

# Ekaterina Denkova (Ninova)

Research Assistant Professor | Assistant Director Neuroimaging Facility  
Assistant Director of Research UMindfulness Initiative  
Department of Psychology | University of Miami  
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Updated: May 2023

## ACADEMIC HISTORY

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**Research Assistant Professor**, July 2018–Present  
Department of Psychology, University of Miami

**Assistant Director Neuroimaging Facility**, August 2016–Present  
Department of Psychology, University of Miami

**Research Scientist**, July 2017–June 2018  
Department of Psychology, University of Miami

**Postdoctoral Research Associate**, November 2014–June 2017\*  
Department of Psychology, University of Miami

**Postdoctoral Fellow**, June 2008–June 2010  
Department of Psychiatry, University of Alberta

## EDUCATION

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**Ph.D., Neuropsychology**, Medical Sciences, University of Strasbourg, 2003–2006  
Advisor: Dr. Liliann Manning  
Dissertation: *How Autobiographical Memory Interacts with Emotion and Influences Semantic Memory: fMRI and Behavioral Investigations in Normal and Brain-Damaged People*  
International Dissertation Committee: Dr. H. Markowitsch, Dr. X. Seron, Dr. M.N. Metz-Lutz

**M.A. (DEA National), Cognitive Neuropsychology**, University of Toulouse, 2002–2003  
Advisor: Dr. Liliann Manning  
Thesis: *Recognition of Famous and Next of Kin Faces and Autobiographical Memory: fMRI Investigations*

**M.A. (Maîtrise), Cognitive Psychology**, University of Strasbourg, 2001–2002  
Advisor: Dr. Marie-Noelle Metz-Lutz, Neurological Clinic, University Hospital of Strasbourg  
Thesis: *Development of Spatial Working Memory in Children*

**B.A. (Licence), Psychology**, University of Strasbourg, 1998–2001

## PUBLICATIONS (FROM RECENT TO OLD)

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[Total publications = 47; Peer-reviewed articles = 41; book chapters = 6]

[h-index = 19; i10-index = 34]

### Google scholar:

[https://scholar.google.com/citations?hl=en&user=nNB37iEAAAAJ&view\\_op=list\\_works&sortby=pubdate](https://scholar.google.com/citations?hl=en&user=nNB37iEAAAAJ&view_op=list_works&sortby=pubdate)

### Peer-reviewed articles

1. Witkin, J. E., **Denkova, E.**, Zanesco, A.P., Morrison, A.B., Rooks, J., Carpenter J., Baime., M., & Jha A.P. (2022) Does Intensive Mindfulness Training Strengthen Sustained Attention? Examining Individual Differences in Mind Wandering during the Sustained Attention to Response Task. *OBM Integrative and Complementary Medicine*, 7 (2), 1-1. <https://doi.org/10.21926/obm.icm.2202016>
2. Zanesco, A.P., **Denkova E.**, & Jha, A.P. (2022) Examining Long-Range Temporal Dependence in Experience Sampling Reports of Mind Wandering. *Computational Brain & Behavior*, 5 (2), 217-233. <https://doi.org/10.1007/s42113-022-00130-9>
3. Jha, A. P., Zanesco, A. P., **Denkova, E.**, MacNaulty, W., & Rogers, S. L. (2022). The effects of mindfulness training on working memory performance in high-demand cohorts: a multi-study investigation. *Journal of Cognitive Enhancement*, 6 (2), 192-204. <https://doi.org/10.1007/s41465-021-00228-1>
4. **Denkova, E.**, Barry, J., Slavin, L., Zanesco, A. P., Rogers, S.L., & Jha, A.P. (2021). Investigating the impact of peer-trainer delivered mindfulness training on cognitive abilities and psychological health. *Mindfulness*, 12, 2645–2661. <https://doi.org/10.1007/s12671-021-01713-6>
5. Witkin, J. E., **Denkova, E.**, Zanesco, A. P., Llabre, M.M., & Jha, A. P. (2021). Higher self-reported PTSD symptoms are associated with poorer working memory in active-duty service members. *Neuropsychology*, 35(7), 718–730. <https://doi.org/10.1037/neu0000755>
6. Zanesco, A. P., **Denkova, E.**, & Jha, A. P. (2021). Associations between self-reported spontaneous thought and temporal sequences of EEG microstates. *Brain and Cognition*, 150, 105696. <https://doi.org/10.1016/j.bandc.2021.105696>
7. Zanesco, A. P., **Denkova, E.**, & Jha, A. P. (2021). Self-reported mind wandering and response time variability differentiate pre-stimulus electroencephalogram microstate dynamics during a sustained attention task. *Journal of Cognitive Neuroscience*, 33(1), 28-45. [http://doi.org/10.1162/jocn\\_a\\_01636](http://doi.org/10.1162/jocn_a_01636)
8. **Denkova, E.**, Zanesco, A. P., Rogers, S. L., & Jha, A. P. (2020). Is resilience trainable? An initial study comparing mindfulness and relaxation training in firefighters. *Psychiatry Research*, 285, 11794. <https://doi.org/10.1016/j.psychres.2020.112794>
9. Jha, A. P., Zanesco, A. P., **Denkova, E.**, Morrison, A. B., Ramos, N., Chichester, K., Gaddy, J., & Rogers, S. L. (2020). Bolstering cognitive resilience via train-the-trainer delivery of mindfulness training in applied high-demand settings. *Mindfulness*, 11(3), 683-697. <https://doi.org/10.1007/s12671-019-01284-7>

10. Jha, A. P., Zanesco, A. P., **Denkova, E.**, Rooks, J., Morrison, A. B., & Stanley, E. (2020). Comparing mindfulness and positivity trainings in high-demand cohorts. *Cognitive Therapy and Research*, *44*(2), 311-326. <https://doi.org/10.1007/s10608-020-10076-6>
11. Witkin, J. E., Zanesco, A. P., **Denkova, E.**, & Jha, A. P. (2020). Dynamic adjustments in working memory in the face of affective interference. *Memory & Cognition*, *48*(1), 16-31. <http://doi.org/10.3758/s13421-019-00958-w>
12. Zanesco, A. P., **Denkova, E.**, Witkin, J. E., & Jha, A. P. (2020). Experience sampling of the degree of mind wandering distinguishes hidden attentional states. *Cognition*, *205*, 104380. <http://doi.org/10.1016/j.cognition.2020.104380>
13. Zanesco, A. P., Witkin, J. E., Morrison, A. B., **Denkova, E.**, & Jha, A. P. (2020). Memory load, distracter interference, and dynamic adjustments in cognitive control influence working memory performance across the lifespan. *Psychology and Aging*, *35*(5), 614-626. <https://doi.org/10.1037/pag0000434>
14. **Denkova, E.**, Nomi, J. S., Uddin, L. Q., & Jha, A. P. (2019). Dynamic brain network configurations during rest and an attention task with frequent occurrence of mind wandering. *Human Brain Mapping*, *40*(15), 4564-4576. <http://doi.org/10.1002/hbm.24721>
15. Jha, A. P., **Denkova, E.**, Zanesco, A. P., Witkin, J. E., Rooks, J., & Rogers, S. L. (2019). Does mindfulness training help working memory 'work' better? *Current Opinion in Psychology*, *28*, 273-278. <http://doi.org/10.1016/j.copsyc.2019.02.012>
16. Zanesco, A. P., **Denkova, E.**, Rogers, S. L., MacNulty, W. K., & Jha, A. P. (2019). Mindfulness training as cognitive training in high-demand cohorts: An initial study in elite military servicemembers. *Progress in Brain Research*, *244*, 323-354. <http://doi.org/10.1016/bs.pbr.2018.10.001>
17. Brudner, E. G., **Denkova, E.**, Paczynski, M., & Jha, A. P. (2018). The role of expectations and habitual emotion regulation in emotional processing: An ERP investigation. *Emotion*, *18*(2), 171-180. <http://doi.org/10.1037/emo0000313>
18. **Denkova, E.**, Brudner, E. G., Zayan, K., Dunn, J., & Jha, A. P. (2018). Attenuated face processing during mind wandering. *Journal of Cognitive Neuroscience*, *30*(11), 1691-1703. [http://doi.org/10.1162/jocn\\_a\\_01312](http://doi.org/10.1162/jocn_a_01312)
19. Dolcos, F., & **Denkova, E.** (2016). Dissocier les effets facilitants et les effets délétères de l'émotion sur la cognition [Dissociating between enhancing and impairing effects of emotion on cognition]. *Santé Mentale au Québec*, *41*(1), 15-34. <https://doi.org/10.7202/1036964ar>
20. Ernst, A., Noblet, V., **Denkova, E.**, Blanc, F., De Seze, J., Gounot, D., & Manning, L. (2016). Distinct and common cerebral activation changes during mental time travel in relapsing-remitting multiple sclerosis patients. *Brain Imaging and Behavior*, *10*(1), 296-313. <http://doi.org/10.1007/s11682-015-9394-4>
21. **Denkova, E.**, Dolcos, S., & Dolcos, F. (2015). Neural correlates of 'distracting' from emotion during autobiographical recollection. *Social Cognitive and Affective Neuroscience*, *10*(2), 219-230. <http://doi.org/10.1093/scan/nsu039>
22. Ernst, A., Noblet, V., **Denkova, E.**, Blanc, F., de Seze, J., Gounot, D., & Manning, L. (2015). Functional cerebral changes in multiple sclerosis patients during an autobiographical memory test. *Memory*, *23*(8), 1123-1139. <http://doi.org/10.1080/09658211.2014.955805>

23. **Denkova, E.,** & Manning, L. (2014). fMRI contributions to addressing autobiographical memory impairment in temporal lobe pathology. *World Journal of Radiology*, 6(4), 93-105. <http://doi.org/10.4329/wjr.v6.i4.93>
24. Dolcos, F., & **Denkova, E.** (2014). Current emotion research in cognitive neuroscience: linking enhancing and impairing effects of emotion on cognition. *Emotion Review*, 6, 362-375. <https://doi.org/10.1177%2F1754073914536449>
25. **Denkova, E.,** Dolcos, S., & Dolcos, F. (2013). The Effect of Retrieval Focus and Emotional Valence on the Inferior Frontal Cortex Activity during Autobiographical Recollection. *Frontiers in Behavioral Neuroscience*, 7, 192. <http://doi.org/10.3389/fnbeh.2013.00192>
26. **Denkova, E.,** Dolcos, S., & Dolcos, F. (2013). The Effect of Retrieval Focus and Emotional Valence on the Medial Temporal Lobe Activity during Autobiographical Recollection. *Frontiers in Behavioral Neuroscience*, 7, 109. <http://doi.org/10.3389/fnbeh.2013.00109>
27. Jordan, A. D., Dolcos, S., **Denkova, E.,** & Dolcos, F. (2013). Sex differences in the response to emotional distraction: an event-related fMRI investigation. *Cognitive, Affective & Behavioral Neuroscience*, 13(1), 116-134. <http://doi.org/10.3758/s13415-012-0134-6>
28. Manning, L., **Denkova, E.,** & Unterberger, L. (2013). Autobiographical significance in past and future public semantic memory: a case-study. *Cortex*, 49(8), 2007-2020. <http://doi.org/10.1016/j.cortex.2012.11.007>
29. **Denkova, E.,** Dolcos, S., & Dolcos, F. (2012). Reliving emotional personal memories: affective biases linked to personality and sex-related differences. *Emotion*, 12(3), 515-528. <http://doi.org/10.1037/a0026809>
30. Dolcos, F., **Denkova, E.,** & Dolcos, S. (2012). Neural correlates of emotional memories: A review of evidence from brain imaging studies. *Psychologia*, 55, 80-111. <https://doi.org/10.2117/psysoc.2012.80>
31. Wong, G., Dolcos, S., **Denkova, E.,** Morey, R., Wang, L., McCarthy, G., & Dolcos, F. (2012). Brain imaging investigation of the impairing effect of emotion on cognition. *Journal of Visualized Experiments* (60). <http://doi.org/10.3791/2434>
32. **Denkova, E.,** Chakrabarty, T., Dolcos, S., & Dolcos, F. (2011). Brain imaging investigation of the neural correlates of emotional autobiographical recollection. *Journal of Visualized Experiments* (54). <http://doi.org/10.3791/2396>
33. Dolcos, S., Sung, K., **Denkova, E.,** Dixon, R. A., & Dolcos, F. (2011). Brain imaging investigation of the neural correlates of emotion regulation. *Journal of Visualized Experiments* (54). <http://doi.org/10.3791/2430>
34. **Denkova, E.,** Wong, G., Dolcos, S., Sung, K., Wang, L., Coupland, N., & Dolcos, F. (2010). The impact of anxiety-inducing distraction on cognitive performance: a combined brain imaging and personality investigation. *PLoS One*, 5(11), e14150. <http://doi.org/10.1371/journal.pone.0014150>
35. Botzung, A., **Denkova, E.,** Ciuciu, P., Scheiber, C., & Manning, L. (2008). The neural bases of the constructive nature of autobiographical memories studied with a self-paced fMRI design. *Memory*, 16(4), 351-363. <http://doi.org/10.1080/09658210801931222>
36. Botzung, A., **Denkova, E.,** & Manning, L. (2008). Experiencing past and future personal events: functional neuroimaging evidence on the neural bases of mental time travel. *Brain and Cognition*, 66(2), 202-212. <http://doi.org/10.1016/j.bandc.2007.07.011>

37. Dolcos, F., & **Denkova, E.** (2008). Neural correlates of encoding emotional memories: A review of functional neuroimaging evidence. *Cell Science Reviews*, 5, 78-122.
38. Botzung, A., **Denkova, E.**, & Manning, L. (2007). Psychogenic memory deficits associated with functional cerebral changes: an fMRI study. *Neurocase*, 13(5), 378-384.  
<http://doi.org/10.1080/13554790701851528>
39. **Denkova, E.**, Botzung, A., & Manning, L. (2006). Neural correlates of remembering/knowing famous people: an event-related fMRI study. *Neuropsychologia*, 44(14), 2783-2791.  
<http://doi.org/10.1016/j.neuropsychologia.2006.05.029>
40. **Denkova, E.**, Botzung, A., Scheiber, C., & Manning, L. (2006). Implicit emotion during recollection of past events: a nonverbal fMRI study. *Brain Research*, 1078(1), 143-150.  
<http://doi.org/10.1016/j.brainres.2006.01.061>
41. **Denkova, E.**, Botzung, A., Scheiber, C., & Manning, L. (2006). Material-independent cerebral network of re-experiencing personal events: evidence from two parallel fMRI experiments. *Neuroscience Letters*, 407(1), 32-36. <http://doi.org/10.1016/j.neulet.2006.07.075>

### **Book chapters**

42. **Denkova, E.**, Alessio, C., Barry, J., Zanesco, A.P., Rogers, S.L., Matusевич, K., & Jha A.P. (2022). Chapter 5 Mindfulness Training in Organizational Settings: An Empirical Look at the Research. In L. Wilkin & Y. Pathak (Eds.), *De Gruyter Handbook of Organizational Conflict Management* (pp. 57-68). Berlin, Boston: De Gruyter. <https://doi.org/10.1515/9783110746365-005>
43. **Denkova, E.**, Zanesco, A. P., Morrison, A. B., Rooks, J., Rogers, S. L., & Jha, A. P. (2020). Strengthening attention with mindfulness training in workplace settings. In D. Siegel & M. F. Solomon (Eds.), *Mind, Consciousness, and Well-Being*: Norton Professional Books.  
<https://wwnorton.com/books/9780393713312>
44. Dolcos, F., Katsumi, Y., **Denkova, E.**, & Dolcos, S. (2017). Factors influencing the opposing effects of emotion on cognition: A review of evidence from research on visual perception and episodic memory. In I. Opris & M. F. Casanova (Eds.), *Physics of the Mind and Brain Disorders: Integrated Neural Circuits Supporting the Emergence of Mind*. Springer.  
[http://doi.org/10.1007/978-3-319-29674-6\\_14](http://doi.org/10.1007/978-3-319-29674-6_14)
45. Dolcos, F., Katsumi, Y., **Denkova, E.**, Weymar, M., & Dolcos, S. (2017). Current issues and emerging: directions in the impact of emotion on memory: a review of evidence from brain imaging investigations. In T. Tsukiura & S. Umeda (Eds.), *Memory in Social Context*. Springer.  
[https://doi.org/10.1007/978-4-431-56591-8\\_5](https://doi.org/10.1007/978-4-431-56591-8_5)
46. Katsumi, Y., **Denkova, E.**, & Dolcos, S. (2017). Personality and memory. In V. Zeigler-Hill & T. K. Shackelford (Eds.), *Encyclopedia of Personality and Individual Differences*. Springer.  
[https://doi.org/10.1007/978-3-319-28099-8\\_992-1](https://doi.org/10.1007/978-3-319-28099-8_992-1)
47. Dolcos, F., & **Denkova, E.** (2015). Dissociating enhancing and impairing effects of emotion on cognition. In R. Scott & S. Kosslyn (Eds.), *Emerging Trends in the Social and Behavioral Sciences: An Interdisciplinary, Searchable, and Linkable Resource*. John Wiley & Sons.  
<https://doi.org/10.1002/9781118900772.etrds0079>

### Submitted/Under revision

1. **Denkova E.**, Barry J., Zanesco A.P., Rooks J., Rogers S.L., & Jha A.P. (revise & resubmit). Online Mindfulness Training for Older Adults during COVID-19 Pandemic: A Randomized Control Trial using Multi-Method Approach
2. Zanesco A.P., **Denkova E.**, & Jha A.P. (submitted). The frequency of mind wandering increases over time during ongoing task performance. <https://psyarxiv.com/46xfh/>
3. Zanesco A.P., Van Dam N.T., **Denkova E.**, & Jha A.P. (submitted). Measuring Mind Wandering with Experience Sampling during Task Performance: An Item Response Theory Investigation
4. Price M., Zanesco A.P., **Denkova E.**, Barry J., Rogers S.L., & Jha A.P. (to resubmit). Investigating the Protective Effects of Mindfulness-Based Attention Training on Mind Wandering in Applied Settings
5. Boland, C., Zanesco, A.P., **Denkova, E.**, Alessio, C., Price, M., Rogers, S.L., & Jha, A.P. (to resubmit). Investigating the Impact of Short-form Mindfulness Training on Measures of Stress and Affect in Time-pressured Professional and Community Settings.

### *Thesis (in English)*

**Denkova E** (2006). Neural bases of autobiographical memory: How personal recollections interact with emotion and influence semantic memory. University of Strasbourg, France.  
<https://bu.unistra.fr/opac/resource/the-neural-bases-of-autobiographical-memory-how-personal-recollections-interact-with-emotion-and-inf/BUS0261802>

### **PRESENTATIONS**

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1. **Denkova E** (2022). Investigating brain network configurations during rest and task with frequent mind wandering. *McKnight Brain Institute Research Seminar*. August 10, 2022.
2. **Denkova E**, Barry J, Zanesco A, Rogers SL, & Jha AP. (2022). Mindfulness and Military Spouses: A Train-the-Trainer Model. Symposium 2.0. Push-ups for the Mind: The Military and Mindfulness Research. *APA Convention*, August 4-6, 2022; Minneapolis, MN.
3. Zanesco A, **Denkova E**, & Jha AP. (2022). Mindfulness and Working Memory: A Meta-Analyses in Military Samples. Symposium 2.0. Push-ups for the Mind: The Military and Mindfulness Research. *APA Convention*, August 4-6, 2022; Minneapolis, MN.
4. Alessio C., Barry J., Zanesco A.P., Matusevich K., Rogers S.L., **Denkova E.**, & Jha A.P. (2021). Investigating train-the-trainer delivery of short-form mindfulness training by Human Resource professionals in a workplace setting. *International Conference on Mindfulness*, July 5-8, 2021; Virtual Conference.
5. **Denkova E.** (2021). Investigating resilience training in military spouses. *Family & Resilience Research IPR Military Operational Medicine Research Program*, MOMPR, June 24-25, 2021; Virtual Meeting.
6. **Denkova E.** (2021). Mindfulness Training Research in High-Pressured Settings: Practical Considerations. *BRIDG Seminar funded by The National Center for Complementary and Integrative Health (NCCIH)*, May 5, 2021; Virtual Seminar.

7. Pooresmaeil A., **Denkova E.**, & Jha A.P. (2021). Remember Me?: Examining the Neurobehavioral Bases of Memory. *Annual Atlantic Coast Conference (ACC) of the Minds*. April 9-10, 2021; Virtual Conference.
8. **Denkova E.**, Rogers S.L., & Jha A.P. (2020). Dissemination of mindfulness training in time-pressured high-demand settings. *The Mind & Life 2020 Contemplative Research Conference*, November 5-8, 2020; Virtual Conference.
9. **Denkova E.** (2020). Mindfulness-Based Attention Training (MBAT) for law enforcement, military, and first responders: An introduction to training and the benefits. *Mindfulness and QiGong Conversations Conference*, September 26, 2020; Virtual Conference.
10. **Denkova E.** (2020). Bolstering resilience with mindfulness training. *International Police Resilience Symposium*, September 22-24, 2020; Virtual Conference.
11. **Denkova E.** (2019). Investigating resilience training in military spouses. *Family & Resilience Research IPR*. July 30-31, 2019; Dt. Detrick, MD.
12. **Denkova E.** (December 4, 2018). Coping with stress: what are the benefits of mindfulness training? *Wellness Week 2018*, December 4, 2018; University of Miami Miller School of Medicine.
13. **Denkova E.**, Zanesco AP, Witkin, E, Slavin L, Rogers SL, & Jha AP (2018). The impact of mindfulness training and at-home practice on attentional performance in firefighters. *International Symposium for Contemplative Research*, Phoenix, AZ.
14. **Denkova E.**, Nomi, JS, Gopal Vij S, Uddin LQ, & Jha AP (2018). In search of mind wandering: dynamic functional connectivity during task and rest. Data Blitz. Annual Meeting of the *Cognitive Neuroscience Society*, Boston, MA.
15. **Denkova E.**, Brudner E, Dunn J, Zayan K, & Jha A (2017). Face processing is attenuated during mind wandering: An ERP Investigation. Annual Meeting of the *Society for Neuroscience*, Washington, DC.
16. **Denkova E.** (April 2017). Mémoire autobiographique : relations entre processus cognitifs et émotionnels. Campus Saint Jean, University of Alberta, Canada.
17. **Denkova E.** (May 2016). On the complexity of autobiographical memory: interactions with emotional and cognitive processes. University of Guelph, Canada.
18. **Denkova E.** (December 2015). Neural correlates underlying subjective and objective indices of mind wandering. NIS, University of Miami, USA.
19. **Denkova E.** (March 2015). Autobiographical memory: Its influence on and interactions with other mental functions, BCCL, University of Miami, USA.
20. **Denkova E.** (May 2010). The impact of emotion and emotion-related personality traits on memory: combining behavioural and brain imaging approaches. *Centre for Neuroscience*, University of Alberta, Canada.
21. **Denkova E.** (January 2008). Neural bases of autobiographical memory: How personal recollections interact with emotion and influence semantic memory. *Alberta Cognitive Neuroscience Seminars*, Canada.

22. **Denkova E** (June 2006). Implicit emotion during recollection of past events: a nonverbal fMRI study. Workshop on Emotion and Spatial Memory, *Réseau Grand-Est des Sciences Cognitives*, Strasbourg, France.
23. **Denkova E** (2004). Processing faces with different instructions: fMRI studies. *The British Neuropsychological Society Meeting*, National Hospital, London, UK.
24. **Denkova E**, Botzung A, & Ritter E (2004). Neuroanatomy of memory in mild cognitive impairment. Memory Workshop, Freiburg, Germany.
25. **Denkova E** (2004). Recollections cued with photographs: an event-related fMRI study. Meeting of the Institute of Biological Physics, University Hospital of Strasbourg, France.
26. **Denkova E** (2003). Autobiographical memory: experimentation. Meeting of Imagery and Cognition, *Réseau Grand-Est des Sciences Cognitives*, Nancy, France.

## CONFERENCE POSTERS

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1. Zanesco, A.P., **Denkova, E.**, & Jha, A.P. (2023). The frequency of mind wandering increases with greater time-on-task. Poster presented at the inaugural meeting of the *International Society for Contemplative Research*, San Diego, CA.
2. **Denkova, E.**, Barry, J., Zanesco, A.P., Rooks, J., Rogers, S.L., & Jha, A.P. (2023). Online mindfulness training for older adults during the COVID-19 pandemic: A randomized control trial. Poster presented at the inaugural meeting of the *International Society for Contemplative Research*, San Diego, CA.
3. Barry, J., Zanesco, A.P., **Denkova, E.**, Rogers, S.L., & Jha, A.P. (2023). Examining the protective effects of short-form mindfulness training on sustained attention. Poster presented at the inaugural meeting of the *International Society for Contemplative Research*, San Diego, CA.
4. Zanesco AP, **Denkova E**, Barry J, Alessio C, & Jha AP (2022). Cognitive Correlates of Operational Performance in an Augmented-Reality Simulation. *Military Health System Research Symposium* (MHSRS), September 12-15, 2022. Kissimmee, FL.
5. Price M, Zanesco AP, **Denkova E**, & Jha AP (2022). PTSD Symptomatology Mediates Cognitive Failures in Daily Life After Combat Experience in Elite Military Service Members. *Military Health System Research Symposium* (MHSRS), September 12-15, 2022. Kissimmee, FL.
6. Price M, Zanesco AP, **Denkova E**, Barry J, Rogers S, & Jha AP (2022). Taming the Wandering Mind with Mindfulness-Based Attention Training: An Internal Meta-Analyses. *APA Convention*, August 4-6, 2022; Minneapolis, MN.
7. Boland C, Zanesco AP, **Denkova E**, Alessio C, Price M, Rogers S, & Jha AP (2022). The Impact of Mindfulness Training on Stress and Affect in Time-pressured Community Settings. *APA Convention*, August 4-6, 2022; Minneapolis, MN.
8. Zanesco AP, **Denkova E**, & Jha AP (2021). Re-Examining Long-Range Temporal Dependence in Experience Sampling Reports of Mind Wandering. 62<sup>th</sup> Annual Meeting of the *Psychonomic Society*, November 4-7, 2021; Virtual Conference.



9. Boland CL, Alessio C, McDonald K, Zanesco AP, **Denkova E**, & Jha AP (2021). Feasibility and Acceptability of Digital Application-based Delivery of Mindfulness Training. *American Psychological Association's Annual Convention*. August 12-14, 2021; Virtual Conference.
10. Barry J, Alessio C, Rooks J, Rogers SL, Jha AP, & **Denkova E** (2020). The Power of Distancing during a Pandemic: Greater Decentering Protects Against the Deleterious Effects of COVID-19-related Intrusive Thoughts on Psychological Health in Older Adults. *The Mind & Life 2020 Contemplative Research Conference*, November 5-8, 2020; Virtual Conference.
11. Alessio C, Barry J, Zanesco AP, **Denkova E**, Rogers SL, Matusevich K, & Jha AP (2020). Leading Mindfully: Examining the effects of short-form mindfulness training on leaders' attention, well-being, and workplace satisfaction. *The Mind & Life 2020 Contemplative Research Conference*, November 5-8, 2020; Virtual Conference.
12. Zanesco AP, **Denkova E**, & Jha AP (2020). Self-reported mind wandering and response time variability differentiate pre-stimulus EEG microstate dynamics during a Sustained attention task. Annual Meeting of the *Cognitive Neuroscience Society*, May 2-5, 2020; Virtual Conference.
13. Witkin JE, **Denkova E**, Zanesco AP, & Jha AP (2019). Self-reported PTSD symptoms are associated with task performance in a delayed recognition working memory task with affective distracters in a military cohort. Annual Meeting of the *Social and Affective Neuroscience Society*, May 2-4, 2019; Miami, FL.
14. Zanesco AP, Witkin JE, Morrison AB, **Denkova E**, & Jha A.P. (2019). Memory load, distractor interference, and dynamic adjustments in cognitive control influence working memory performance across the lifespan. Annual Meeting of the *Social and Affective Neuroscience Society*, May 2-4, 2019; Miami, FL.
15. Slavin L, **Denkova E**, Zanesco AP, Raja N, & Jha AP (2018). A comparison of two cognitive training smartphone applications on working memory and mind wandering over the academic semester. *International Symposium for Contemplative Research*, Phoenix, AZ.
16. Witkin JE, Zanesco AP, **Denkova E**, Carpenter J, & Jha AP (2018). Mindfulness training influences sustained attention: attentional benefits as a function of training intensity. *International Symposium for Contemplative Research*, Phoenix, AZ.
17. Zanesco AP, Witkin JE, **Denkova E**, Chichester K, Gonzales S, Rogers SL, & Jha AP (2018). Mindfulness-Based Attention Training (MBAT) in active-duty military cohorts: A meta-analysis of protective effects on sustained attention and working memory. *International Symposium for Contemplative Research*, Phoenix, AZ.
18. Witkin JE, Zanesco AP, **Denkova E**, Carpenter J, & Jha, A.P. (2018). Participation in an intensive meditation retreat reduces mind wandering and improves sustained attention and meta-awareness. *Mind & Life Summer Research Institute*, 2018.
19. **Denkova, E**, Nomi, JS, Gopal Vij, S, Uddin LQ, & Jha, AP (2018). In search of mind wandering: dynamic functional connectivity during task and rest. The 25<sup>th</sup> Annual Meeting of the *Cognitive Neuroscience Society*, Boston, MA.
20. **Denkova E**, Krinsky M, Morrison AB, & Jha A (2016). The role of confidence in self-reported mind wandering and task engagement: an fMRI investigation. Annual Meeting of the *Society for Neuroscience*, San Diego, CA.
21. Krinsky M, **Denkova E**, & Jha A (2016). The influence of cognitive and affective factors on mind wandering. *International Congress of Psychology*, Japan.

22. Brudner E, Ramos N, **Denkova E**, Morrison A, Cullen M, MacAuley J, & Jha A (November 2016). The influence of training program duration on cognitive and psychological benefits of mindfulness and compassion training in military spouses. *International Symposium for Contemplative Studies*, San Diego, CA.
23. **Denkova E**, Chakrabarty T, Suen K, Dolcos S, & Dolcos F (2010). The effect of retrieval focus during recollection of affective autobiographical memories: a functional magnetic resonance imaging investigation. The 17<sup>th</sup> Annual Meeting of the *Cognitive Neuroscience Society*, Montreal, Canada.
24. Dolcos F, **Denkova E**, Wong G, Dolcos S, & Coupland N (2010). The effect of individual variation in trait social anxiety on the neural correlates of the response to transient anxiety inducing emotional distraction. The 17<sup>th</sup> Annual Meeting of the *Cognitive Neuroscience Society*, Montreal, Canada.
25. Flor-Henry S, Sung K, **Denkova E**, Dolcos S, & Dolcos F (2010). How much can I trust you? An fMRI investigation of the neural mechanisms underlying the impact of social interactions on decision making. The 17<sup>th</sup> Annual Meeting of the *Cognitive Neuroscience Society*, Montreal, Canada.
26. Dolcos S, Sung K, **Denkova E**, Suen K, Li J, Dixon R, & Dolcos F (2010). Age-related differences in the effect of automatic and deliberate emotion regulation: a functional magnetic resonance imaging investigation. The 17<sup>th</sup> Annual Meeting of the *Cognitive Neuroscience Society*, Montreal, Canada.
27. **Denkova E**, Dolcos S, Chakrabarty T, & Dolcos F (January 2010). The role of emotion regulation strategies and personality traits in the recollection of autobiographical memories. The 11<sup>th</sup> Annual Meeting of the *SPSP*, Las Vegas, USA.
28. Dolcos S, **Denkova E**, Sung K, Dixon R, Dolcos D (January 2010). Increased automatic control in healthy elderly: evidence for the positive affective bias in aging. The 11<sup>th</sup> Annual Meeting of the *SPSP*, Las Vegas, USA.
29. Dolcos F, Argo J, Masuda T, **Denkova E**, Dolcos S & Sung K (January 2010). Neural mechanisms underlying the impact of social interactions on decision making: an fMRI investigation. The 11<sup>th</sup> Annual Meeting of the *SPSP*, Las Vegas, USA.
30. **Denkova E**, Wong G, Sabourin K, Sung K, Dolcos S, & Dolcos F (March 2009). Opposing pattern of brain activity in perceptual and executive brain regions linked to individual variation in social anxiety: An fMRI investigation. The 16<sup>th</sup> Annual Meeting of the *Cognitive Neuroscience Society*, San Francisco, USA.
31. Dolcos S, Sung K, **Denkova E**, & Dolcos F (March 2009). Goal inducement and emotion control: the effect of conscious and nonconscious goal regulation on the response to emotional stimulation. The 16<sup>th</sup> Annual Meeting of the *Cognitive Neuroscience Society*, San Francisco, USA.
32. Dolcos F, Dolcos S, **Denkova E**, & Wong G (March 2009). Sex-related differences in emotion regulation strategies in coping with social anxiety: a combined personality and brain imaging investigation. The 16<sup>th</sup> Annual Meeting of the *Cognitive Neuroscience Society*, San Francisco, USA.

33. **Denkova E**, Botzung A, Scheiber C, & Manning L (June 2004). An event-related fMRI study of autobiographical memory retrieval cued with photographs of next of kin faces. The 10<sup>th</sup> annual meeting of the *OHBM*, Budapest, Hungary.
34. Botzung A, **Denkova E**, Scheiber C, & Manning L (June 2004). A case of autobiographical memory selectively impaired: comparisons with 8 normal controls in a self-paced event-related fMRI design. The 10<sup>th</sup> annual meeting of the *OHBM*, Budapest, Hungary.

## GRANTS

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### Active (n = 5)

1. Unlikely Collaborators Research Fund (\$160,000) 2022-2024  
Project: *Strengthening Cognitive Resilience in High-Demand Cohorts with Mindfulness Training*  
Role: **Co-PI**
2. Mind & Life Varela Research Grants (\$20,000) 2018–2023  
Project: *Assessing Dynamic Brain Connectivity Patterns and the Phenomenology of Autobiographical Remembering as a Function of Specificity and Perspective Taking Manipulations*  
Role: **PI**
3. Walter Reed Army Institute of Research (WRAIR) 2020-2024  
(subcontract award: \$1,5M; 4 years; PI: Amishi Jha)  
Project: *Mindfulness-Based Attention Training Delivery and Evaluation for US Army Senior Leaders*  
Role: **Co-Investigator**
4. DOD Funding Opportunity, W81XWH-18-S-SOC1 2020-2023  
(\$1M; 3 years; PI: Amishi Jha)  
Project: *Mindfulness Training in Special Operations Forces Candidates*  
Role: **Co-Investigator**
5. DOD Funding Opportunity: W81XWH-18-PHTBIRP-R2OE-TRA 2019- 2023  
(\$2,2M; 3 years + NCE; PI: Amishi Jha)  
Project: *Mindfulness-based Attention Training to Bolster Small Team Performance*  
Role: **Co-Investigator**

### Submitted (n = 3)

1. DOD Funding Opportunity, W81XWH-22-S-TBIPH1  
(\$2,5M; 4 years; PI: Amishi Jha)  
Project: *Mindfulness Training for Military Couples*  
Role: Co-Investigator

2. DOD Funding Opportunity, W81XWH-23-MOMRP-D  
(subcontract: \$1.5M; 3 years; PI: Amishi Jha)  
Project: *Mindfulness Training and Military Medical Personnel: A Randomized Controlled Trial for Optimizing Behavioral Health and Readiness*  
Role: Co-Investigator
3. NIH Exploratory/Developmental Research Grant Program  
(PI: Laura Redwin)  
Project: *Feasibility of assessing neuro-psychological mechanisms of tai chi on elevated depression symptoms in older adults*  
Role: MPI

Completed (n = 1)

University of Miami COVID-19 Rapid Response Grant (\$29,693; 4 months) April-August 2020  
Project: *Investigating the Protective Effects of Mindfulness Training in Older Adults during the COVID-19 Pandemic*  
Role: **PI**

**FELLOWSHIPS AND RESEARCH FUNDS**

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Flipse Faculty Research funds ( <u>\$2,000</u> )	2018–2019
International Symposium for Contemplative Studies conference full fellowship	2018
International Symposium for Contemplative Research conference fellowship	2016
Canadian Institutes of Health Research-Wyeth Pharmaceuticals Research Fellowship (Across 2 years: <u>80,000 CAD fellowship + 10,000 CAD research allowance</u> )	2008–2010
French Ministry of National Education, Research & Technology Merit Fellowship (Across 3 years: <u>~ 47,000 EUR</u> )	2003–2006
Neurex Doctoral Fellowship (Eltem) (declined)	2003

**MENTORING**

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Primary Mentor Honors Thesis Students

1. C. Keatley	2021–2022
2. K. McDonald	2019–2020
3. N. Aitharaju	2018–2019

Primary Mentor Undergraduate Research Assistants

4. L. Tierney (NEU 280, 380)	2021–current
5. C. Keatley (NEU 380)	2019–2021
6. A. Martinez (PSY 480)	Fall 2021
7. A. Pooresmaeil (PSY 280, 380)	2018–2021
8. B. Fontana (PSY 380)	Spring 2020

Ancillary Mentor Undergraduate Research Assistants

1. C. Sanchez Fall 2022
2. J. Dunn 2016–2017
3. K. Zayan 2016–2017
4. S. Hanchate 2016–2017
5. E. Homedi 2016–2017
6. G. Wong, University of Alberta 2008-2010
7. T. Chakrabarty, University of Alberta 2008-2010
8. S. Flor-Henry, University of Alberta 2008-2010
9. K. Sung, University of Alberta 2008-2010

**TEACHING**

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University of Miami

- Independent Study: Cognition & Emotion (EPS 798 section 02) Spring 2023
- Guest Lecture, Attention and Mind Wandering (PSY 462) Feb 2023
- Guest Lecture, Contemplative Neuroscience Studies of Emotion (PSY 474) Mar 2018

University of Strasbourg

2004–2006

- Guest Lecture, Human Memory (M.A. Level; 4.5 hrs of instructions)
- Co-Instructor, Neuroimaging Methods (M.A. Level; 12 hrs of instructions)
- Co-Instructor, Neuropsychology of Neurodegenerative Diseases (B.A. level; 12 hrs of instructions)

**SERVICE**

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Assistant Director Neuroimaging Facility

- Lead facility tours for new or potential users
- Periodically updating SOPs for the facility
- Coordinate agreement setup for new non-UM users
- Coordinate website updates
- Assist MRI users
- Support daily functioning of the facility
- Coordinate and assist with the review process of requests for new studies
- Interface between IT support and users and between MRI tech and users
- Outreach
  - o Organize and lead MRI Facility tour and activities for UM employees' children in the context of the Bring Your Child to Work, February 1, 2019
  - o Lead and coordinate the MRI Facility tour for girls of PACE Miami, a “prevention and intervention program that addresses the needs of [at-risk] girls from the ages of 11-17” in the context of STEMinist day hosted by the Girls Inspiring Rising Leaders in STEM (GIRLS) at UM, April 26, 2019
  - o West Lab School, Halloween Tour, October 28, 2016
  - o South Miami Middle School MRI Facility tour

### Grant Reviewer

1. Grant proposal reviewer for the National Science Foundation (NSF: Division of Behavioral and Cognitive Sciences (November 2020)
2. Grant proposal reviewer for the FWF Austrian Science Fund (Biological and Medical Sciences Division, August 2020)
3. Internal Limited Submission Competition for the NIH, Biomedical Research Facilities (University of Miami, January, 2019)

### Ad hoc Reviewer:

Acta Psychologica, Applied Cognitive Psychology, Biological Psychology, Cerebral Cortex, Cognition, Cognitive, Affective, and Behavioral Neuroscience, Emotion, eNeuro, Frontiers in Psychology, Frontiers, Journal of Cognitive Enhancement, Journal of Cognitive Neuroscience, Journal of Consulting and Clinical Psychology; Memory, Mindfulness, NeuroImage, Neuropsychologia, Psychophysiology, Science Reports

### Committee Service

1. Undergraduate Senior Honors Thesis Advisor (Carolyn Keatley) 2021-2022
2. Ph.D. Dissertation Committee Member (C. Boland) 2021-2022
3. Ph.D. Dissertation Committee Member (N. Puccetti) 2021-2022
4. Ph.D. Dissertation Committee Member (S. Anderson) 2020
5. Ph.D. Dissertation Committee Member (J. Witkin) 2020
6. Undergraduate Senior Honors Thesis Advisor (Kellen McDonald) 2019-2020
7. Undergraduate Senior Honors Thesis Committee member (Lindsey Hoshaw) 2020
8. Undergraduate Senior Honors Thesis Advisor (N. Aitharaju) 2018-2019

### Volunteer Judge

1. Undergraduate Research, Creativity, Innovation Forum (RCIF), University of Miami, 2022
2. Undergraduate Research, Creativity, Innovation Forum (RCIF), University of Miami, 2019
3. BrainHack Data Blitz session, University of Miami, June 1, 2018
4. Undergraduate Research, Creativity, Innovation Forum (RCIF), University of Miami, 2017
5. Undergraduate Research, Creativity, Innovation Forum (RCIF), University of Miami, 2016

### **MEDIA/OUTREACH**

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1. Mindfulness Podcast Ankita Biyani (May 2022)  
<https://open.spotify.com/episode/4ggq3nBIHB10ysTjCxemWv>
2. Break the stigma (March 2022). Corporate Responsibility for Mental Health in the Workplace. Event organized by Reed Smith LLP and the MVMT.  
<https://www.reedsmith.com/en/events/2022/03/break-the-stigma>

3. Miami Corona Project Conversations (July 2020)  
<https://cortadaprojects.org/projects/corona/conversations/conversations-dr-ekaterina-denkova/>
4. How to master distraction while working from home (Interview for Inverse with Ali Pattillo, April 2020)  
<https://www.inverse.com/mind-body/how-to-avoid-burnout-while-working-from-home>
5. Offering mindfulness training in high-demand settings bolsters attention and resilience (Feb 2020) <https://medicalxpress.com/news/2020-02-mindfulness-high-demand-bolsters-attention-resilience.html>
6. Fast-tracked research projects aim to respond quickly to mitigate effects of COVID-19 (April 2020)  
<https://news.miami.edu/stories/2020/04/fast-tracked-research-projects-aim-to-respond-quickly-to-mitigate-effects-of-covid-19.html>
7. Protective effects of mindfulness training on cognitive functioning. Invited Seminar for the *Osher Lifelong Learning Institute (OLLI) at University of Miami*, February 13, 2020.
8. Enhancing cognitive functioning via mindfulness training. Invited Seminar for the *South Miami-Dade Chapter of the Brandeis National Committee*, November 14, 2019.
9. The ‘best prospect’ for ensuring success in demanding roles (2018):  
<https://news.miami.edu/stories/2018/11/ensuring-success-in-demanding-roles.html>
10. New Study Suggests a Better Way to Deal with Bad Memories (2014)  
<http://www.sciencedaily.com/releases/2014/04/140418141121.htm>  
[http://www.huffingtonpost.com/2014/04/22/lessen-pain-bad-memories\\_n\\_5175992.html?&ncid=tweetlnkushpmsg00000033](http://www.huffingtonpost.com/2014/04/22/lessen-pain-bad-memories_n_5175992.html?&ncid=tweetlnkushpmsg00000033)
11. L’extraversion : un gage de bonheur ? par Marc Olano, *Le Monde de l’Intelligence*, 34, 2014  
<https://marcolano.files.wordpress.com/2015/12/lmi34-extraversion.pdf>

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\* *The gap in my academic history is due to a combination of family-related obligations and immigration paperwork processing and delays. Nevertheless, during that period, I stayed in touch with my advisors and continued publishing peer-reviewed papers.*