

Curriculum Vitae

Prof. Marcantonio Spada

PhD CPsychol AFBPsS FHEA BABCP acc MCT-I reg

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BIOGRAPHICAL SUMMARY

I am currently appointed Professor of Psychology and Head of the Division of Psychology in the School of Applied Sciences at London South Bank University. I am also a Visiting Researcher at the Institute of Psychiatry, Psychology & Neuroscience, King's College London, a Visiting Professor of Psychology at the Sigmund Freud University Milan/Vienna, and a Director of UK SMART Recovery and SMART Recovery International. Prior to my current appointment I was Professor of Psychological Therapies in the Division of Mental Health and Learning Disabilities, School of Health and Social Care at London South Bank University, where I directed the MSc in Cognitive Behaviour Therapy, led scholarly and research activities for the division, and was consultant and trust lead in cognitive behaviour therapy for North East London NHS Foundation Trust. Before joining London South Bank University I worked in the Department of Psychology at the University of Roehampton, where I directed the MSc in Applied Psychological Research, and in the School of Psychology at London Metropolitan University, where I established and directed the MSc in Cognitive Behaviour Therapy. I have also been working as a clinician specializing in cognitive behaviour therapy and metacognitive therapy for the last twenty years in both community mental healthcare organisations and in private practice.

My research has focused on understanding the metacognitive mechanisms underlying general vulnerability to addictive behaviours (alcohol use, gambling, nicotine use, and engagement with technology). In this area I have conducted seminal studies that have identified the key role played by metacognitions in the maintenance of such behaviours and have also defined and shaped the novel concept of 'desire thinking', a third form of perseverative thinking (beyond rumination and worry) which is linked to the persistence and escalation of craving. This body of work has led to the development of a novel clinical model which integrates knowledge on attention, perseverative thinking and metacognition into a single 'architecture' aimed at explaining the unfolding of addictive behaviour and the application of metacognitive focused techniques in its treatment. I am now leading research on testing the efficacy of metacognitive focused therapy protocols for addictive behaviours.

ACADEMIC AND RESEARCH APPOINTMENTS

Professor of Psychology

Division of Psychology, School of Applied Sciences, London South Bank University, London, UK
12/2013 – present

Head of the Division of Psychology (04/2015 – present)

- Lead for the delivery of academic, operational and financial plans and targets for the division.
- Lead for the management of the divisional budget (£4.3m).
- Line management of 45 staff.
- Chair of the School's Admissions, Marketing and Communication Advisory Group (04/2015 – 04/2017).
- Member of the School's Academic Standards Committee, Research and Enterprise Advisory Group, and Senior Management Team (04/2015 – present).
- Member of the University's Research Committee (10/2015 – present).

Head of Centre for Research in Psychology (03/2014 – 07/2015)

- Lead on strategic planning of research groupings within the Division of Psychology.
- Lead for the management of the centre's budget (£200K).

Professor of Psychological Therapies and Consultant and Trust Lead in Cognitive Behaviour Therapy

Division of Mental Health and Learning Disabilities, School of Health and Social Care, London South Bank University, and North East London NHS Foundation Trust, London, UK

08/2009 – 11/2013

- Course Director MSc in Cognitive Behaviour Therapy.
- Head of Scholarly and Research Activities for the Division of Mental Health.
- Member of the School Research Committee.
- Lead on the development and implementation of the Cognitive Behaviour Therapy strategy for the Trust.

Senior and then Principal Lecturer in Psychology

Department of Psychology, University of Roehampton, London, UK

11/2005 – 08/2009

- Course Director MSc in Applied Psychological Research.
- Senate Representative of Academic Staff for the School of Human and Life Sciences.
- Member of the School of Human and Life Sciences Ethics Committee.

Lecturer, Senior and then Principal Lecturer in Psychology

School of Psychology, London Metropolitan University, London, UK

09/2002 – 11/2005

- Course Director MSc in Cognitive Behaviour Therapy.

Equity Analyst

European Equity Research Team, JP Morgan Securities, London, UK

01/1997 – 08/1997

Equity Researcher

UK and European Fund Management Teams, Mercury Asset Management, London, UK

09/1994 – 12/1996

Prof. Marcantonio Spada

CONSULTANCY APPOINTMENTS

Director

SMART Recovery International, Mentor, Ohio, USA
03/2017 – present

Visiting Professor of Psychology

Dipartimento di Psicologia, Sigmund Freud University, Milan, Italy / Vienna, Austria
01/2016 – present

Director

UK SMART Recovery, Stoke-on-Trent, UK
03/2015 – present

Visiting Researcher

Department of Psychology, Institute of Psychiatry, Psychology & Neuroscience, King's College, London, UK
09/2014 – present

Consultant Cognitive Behaviour Therapy Practitioner

Efficacy, London, UK
10/2011 – present

Consultant Cognitive Behaviour Therapy Practitioner

Community Alcohol and Drugs Service, Borough of Brent, London, UK
09/2008 – 10/2012

Cognitive Behaviour Therapy Practitioner

Cognitive Behaviour Therapy Consultancy, London, UK
09/2001 – 09/2011

Consultant Cognitive Behaviour Therapy Practitioner

Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK
05/2005 – 08/2007

Alcohol Counsellor and Cognitive Behaviour Therapy Practitioner

City and Hackney Alcohol Service, Borough of Hackney, London, UK
03/1999 – 10/2003

Cognitive Behaviour Therapy Practitioner

CBT Unit, University College London and Camden and Islington NHS Trust, London, UK
09/1999 – 12/2000

EDUCATION

Diploma Level 1 in Metacognitive Therapy

Metacognitive Therapy Institute, Trondheim, Norway and Manchester, UK
03/2014 – 12/2015

PhD in Clinical Psychology entitled 'Metacognition and Problem Drinking'

Supervisor: Professor Adrian Wells
School of Psychological Sciences, University of Manchester, Manchester, UK
01/2002 – 12/2006

PgCert in Learning and Teaching in Higher Education

Centre for Academic and Professional Development, London Metropolitan University, London, UK
09/2002 – 11/2003

MA in Psychology of Education

Department of Psychology and Human Development, Institute of Education, London, UK
09/1999 – 11/2001

PgDip in Cognitive Behavioural Psychotherapy

Department of Psychiatry and Behavioural Sciences, University College London, London, UK
09/1999 – 11/2000

MSc (Econ) in Industrial Relations and Personnel Management

Department of Industrial Relations, London School of Economics and Political Science, London, UK
09/1993 – 11/1994

BSc (Hons) in Sociology and Philosophy

Departments of Sociology and Philosophy, University of Bristol, Bristol, UK
09/1990 – 07/1993

MEMBERSHIPS OF PROFESSIONAL ORGANISATIONS

Registered Metacognitive Therapy Practitioner

Metacognitive Therapy Institute, Manchester, UK
01/2016 – *present*

Chartered Psychologist (Division of Academics, Researchers and Teachers) and Associate Fellow (092687)

British Psychological Society, Leicester, UK
05/2006 – *present*; 07/2014 – *present*

Fellow (29646)

Higher Education Academy, York, UK
05/2005 – *present*

Accredited Cognitive Behaviour Therapy Practitioner (007376)

British Association for Behavioural and Cognitive Psychotherapies, Bury, UK

06/2003 – present

Registered Psychotherapist (313450)

United Kingdom Council for Psychotherapy, London, UK

09/2003 – 09/2013

TEACHING EXPERTISE

Clinical Psychology; Cognitive Behaviour Therapy; Metacognitive Therapy; Personality and Individual Differences; Psychology of Addictive Behaviours; Research Methods.

RESEARCH SUPERVISION EXPERIENCE

BSc research projects: 58 completions; MSc dissertations: 30 completions.

Doctoral theses:

Binnie, J. (PhD; 2016 – present) 'Problematic pornography use: Towards an understanding of the associated factors and experience using two methods'.

Sapuppo, W. (PhD; 2016 – present) 'Modelling metacognitive control in anorexia nervosa'.

Fernie, B. A. (PhD; 2014 – present) 'Metacognition, distress and Parkinson's disease'.

Kolubinski, D. (PhD; 2014 – present) 'The role of metacognition in self-critical rumination and low self-esteem'.

Martino, F. (PhD; 2014 – present) 'An evaluation of metacognitive mechanisms of change in problematic drinking behaviour'.

Caselli, G. (PhD; 2013) 'A metacognitive model of craving'.

Fernie, B. (PsychD; 2007) 'A preliminary metacognitive model of procrastination'.

EXAMINATION EXPERIENCE

MSc in Clinical Psychology: Stewart, L. (2013) Queensland University of Technology; PhD in Psychology: Cook, S. (2015) University of Liverpool; Johnson, H. L. (2015) London South Bank University; Perryman, C. (2015) University of Queensland; Lawrence, J. (2014) London South Bank University; Beer, N. (2011) London Metropolitan University; Postgraduate programmes: MSc in Clinical Applications of Psychology, Newman University College (2009 – 2012); MSc in Cognitive Behaviour Therapy, London Metropolitan University (2008 – 2012).

EDITORIAL EXPERIENCE

Editorial Board Member

Journal of Behavioral Addictions, Akademiai, Budapest, Hungary
05/2016 – present

Editorial Board Member

Journal of Rational-Emotive & Cognitive-Behavior Therapy, Springer, London, UK
01/2016 – present

Editor-in-Chief and Founder

Addictive Behaviors Reports, Elsevier, Oxford, UK
11/2014 – present

Associate Editor

Addictive Behaviors, Elsevier, Oxford, UK
09/2014 – present

Guest Editor with Professor Roy Baumeister and Dr Antony Moss

Special issue: 'Free will and Addictive Behaviours'
Addictive Behaviors Reports, Elsevier, Oxford, UK
10/2015 – 12/2016 (published 01/2017)

Guest Editor with Professor Ian Albery and Dr Antony Moss

Special issue: 'Contemporary Perspectives on Cognition in Addictive Behaviors'
Addictive Behaviors, Elsevier, Oxford, UK
03/2014 – 12/2014 (published 05/2015)

Editorial Board Member

Addictive Behaviors, Elsevier, Oxford, UK
03/2014 – 08/2014

REVIEWING EXPERIENCE

Reviewer for International Scientific Journals

09/2002 – present

Addiction Research & Theory (2); Addictive Behaviors (26); Addictive Behaviors Reports (2); Aggressive Behavior (1); American Journal of Men's Health (1); Anxiety, Stress & Coping (2); Behavior Therapy (1); Behaviour Research and Therapy (1); Behavioural and Cognitive Psychotherapy (5); British Journal of Health Psychology (1); Clinical Neuropsychiatry (1); Clinical Psychologist (2); Clinical Psychology & Psychotherapy (3); Cognitive Behaviour Therapy (1); Cognitive Neuropsychiatry (1); Cognitive Therapy and Research (2); Comprehensive Psychiatry (3); Computers in Human Behavior (1); Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity (1); European Journal of Psychological Assessment (3); International Journal of Cognitive Therapy (1); International Journal of Geriatric Psychiatry (1); Journal of Abnormal Child Psychology (1); Journal of Behavior Therapy and Experimental Psychiatry (1); Journal of Behavioral Addictions (1); Journal of Clinical Psychiatry (1); Journal of Clinical Psychology (1); Journal of Educational Psychology (2); Journal of Experimental Psychopathology (1); Journal of Mental Health (1); Journal of Obsessive-Compulsive and Related Disorders (2); Journal of Psychopathology and Behavioural Assessment (1); Journal of Psychosomatic Research (1); Journal of Psychotherapy Integration (1); Journal of Rational-Emotive & Cognitive-Behavioral Therapy (3); Mental Health & Prevention (1); Neuroscience & Biobehavioral Reviews

Prof. Marcantonio Spada
Curriculum Vitae – 04/2017, Page 6 OF 23

(1); *Nordic Journal of Psychiatry* (1); *Personality and Individual Differences* (21); *Personality Disorders: Theory, Research, and Treatment* (1); *Psicoterapia Cognitivo e Comportamentale* (1); *Psychiatry Research* (5); *Psychological Medicine* (1); *Psychological Reports* (2); *Psychological Trauma: Theory, Research, Practice, and Policy* (1); *Psychopharmacology* (1); *Scandinavian Journal of Psychology* (1); *Social Science Computer Review* (2).

GRANTS AWARDED

Moss, A. C., Frings, D., Vangeli, E., Albery, I. P. & **Spada, M. M.** (2016 – 2017). Acceptability and feasibility of Alcohol Identification and Brief Advice (IBA) interventions for London university students. **£9,783**. *South London Innovation and Diffusion Awards*, London, UK.

Spada, M. M., Caselli, G., Albery, I. P., Frings, D. & Moss, A. C. (2014 – 2015). Does desire thinking influence psychological challenge and physiological reactivity under conditions of stress? **£3,430**. *Centre for Research in Psychology, School of Applied Sciences, London South Bank University*, London, UK.

Frings, D., **Spada, M. M.** & Albery, I. P. (2014 – 2015). Does attention training affect states of challenge and threat under stress? **£4,020**. *Centre for Research in Psychology, School of Applied Sciences, London South Bank University*, London, UK.

Spada, M. M. & McLaren, S. (2011 – 2013). The emotional assessment of patients with spinal cord injury. **£74,000**. *Royal National Orthopaedic Hospital NHS Trust*, London, UK.

Doocey, J. & **Spada, M. M.** (2010 – 2012). Reintegration Project. **£10,000**. *Irish Fund for Great Britain*, London, UK.

Doocey, J. & **Spada, M. M.** (2009 – 2011). Alcohol and Drugs Awareness Service – Building motivation for change in homeless people with alcohol and drugs problems. **£43,000**. *Pilgrim Trust*, London, UK.

EXTERNAL RECOGNITION

Invited Keynote Talk entitled 'You cannot crave less by desiring more', 1st National Conference of UK SMART Recovery, Stoke-on-Trent, UK (2016).

Chair of the symposium entitled 'Metacognitions and the CAS in addictive behaviours', 3rd International Conference on Metacognitive Therapy, Milan, Italy (2016).

Invited Keynote Talk entitled 'Metacognition in addictive behaviours: The present and beyond', 3rd International Conference on Metacognitive Therapy, Milan, Italy (2016).

Member of the Scientific Committee, 3rd International Conference on Metacognitive Therapy, Milan, Italy (2016).

Invited to found a new international peer reviewed journal 'Addictive Behaviors Reports', Elsevier, Oxford, UK (2014).

Invited Keynote Talk entitled 'A triphasic metacognitive formulation of problem drinking', 2nd International Conference on Metacognitive Therapy, Manchester, UK (2013).

Member of the Scientific Committee, 2nd International Conference on Metacognitive Therapy, Manchester, UK (2013).

Chair of the symposium entitled 'Metacognitive processes in addictive behaviours', 1st International Conference on Metacognitive Therapy, Manchester, UK (2011).

Member of the Scientific Committee, 1st International Conference on Metacognitive Therapy, Manchester, UK (2011).

HONOURS AND AWARDS

Nominated for the Spearman Medal by Professor Adrian Wells, British Psychological Society, Leicester, UK (2014).

Winner of the Trainer of the Year Award, Health Education North Central and East London Quality Awards, London, UK (2013).

Nominated for the Excellence in Multi-professional Education and Training Award, Health Education North Central and East London Quality Awards, London, UK (2013).

Winner of the Psychotherapy Article Prize, Psychotherapy Faculty, Royal College of Psychiatrists, London, UK (2009).

JOURNAL ARTICLES¹

- [A105] Marino, C., Vieno, A., Finos, L., Lenzi, M. & **Spada, M. M.** (in revision). Objective Facebook behaviour: Differences between problematic and non-problematic users. *Computers in Human Behavior*.
- [A104] Marino, C., Hirst, C. M., Murray, C., Vieno, A. & **Spada, M. M.** (in revision). Positive mental health as a predictor of problematic Internet and Facebook use in adolescents and young adults. *Journal of Happiness Studies*.
- [A103] Chakroun-Baggioni, N., Corman, M., **Spada, M. M.**, Caselli, G. & Gierski, F. (in revision). Desire thinking as a confounder in the relationship between mindfulness and craving: Evidence from a cross-cultural validation of the Desire Thinking Questionnaire. *Psychiatry Research*.
- [A102] Howard, A., Moss, A. C., Albery, I. P., Frings, D. & **Spada, M. M.** (in revision). Pre-partying amongst students in the UK: Measuring motivations and consumption levels across different educational contexts. *Substance Use and Misuse*.
- [A101] Kolubinski, D., Nikčević, A. V., Lawrence, J. & **Spada, M. M.** (in revision). The Metacognitions about Self-critical Rumination Questionnaire. *Journal of Affective Disorders*.
- [A100] Caselli, G., Offredi, A., Martino, F., Varalli, D., Selby, E. A., Ruggiero, G. M., Sassaroli, S., **Spada, M. M.** & Wells, A. (in press). Metacognitive beliefs and rumination as predictors of anger: A prospective study. *Aggressive Behavior*. Published electronically 23rd of February 2017.
- [A99] Marino, C., Vieno, A., Altoè, G. & **Spada, M. M.** (in press). Factorial validity of the Problematic Facebook Use Scale for adolescents and young adults. *Journal of Behavioral Addictions*. Published electronically 15th of February 2017.
- [A98] Martino, F., **Spada, M. M.**, Menchetti, M., Lo Sterzo, E., Sanza, M., Tedesco, P., Trevisani, C. & Berardi, D. (in press). Substance-related and addictive disorders as mediators between Borderline Personality Disorder and aggressive behaviour. *Clinical Psychologist*. Published electronically 14th of February 2017.
- [A97] Marino, C., Vieno, A., Lenzi, M., Fernie, B. A., Caselli, G., Nikčević, A. V. & **Spada, M. M.** (in press). Personality and metacognitions as predictors of positive mental health. *Journal of Happiness Studies*. Published electronically 21st of November 2016.
- [A96] Caselli, G., Gemelli, A. & **Spada, M. M.** (in press). The experimental manipulation of desire thinking in alcohol use disorder. *Clinical Psychology & Psychotherapy*. Published electronically 19th of August 2016.
- [A95] Fernie, B. A., Bharucha, Z., Nikčević, A. V. & **Spada, M. M.** (in press). The Unintentional Procrastination Scale. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*. Published electronically 11th of August 2016.
- [A94] Nikčević, A. V., Marino, C., Caselli, G. & **Spada, M. M.** (2017). The importance of thinking styles in predicting binge eating. *Eating Behaviors*, 26, 40-44.
- [A93] Fernie, B. A., Bharucha, Z., Nikčević, A. V., Marino, C. & **Spada, M. M.** (2017). A metacognitive model of procrastination. *Journal of Affective Disorders*, 210, 196-203.

¹ For a Google Scholar citations overview go to: <http://scholar.google.co.uk/citations?user=Nydk-ZsAAAAJ&hl=en>.

- [A92] **Spada, M. M.** & Marino, C. (2017). Metacognitions and emotion regulation as predictors of problematic Internet use in adolescents. *Clinical Neuropsychiatry*, 14(1), 59-63.
- [A91] Fernie, B. A., Wright, T., Caselli, G., Nikčević, A. V. & **Spada, M. M.** (2017). Metacognitions as mediators of gender identity-related anxiety. *Clinical Psychology & Psychotherapy*, 24(1), 264-268.
- [A90] **Spada, M. M.** & Caselli, G. (2017). The Metacognitions about Online Gaming Scale: Development and psychometric properties. *Addictive Behaviors*, 64, 281-286.
- [A89] Martino, F., Caselli, G., Felicetti, F., Rampioni, M., Romanelli, P. Troiani, L., Sassaroli, S., Albery, I. P. & **Spada, M. M.** (2017). Desire thinking as predictor of craving and binge drinking: A longitudinal study. *Addictive Behaviors*, 64, 118-122.
- [A88] Caselli, G. & **Spada, M. M.** (2016). Desire thinking: A new target for treatment of addictive behaviors? *International Journal of Cognitive Therapy*, 9(4), 344-355.
- [A87] Albery, I. P., Wilcockson, T., Frings, D., Moss, A. C., Caselli, G. & **Spada, M. M.** (2016). Examining the relationship between selective attentional bias for food- and body-related stimuli and purging behaviour in bulimia nervosa. *Appetite*, 107, 208-212.
- [A86] Marino, C., Vieno, A., Pastore, M., Albery, I. P., Frings, D. & **Spada, M. M.** (2016). Modeling the contribution of personality, social identity and social norms to problematic Facebook use in adolescents. *Addictive Behaviors*, 63, 51-56.
- [A85] **Spada, M. M.**, Gay, H., Nikčević, A. V., Fernie, B. A. & Caselli, G. (2016). Metacognitive beliefs about worry and pain catastrophizing as mediators between neuroticism and pain behaviour. *Clinical Psychologist*, 20(3), 138-146.
- [A84] Smyth, C., **Spada, M. M.**, Coultry-Keane, C. & Ikkos, G. (2016). The Stanmore Nursing Assessment of Psychological Status: Understanding the emotions of spinal cord injury patients. *The Journal of Spinal Cord Medicine*, 39(5), 519-526.
- [A83] Caselli, G., Gemelli, A., **Spada, M. M.** & Wells, A. (2016). Experimental modification of perspective on thoughts and metacognitive beliefs in alcohol use disorder. *Psychiatry Research*, 244, 57-61.
- [A82] Marino, C., Vieno, A., Moss, A. C., Caselli, G., Nikčević, A. V. & **Spada, M. M.** (2016). Personality, motives and metacognitions as predictors of problematic Facebook use in university students. *Personality and Individual Differences*, 101, 70-767.
- [A81] Boldrini, M. P., Caselli, G. & **Spada, M. M.** (2016). Post-Traumatic Stress Disorder, problem gambling and metacognition. *International Journal of Multidisciplinary Trauma Studies*, 1, 90-99.
- [A80] Fernie, B. A., Murphy, G., Wells, A., Nikčević, A. V. & **Spada, M. M.** (2016). Treatment outcome and metacognitive change in CBT and GET for Chronic Fatigue Syndrome. *Behavioural and Cognitive Psychotherapy*, 44(4), 397-409.
- [A79] **Spada, M. M.**, Caselli, G., Fernie, B. A., Nikčević, A. V., Ruggiero, G. M., Boccaletti, F., Dallari, G. & Sassaroli, S. (2016). Metacognitions about desire thinking predict the severity of binge eating in women. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 21, 297-304.
- [A78] Kollmann, J., Gollwitzer, M., **Spada, M. M.** & Fernie, B. A. (2016). The association between metacognitions and the impact of Fibromyalgia in a German sample. *Journal of Psychosomatic Research*, 83, 1-9.

- [A77] Kolubinski, D., Nikčević, A. V., Lawrence, J. & **Spada, M. M.** (2016). The role of metacognition in self-critical rumination: An investigation in individuals presenting with low self-esteem. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 34(1), 73-85.
- [A76] Fernie, B. A., Mckenzie, A-M., Nikčević, A. V., Caselli, G. & **Spada, M. M.** (2016). The contribution of metacognitions and attentional control to decisional procrastination. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 34(1), 1-13.
- [A75] Fernie, B. A., **Spada, M. M.**, Chaudhuri, R., Klingelhofer, L. & Brown, R. G. (2015). Thinking about motor fluctuations: An examination of metacognitions in Parkinson's disease. *Journal of Psychosomatic Research*, 79(6), 669-673.
- [A74] Fernie, B. A., Maher-Edwards, L., Murphy, G., Nikčević, A. V. & **Spada, M. M.** (2015). The Metacognitions about Symptoms Control Scale: Development and concurrent validity. *Clinical Psychology & Psychotherapy*, 22(5), 443-449.
- [A73] **Spada, M. M.** (2015). Commentary on Billieux et al.'s article 'Are we overpathologizing everyday life? A tenable blueprint for behavioural addiction research'. *Journal of Behavioral Addictions*, 4(3), 124-125.
- [A72] **Spada, M. M.**, Giustina, L., Rolandi, S., Fernie, B. A. & Caselli, G. (2015). Profiling metacognition in gambling disorder. *Behavioural and Cognitive Psychotherapy*, 43(5), 614-622.
- [A71] Sassaroli, S., Centorame, F., Caselli, G., Favaretto, E., Gallucci, M., Sarracino, D., Ruggiero, G. M., **Spada, M. M.** & Rapee, R. (2015). Anxiety control and metacognitive beliefs mediate the relationship between inflated responsibility and obsessive compulsive symptoms. *Psychiatry Research*, 228(3), 560-564.
- [A70] Gierski, F., **Spada, M. M.**, Fois, E., Picard, A., Naassila, M. & Van der Linden, M. (2015). Positive and negative metacognitions about alcohol use among university students: Psychometric properties of the PAMS and NAMS French versions. *Drug and Alcohol Dependence*, 153, 78-85.
- [A69] **Spada, M. M.**, Caselli, G., Fernie, B. A., Manfredi, C., Boccaletti, F., Dallari, G., Gandini, F., Pinna, E., Ruggiero, G. M. & Sassaroli, S. (2015). Desire thinking: A risk factor for binge eating? *Eating Behaviors*, 18, 48-53.
- [A68] Moss, A. C., **Spada, M. M.**, Harkin, J., Albery, I. P., Rycroft, N. & Nikčević, A. V. (2015). Nekomination: Predictors in a sample of UK university students. *Addictive Behaviors Reports*, 1, 73-75.
- [A67] **Spada, M. M.** & Roarty, A. (2015). The relative contribution of metacognitions and attentional control to the severity of gambling in problem gamblers. *Addictive Behaviors Reports*, 1, 7-11.
- [A66] Caselli, G., Manfredi, C., Ferraris, A., Vinciullo, F. & **Spada, M. M.** (2015). Desire thinking as a mediator of the relationship between novelty seeking and craving. *Addictive Behaviors Reports*, 1, 2-6.
- [A65] **Spada, M. M.** & Miller, P. M. (2015). Editorial for the launch of Addictive Behaviors Reports. *Addictive Behaviors Reports*, 1, 1.
- [A64] Nikčević, A. V., Caselli, G., Wells, A. & **Spada, M. M.** (2015). The Metacognitions about Smoking Questionnaire: Development and psychometric properties. *Addictive Behaviors*, 44, 102-107.
- [A63] Caselli, G. & **Spada, M. M.** (2015). Desire thinking: What is it and what drives it? *Addictive Behaviors*, 44, 71-79.

- [A62] **Spada, M. M.**, Caselli, G., Nikčević, A. V. & Wells, A. (2015). Metacognition in addictive behaviors. *Addictive Behaviors*, *44*, 9-15.
- [A61] **Spada, M. M.**, Albery, I. P. & Moss, A. C. (2015). Contemporary perspectives on cognition in addictive behaviors. *Addictive Behaviors*, *44*, 1-2.
- [A60] Caselli, G., Canfora, F., Ruggiero, G. M., Sassaroli, S., Albery, I. P. & **Spada, M. M.** (2015). Desire thinking mediates the relationship between emotional intolerance and problem drinking. *International Journal of Mental Health and Addiction*, *13*(2), 185-193.
- [A59] Caselli, G. & **Spada, M. M.** (2015). Pensiero desiderante e autocontrollo nelle dipendenze patologiche. *Medicina delle Dipendenze (Italian Journal of the Addictions)*, *5*(17), 28-33.
- [A58] Tanwani, P., Fernie, B. A., Nikčević, A. V. & **Spada, M. M.** (2015). A systematic review of treatments for Impulse Control Disorders and related behaviours in Parkinson's Disease. *Psychiatry Research*, *225* (3), 402-406.
- [A57] Austin, S. F., Mors, O., Nordentoft, M., Hjorthøj, C. R., Secher, R. G., Hesse, M., Hagen, R., **Spada, M. M.** & Wells, A. (2015). Schizophrenia and metacognition: An investigation of course of illness and metacognitive beliefs within a first episode of psychosis. *Cognitive Therapy and Research*, *39*(1), 61-69.
- [A56] Albery, I. P., Collins, I., Moss, A. C., Frings, D. & **Spada, M. M.** (2015). Habit predicts in-the-moment alcohol consumption. *Addictive Behaviors*, *41*(1), 78-80.
- [A55] Frings, D., Eskisan, G., **Spada, M. M.** & Albery, I. P. (2015). Levels of craving influence psychological challenge and physiological reactivity. *Appetite*, *84*, 161-165.
- [A54] Nikčević, A. V., Caselli, G., Green, D. M. & **Spada, M. M.** (2014). Negative recurrent thinking as a moderator of the relationship between perceived stress and depressive symptoms. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, *32*(4), 248-256.
- [A53] **Spada, M. M.**, Caselli, G., Slaifer, M., Nikčević, A. V. & Sassaroli, S. (2014). Desire thinking as a predictor of problematic Internet use. *Social Science Computer Review*, *32*(4), 474-483.
- [A52] **Spada, M. M.** & Moneta, G. B. (2014). Metacognitive and motivational predictors of surface approach to studying and academic examination performance. *Educational Psychology*, *34*(4), 512-523.
- [A51] Fernie, B. A., Caselli, G., Giustina, L., Donato, G., Marcotriggiani, A. & **Spada, M. M.** (2014). Desire thinking as a predictor of gambling. *Addictive Behaviors*, *39*(4), 793-796.
- [A50] **Spada, M. M.** (2014). An overview of problematic Internet use. *Addictive Behaviors*, *39*(1), 3-6.
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PRESENTATIONS

- [P75] Alma, L., **Spada, M. M.**, Fernie, B. A., Yilmaz-Samanci, Caselli, G. & Nikčević, A. V. (2017). Metacognitions in smoking: Evidence from a cross-cultural validation of the Metacognitions about Smoking Questionnaire in a Turkish sample. Oral Paper, *15th European Congress of Psychology*, Amsterdam, Netherlands.
- [P74] **Spada, M. M.** (2017). Metacognition: A new direction in the understanding and treatment of alcohol problems. Invited Talk, *New Directions in the Study of Alcohol Group*, Weston-Super-Mare, UK.
- [P73] **Spada, M. M.** & Caselli, G. (2017). The metacognitive model of problem drinking. Invited Talk, *Dipartimento di Scienze Biomediche e Neuromotorie, Universita' di Bologna*, Bologna, Italy.
- [P72] **Spada, M. M.** (2017). An introduction to Metacognitive Therapy and its application to addictive behaviours. Invited Talk, *Dipartimento di Psicologia dello Sviluppo e della Socializzazione, Universita' di Padova*, Padova, Italy.
- [P71] Marino, C., Gini, G. & **Spada, M. M.** (2017). Peer victimization and adolescents' adjustment and well-being: The role of metacognitions. Oral Paper, *World Anti-Bullying Forum*, Stockholm, Sweden.
- [P70] **Spada, M. M.** (2016). Addictive behaviours: A threat to well-being. Invited Talk, *Lunch and Learn Sessions, Linklaters*, London, UK.
- [P69] **Spada, M. M.** (2016). You cannot crave less by desiring more. Invited Keynote Talk, *1st National Conference of UK SMART Recovery*, Stoke-on-Trent, UK.

- [P68] Martino, F., Caselli, G., Ceci, G., Felicetti, F., Mezzaluna, C., Rampioni, M., Romanelli, P., Troiani, L., Sassaroli, S. & **Spada, M. M.** (2016). Desire thinking as a prospective predictor of binge drinking. Poster, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
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- [P63] Caselli, G., Gemelli, A., **Spada, M. M.**, & Wells, A. (2016). Detached mindfulness versus cue-exposure in alcohol use disorder: A preliminary study of effects on distress and urge to use alcohol. Oral Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
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- [P53] Sassaroli, S., Caselli, G., **Spada, M. M.** & Ruggiero, G. M. (2015). From standard CBT to worry, rumination and control focused interventions for eating disorders. Oral Paper, *20th Annual Conference of the Israeli Association for Eating Disorders*, Jerusalem, Israel.
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- [P51] Ruggiero, G. M., Sapuppo, W., Caselli, G., **Spada, M. M.** & Sassaroli, S. (2015). Dalla terapia cognitiva standard agli interventi di processo su controllo e rimuginio per i disturbi alimentari. Oral Paper, *Centro di Scienza Cognitiva, Università' e Politecnico di Torino*, Torino, Italy.
- [P50] Frings, D., Albery, I. P., Moss, A. C. & **Spada, M. M.** (2015). Bar-labs but no booze: The (pouring) taste preference task. Oral Paper, *Conference on Emerging Methods in Addiction Research, London South Bank University*, London, UK.
- [P49] **Spada, M. M.** (2014). A metacognitive model of problem drinking. Invited Talk, *Regional Supervisors Clinical Psychology Doctoral Programme, University of Bath*, Bath, UK.
- [P48] Gemelli, A., Caselli, G. & **Spada, M. M.** (2014). Esposizione metacognitiva: Test di una nuova tecnica di intervento nei disturbi da uso di alcool. Invited Symposium Paper, *19^o Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Genova, Italy.
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- [P45] Caselli, G. & **Spada, M. M.** (2014). A preliminary metacognitive model of craving. Invited Symposium Paper, *Workshop on Experimental Psychopathology – Università la Sapienza*, Rome, Italy.
- [P44] **Spada, M. M.** (2013). Rumination and worry: relevance to primary health care practice. Invited Seminar, *Efficacy and Nuffield Health at the Royal Society of Medicine*, London, UK.
- [P43] Caselli, G. & **Spada, M. M.** (2013). Modello metacognitivo di craving e dipendenze patologiche. Invited Symposium Paper, *1^o Congresso Nazionale su Metacognizione e Intervento Clinico*, Rimini, Italy.
- [P42] **Spada, M. M.** (2013). Using SPSS to analyse data from a simple questionnaire-based study. Invited Practice Seminar, *Faculty of Health and Social Care, London South Bank University*, London, UK.

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- [P40] Austin, S. F., Mors, O., Hagen, R., Hesse, M., Wells, A., **Spada, M. M.**, Secher, R. G., Hjorthoj, C. & Nordentoft, M. (2013). Schizophrenia and metacognition: An investigation of course of illness and metacognitive beliefs and processes within a first episode psychosis cohort, 10 years after diagnosis. Invited Symposium Paper, *2nd International Conference on Metacognitive Therapy*, Manchester, UK.
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- [P37] Lindberg, A., Fernie, B. A. & Spada, M. M. (2012). Metacognitions and problem gambling. Invited Symposium Paper, *40th Conference of the British Association for Behavioural and Cognitive Psychotherapies*, Leeds, United Kingdom.
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- [P35] Nigro, N., Caselli, G. & **Spada, M. M.** (2012). Pensiero desiderante e dipendenze patologiche. Invited Symposium Paper, *XVI Congresso Società Italiana di Terapia Comportamentale e Cognitiva*, Rome, Italy.
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- [P33] Rogaten, J., Moneta, G. B. & **Spada, M. M.** (2012). A trait-state model of strategic approach to studying in university students. Invited Symposium Paper, *3rd International Conference on Education and Educational Psychology*, Istanbul, Turkey.
- [P32] Rogaten, J., Moneta, G. B. & **Spada, M. M.** (2012). A trait-state model of strategic approach to studying in university students. Invited Symposium Paper, *6th European Conference of Positive Psychology*, Moscow, Russia.
- [P31] **Spada, M. M.** (2012). Beyond Cognitive Behaviour Therapy: Metacognitive Therapy. Invited Research Seminar, *Faculty of Health and Social Care, London South Bank University*, London, UK.
- [P30] Rogaten, J., Moneta, G. B. & **Spada, M. M.** (2011). Academic performance as a function of approaches to studying and affect in studying across semester phases. Invited Symposium Paper, *Annual Conference of the British Psychological Society, Education Section*, Preston, UK.
- [P29] Caselli, G. & **Spada, M. M.** (2011). The role of metacognitive processes in desire thinking. Invited Symposium Paper, *41st Congress of the European Association for Behavioural and Cognitive Therapies*, Reykjavik, Iceland.
- [P28] Nikčević, A. V. & **Spada, M. M.** (2011). The role of metacognition in smoking. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.

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- [P23] Manfredi, C., Caselli, G., Rebecchi, D., Rovetto, F., Ruggiero G. M., Sassaroli, S. & **Spada, M. M.** (2010). Temperament and parental styles as predictors of ruminative brooding and worry. Invited Symposium Paper, *15^o Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Milan, Italy.
- [P22] Nikčević, A. V., **Spada, M. M.** & Isa Alfaraj, A. M. A. (2010). Positive beliefs about rumination in depressed and non-depressed pregnant women: a preliminary investigation. Poster, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P21] Fernie, B. A., **Spada, M. M.**, Nikčević, A. V., Georgiou, G. & Moneta, G. B. (2010). Metacognitive beliefs about procrastination: development and concurrent validity of a self-report questionnaire. Poster, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P20] Caselli, G., Manfredi, C., Rebecchi, D., Rovetto, F., Ruggiero, G. M., Sassaroli, S. & **Spada, M. M.** (2010). Temperament, parental bonding and metacognitions as predictors of rumination and worry. Invited Symposium Paper, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P19] **Spada, M. M.**, Caselli, G. & Wells, A. (2010). Metacognitions as a predictor of drinking status and level of alcohol use following CBT in problem drinkers: a prospective study. Invited Symposium Paper, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P18] Nikčević, A. V. & **Spada, M. M.** (2010). Metacognitions about smoking: a preliminary investigation. Invited Symposium Paper, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P17] Cermakova, L., Moneta, G. B. & **Spada, M. M.** (2010). Dispositional flow as a mediator of the relationships between attentional control and approaches to studying during academic examination preparation. Oral Paper, *5th European Conference on Positive Psychology*, Copenhagen, Denmark.
- [P16] **Spada, M. M.** (2009). Establishing an evidence-based community alcohol and drugs service in Brent. Invited Talk, *Evidence Based Practice Conference, North East London NHS Foundation Trust*, London, UK.
- [P15] **Spada, M. M.** & Doocey, J. (2009). Community engagement by an alcohol and drugs service Invited Talk, *Alcohol Practitioners' Forum, Drugscope*, London, UK.

- [P14] Caselli, G., Ferretti, C., Leoni, M., Rebecchi, D., Rovetto, F. & **Spada, M. M.** (2009). Rumination as a predictor of relapse in alcohol abuse. Oral Paper, *7th European Conference of the Society for Psychotherapy Research*, Bolzano, Italy.
- [P13] Caselli, G., Ferretti, C., Leoni, M., Rebecchi, D., Rovetto, F. & **Spada, M. M.** (2009). Rumination as a predictor of relapse in alcohol abuse. Invited Symposium Paper, *39th Congress of the European Association for Behavioural and Cognitive Therapies*, Dubrovnik, Croatia.
- [P12] **Spada, M. M.**, Caselli, G., Bortolai, C., Leoni, M. & Rovetto, F. (2008). Metacognizioni, ruminazione e uso di alcol: nuove prospettive teoriche e cliniche. Oral Paper, *7^o Congresso Nazionale della Società per la Ricerca in Psicoterapia*, Modena, Italy.
- [P11] Caselli, G., Ruggiero, G. M. & **Spada, M. M.** (2008). Trattamento focalizzato su craving e ruminazione in disturbi da abuso di alcol. Un caso singolo. Poster, *7^o Congresso Nazionale della Società per la Ricerca in Psicoterapia*, Modena, Italy.
- [P10] Caselli, G., Bortolai, C., Leoni, M., Rovetto, F. & **Spada, M. M.** (2008). Rumination as a predictor of problem drinking. Oral Paper, *38th Congress of the European Association for Behavioural and Cognitive Therapies*, Helsinki, Finland.
- [P09] Caselli, G., Bortolai, C., Leoni, M., Rovetto, F. & **Spada, M. M.** (2008). Alcohol expectancies, metacognitive beliefs and alcohol use. Oral Paper, *6th International Congress of Cognitive Psychotherapy*, Rome, Italy.
- [P08] Nikčević, A. V., **Spada, M. M.**, Moneta, G. B. & Wells, A. (2007). Metacognition, stress, and emotion. Poster, *5th World Congress of Behavioural and Cognitive Therapies*, Barcelona, Spain.
- [P07] Nikčević, A. V., **Spada, M. M.**, Moneta, G. B. & Wells, A. (2007). Metacognition, emotion, and smoking dependence. Poster, *5th World Congress of Behavioural and Cognitive Therapies*, Barcelona, Spain.
- [P06] **Spada, M. M.**, Moneta, G. B. & Wells, A. (2007). The relative contribution of metacognitive beliefs and expectancies to drinking behaviour. Poster, *5th World Congress of Behavioural and Cognitive Therapies*, Barcelona, Spain.
- [P05] **Spada, M. M.** (2007). A metacognitive model and therapy for problem drinking. Invited Research Seminar, *School of Human and Life Sciences, Roehampton University*, London, UK.
- [P04] Nikčević, A. V., Kramolisova-Advani, J. & **Spada, M. M.** (2006). Early childhood experiences and current emotional distress: what do they tell us about undergraduates who aspire to become psychologists working in mental health? Invited Research Seminar, *School of Arts and Social Sciences, Kingston University*, Kingston Upon Thames, UK.
- [P03] **Spada, M. M.** & Wells, A. (2004). Metacognitions, alcohol use and problem drinking. Invited Symposium Paper, *34th Congress of the European Association for Behavioural and Cognitive Therapies*, Manchester, UK.
- [P02] **Spada, M. M.** & Ireson, J. (2002). Do surface learners worry more? Invited Symposium Paper, *Annual Conference of the British Psychological Society, Education Section*, London, UK.
- [P01] Prioglio, A. & **Spada, M. M.** (2000). When obsessional thoughts prevent “thinking”: a case formulation approach to a complex case of obsessive-compulsive disorder. Invited Symposium Paper, *30th Congress of the European Association for Behavioural and Cognitive Therapies*, Granada, Spain.

WORKSHOPS

- [W32] **Spada, M. M.** (2015). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, Advanced CBT Workshops Programme, University of East Anglia, Norwich, UK.
- [W31] **Spada, M. M.** (2015). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, CBT Workshops Programme, London South Bank University, London, UK.
- [W30] **Spada, M. M.** (2014). *An Introduction to Metacognitive Therapy*. Workshop, Clinical Psychology Doctoral Programme, University of Bath, Bath, UK.
- [W29] **Spada, M. M.** (2014). *Cognitive Behaviour Therapy for Rumination and Worry*. Workshop, The Maudsley Couple and Psychosexual Group, London, UK.
- [W28] **Spada, M. M.** (2013). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, The Maudsley Couple and Psychosexual Group, London, UK.
- [W27] **Spada, M. M.** & Currid, T. J. (2013). *Dual Diagnosis – Intermediate Level*. Workshop, North East London NHS Foundation Trust, London, UK.
- [W26] **Spada, M. M.** (2013). *An Introduction to the Functional Analysis - A Transdiagnostic Problem Conceptualisation Tool*. Workshop, North East London NHS Foundation Trust, London, UK.
- [W25] Currid, T. J. & **Spada, M. M.** (2013). *Dual Diagnosis – Introductory Level*. Workshop, North East London NHS Foundation Trust, London, UK.
- [W24] **Spada, M. M.** (2013). *An Introduction to the Practice of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W23] **Spada, M. M.** (2013). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.
- [W22] **Spada, M. M.** (2013). *An Introduction to the Theory of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W21] **Spada, M. M.** (2012). *Cognitive Behaviour Therapy for Sensible Drinking*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W20] **Spada, M. M.** (2011). *Cognitive Behaviour Therapy for Depression*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W19] **Spada, M. M.** (2011). *An Introduction to the Theory and Practice of Metacognitive Therapy*. Workshop, Efficacy Training, University College London, London, UK.
- [W18] **Spada, M. M.** (2011). *Beyond Diagnosis - A Case Formulation Approach to CBT*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W17] **Spada, M. M.** (2011). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, Efficacy Training, Royal Society of Medicine, London, UK.
- [W16] **Spada, M. M.** (2011). *The Functional Analysis in Cognitive Behaviour Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W15] **Spada, M. M.** (2011). *An Introduction to the Practice of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.

- [W14] **Spada, M. M.** (2011). *An Introduction to the Theory of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W13] **Spada, M. M.** (2010). *Cognitive Behaviour Therapy for Social Anxiety Disorder*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W12] **Spada, M. M.** (2010). *Cognitive Behaviour Therapy for Generalised Anxiety Disorder*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W11] **Spada, M. M.** (2010). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W10] **Spada, M. M.** (2010). *Assessment in Cognitive Behaviour Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W09] **Spada, M. M.** (2010). *Developing a Research Proposal*. Workshop, Research and Development Seminars, North East London NHS Foundation Trust, London, UK.
- [W08] **Spada, M. M.** (2009). *CBT for Problem Drinking: Building and Enhancing Motivation for Change*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.
- [W07] **Spada, M. M.** (2009). *CBT for Problem Drinking: Assessment and Formulation*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.
- [W06] **Spada, M. M.** (2008). *CBT for Problem Drinking: Building and Enhancing Motivation for Change*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.
- [W05] **Spada, M. M.** (2005). *Cognitive Behaviour Therapy for Problem Drinking - Assessment 2*. Workshop, Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK.
- [W04] **Spada, M. M.** (2005). *Cognitive Behaviour Therapy for Problem Drinking - Assessment 1*. Workshop, Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK.
- [W03] **Spada, M. M.** (2005). *An Introduction to Cognitive Behaviour Therapy*. Workshop, Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK.
- [W02] **Spada, M. M.** (2004). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, City and Hackney Alcohol Service and the Volunteer Alcohol Counsellors Training Scheme, Borough of Hackney, London, UK.
- [W01] **Spada, M. M.** (2003). *An Introduction to Cognitive Behaviour Therapy*. Workshop, City and Hackney Alcohol Service and the Volunteer Alcohol Counsellors Training Scheme, Borough of Hackney, London, UK.