

# Stephen Aichele

[orcid.org/0000-0002-3397-7921](https://orcid.org/0000-0002-3397-7921)

University of Geneva  
Psychology & Educational Sciences (FPSE)  
Boulevard du Pont d'Arve 40  
1211 Geneva 4, Switzerland  
stephen.aichele@unige.ch

## 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

---

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

## Publications - Peer Reviewed

---

- Aichele, S.**, Ghisletta, P., Corley, J., Pattie, A., Taylor, A. M., Starr, J. M., & Deary, I. J. (*in press*). Fluid intelligence predicts change in depressive symptoms in later life: The Lothian Birth Cohort 1936. *Psychological Science*.
- Aichele, S.**, Rabbitt, P., & Ghisletta, P. (*in press*). Cardiovascular symptoms and processing speed declines differentially predict cerebral white matter lesions in older adults. *Archives of Gerontology and Geriatrics*. doi:10.1016/j.archger.2018.06.010
- 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*. doi:10.1080/00273171.2018.1463194
- 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*. 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*. doi:10.1080/13607863.2017.1394440
- Ghisletta, P., & **Aichele, S.** (2017). Quantitative methods in psychological aging research: A Mini-Review. *Gerontology*, 6, 529–537. doi:10.1159/000477582
- 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. doi:10.1177/0956797615626906
- 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. doi:10.1037/cns0000082
- 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. doi:10.1037/emo0000080
- Aichele, S.**, Rabbitt, P., & Ghisletta, P. (2015). Lifespan decrements in fluid intelligence and processing speed predict mortality risk. *Psychology and Aging*, 30, 598–612. doi:10.1037/pag0000035
- 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. doi:10.1016/j.neuroimage.2015.03.073

**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. doi:10.1371/journal.pone.0099987

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. doi:10.1037/a0031362

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. doi:10.1037/a0022764

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. doi:10.1016/j.psyneuen.2010.09.010

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. doi:10.1177/0956797610371339

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. doi:10.3758/APP.71.5.1042

## 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: 21<sup>st</sup> 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.* 21<sup>st</sup> 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>

## **Professional Associations and Working Group Memberships**

---

Society for the Improvement of Psychological Science - <http://improvingpsych.org/>

Institute for Health Metrics and Evaluation, Global Burden of Disease Collaborator  
Network - <http://www.healthdata.org/gbd>