# Guy Prochilo

### About

I am a lecturer of research methods in psychology and a researcher at the Institute for Social Neuroscience (ISN Psychology, Melbourne, Australia). My current research is clinically focused and involves evaluating electronically-delivered health (eHealth) interventions and their effect on psychological stress and wellbeing through randomized controlled trial designs.

### Contact

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#### Education

| 2020 | Ph.D. (Psychology)  | University of Melbourne                        |
|------|---------------------|--|
|      | • Thesis: Organizat | ional Neuroscience with Applications to Stress |
|      | Management          |  |
| 2013 | B.Sc. (Hons)        | University of Queensland                       |
| 2012 | B.Sc. & B.Bus.Man.  | University of Queensland                       |

# **Employment**

| 2022 - date | Honours Course Coordinator, ISN Psychology, Melbourne, Australia   |  |
|-------------|--|--|
| 2020 - date | Lecturer & Unit Coordinator, ISN Psychology, Melbourne, Australia  |  |
|             | <ul> <li>Research Methods (Bachelor of Psychological Science Hons)</li> <li>Research Methods (Master of Clinical Psychology)</li> <li>Research Project Unit (Master of Professional Psychology)</li> </ul> |  |
| 2020 - date | Researcher, ISN Psychology, Melbourne, Australia   |  |
| 2019 - 2020 | Statistical Consultant, ISN Psychology, Melbourne, Australia   |  |
| 2019 - 2020 | R Statistical Software Volunteer Trainer, Researcher Community Training Service, University of Melbourne, Melbourne, Australia   |  |
| 2013        | Research Methods Tutor, UQ Business School, University of Queensland, Brisbane, Australia  |  |

Research Intern, School of Psychology, University of Queensland,

Brisbane, Australia (Supervisor: Dr. Hannes Zacher)

#### **Publications**

2012

Prochilo, G. A., Costa, R. J. S., Hassed, C., Chambers, R., & Molenberghs, P. (2021). A 16-week aerobic exercise and mindfulness-based intervention on chronic psychosocial stress: A pilot and feasibility study. *Pilot and Feasibility Studies*, 7(1), 64. https://doi.org/10.1186/s40814-020-00751-6

**Prochilo, G. A.,** Louis, W. R., Bode, S., Zacher, H., & Molenberghs, P. (2019). An Extended Commentary on Post-publication Peer Review in Organizational Neuroscience. *Meta-Psychology*, 3. https://doi.org/10.15626/MP.2018.935

Molenberghs, P., <u>Prochilo, G.,</u> Steffens, N. K., Zacher, H., & Haslam, S. A. (2017). The Neuroscience of Inspirational Leadership: The Importance of Collective-Oriented Language and Shared Group Membership. *Journal of Management*, 43(7), 2168–2194. https://doi.org/10.1177/0149206314565242

#### Presentations and Invited Talks

2022 <u>Prochilo, G. A</u>. The Effects of a Mindfulness-based Massive Open Online Course (MOOC) on Psychological Stress and Wellbeing in Tertiary Education Students: A Pragmatic Randomized Controlled Trial. Australasian Society of Behavioural Health and Medicine Conference, Perth, Australia.

2021 Prochilo, G. A. The future of science is open: three ways you can apply open science reforms to your research right now. HeSSA Open Science Symposia with Guy Prochilo, Swinburne University, Melbourne, Australia. Invited Talk. Watch Talk Here.

**2020** Prochilo, G. A. Three ways you can get started with open science right now. ISN Psychology, Melbourne, Australia. Invited Talk.

**Prochilo, G. A.,** Louis, W., Bode, S., Zacher, H., & Molenberghs, P. Organizational Neuroscience Needs Careful and Consistent Postpublication Peer Review. Association for Interdisciplinary Metaresearch & Open Science Conference, Melbourne, Australia. **Prochilo, G. A.,** Dominguez, J., Costa, R., & Molenberghs, P. The Effects of a 16-week Combined Aerobic Exercise and Mindfulness-based Intervention: A Pilot Study. Society for Neuroscience Annual Meeting, San Diego, United States.

**Prochilo, G. A.,** Dominguez, J., Costa, R., & Molenberghs, P. The Effects of a 16-week Combined Aerobic Exercise and Mindfulness-based Intervention: A Pilot Study. Australasian Society for Social and Affective Neuroscience Annual Meeting, Brisbane, Australia.

2016 Prochilo, G. A., Molenberghs, P., Steffens, NK., Zacher, H., & Haslam, SA. The Neuroscience of Inspirational Leadership: The Importance of Collective-oriented Language and Shared Group Membership. Australasian Society for Social and Affective Neuroscience Annual Meeting, Sydney, Australia.

#### **Collaborators**

- Associate Professor Pascal Molenberghs, ISN Psychology, Melbourne, Australia
- Professor Hannes Zacher, University of Leipzig, Leipzig, Germany
- Dr. Ricardo Da Costa, Monash University, Melbourne, Australia
- Associate Professor Stefan Bode, University of Melbourne, Melbourne, Australia
- Professor Winnifred Louis, University of Queensland, Brisbane, Australia
- Dr Juan Dominguez, Australian Catholic University, Melbourne, Australia
- Professor Craig Hassed, Monash University, Melbourne, Australia
- Dr. Richard Chambers, Monash University, Melbourne, Australia

# **Current Student Supervision**

2021 Group Project: Can smartphone apps be used to reduce psychological stress in people who are currently experiencing psychological stress: a randomized controlled trial?

• Honours Students: Shuniel Turner and Najia Anjum.

# Completed Student Supervision

Total Completed: 18 Honours Students; 2 Master's Students

2021 Group Project: Can smartphone apps be used to reduce psychological stress in people who are currently experiencing psychological stress: a randomized controlled trial?

- Honours Students: Puya Pazir, Angus Panther, Tarshi Barua
- Master's Students: Oscar Goldberg

2021 Group Project: A randomized pretest-posttest waitlist-controlled trial to examine the effects of an online mindfulness-based intervention on psychological stress and wellbeing in tertiary education students.

- **Honours Students**: Carmen Phung Tong, Niva Perera, Dana Najmeddine, Asad Khan, Azra Mehmeti
- Master's Students: Zoe Lazaridis

2020 Group Project: The effects of an online mindfulness-based intervention on psychological stress: a randomized pretest-posttest waitlist-controlled pilot and feasibility study.

• **Honours Students**: Ciaran Barton, Kathryn Cianciarulo, Eman Shehata, Esma Voloder, Caroline D'Souza, Daniel Abela, Lillian Underhill, Carolina Debek, Khadijah Duarte, Mona Andalib.

#### Journal Reviewer

• BMC Medical Education

#### Awards

| 2019 | Conference Poster Award (Top 10). Melbourne Research Bazaar   |  |
|------|---|--|
|      | Conference. Researcher Community Training Service, University of                                    |  |
|      | Melbourne, Melbourne, Australia   |  |
| 2018 | Melbourne Research Scholarship, University of Melbourne, Melbourne, Australia.                      |  |
| 2017 | Monash University Volunteer of the Year Award (Nominated). Monash University, Melbourne, Australia. |  |

# **Professional Memberships**

- Australasian Society for Behavioural Health and Medicine (ASBHM). Website.
- Association for Interdisciplinary Meta-Research and Open Science (AMOS). Website.
- Australia and New Zealand Open Research Network (ANZORN). Website.
- Society for the Improvement of Psychological Science. Website.
- The Australasian Society for Social and Affective Neuroscience. Website.