

Stephen Aichele

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University of Geneva
Psychology & Educational Sciences (FPSE)
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Education

- 2013 Ph.D. Quantitative Psychology
 Advisors: Emilio Ferrer & Phillip Shaver
 University of California at Davis
- 2010 M.A. (Highest Honors). Quantitative Psychology
 University of California at Davis
- 1994 B.Sci. Biopsychology
 University of California at Santa Barbara

Academic Appointments

- 2016–Today Research Scientist. Methodology and Data Analysis Unit, FPSE,
 University of Geneva, Switzerland.
- 2014-2016 Post-Doctoral Research Fellow. Methodology and Data Analysis Unit,
 FPSE, University of Geneva, Switzerland.
- 2008–2013 Graduate Research Assistant. Center for Mind and Brain, University of
 California at Davis. Data analyst for the Shamatha Project (meditation
 research) and for Savannas Forever Tanzania (HIV prevention).

 Laboratory Instructor, Teaching Assistant. University of California at
 Davis. Courses: Advanced Statistical Inference (Graduate Level),
 Causal Modeling of Correlation Data (Graduate Level), Statistical
 Analysis of Psychological Data, Research Methods in Psychology.
- 2006–2008 Research Specialist. Center for Mind and Brain, University of
 California at Davis. Computer programming (20 cognitive tasks time-
 locked to neuro-physiological and video recording systems), remote
 laboratory construction, intensive data acquisition (behavioral, video,
 physiological including EEG & blood), participant pool management.

Languages

English Native speaker
French Proficient (CEFR levels: B2 spoken, B1/B2 written)

Research Interests

Longitudinal and multivariate statistical methods in the behavioral sciences
Cognitive aging and epidemiology
Human vulnerability and wellbeing across the lifespan
Machine learning and data mining applications in psychological research
Attentional training and performance

Awards, Fellowships & Grantsmanship

2017 Vontobel Award for Research on Ageing; University of Zurich (12,000 CHF)
2016 Swiss National Centre of Competence in Research LIVES – Overcoming vulnerability: Life course perspectives, 2-year research stipend (182,000 CHF)
2013 John Templeton Foundation Research Grant (2.3 million USD)
Co-Author of Grant Proposal (Section on Quantitative Methods)
2013 University of California Graduate Student Travel Award
2012 Society for Multivariate Experimental Psychology Annual Conference
Award for Graduate Student Presenters ~ Honorable Mention
2010 National Science Foundation of the United States
Graduate Research Fellowship ~ Honorable Mention
2009 National Science Foundation of the United States
Graduate Research Fellowship ~ Honorable Mention
2008 Yoga Research and Education Foundation (10,000 USD)
Graduate Research Stipend
2008 Mind and Life Summer Research Institute ~ Fellow

Journal Reviews

Ageing and Mental Health, AIDS and Behavior, American Journal of Epidemiology, British Medical Journal, Health and Quality of Life Outcomes, Journal of Aging Research, Merrill-Palmer Quarterly, Mindfulness, Oxford Journal of Gerontology, Polish Psychological Bulletin, Psychological Medicine, Psychology and Aging

Publications - Peer Reviewed

- Ghisletta, P., Joly, E., **Aichele, S.**, Lindenberger, U., & Schmiedek, F. (*in press*). Age differences in day-to-day speed-accuracy tradeoffs: Results from the COGITO study. *Multivariate Behavioral Research*.
- Aichele, S.**, & Ghisletta, P. (2018). Memory deficits precede increases in depressive symptoms in later adulthood. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*. *ePub ahead of print*: doi:10.1093/geronb/gbx183
- Aichele, S.**, Rabbitt, P., & Ghisletta, P. (2017). Illness and intelligence are comparatively strong predictors of individual differences in depressive symptoms following middle age. *Aging and Mental Health*. *ePub ahead of print*: doi:10.1080/13607863.2017.1394440
- Ghisletta, P., & **Aichele, S.** (2017). Quantitative methods in psychological aging research: A Mini-Review. *Gerontology*, 6, 529–537.
- Aichele, S.**, Rabbitt, P., & Ghisletta, P. (2016). Think fast, feel fine, live long: A 29-year study of cognition, health, and survival in middle-aged and older adults. *Psychological Science*, 27 (4), 518–529.
- Zanesco, A. P., King, B. G., MacLean, K. A., Jacobs, T. L., **Aichele, S. R.**, Wallace, A. B., Smallwood, J., Schooler, J. W., & Saron, C. D. (2016). Meditation training influences mind wandering and mindless reading. *Psychology of Consciousness: Theory, Research, and Practice*, 3 (1), 12–33.
- Rosenberg, E. R., Zanesco, A. P. King, B. G., **Aichele, S. R.**, Jacobs, T. L., Bridwell, D. A., MacLean, K. A., Shaver, P. R., Ferrer, E., Sahdra, B. K., Lavy, S., Wallace, B. A., & Saron, C. D. (2015). Intensive meditation training influences emotional responses to suffering. *Emotion*, 15 (6), 775–790.
- Aichele, S.**, Rabbitt, P., & Ghisletta, P. (2015). Lifespan decrements in fluid intelligence and processing speed predict mortality risk. *Psychology and Aging*, 30, 598–612.
- Saggar, M., Zanesco, A. P., King, B. K, Bridwell, D. A., MacLean, K. A., **Aichele, S. R.**, Jacobs, T. L., Saron, C. D., and Miikkulainen, R. (2015). Longitudinal mean-field modeling of thalamocortical interactions associated with intensive meditation training based on changes in scalp-recorded EEG. *Neuroimage*, 114, 88–104.
- Aichele, S. R.**, Borgerhoff Mulder, M., James, S., & Grimm, K. (2014). Attitudinal and behavioral characteristics predict high risk sexual activity in rural Tanzanian youth. *PLoS ONE*, 9 (6), e99986.

- Jacobs, T. L., Shaver, P. R., Epel, E. S., Zanesco, A. P., **Aichele, S. R.**, Bridwell, D.A., Rosenberg, E.L., King, B.G., Maclean, K.A., Sahdra, B.K., Kemeny, M. E., Ferrer, E., Wallace, B. A., & Saron, C.D. (2013). Self-reported mindfulness and cortisol dynamics during a Shamatha meditation retreat. *Health Psychology, 32*, 1104–1109.
- Saggar, M., King, B. G., Zanesco, A. P., MacLean, K. A., **Aichele, S. R.**, Jacobs, T. L., Bridwell, D. A., Shaver, P. R., Rosenberg, E. L., Sahdra, B. K., Ferrer, E., Tang, Akaysha, T. C., Mangun, G. R., Wallace, B. A., Miikkulainen, R., & Saron, C. D. (2012). Intensive training induces longitudinal changes in meditation state-related EEG oscillatory activity. *Frontiers in Human Neuroscience, 6* (256). doi: 10.3389/fnhum.2012.00256
- Sahdra, B. K., MacLean, K. A., Ferrer, E., Shaver, P. R., Rosenberg, E. L., Jacobs, T. L., Zanesco, A. P., King, B. G., **Aichele, S. R.**, Bridwell, D. A., Mangun, G. R., Lavy, S., Wallace, B. A., & Saron, C. D. (2011). Response inhibition enhanced by intensive meditation training predicts improved adaptive socio-emotional functioning. *Emotion, 11*, 299–312.
- Jacobs, T. L., Epel, E. S., Lin, J. Blackburn, E. H., Wolkowitz, O. M., Bridwell, D. A., Zanesco, A. P., **Aichele, S. R.**, Sahdra, B. K., Maclean, K. A., King, B. G., Shaver, P. R., Rosenberg, E. L., Ferrer, E., Wallace, B. A. & Saron, C. D. (2011). Intensive meditation training, immune cell telomerase activity, and psychological mediators. *Psychoneuroendocrinology, 36*, 664–681.
- MacLean, K. A., Ferrer, E., **Aichele, S. R.**, Bridwell, D. A., Zanesco, A. P., Jacobs, T. L., King, B. G., Rosenberg, E. L., Sahdra, B. K., Shaver, P. R., Wallace, A. B., Mangun, G. R., & Saron, C. D. (2010). Intensive meditation training leads to improvements in perceptual discrimination and sustained attention. *Psychological Science, 21*, 829–839.
- MacLean, K.A., **Aichele, S. R.**, Bridwell, D. A., Mangun, G. R., Wojciulik, E., & Saron, C. D. (2009). Interactions between endogenous and exogenous attention during vigilance. *Attention, Perception, & Psychophysics, 71*, 1042–1058.

Publications – in Review

- Aichele, S.**, Rabbitt, P., & Ghisletta, P. (*in review*). Cardiovascular symptoms and processing speed declines are differentially associated with cerebral white matter lesions in older adults.
- Aichele, S.**, Ghisletta, P., Corley, J., Pattie, A., Taylor, A. M., Starr, J. M., & Deary, I. J. (*in review*). Fluid intelligence predicts change in depressive symptoms in later life: The Lothian Birth Cohort 1936.

Conference Proceedings & Book Chapters

Ghisletta, P., **Aichele, S.**, & Rabbitt, P. (August, 2014). Longitudinal data mining to predict survival in a large sample of adults. In Gilli, M., González-Rodríguez, G., & Nieto-Reyes, A. (Eds.), *Proceedings of COMPSTAT 2014: 21st International Conference on Computational Statistics* (pp. 167-175).
<http://www.compstat2014.org/auxil/Proceedings-COMPSTAT2014.pdf>

Workshops & Knowledge-Transfer Events

Ghisletta, P., & **Aichele, S.** (2017, June-September). *Modern methods for the analysis of change*. Universities of Geneva & Lausanne, Switzerland. (Workshop instructor).

Aichele, S. (2017, April). *A data mining approach to estimating relative influence in complex predictor-outcome associations*. Institute for Psychology, University of Bern, Switzerland. (Workshop instructor).

LIVES: Swiss National Centre for Competence in Research. *Doctoriales*. (February, 2017). University of Geneva, Switzerland. (Invited panel expert).

Aichele, S., & Ghisletta, P. (2016, November). *A data mining approach to longitudinal risk assessment*. Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA. (Workshop instructor).

LIVES: Swiss National Centre for Competence in Research. *Doctoriales*. (February, 2016). University of Lausanne, Switzerland. (Invited panel expert).

American Psychology Association Advanced Training Institute: Structural Equation Modeling (2012, Spring). (Training assistant).

American Psychology Association Advanced Training Institute: Structural Equation Modeling (2011, Spring). (Training assistant).

Oral Presentations & Symposia

Aichele, S., & Ghisletta, P. (2017, November). *Dynamic associations between depressive symptoms and cognitive performance in later life*. Annual Meeting of the Society for Longitudinal & Lifecourse Studies, Stirling, United Kingdom.

Aichele, S., Rabbitt, P., & Ghisletta, P. (2017, September). *Processing speed decrements are differentially associated with white matter lesion burden across cerebral regions of older adults*. Annual Meeting of the Swiss Psychological Society, Lausanne, Switzerland.

- Aichele, S., & Ghisletta, P.** (2017, March). *A data mining approach to longitudinal risk assessment in cognitive epidemiology*. Rencontres Méthodes et Recherche (Methods and Research Meetings), University of Lausanne, Switzerland.
- Aichele, S., Rabbitt, P., & Ghisletta, P.** (2016, November). *Cognitive performance predicts mortality risk & individual differences in depressive symptoms in middle-aged and older adults*. Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Aichele, S., Rabbitt, P., & Ghisletta, P.** (2016, June). *Think fast, feel fine, live long: A 29-year study of cognition, health, and survival in middle-aged and older adults*. International Conference on Sequence Analysis and Related Methods, Lausanne, Switzerland.
- Aichele, S., Rabbitt, P., & Ghisletta, P.** (2016, April). *Think fast, feel fine, live long: A 29-year study of cognition, health, and survival in middle-aged and older adults*. Cognitive Aging Conference, Atlanta, Georgia.
- Rabbitt, P., **Aichele, S., & Ghisletta, P.** (2015, November). *Death, intelligence, fun, and contentment in old age*. St. Andrew's Day Invited Lecture, University of Edinburgh, United Kingdom.
- King, B. G., Zanesco, A. P., Shaver, P. R., Jacobs, T. L., **Aichele, S. R.,** Bridwell, D. A., MacLean, K. A., Wallace, B. A. & Saron, C. D. (2015, June). *Remote emotional memory for depictions of human suffering following an intensive meditation intervention*. Mindfulness and Compassion: The Art and Science of Contemplative Practice, a meeting of the Consciousness, Mindfulness & Compassion International Association, San Francisco, CA.
- Aichele, S., Rabbitt, P., & Ghisletta, P.** (2015, June). Longitudinal models of cognitive decline and mortality risk. University of Oslo, Norway: Department of Psychology.
- Aichele, S., Rabbitt, P., & Ghisletta, P.** (2014, November). *Age-related declines in specific domains of cognitive performance predict time of death*. Annual Scientific Meeting of the Gerontological Society of America, Washington, DC.
- Ghisletta, P., **Aichele, S., & Rabbitt, P.** (2014, August). *Longitudinal data mining to predict survival in a large sample of adults*. International Conference on Computational Statistics, Geneva, Switzerland.
- Aichele, S. R., Ferrer, E., MacLean, K. A., Shaver, P. R., Zanesco, A. P., Rosenberg, E. L., Sahdra, B. K., Jacobs, T. L., Bridwell, D. A., King, B. G., Wallace, B. A., Mangun, G. R., & Saron, C. D.** (2013, July). *Intraindividual attentional coherence across scales of time and methods of measurement*. International Meeting of the Psychometric Society, Arnhem, Netherlands.

- Aichele, S. R.**, Ferrer, E., MacLean, K. A., Grimm, K., Zanesco, A. P., Shaver, P. R., Rosenberg, E. L., Sahdra, B. K., Jacobs, T. L., Bridwell, D. A., King, B. G., Wallace, B. A., Mangun, G. R., & Saron, C. D. (2012, April). *Modeling longitudinal changes in attentiveness and relaxation as outcomes of meditation practice*. Spring Psychology Departmental Conference, University of California at Davis, CA.
- Rosenberg, E. L., Zanesco, A. P., King, B. G., **Aichele, S. R.**, Jacobs, T. L., Bridwell, D. A., MacLean, K. A., Shaver, P. R., Ferrer, E., Sahdra, B. K., Wallace, B. A., and Saron, C. D. (2012, May). *Meditation and the plasticity of emotion: Facial expression and the unfolding of emotional responses to suffering*. American Psychological Society Annual Meeting, Chicago, IL.
- Rosenberg, E., Zanesco, A. P., King, B. G., **Aichele, S. R.**, Jacobs, T. L., Maclean, K. A., Bridwell, D. A., Sahdra, B. K., Ferrer, E., Shaver, P. R., Wallace, B. A., & Saron, C. D. (2011, January). *Intensive meditation training influences emotional responses to scenes of human suffering*. Society for Personality and Social Psychology, San Antonio, TX.
- Saron, C. D., Sahdra, B. K., Maclean, K. A., Jacobs, T. L., Ferrer, E., Epel, E., Blackburn, L., Shaver, P. R., Lin, J., **Aichele, S. R.**, Bridwell, D. A., Zanesco, A. P., & King, B. G. (2011, January). *Intensive meditation training enhances response inhibition, adaptive socio-emotional functioning, and markers of cellular aging*. Society for Personality and Social Psychology, San Antonio, TX.
- Saggar, M., **Aichele, S.R.**, Jacobs, T.L., Zanesco, A. P., Bridwell, D. A., MacLean, K. A., King, B. G., Sahdra, B. K., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Wallace, B. A., Mangun, G. R., Saron, C. D. & Miikkulainen, R. (2010, July). *A computational approach to understanding the longitudinal changes in cortical activity associated with intensive meditation training*. Computational Neuroscience Society Annual Meeting, San Antonio, TX.
- Saggar, M., **Aichele, S. R.**, Jacobs, T. L., Zanesco, A. P., Bridwell, D. A., MacLean, K. A., King, B. G., Sahdra, B. K., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Tang, A. C., Wallace, B. A., Mangun, G. R., Miikkulainen R., & Saron, C. D. (2010, January). *Training attention: longitudinal changes in cortical activity associated with intensive meditation*. SPIE Human Vision and Electronic Imaging Conference, San Jose, CA.
- Rosenberg, E. L., Zanesco, A., King, B., **Aichele, S.**, Jacobs, T. L., MacLean, K. A., Bridwell, D., Wallace, B. A., and Saron, C. D. (2009, May). *Intensive meditative training changes facial responses to scenes of human suffering*. Annual Meeting of the Association for Psychological Science, San Francisco, CA.
- Jacobs, T. L., Epel, E. S., Jue, L., Blackburn, E. H., Wolkowitz, O. M., Bridwell, D. A., Zanesco, A. P., **Aichele, S. R.**, King, B. G., Sahdra, B. K., Maclean, K. A., Lavy, S., Shaver, P. R., Ferrer, E., Rosenberg, E. L., Wallace, B. A., & Saron, C. D. (2009, July).

The relation between telomerase activity and intensive meditation training is mediated by changes in psychological well-being. International Society for Psychoneuroendocrinology Annual Conference, San Francisco, CA.

MacLean, K. A., Saron, C. D., **Aichele, S.**, Bridwell, D., Jacobs, T. L., Zanesco, A., & Mangun, G. R. (2008, April). *Improvements in perceptual threshold with intensive attention training through concentration meditation.* Annual Meeting of the Society for Cognitive Neuroscience, San Francisco, CA.

Poster Presentations

Aichele, S., Rabbitt, P., & Ghisletta, P. (2017, July). *White matter lesions are differentially linked to cardiovascular risk and processing speed declines.* 21st International Association of Gerontology and Geriatrics World Congress, San Francisco, CA.

Pokorny, J.J., King, B.G., Fukushima, H., Zanesco, A.P., **Aichele, S.R.**, Jacobs, T.L., Bridwell, D.A., MacLean, K.A., Sahdra, B. K., Shaver, P.R., Wallace, B.A., & Saron, C.D. (2015, June). *Meditation training modulates empathic physiological resonance while maintaining the ability to correctly identify the emotional state of others.* Mindfulness and Compassion: The Art and Science of Contemplative Practice, a meeting of the Consciousness, Mindfulness & Compassion International Association, San Francisco, CA.

Aichele, S. R., Borgerhoff Mulder, M., James, S., Hartwig, K., Silisyene, M. K. (2012, February). *Conventional demographic and previously uninvestigated psychographic characteristics predict high risk sexual activity in rural Tanzanian youth.* University of California Global Health Day, Berkeley, CA.

Conklin, Q. A., King, B. G., Zanesco, A. P., Jacobs, T. L., Pokorny, J. J., **Aichele, S. R.**, Bridwell, D. A., Maclean, K. A. Bales, K. L. Shaver, P. R., Rosenberg, E. L., Wallace, B. A., Ferrer, E., Sahdra, B. K., and Saron, C. D. (2014, November). *The effects of intensive meditation training on oxytocin, vasopressin, and attachment style.* Annual meeting of the Society for Neuroscience, Washington, DC.

Zanesco, A. Z., King, B. G., MacLean, K. A., Jacobs, T. L., **Aichele, S. R.**, Wallace, B. A., Smallwood, J., Schooler, J. W., & Saron, C. D. (2014, October). *The impact of meditation training on mind wandering while reading.* International Symposium of Contemplative Studies, Boston, MA.

Jacobs T. L., Zanesco, A. P., **Aichele, S. R.**, Bridwell, D. A., King, B. G., MacLean, K. A., Shaver, P. R., Epel, E. E., Kemeny, M. M., Sahdra, B. K., Rosenberg, E. L., Ferrer E., Wallace, B. A. and Saron, C. D. (2012, April). *Effects of a shamatha meditation retreat on*

working memory span, dehydroepiandrosterone-sulfate (DHEAS), and their association. First International Symposium on Contemplative Studies, Denver, CO.

Bauer-Wu, S., Sahdra, B. K., Whitworth, R., MacLean, K. A., **Aichele, S. R.**, Jacobs, T. L., Zanesco, A. P., Bridwell, D. A., King, B. G., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Mangun, G. R., Wallace, B. A., & Saron, C. D. (2012, April). *The first-person experience of intensive meditation training and associations with third-person socio-emotional-cognitive data.* First International Symposium on Contemplative Studies, Denver, CO.

Zanesco, A. P., King, B. K., MacLean, K. A., Jacobs, T. L., **Aichele, S. R.**, and Saron, C. D. (2012, April). *Executive control and felt concentrative engagement after intensive vipassana meditation training.* First International Symposium on Contemplative Studies, Denver, CO.

Saggar, M., B. G., Sahdra, MacLean, K. A., **Aichele, S. R.**, Jacobs, T.L., Zanesco, A. P., Bridwell, D. A., King, B. K., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Wallace, B. A., Manugn, G. R., Saron, C. D., & Miikkulainen, R. (2011, November). *A computational model to understand longitudinal changes in EEG associated with intensive meditation training.* Society for Neuroscience Annual Meeting, Washington, DC.

Jacobs, T. L., Epel, E. S., Zanesco, A. P., **Aichele, S. R.**, Bridwell, D. A., King, B. G., MacLean, K. A., Shaver, P. R., Rosenberg, E. L., Sahdra, B. K., Ferrer, E., Kemeny, M. M., Wallace, B. A., and Saron, C. D. (2011, May). *Mindfulness reduces cortisol reactivity to separation related sadness and attenuates day-to-day variability of the cortisol awakening response.* Annual Meeting of the Society of Biological Psychiatry, San Francisco, CA.

Saggar, M., Maclean, K. A., **Aichele, S. R.**, Jacobs, T. L., Zanesco, A. P., Bridwell, D. A., King B. G., Sahdra, B. K., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Wallace, B. A., Mangun, G. R., Miikkulainen, R. & Saron, C. D. (2011, April). *Cortical activation changes associated with intensive meditation training are related to vigilance performance.* Society for Cognitive Neuroscience annual meeting, San Francisco, CA.

King, B. G., Zanesco, A. P., Rosenberg, E. L., Bridwell, D. A., Jacobs, T. L., **Aichele, S. R.**, MacLean, K. A., Shaver, P. R., Sahdra, B. K., Ferrer, E., Wallace, B. A., & Saron, C. D. (2011, April). *Differential responses to images of threat and human suffering after intensive meditation training.* Society for Cognitive Neuroscience Annual Meeting, San Francisco, CA.

Sahdra, B.K., MacLean, K. A., Ferrer, E., Shaver, P. R., Rosenberge, E. L., Jacobs, T. L., Zanesco, A. P., King, B. G., **Aichele, S. R.**, Bridwell, D. A., Mangun, G. R., Lavy, S., Wallace, B. A., & Saron, C. D. (2010, August). *Response inhibition enhanced by meditation training predicts improved adaptive functioning.* Annual Meeting of the American Psychological Association, San Diego, CA.

- King, B. G., Zanesco A. P., Bridwell, D. A., Jacobs, T. L., **Aichele, S. R.**, MacLean, K. A., Shaver, P. R., Rosenberg, E. L., Sahdra, B. K., Ferrer, E., Wallace, B. A., and Saron, C. D. (2010, April). *Accentuate the positive: Longitudinal effects of intensive meditation training on modulation of the emotion potentiated startle reflex*. Annual Meeting of the Cognitive Neuroscience Society, Montreal, CA.
- MacLean, K. A., **Aichele, S. R.**, Bridwell, D. A., Zanesco, A. P., Jacobs, T. L., King, B. G., Sagar, M., Mazaheri, A., Ferrer, E., Rosenberg, E., Sahdra, B. K., Shaver, P. R., Wallace, B. A., Mangun, G. R., & Saron, C. D. (2009, October). *Effects of intensive meditation training on sustained attention: changes in visual event-related potentials, ongoing EEG and behavioral performance*. Annual Meeting of the Society for Neuroscience, Chicago, IL.
- Sagar, M., **Aichele, S. R.**, Jacobs, T. L., Zanesco, A. P., Bridwell, D. A., Maclean, K. A., King, B. G., Sahdra, B. K., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Tang, A. C., Wallace, B. A., Mangun, G. R., Miikkulainen, R., & Saron, C. D. (2009, October). *Longitudinal changes in brain activity associated with intensive meditation training*. Annual Meeting of the Society for Neuroscience, Chicago, IL.
- Maclean, K. A., **Aichele, S. R.**, Bridwell, D. A., Jacobs, T. L., Zanesco, A. P., King, B. G., Ferrer, E., Mangun, G. R., & Saron, C. D. (2008, November). *Intensive attention training in concentration meditation leads to improvements in visual sustained attention and response inhibition*. Annual Meeting of the Society for Neuroscience, Washington, DC.

Appearances in Popular Media

The Student Doctor Network. Interview with Juliet Farmer. (2016, May 2). Online at: <http://www.studentdoctor.net/2016/05/qa-stephen-aichele-phd-quantitative-psychologist/>

BBC Radio Leeds. Interview with Martin Kelner. (2016, March 2). Radio. Online at: <http://www.bbc.co.uk/programmes/p03j7493>

Daily Mail UK. Interview with Fiona Macrae. (2016, February 29). Want to live longer? Think positively! People who believe they are healthy tend to outlive those who worry about how they feel. Print. Online at: <http://www.dailymail.co.uk/sciencetech/article-3469728/The-sign-live-longer-Positive-thinking-People-believe-healthy-tend-outlive-worry-feel.html>