

## CURRICULUM VITAE

Ola Mioduszeowski

613-265-5652

ola.mioduszeowski@ustpaul.ca

Languages: English, French, Polish

### AREAS OF RESEARCH INTEREST

*Mindfulness*

*Mindfulness-Based Stress Reduction (MBSR)*

*Neuro-imaging (fMRI): brain connectivity, structural integrity, functional imaging, emotional stroop*

*Positive Psychology*

*Attention Deficit Hyperactivity Disorder (ADHD)*

### EDUCATION

2014-2022	PhD – Experimental Psychology (University of Ottawa)
2011-2014	B.A. – Psychology <i>Magna Cum Laude</i> (University of Ottawa)
2001-2006	B.A. – Commerce with Honours (University of Ottawa)

### THESIS & TITLE

PhD	<i>Mindfulness-Based Stress Reduction (MBSR) and Chronic Neuropathic Pain (CNP): A pilot fMRI neuro-imaging analysis in breast cancer survivors. (2022)</i>
B.A.	<i>Working memory and executive functioning changes in elementary school children after implementation of a mindfulness curriculum. (2014)</i>

### TEACHING EXPERIENCE

2023-2024	<b>Assistant Teaching Professor</b> , Department of Psychology, University of New Brunswick (UNB) <ul style="list-style-type: none"><li>- PSYC3743 <i>Drugs and Behaviour</i></li><li>- PSYC4773 <i>Topical Seminar on Neuroscience and Mindfulness</i></li><li>- PSYC2113 <i>Introduction to Statistics</i></li><li>- PSYC3643 <i>Adult Development and Aging</i></li><li>- PSYC3745 <i>Survey of the Senses</i></li></ul>
2017-2018	<b>Teaching Assistant</b> , University of Ottawa (UO) <ul style="list-style-type: none"><li>- PSY3103 <i>Learning &amp; Conditioning</i></li><li>- PSY2174 <i>Research Methods &amp; Ethics</i></li></ul>
2016-2017	<b>Teaching Assistant</b> , University of Ottawa (UO) <ul style="list-style-type: none"><li>- PSY3103 <i>Learning &amp; Conditioning</i></li><li>- PSY3108 <i>Perception</i></li></ul>

- 2016 **Guest Lecture**, University of Ottawa (UO)  
- PSY 3306 *Psychosocial Aspects of Health*  
Lecture topic: *Pediatric Psychology & Mindfulness*
- 2015-2016 **Teaching Assistant**, University of Ottawa (UO)  
- PSY2174 *Research Methods & Ethics*
- 2014-2015 **Teaching Assistant**, University of Ottawa (UO)  
- PSY3103 *Learning & Conditioning*
- 2010-2011 English Teacher in Japan (JET Programme)

### **PROFESSIONAL AND RESEARCH EXPERIENCE**

2013-2016 **Research Assistant**, Dr. Patricia Poulin, Pain Clinic, The Ottawa Hospital

- Research assistant on neuroimaging protocol for RCT study,
- Objective of research: examining impact of mindfulness-based stress reduction (MBSR) in breast cancer survivors living with chronic neuropathic pain
- Responsibilities include: Facilitating fMRI imaging sessions, equipment set-up, patient engagement and training for tasks, data collection, data analysis, manuscript writing, and supervision of undergraduate students

2014- 2017 **Research Assistant**, Dr. Lisa Walker, The MS Clinic, The Ottawa Hospital

- Ottawa Mindfulness in Multiple Sclerosis (OMIMS Study)
- Lead research assistant on pilot project at the MS Clinic
- Objective of research: examine the relationship between Health-Related Quality of Life (HRQoL) variables in patients clinically diagnosed with MS and mindfulness, as measured by the Five Facet Mindfulness Questionnaire (FFMQ)
- Responsibilities include: selection of research measures, creation of online questionnaire, patient recruitment, patient engagement for consent/study participation, data collection, data analysis, manuscript writing, and supervision of undergraduate students

2005-2006 **President**, Commerce & Administration Student's Charity Organization (CASCO),  
School of Management, University of Ottawa

### **PUBLICATIONS**

Smith, A.M., **Mioduszewski, O.**, Hatchard, T., Byron-Alhassan, A., Fall, C., & Fried, P. (2016). Prenatal marijuana exposure impacts executive functioning into young adulthood: an fMRI study. *Neurotoxicology and Teratology*, doi:10.1016/j.ntt.2016.05.010.

Hatchard, T., **Mioduszewski, O.**, Zambrana, A., O'Farrell, E., Caluyong, M., Poulin, P.A. & Smith, A.M. (2016). Neural changes associated with mindfulness-based stress reduction

(MBSR): Current knowledge, limitations, and future directions. *Psychology and Neuroscience*.

Hatchard, T., **Mioduszewski, O.**, Fall, C., Byron-Alhassan, A., Fried, P., & Smith, A.M. (2017). Neural impact of low-level alcohol use on response inhibition: an fMRI investigation in young adults. *Behavioural Brain Research*.

**Mioduszewski, O.**, MacLean, H., Poulin, P.A., Smith, A.M., & Walker, L.A.S. (2018). Trait mindfulness and wellness in multiple sclerosis. *The Canadian Journal of Neurological Sciences*.

**Mioduszewski, O.**, Hatchard, T., Fang, Z., Poulin, P., Khoo, EL., Romanow, H., Shergill, Y., Yennant, E., Schneider, M.A., Browne, N., Smith, A.M. (2020). Breast cancer survivors living with chronic neuropathic pain show improved brain health following mindfulness-based stress reduction: a preliminary diffusion tensor imaging study. *Journal of Cancer Survivorship*.

Hatchard, T., Byron-Alhassan, A., **Mioduszewski, O.**, Holshausen, K., Smith, A. (2020) Working overtime: altered functional connectivity in working memory following regular cannabis use in young adults. *International Journal of Mental health and Addiction*.

Smith, A.M., Lemming, A., Zang, Z., Hatchard, T., **Mioduszewski, O.**, Schneider, M.A., Ferdossifard, A., Shergill, Y., Khoo, E-L., Poulin, P. (2020). Mindfulness-Based stress reduction alters brain activity for breast cancer survivors with chronic neuropathic pain: preliminary evidence from resting-state fMRI. *Journal of Cancer Survivorship*.

Hatchard, T., **Mioduszewski, O.**, Khoo, EL., Romanow, H., Shergill, Y., Tennant, E., Leeming, A., Fang, Z., Poulin, P., Smith, A.M. (2021). Reduced emotional reactivity in breast cancer survivors with chronic neuropathic pain following Mindfulness-Based Stress Reduction (MBSR): and fMRI pilot investigation. *Mindfulness*.

Hatchard, T., Penta, S., **Mioduszewski, O.**, Correia, S., Tissera, T., Brown, O., Haefner, S. A., Smith, A. M., Poulin, P. (2022). Increased gray matter following mindfulness-based stress reduction in breast cancer survivors with chronic neuropathic pain: preliminary evidence using voxel-based morphometry. *Acta Neurologica Belgica*.

## **CONFERENCE PRESENTATIONS**

**Mioduszewski, O;** Hatchard, T., Poulin, P., Smith, A.M. (2017). The impact of MBSR on emotional reactivity in breast cancer survivors experiencing neuropathic pain. *Presented at European Conference on Clinical Neuroimaging, Rome, 2017*.

Hatchard, T., **Mioduszewski, O.**, Fall, C., Byron-Alhassan, A., Fried, P., Smith, A.M. (2017). *Presented at European Conference on Clinical Neuroimaging, Rome, 2017*.

**Mioduszewski, O;** Hatchard, T., Fall C., Cameron, I., Smith A.M. (2015). Marijuana's impact on working memory: fmri result in young adults. *Presented at Organization for Human Brain Mapping; Honolulu, Hawaii, U.S.A.*

**Mioduszewski, O;** Byron-Alhassan, A. Smith, A. M. (2015). The impact of a mindfulness-based curriculum on behaviour in elementary school students. *Presented at Canadian Psychology Association, Ottawa, Canada.*

Hatchard, T., **Mioduszewski, O.,** Fall, C., Fried, P., & Smith, A.M. (2015). An fMRI investigation of response inhibition in low-level alcohol consuming young adults. *Presented at Organization for Human Brain Mapping; Honolulu, Hawaii, U.S.A.*

Byron-Alhassan, A., Hatchard, T., **Mioduszewski, O.,** & Smith, A.M. (2016). Comparing effects of alcohol and marijuana: A go/no-go fMRI study in young adults. *Poster presented at the Canadian Association for Neuroscience: Toronto, Ontario, Canada.*