 September 2021. <https://thenewdaily.com.au/life/wellbeing/2021/09/25/psychedelic-microdosing-study/>
 21. Aus trial to probe microdosing with psychedelics. *Australian Doctor*. 6 September 2021. <https://www.ausdoc.com.au/news/aus-trial-probe-microdosing-psychedelics>
 22. First Neuroimaging Study of Psilocybin Microdosing Underway in Sydney. *Psychedelic Spotlight*. 16 August 2021. <https://psychedelicspotlight.com/first-neuroimaging-study-psilocybin-microdosing-underway-sydney-australia/>
 23. One woman's desperate attempt to treat her PMDD by microdosing acid. *Junkee*. 6 August 2021. <https://junkee.com/microdosing-acid-pmdd/304448>
 24. 'At one with the universe': How can psychedelic drugs help treat suffering?. *Sydney Morning Herald*. 30 July 2021. <https://www.smh.com.au/lifestyle/health-and-wellness/at-one-with-the-universe-how-can-psychedelic-drugs-help-treat-suffering-20210614-p580vq.html>
 25. A new study looking at the brains of microdosers. *ABC Digital*. 29 July 2021. <https://www.abc.net.au/news/2021-07-29/microdosing-study-macquarie-university-psychedelics/100324706>
 26. Psychedelic microdosing study to reveal what really happens in brains. *The Lighthouse*. 14 July 2021. <https://lighthouse.mq.edu.au/article/july-2021/psychedelic-microdosing-study-to-reveal-what-really-happens-in-brains>
 27. Chanting is an ancient practice with mental health effects that might apply to our busy lives. *ABC News*. 21 April 2021. <https://www.abc.net.au/news/2020-04-21/chanting-practice-reduce-symptoms-stress-anxiety-depression/12046736>
 28. Could microdosing be as good as yoga for your mood? It's not that big a stretch. *The Conversation*. 31 March 2021. <https://theconversation.com/could-microdosing-be-as-good-as-yoga-for-your-mood-its-not-that-big-a-stretch-157891>
 29. Unique magic mushroom microdosing study to begin in Australia. *New Atlas*. 21 January 2021. <https://newatlas.com/science/magic-mushroom-psilocybin-microdosing-australia-macquarie/>
 30. Hypnosis Experts Cast Doubt on Famous Psychological Experiments. *Scientific American*. 21 October 2020. <https://www.scientificamerican.com/article/hypnosis-experts-cast-doubt-on-famous-psychological-experiments/>
 31. What Are the Long-Term Effects of Microdosing Psychedelics? *Doubleblind*. 11 August 2020. <https://doubleblindmag.com/long-term-effects-of-microdosing-psychedelics/>
 32. Chanting is an ancient practice with mental health effects that might apply to our busy lives. *ABC News*. 21 April 2020. <https://www.abc.net.au/news/2020-04-21/chanting-practice-reduce-symptoms-stress-anxiety-depression/12046736>

33. What is the science behind The Goop Lab's claims?. *BBC News*. 8 February 2020. <https://www.bbc.com/news/health-51312438>
34. Hypnosis for anxiety? 'Doable' if you have an open mind. *Sydney Morning Herald*. 22 January 2020. <https://www.smh.com.au/lifestyle/health-and-wellness/hypnosis-for-anxiety-doable-if-you-have-an-open-mind-20200120-p53t3g.html>
35. Editors' Picks - Favourite Papers of 2019. *PLOS Blogs*. 31 December 2019. <https://blogs.plos.org/everyone/2019/12/31/editors-picks-2019/>
36. Can microdosing psychedelics take the edge off a first date?. *Mic*. 23 September 2019. <https://www.mic.com/p/can-microdosing-psychedelics-take-the-edge-off-a-first-date-18794357>
37. Microdosing | Worklife 101. *BBC News*. 22 July 2019. <https://www.bbc.com/worklife/article/20190718-microdosing>
38. Microdosing and peak performance. *L'ADN* [French]. 26 June 2019.
39. Study finds microdosing psychedelics can be beneficial, but not in the way that users most expect. *Big Think*. 28 May 2019. <https://bigthink.com/mind-brain/microdosing-psychedelics>
40. Study Finds Microdosing Psychedelics Can Be Beneficial, But Not In The Way That Users Most Expect. *The British Psychological Society Research Digest*. 17 May 2019. <https://digest.bps.org.uk/2019/05/17/rare-systematic-study-of-the-effects-of-microdosing-psychedelics-finds-benefits-but-not-of-the-kind-that-users-most-expect/>
41. 'It makes me enjoy playing with the kids': is microdosing mushrooms going mainstream? *The Guardian*. 3 May 2019. <https://www.theguardian.com/science/2019/may/03/psychedelic-drugs-women-taking-tiny-doses-hattie-garlick>
42. Drogen-Kick fürs Büro. *Sueddeutsche Zeitung*. 7 March 2019. <https://www.sueddeutsche.de/wissen/lsd-micro-dosing-buero-leistung-1.4358577>
43. Psychedelic Microdosing Doesn't Meet User Expectations. *Australasian Science*. March 2019. <http://www.australasianscience.com.au/article/issue-marchapril-2019/psychedelic-microdosing-doesn't-meet-user-expectations.html>
44. What microdosing does is not the same as what we expect it to do. *VICE*. 6 March 2019. https://www.vice.com/en_au/article/j57byx/having-frequent-terrifying-dreams-could-mean-you-have-nightmare-disorder
45. New study claims microdosing improves focus and fights depression. *MixMag*. 25 February 2019. <https://mixmag.net/read/study-microdosing-improves-focus-fights-depression-news>
46. We Finally Have Evidence on Whether Microdosing LSD Can Help With Your Work. *Science Alert*. 18 February 2019. <https://www.sciencealert.com/lsd-microdosing-fights-depression-and-improves-focus-says-new-study>

47. Study of Microdosing Psychedelics Finds Mixed Bag of Effects. *Psych Central*. 17 February 2019. <https://psychcentral.com/news/2019/02/16/study-of-microdosing-psychedelics-finds-mixed-bag-of-effects/142983.html>
48. First rigorous study: Microdosing fights depression, improves focus. *Futurism*. 14 February 2019. <https://futurism.com/study-microdosing-fights-depression-improves-focus>
49. Microdosing Hallucinogens Has Positive Effects—but Not What You Might Suspect. *Pacific Standard*. 13 February 2019. <https://psmag.com/news/microdosing-hallucinogens-study>
50. Microdosing reduces depression and mind wandering but increases neuroticism, according to first-of-its-kind study. *PsyPost*. 13 February 2019. <https://www.psypost.org/2019/02/microdosing-reduces-depression-and-mind-wandering-but-increases-neuroticism-according-to-first-of-its-kind-study-53131>
51. Microdosing Study Yields Mixed Results. *The Fix*. 13 February 2019. <https://www.thefix.com/microdosing-study-yields-mixed-results>
52. Aubusson, K. ‘Microdosing’ may de-stress but doesn’t live up to psychedelic hype, study finds. *Sydney Morning Herald*. 13 February 2019., from <https://www.smh.com.au/national/microdosing-may-de-stress-but-doesn-t-live-up-to-psychedelic-hype-study-finds-20190206-p50w5q.html>
53. Microdosing psilocybin: How small doses of magic mushrooms can improve wellbeing. *News.com.au*. 8 February 2019. <https://www.news.com.au/technology/science/human-body/i-took-daily-doses-of-magic-mushrooms-to-improve-my-performance-and-mental-health-heres-what-happened/news-story/8d34da855ff743cef8c7b3d647220137>
54. Psychedelic microdosing effects fail to match expectations in new study. *New Atlas*. 7 February 2019. <https://newatlas.com/lsd-psychedelic-microdose-research-macquarie-university/58334/>
55. Psychedelic Microdosing Has Benefits, But Not The Ones People Expect. *IFL Science*. 7 February 2019. <https://www.iflscience.com/brain/psychedelic-microdosing-has-benefits-but-not-the-ones-people-expect/>
56. Drug microdosing effects may not measure up to big expectations. *Medical Xpress*. 7 February 2019. <https://medicalxpress.com/news/2019-02-drug-microdosing-effects-big.html>
57. LSD could improve cognitive functioning, study finds. *Newshub*. 7 February 2019 <https://www.newshub.co.nz/home/lifestyle/2019/02/lsd-could-improve-cognitive-functioning-study-finds.html>
58. Microdosing of drug LSD ‘may improve psychological health’. *Stuff.co.nz* 7 February 2019. <https://www.stuff.co.nz/auckland/110400683/microdosing-of-drug-lsd-may-improve-psychological-health>
59. Does microdosing improve your mood and performance? Here’s what the research says. *The Conversation*. 7 February 2019. <http://theconversation.com/does-microdosing-improve-your-mood-and-performance-heres-what-the-research-says-106850>

60. The Findings From A Groundbreaking Study On Psychedelic Microdosing Are In. *High Times*. 7 February 2019. <https://hightimes.com/news/findings-from-groundbreaking-study-psychedelic-microdosing/>
61. Study looks at effects of microdosing of psychedelics on mental health. *News Medical*. 6 February 2019. <https://www.news-medical.net/news/20190206/Study-looks-at-effects-of-microdosing-of-psychedelics-on-mental-health.aspx>
62. A New Study Is Using Magic Mushrooms To Treat Terminally Ill Patients With Depression. *Buzzfeed News*. 15 January 2019. <https://www.buzzfeed.com/elfyscott/australias-first-psychedelics-trial-is-about-to-use-magic>
63. Hypnosis breakthrough in changing ingrained behaviour. *The Lighthouse*. 23 October 2018. <https://lighthouse.mq.edu.au/article/september/hypnosis-breakthrough-in-changing-ingrained-behaviour>
64. How virtual reality is being used in science as well as gaming. *Nine News*. 9 September 2018. <https://pickle.nine.com.au/2018/09/09/12/57/virtual-reality-science-research>
65. We're starting to learn some incredible things about hypnosis. *Buzzfeed News*. 7 September 2018. <https://www.buzzfeed.com/elfyscott/were-starting-to-learn-some-incredible-things-about-hypnosis>
66. People Say Microdosing Can Increase Cognitive Ability And Regulate Emotions. Here's What We Know About It. *Buzzfeed News*. 3 September 2018. <https://www.buzzfeed.com/elfyscott/a-world-first-trial-on-the-effects-of-psychedelic>
67. Why we're thinking about conspiracy theorists wrong. *Vice*. 12 April 2018. https://www.vice.com/en_ca/article/9kgzee/why-were-thinking-about-conspiracy-theorists-wrong
68. Great, conspiracy theorists are ruining democracy now. *Gizmodo*. 11 April 2018. <https://www.gizmodo.com.au/2018/04/great-conspiracy-theorists-are-ruining-democracy-now/>
69. Study reveals who is spreading online conspiracies. *Phys.org*. 3 April 2018. <https://phys.org/news/2018-04-reveals-online-conspiracies.html>
70. Who is spreading online conspiracies? *MyScience*. 3 April 2018. https://www.myscience.org/wire/who_is_spreading_online_conspiracies-2018-ANU
71. Online conspiracy theorists are more diverse (and ordinary) than most assume. *Gizmodo*. 2 April 2018. <https://www.gizmodo.com.au/2018/04/online-conspiracy-theorists-are-more-diverse-and-ordinary-than-most-assume/>
72. Study finds conspiracy theories aren't all spread by tinfoil-hat-wearing crazies. *RT*. 1 April 2018. <https://on.rt.com/92bt>
73. Huge study shows who's really to Blame for spreading conspiracy theories online. *Science Alert*. 31 March 2018. <https://www.sciencealert.com/large-reddit-study-reveals-to-blame-for-conspiracies-theories>

74. Online conspiracy theorists are more diverse (and ordinary) than most assume. *The Conversation*. 29 March 2018. <https://theconversation.com/online-conspiracy-theorists-are-more-diverse-and-ordinary-than-most-assume-92022>
75. Online conspiracy theorists are more diverse (and ordinary) than most assume. *ABC News*. 29 March 2018. <http://www.abc.net.au/news/2018-03-29/online-conspiracy-theorists-are-more-diverse-28and-ordinary29/9600834>
76. Don't believe everything you see on TV: Hypnosis is less far fetched and far more important. *The Conversation*. 6 April 2016. <https://theconversation.com/dont-believe-everything-you-see-on-tv-hypnosis-is-less-far-fetched-and-far-more-important-57212>

Podcasts

1. Magic cure or an expensive trip? Psychedelics explained. *The Quicky*. 13 February 2023. <https://soundcloud.com/user-441363701/magic-cure-or-an-expensive-trip-psychedelics-explained>
2. Magic Mushrooms: Trip through the science. *Science VS*. 10 December 2020. <https://gimletmedia.com/shows/science-vs/76h8a7o>
3. Is microdosing psychedelics the answer to our mental health crisis?. *The Quicky*. 22 September 2020. <https://www.mamamia.com.au/podcasts/the-quickly/microdosing-mental-illness/>
4. Conducting microdosing research in Australia. *Mindstew Podcast*. 6 November 2019. <https://www.mindstewpodcast.com/e013/>