
DR. SIMON BLACKWELL



Department
Clinical Psychology & Psychotherapy

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Position

Postdoctoral Researcher

Main research interests

- Positive mental imagery, from psychopathology (depression, anhedonia) to positive aspects of mental health (optimism, resilience)
- Identifying novel cognitive targets for interventions (e.g. positive mental imagery) and low-intensity intervention approaches (e.g. internet delivery)
- Translational research methods, from single case-series to randomized controlled trials

Vita

Education

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|-------------|---|
| 2016 – 2017 | Doktor der Philosophie (Dr. phil.), Faculty of Psychology, Ruhr-Universität Bochum. Grade awarded: <i>summa cum laude</i> . |
| 2005 – 2008 | Doctorate in Clinical Psychology (D.Clin.Psych.), University of Oxford |
| 2004 – 2005 | MSc Research in Psychology, University of Oxford |
| 1999 - 2002 | BA(Hons) Natural Sciences, University of Cambridge |

Professional Experience

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|----------------|--|
| 2015 – present | Postdoctoral Researcher, Mental Health Research and Treatment Center, Ruhr-Universität Bochum, Germany |
| 2015 – 2017 | Visiting Scientist, Medical Research Council Cognition and Brain Sciences Unit, Cambridge, UK |
| 2015 – 2016 | Junior Research Fellow, Wolfson College, University of Cambridge, Cambridge, UK |
| 2012 – 2015 | Investigator Scientist, Medical Research Council Cognition and Brain Sciences Unit, Cambridge, UK |
| 2010 – 2012 | Postdoctoral Researcher, Department of Psychiatry, University of Oxford, Oxford, UK |
| 2008 – 2010 | Clinical Psychologist, Psychological Services, Oxford Health NHS Foundation Trust, Oxford, UK |

Publications

Preprints

Blackwell, S. E., Wilhelm, F. H., Reinecke, A., Margraf, J., & Woud, M. L. (2023, March 9). Measuring Symptom-Specific Panic-Relevant Associations Using Single-Target Implicit Association Tests. doi: 10.31234/osf.io/2tjym ([view preprint](#))

Bagheri, M., Woud, M. L., Fachri Oglou, I., Fachri Oglou, F., Ratzkowski, J. D. J., Margraf, J., & **Blackwell, S. E.** (2023, February 22). An Experimental Investigation of the Causal Role of Mental Imagery in the Experience of Involuntary Memories. doi: 10.31219/osf.io/e54fg ([view preprint](#))

Bibi, A., **Blackwell, S. E.**, & Margraf, J. (2021, August 26). Positive Mental Imagery and Mental Health amongst University Students in Pakistan. doi: 10.31234/osf.io/q26da ([view preprint](#))

Peer reviewed publications

in press

Würtz, F., Steinman, S., **Blackwell, S. E.**, Wilhelm, F. H., Reinecke, A., Adolph, D., Margraf, J., & Woud, M. L. (in press). Effects of Training Body-Related Interpretations on Panic-Related Cognitions and Symptoms. *Cognitive Therapy and Research*. doi: 10.1007/s10608-023-10358-9 ([view article](#))

Blackwell, S. E., Schönbrodt, F. D., Woud, M. L., Wannemüller, A., Bektas, B., Rodrigues, M. B., Hirdes, J., Stumpp, M., & Margraf, J. (in press). Demonstration of a 'leapfrog' randomized controlled trial as a method to accelerate the development and optimization of psychological interventions. *Psychological Medicine*. doi: 10.1017/S0033291722003294 ([view article](#) / [view preprint](#))

Blackwell, S. E., Ehring, T., Gladwin, T., Margraf, J., & Woud, M. L. (in press). The relationship between self-traumatized and self-vulnerable automatic associations and posttraumatic stress symptoms among adults who have experienced a distressing life event. *Current Psychology*. doi: 10.1007/s12144-021-02441-9 ([view article](#) / [view preprint](#))

2022

Würtz, F., **Blackwell, S. E.**, Margraf, J., & Woud, M. L. (2022). The world dangerous it is – The scrambled sentences task for in the context of posttraumatic stress symptoms. *Journal of Experimental Psychopathology*, 13(3), 20438087221124737. doi: 10.1177/20438087221124737 ([view article](#) / [view preprint](#))

Blackwell, S. E., & Woud, M. L. (2022). Making the leap: From experimental psychopathology to clinical trials. *Journal of Experimental Psychopathology*, 13(1), 20438087221080076. doi: 10.1177/20438087221080075 ([view article](#) / [view preprint](#))

Würtz, F., Zahler, L., **Blackwell, S. E.**, Margraf, J., Bagheri, M., & Woud, M. L. (2022). Scrambled but valid? The scrambled sentences task as a measure of interpretation biases in psychopathology: A systematic review and meta-analysis. *Clinical Psychology Review*, 93, 102133. doi: 10.1016/j.cpr.2022.102133 ([view article](#) / [view preprint](#))

Würtz, F., Krans, J., **Blackwell, S. E.**, Cwik, J. C., Margraf, J., & Woud, M. L. (2022). Using Cognitive Bias Modification-Appraisal Training to Manipulate Appraisals about the Self and the World in Analog Trauma. *Cognitive Therapy and Research*, 46, 232-246. doi: 10.1007/s10608-021-10257-x ([view article](#) / [view preprint](#))

2021

Westermann, K., Woud, M. L., Cwik, J. C., Graz, C., Nyhuis, P., Margraf, J., & **Blackwell, S. E.** (2021). Feasibility of computerized positive mental imagery training as a treatment adjunct in inpatient mental health settings: a randomized controlled trial. *BJPsychOpen*, 7, e203. doi: 10.1192/bjo.2021.1042 ([view article](#) / [view preprint](#))

Woud, M. L., **Blackwell, S. E.**, Shkreli, L., Würtz, F., Cwik, J. C., Margraf, J., Holmes, E. A., Steudte-Schmiedgen, S., Herpertz, S., & Kessler, H. (2021). The effects of modifying dysfunctional appraisals in post-traumatic stress disorder using a form of cognitive bias modification: Results of a randomized controlled trial in an inpatient setting. *Psychotherapy and Psychosomatics*, 90, 386-402. doi: 10.1159/000514166 ([view article](#))

Pile, V., Smith, P., Leamy, M., Oliver, A., **Blackwell, S. E.**, Meiser-Stedman, R., Dunn, B. D., Holmes, E. A., & Lau, J. Y. F. (2021). Harnessing mental imagery and enhancing memory specificity: developing a brief early intervention for depressive symptoms in adolescence. *Cognitive Therapy and Research*, 45, 885-901. doi: 10.1007/s10608-020-10130-3 ([view article](#))

Zahler, L., Meyers, M., Woud, M. L., **Blackwell, S. E.**, Margraf, J., & Velten, J. (2021). Using three indirect measures to assess the role of sexuality-related associations and interpretations for women's sexual desire: An Internet-based experimental study. *Archives of Sexual Behavior*, *50*, 2471-2484. doi: 10.1007/s10508-020-01897-3 ([view article](#))

Wannemüller, A., Kumsta, R., Jöhren, H-P., Eley, T. C., Teismann, T., Moser, D., Rayner, C., Breen, G., Schaumburg, S., **Blackwell, S. E.**, & Margraf, J. (2021). Genes in treatment: polygenic risk scores for different psychopathologies, neuroticism, educational attainment and IQ and the outcome of two different exposure-based fear treatments. *The World Journal of Biological Psychiatry*, *22*, 699-712. doi: 10.1080/15622975.2021.1907708 ([view article](#))

Pile, V., Smith, P., Leamy, M., Oliver, A., Bennett, E., **Blackwell, S. E.**, Meiser-Stedman, R., Stringer, D., Dunn, B. D., Holmes, E. A., Lau, J. Y. F. (2021). A feasibility randomised controlled trial of a brief early intervention for adolescent depression that targets emotional mental images and memory specificity (IMAGINE trial). *Behaviour Research and Therapy*, *143*, 103876. doi: 10.1016/j.brat.2021.103876 ([view article](#))

Wong, S. F., Vaillancourt, S., Grossman, S., Kelly-Turner, K., **Blackwell, S. E.**, Ellenbogen, M. A. (2021) Intranasal oxytocin increases state anhedonia following imagery training of positive social outcomes in individuals lower in extraversion, trust-altruism, and openness to experience. *International Journal of Psychophysiology* *165*, 8-17. doi: 10.1016/j.ijpsycho.2021.03.013 ([view article](#))

Bibi, A., **Blackwell, S. E.**, & Margraf, J. (2021). Mental health, suicidal ideation, and experience of bullying among university students in Pakistan. *Journal of Health Psychology*, *26*, 1185-1196. doi: 10.1177/1359105319869819 ([view article](#))

Blackwell, S. E. & Heidenreich, T. (2021). Cognitive Behavior Therapy at the crossroads. *International Journal of Cognitive Therapy*, *14*, 1-22. doi: 10.1007/s41811-021-00104-y ([view article](#))

Blackwell, S. E. (2021). Mental imagery in the science and practice of Cognitive Behaviour Therapy: past, present, and future perspectives. *International Journal of Cognitive Therapy*, *14*, 160-181. doi: 10.1007/s41811-021-00102-0 ([view article](#))

Koerner, N., & **Blackwell, S. E.** (2021). Mental imagery in chronic worry and generalized anxiety disorder: Shining a spotlight on a key research and clinical target. *Behaviour Research and Therapy*, *137*, 103785. doi: 10.1016/j.brat.2020.103785 ([view article](#))

2020

Blackwell, S. E., Dooley, D., Würtz, F., Woud, M. L., & Margraf, J. (2020). Inducing positive involuntary mental imagery in everyday life: an experimental investigation. *Memory*, *28*, 1157-1172. Doi: 10.1080/09658211.2020.1822413 ([view article](#) / [view preprint version](#))

Iyadurai, L., Hales, S. A., **Blackwell, S. E.**, Young, K., & Holmes, E. A. (2020). Targeting intrusive imagery using a competing task technique: a case study. *Behavioural and Cognitive Psychotherapy*, *48*, 739-744. Doi:10.1017/S1352465820000296 ([view article](#))

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Spies, J. P., Woud, M. L., Kessler, H., Rau, H., Willmund, G. D., Köhler, K., Herpertz, S., **Blackwell, S. E.**, Bovin, M. J., Marx, B., & Cwik, J. C. (2020). Psychometric properties of the German version of the Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) in clinical routine settings: study design and protocol of a multitrait-multimethods study. *BMJ Open*, *10*:e036078. doi:10.1136/bmjopen-2019-036078 ([view article](#))

Bibi, A., Margraf, J., & **Blackwell, S. E.** (2020). Positive imagery cognitive bias modification for symptoms of depression amongst university students in Pakistan: a pilot study, *Journal of Experimental Psychopathology*, 11. doi: 10.1177/2043808720918030 ([view article](#))

Miragall, M., Borrego, A., Cebolla, A., Etchemendy, E., Navarro-Siurana, J., Llorens, R., **Blackwell, S. E.**, & Baños, R. M. (2020). Effect of an upright (vs. Stooped) posture on interpretation bias, imagery, and emotions. *Journal of Behavior Therapy and Experimental Psychiatry*, 68, 101560. doi: 10.1016/j.jbtep.2020.101560 ([view article](#))

Kessler, H., Schmidt, A.-C., James, E. L., **Blackwell, S. E.**, von Rauchhaupt, M., Harren, K., Kehyayan, A., Clark, I. A., Sauvage, M., Herpertz, S., Axmacher, N., & Holmes, E. A. (2020). Visuospatial computer game play after memory reactivation delivered three days after a traumatic film reduces the number of intrusive memories of the experimental trauma. *Journal of Behavior Therapy and Experimental Psychiatry*, 67, 101454. doi: 10.1016/j.jbtep.2019.01.006 ([view article](#))

2019

Blackwell, S. E., Woud, M., Margraf, J., & Schönbrodt, F. D. (2019). Introducing the leapfrog design: A simple Bayesian adaptive rolling trial design for accelerated treatment development and optimization. *Clinical Psychological Science*, 7, 1222-1243. doi: 10.1177/2167702619858071 ([view article](#) / [view preprint version](#))

Blackwell, S. E. (2019). Mental imagery: from basic research to clinical practice. *Journal of Psychotherapy Integration*, 29, 235-247. doi: 10.1037/int0000108 ([view article](#) or [manuscript version](#))

Velten, J., **Blackwell, S. E.**, Margraf, J., & Woud, M. L. (2019). Assessing Cognitive Appraisals Related to Sexual Function: A Scenario-Based Approach. *Archives of Sexual Behavior*, 48, 781-794. doi: 10.1007/s10508-019-1398-5 ([view article](#))

Woud, M. L., Cwik, J. C., de Kleine, R. A., **Blackwell, S. E.**, Würtz, F., Margraf, J. (2019). Assessing trauma-related appraisals by means of a scenario-based approach. *Cognitive Therapy and Research*, 43, 185-198. doi: 10.1007/s10608-018-9956-z ([view article](#))

Murphy, F. C., Peers, P. V., **Blackwell, S. E.**, Holmes, E. A., & Manly, T. (2019). Anticipated and imagined futures: prospective cognition and depressed mood following brain injury. *British Journal of Clinical Psychology*, 58, 91-109. doi: 10.1111/bjc.12202 ([view article](#))

2018

Kessler, H., Holmes, E. A., **Blackwell, S. E.**, Schmidt, A., Schweer, J. M., Bücker, A., Herpertz, S., Axmacher, N., Kehyayan, A. (2018). Reducing intrusive memories of trauma using a visuospatial interference intervention with inpatients with post-traumatic stress disorder (PTSD). *Journal of Consulting and Clinical Psychology*, 86, 1076-1090. doi: 10.1037/ccp0000340 ([view article](#))

Hales, S. A., Di Simplicio, M., Iyadurai, L., **Blackwell, S. E.**, Young, K., Fairburn, C. G., Geddes, J. R., Goodwin, G. M., & Holmes, E. A. (2018). Imagery-focused cognitive therapy (ImCT) for mood instability and anxiety in a small sample of patients with bipolar disorder: a pilot clinical audit. *Behavioural and Cognitive Psychotherapy*, 46, 706-725. doi: 10.1017/S1352465818000334 ([view article](#))

Blackwell, S.E., Westermann, K., Woud, M.L., Cwik, J.C., Neher, T., Graz, C., Nyhuis, P.W., Margraf, J. (2018). Computerized positive mental imagery training versus cognitive control training versus treatment as usual in inpatient mental health settings: study protocol for a randomized controlled feasibility trial. *Pilot and Feasibility Studies*, 4:133. doi: 10.1186/s40814-018-0325-1. ([view article](#))

Iyadurai, L., **Blackwell, S. E.**, Meiser-Stedman, R., Watson, P. C., Bonsall, M. B., Geddes, J. R., Nobre, A.C. & Holmes, E. A. (2018). Preventing intrusive memories after trauma via a brief intervention involving Tetris computer game play in the emergency department: a proof-of-concept randomized controlled trial. *Molecular Psychiatry*, 23, 674-682. doi: 10.1038/mp.2017.23 ([view article](#))

Pile, V., Smith, P., Leamy, M., **Blackwell, S. E.**, Meiser-Stedman, R., Stringer, D., Ryan, E. G., Dunn, B. D., Holmes, E. A., & Lau, J. Y. F. (2018). A brief early intervention for adolescent depression that targets emotional mental images and memories: protocol for a feasibility randomised controlled trial (IMAGINE trial). *Pilot and Feasibility Studies*, 4, 97. doi: 10.1186/s40814-018-0287-3 ([view article](#))

Woud, M. L., **Blackwell, S. E.**, Cwik, J. C., Margraf, J., Holmes, E. A., Steudte-Schmiedgen, S., Herpertz, S., & Kessler, H. (2018). Augmenting inpatient treatment for post-traumatic stress disorder with a computerized

cognitive bias modification procedure targeting appraisals (CBM-App): Protocol for a randomized controlled trial. *BMJ Open*, 8: e019964. doi:10.1136/bmjopen-2017-019964 ([view article](#))

Woud, M. L., **Blackwell, S. E.**, Steudte-Schmiedgen, S., Browning, M., Holmes, E. A., Harmer, C. J., Margraf, J., & Reinecke, A. (2018). Investigating d-cycloserine as a potential pharmacological enhancer of an emotional bias learning procedure. *Psychopharmacology*, 32, 569-577. doi: 10.1177/0269881118754679 ([view article](#))

Woud, M. L., Zlomuzica, A., Cwik, J., Margraf, J., Shrekli, L., **Blackwell, S. E.**, Gladwin, T., & Ehring, T. (2018). Effects of appraisal training on responses to recalling a distressing autobiographical event. *Journal of Anxiety Disorders*, 56, 26-34. doi: 10.1016/j.janxdis.2018.03.010 ([view article](#))

Woud, M. L., Cwik, J. C., **Blackwell, S. E.**, Kleim, B., Holmes, E. A., Adolph, D., Zhang, H., & Margraf, J. (2018). Does napping enhance the effects of Cognitive Bias Modification-Appraisal training? An experimental study. *PLoS ONE* 13(2): e0192837. doi: 10.1371/journal.pone.0192837 ([view article](#))

2017

Blackwell, S. E., Woud, M. L., & MacLeod, C. (2017) A question of control? Examining the role of control conditions in experimental psychopathology using the example of cognitive bias modification research. *Spanish Journal of Psychology*, 20: e54. doi: 10.1017/sjp.2017.41 ([view article](#) or [download pdf](#))

Renner, F., Ji, J. L., Pictet, A., Holmes, E. A., & **Blackwell, S. E.** (2017). Effects of engaging in repeated mental imagery of future positive events on behavioural activation in individuals with major depressive disorder. *Cognitive Therapy and Research*, 41, 369-380. doi: 10.1007/s10608-016-9776-y ([view article](#))

Murphy, S. E., O'Donoghue, M. C., **Blackwell, S. E.**, Nobre, A. C., Browning, M., & Holmes, E. A. (2017). Increased rostral anterior cingulate activity following positive mental imagery training in healthy older adults. *Social Cognitive and Affective Neuroscience*, 12, 1950-1958. doi: 10.1093/scan/nsx120 ([view article](#))

de Voogd, L., de Hullu, E., Burnett Heyes, S., **Blackwell, S. E.**, Wiers, R. W., Salemink, E. (2017). Imagine the bright side of life: A randomized controlled trial of two types of interpretation bias modification procedure targeting adolescent anxiety and depression. *PLoS ONE* 12(7): e0181147. doi: 10.1371/journal.pone.0181147. ([view article](#))

Blackwell, S. E., & Holmes, E. A. (2017). Brightening the day with flashes of positive mental imagery: a case study of an individual with depression. *Journal of Clinical Psychology*, 73, 579-589. doi: 10.1002/jclp.22455 ([view article](#))

Horsch, A., Vial, Y., Favrod, C., Harari, M. M., **Blackwell, S. E.**, Watson, P., Iyadurai, L., Bonsall, M. B., & Holmes, E. A. (2017). Reducing intrusive traumatic memories after emergency caesarean section: a proof-of-principle randomized controlled study. *Behaviour Research and Therapy*, 94, 36-47. doi: 10.1016/j.brat.2017.03.018 ([view article](#))

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Cwik, J. C., Till, B., Bieda, A., **Blackwell, S. E.**, Walter, C., Teismann, T. (2017). Measuring attitudes towards suicide: Preliminary evaluation of an attitude towards suicide scale. *Comprehensive Psychiatry*, 72, 56-65. doi: 10.1016/j.comppsy.2016.09.008 ([view article](#))

2016

Di Simplicio, M., Renner, F., **Blackwell, S. E.**, Mitchell, H., Stratford, H. J., Watson, P., Myers, N., Nobre, A. C., Lau-Zhu, A., & Holmes, E. A. (2016). An investigation of mental imagery in bipolar disorder: Exploring “the mind’s eye”. *Bipolar Disorders*, *18*, 669-683. doi: 10.1111/bdi.12453 ([view article](#))

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2015

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Rohrbacher, H., **Blackwell, S. E.**, Holmes, E. A. & Reinecke, A. (2014). Optimizing the ingredients for imagery-based interpretation bias modification for depressed mood: is self-generation more effective than imagination alone? *Journal of Affective Disorders*, *152-154*, 212-218. doi: 10.1016/j.jad.2013.09.013 ([view article](#))

Clarke, P. J. F., Nanthakumar, S., Notebaert, L., Holmes, E. A., **Blackwell, S. E.**, & MacLeod, C. (2014). Simply imagining sunshine, lollipops and rainbows will not budge the bias: The role of ambiguity in interpretive bias modification. *Cognitive Therapy and Research*, *38*, 120-131. doi: 10.1007/s10608-013-9564-x ([view article](#))

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2013

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2012

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2011

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2010

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1999

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