

Prof. Dr. Mar Rus-Calafell

Professor of Clinical Psychology and Digital Psychotherapy

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Main research interests

- Digital mental health.
- Prevention and recovery of young people with mental health disorders.
- Targeted and mechanism-focused approaches to treat psychosis.
- Psychotic experiences in clinical and non-clinical population.
- Exploration and overcoming of barriers to access evidence-based psychological interventions.

Current and former academic positions

Since 2021	W2 Professor of Clinical Psychology and Digital Psychotherapy, Mental Health Research and Treatment Centre, Ruhr-Universität Bochum
2019- 2020	Postdoctoral Researcher at Department of Clinical Child and Adolescent Psychology, Mental Health Research and Treatment Centre, Ruhr-Universität Bochum
2019- 2020	Lecturer at the Faculty of Psychology, Ruhr University Bochum
2017- 2019	Senior Clinical Psychologist & Postdoctoral Research Fellow, Department of Psychiatry, University of Oxford/Oxford Health NHS Foundation Trust. Group: Oxford-Cognitive Approaches to Psychosis. SlowMo Randomised Controlled Trial.
Since 2017	Visiting Research Fellow/Lecturer, Department of Psychology, Institute of Psychiatry, Psychology and Neuroscience, King's College London
2013–2017	Clinical Research Coordinator, Institute of Psychiatry, Psychology and Neuroscience, at the Maudsley Hospital. King's College London (United Kingdom), AVATAR Randomised Controlled Trial. Postdoctoral Researcher at the Virtual Reality Lab, Clinical Research Facility, King's College London Honorary Clinical Psychologist, South London and Maudsley Hospital NHS Foundation Trust Lecturer MSc Psychiatry Research and BSc Psychology Programme, King's College London
2010–2013	Doctoral Researcher and Assistant Professor at the Personality, Assessment and Psychological Treatments Department, University of Barcelona (Spain)

- 2008–2013 Clinical Psychologist at the Adult Mental Health Services Mental Health Services, General Hospital of Igualada (Spain)
- 2006–2007 Trainee Psychologist, Hospital Joan March, Community Mental Health Department (GESMA), Majorca (Spain)

Academic and clinical qualifications | Additional training

- 2016 Licensed Clinical Psychologist, Health and Care Professions Council (United Kingdom)
- 2014 PhD Clinical Psychology, University of Barcelona, Summa Cum Laude and Best Thesis Award, Faculty of Psychology.
- 2013 Licensed Clinical Psychologist, Ministry of Health (Spain)
- 2010 Accredited Cognitive Behavioural Psychologist, European Association for Behavioural and Cognitive Therapies (EABCT).
- 2010 Master Science Degree Clinical and Health Psychology, Professional Postgraduate, University of Barcelona, First Class Honours
- 2007 Licentiate Degree in Psychology, Clinical Psychology Specialization Itinerary (Diploma Equivalent). University of the Balearic Islands

Roles and memberships in expert associations | Honorary positions

- Since 2020 Fellow of the Young Academy of Europe (YAE)
- Since 2019 Member of the Deutsche Gesellschaft für Psychologie (DGP), Klinische Psychologie und Psychotherapie Fachgruppen
- 2017-2019 Lead Clinician of the Patient and Public Involvement group, SlowMo Trial, University of Oxford
- Since 2019 Member of the Early Career Hallucination Research group (ECHR)
- Since 2018 Member of the Early Intervention Mental Health Association (IEPA)
- 2013-2017 Member of board of directors of the SCRICT (Catalan Society for Research and Behaviour Therapy, EABCT accredited association)
- Since 2008 Member of the Official College of Psychologists, Spain

Academic awards | Research grants

- 2020 Sofja Kovaleskaja Award and research grant, Alexander von Humboldt Stiftung and Minsitry of Education and Research, Germany. Project: *Listening to Young Voices: Improving the understanding Of eaRly psychosis.*

- 2020 Research Grant: *Optimising AVATAR therapy for distressing voices: a multi-centre randomised controlled trial*, Wellcome Trust (WT), United Kingdom
- 2018 Josep Toro Award, best paper award, Catalan Society of Research and Behavior Therapy (SCRITC), Catalonia
- 2017 Best Videogame for Health Award, joint project with Dr Lucia Valmaggia and Virtualware, Premios Congreso Nacional de eSalud, Asociación de Investigadores en eSalud (AIES), Spain
- 2016 Independent Researcher Award & Research Grant, King's College London, National Institute for Health Research (NIHR), United Kingdom. Project: *Exploring the Sense of Voice Presence in AVATAR therapy*
- 2014 PhD Extraordinary Award, Annual Best PhD Thesis, Faculty of Psychology, University of Barcelona, Catalonia
- 2013 Individual Fellowship *Development of Leadership Skills from Employment in Enterprise, Government and Academia*, League of European Research Universities (European Union), Sorbonne University, Paris
- 2012 Travel Fellowship at University of Oxford (BE-2011) of the Agency for Management of University and Research Grants (AGAUR), Catalonia
- 2011 Research Grant: *Virtual Reality Exposure for the treatment of Nervous Bulimia* (PSI2011-28801), Ministry of Science and Innovation, Spain
- 2010 Research Grant: *Social skills training for schizophrenia patients using virtual reality* (FI-DGR-2010), Agency for Management of University and Research Grants (AGAUR), Catalonia
- 2010 Fellowship Young Researchers Training Programme (Agency for Management of University and Research Grants, AGAUR), Catalonia

PhD and Clinical Doctorate Supervision

- RUB Grace Kiernan, *Exploring the role of trauma and social difficulties in early psychosis: a mixed methods approach.*
- RUB Mi Nguyen, *Psychosocial determinants of psychotic-like experiences in non-clinical and clinical adolescent population.*
- KCL Arune Keraite, *The Role of Suicidal Behaviour in People Experiencing Auditory Hallucinations.*
- KCL Simon Riches, *Using virtual reality for the assessment and treatment of cognitive and behavioural processes associated with social functioning impairments in psychosis.*
- UCL/KCL Conan O'Brien, *Relating behaviours and therapeutic actions during AVATAR therapy dialogue.*

Publications (peer-reviewed scientific articles)

- Rus-Calafell, M., Ehrbar, N., Ward, T., Edwards, C., Huckwale, M., Walke, J., Garety, P., Craig, T. (2022) Participants' experiences of AVATAR therapy for distressing voices: a thematic qualitative evaluation. *BMC Psychiatry*, 22, 356.
- Ward, T., Hardy, A., Holm, R., Colett, N., Rus-Calafell, M., Sacadura, C., McGourty, A., Vella, C., East, A., Rea, M., Harding, H., Emsley, R., Greenwood, K., Freeman, D., Fowler, D., Kuipers, E., Bebbington, P., Garety., p. (2021). SlowMo therapy, a new digital blended therapy for fear of harm from others: An account of therapy personalisation within a targeted intervention. *Psychology and Psychotherapy Theory, research and Practice*, 95, 423-446
- Riches, S., Pisani, S., Bird, L., Rus-Calafell, M., Garety, P., Valmaggia, L. (2021) Virtual reality-based assessment and treatment of social functioning impairments in psychosis: a systematic review. *International Review of Psychiatry*, 33, 1-26.
- O'Brien, C., Rus-Calafell, M., Craig, T., Garety, P., Ward, T., Lister, R., Fornells-Ambrojo, M. (2021). Relating behaviours and therapeutic actions during AVATAR therapy dialogue: An observational study. *British Journal of Clinical Psychology*, 60. DOI: 10.1111/bjc.12296.
- Ward, T., Lister, R., Fornells-Ambrojo, M., Rus-Calafell, M., Edwards, C., O'Brien, C., Craig, T., Garety, P. (2021) The role of characterisation in everyday voice engagement and AVATAR therapy dialogue. *Psychological Medicine*, DOI: 10.1017/S00332911721000659
- Garety, P., Ward, T., Emsley, R., Greenwood, K., Freeman, D., Fowler, D., Kuipers, E., Bebbington, P., McGourty, A., Sacadura, C., Collet, N., James, K., Rus-Calafell, M., Hardy, A. (2021). Effects of SlowMo, a Blended Digital Therapy Targeting Reasoning, on Paranoia Among People With Psychosis: A Randomized Clinical Trial. *JAMA Psychiatry*, 78, DOI: 10.1001/jamapsychiatry.2021.0326.
- Garety, P., Edwards, C., Ward, T., Emsley, R., Huckwale, M., McCrone, P., Rus-Calafell, M., Fornells-Ambrojo, M., Gumley, A., Haddock, G., Bucci, S., McLeod, H., Hardy, A., Peters, E., Myin-Germeys, I., Craig, T. (2021). Optimising AVATAR therapy for people who hear distressing voices: study protocol for AVATAR 2 multi-centre randomised controlled trial. *Trials*, 22, 366.
- Rus-Calafell, M., Ward, T., Zhang, X.C., Edwards, C., Garety, P., Craig, T. (2020) The Role of Sense of Voice Presence and Anxiety Reduction in AVATAR Therapy. *Journal of Clinical Medicine*. doi: 10.3390/jcm9092748
- Ward, T., Rus-Calafell, M., Ramadhan, Z., Soumelidou, O., Fornells-Ambrojo, M., Garety, P., Craig, T. (2020) AVATAR Therapy for Distressing Voices: A Comprehensive Account of Therapeutic Targets. *Schizophrenia Bulletin*. doi: 10.1093/schbul/sbaa061

- Riches, S., Bird, L., Narelle, C., Garety, P., Rus-Calafell, M., Valmaggia, L. (2020) Subjective experience of paranoid ideation in a virtual reality social environment: a mixed methods cross-sectional study. *Clinical Psychology and Psychotherapy*, 27, DOI: 10.1002/cpp.2431
- Rus-Calafell, M., Schneider, S. (2019) Are we there yet?!—a literature review of recent digital technology advances for the treatment of early psychosis. *mHealth*. doi: 10.21037/mhealth.2019.09.14.
- Riches, S., Elghany, S., Garety, P., Rus-Calafell, M., Valmaggia, L. (2019) Factors affecting sense of presence in a virtual reality social environment: A qualitative study. *Cyberpsychology, Behavior, and Social Networking*, 22, 288-292.
- Riches, S., Garety, P., Rus-Calafell, M., Stalh, D., Evans, C., Sarras, N., Yeboah, K., Valmaggia, L. (2019) Using Virtual Reality to Assess Associations Between Paranoid Ideation and Components of Social Performance: A Pilot Validation Study. *Cyberpsychology, Behavior, and Social Networking*, 22, 51-59.
- Craig, T., Rus-Calafell, M., Ward, T., Leff, J., Huckvale, M., Howard, E., Emsley, R., Garety, P. (2018) AVATAR therapy for auditory verbal hallucinations in people with psychosis: A single-blind, randomised controlled trial. *Lancet Psychiatry*, 5, 31-40.
- Hall, J., Rus-Calafell, M., Omari-Asor, L., Ward, T., Emsley, R., Garety, P., Craig, T. (2018) Assessing the subjective experience of participating in a clinical trial (AVATAR). *Psychiatry Research*, 263, 82-87.
- Garety, P., Ward, T., Freeman, D., Fowler, D., Emsley, R., Dunn, G..., Rus-Calafell, M., Hardy, A. (2017) SlowMo, a digital therapy targeting reasoning in paranoia, versus treatment as usual in the treatment of people who fear harm from others: Study protocol for a randomised controlled trial. *Trials*, 18, 510.
- Rus-Calafell, M., Garety, P., Sason, E., Craig, T., Valmaggia, L. (2017) Virtual reality in the assessment and treatment of psychosis: a systematic review of its utility, acceptability and effectiveness. *Psychological Medicine*, 48, 1-30.
- Caqueo-Úrizar, A., Rus-Calafell, M., Craig, T., Irrarrazaval, M., Urzua, A., Boyer, L., Williams, D. (2017) Schizophrenia: impact on family dynamics. *Current Psychiatry Reports*, 19, S1-S8.
- Caqueo-Úrizar, A., Urzua, A., Rus-Calafell, M. (2017) Side effects of antipsychotic medication and quality of life in Latin-American patients with schizophrenia. *Terapia Psicológica*, 32, 111-114.
- Valmaggia, L., Latif, L., Kemptom, M., Rus-Calafell, M. (2016) Virtual reality in the psychological treatment for mental health problems: a systematic review of recent evidence. *Psychiatry Research*, 28, 189-195.

- Valmaggia, L., Day, F., Rus-Calafell, M. (2016). Using virtual reality to investigate psychological processes and mechanisms associated with the onset and maintenance of psychosis: a systematic review. *Social Psychiatry and Psychiatric Epidemiology*, 51, 921-936.
- Rus-Calafell, M., Garety, P., Ward, T., Williams, G., Huckvale, M., Leff, J., Craig, T. (2016) Confronting auditory hallucinations using virtual reality: the AVATAR therapy. *Studies in Health Technology and Informatics*, 211, 192-196.
- Craig T., Rus-Calafell, M., Ward, T., Fornells-Ambrojo, M., McCrone, P., Emsley, R., Garety, P. (2015) The effects of an Audio Visual Assisted Therapy Aid for Refractory auditory hallucinations (AVATAR therapy): Study protocol for a randomised controlled trial. *Trials*, 16, 1-9.
- Rus-Calafell, M., Lemos-Giraldez, S. (2015) Schizophrenia and other Psychotic Disorders: main changes in the new DSM-5. *Cuadernos de Medicina Psicosomatica y Psiquiatria de Enlace*, 111, 89-93.
- Caqueo-Úrizar, A., Rus-Calafell, M. †*, Urzúa, A., Escudero, J., Gutiérrez-Maldonado, J. (2015). The role of family therapy in the management of schizophrenia: challenges and solutions. *Neuropsychiatric Disease and Treatment*, 11, 145-151.
- Pla-Sanjuanelo, J., Ferrer-Garcia, M., Gutierrez-Maldonado, J., Riva, G., Andreu-Gracia, A., Dakanalis, A...Rus-Calafell, M., Sanchez-Planell, L. (2014) Identifying specific cues and contexts related to bingeing behaviour for the development of effective virtual environments. *Appetite*, 87, 81-89.
- Ferrer-García, M., Gutiérrez-Maldonado, J., Pla-Sanjuanelo, J., Riva, G., Andreu-García, A., Dakanalis, A...Rus-Calafell, M., Sanchez-Planell, L. (2014) Development of a VR Application for Binge Eating Treatment: Identification of Contexts and Cues Related to Bingeing Behavior in Spanish Italian Patients, *Studies in Health Technology and Informatics*, 199, 71-75.
- Rus-Calafell, M., Gutiérrez-Maldonado, J., Ribas-Sabaté, J. Lemos, S. (2014) Social skills training for people with schizophrenia: What do we train? *Behavioral Psychology*, 22, 461-477.
- Rus-Calafell, M., Gutiérrez-Maldonado, J., Ribas-Sabaté, J. (2014) A virtual reality-integrated program for improving social skills in patients with schizophrenia: A pilot study. *Journal of behaviour Therapy and Experimental Psychiatry*, 45, 81-89.
- Gutiérrez-Maldonado, J., Rus-Calafell, M.*, González-Conde, J. (2014) Creation of a new set of dynamic virtual reality faces for the assessment and training of facial emotion recognition ability. *Virtual Reality*, 18, 61-71.

- Rus-Calafell, M., Gutiérrez-Maldonado, J., Ortega-Bravo, M., Ribas-Sabaté, J., Caqueo-Úrizar, A. (2013). A brief cognitive-behavioural social skills training for stabilised outpatients with schizophrenia: a preliminary study. *Schizophrenia Research*, 143, 327-36.
- Rus-Calafell, M., Gutiérrez-Maldonado, J., Botella, C., Baños, R.M. (2013). Virtual reality exposure and imaginal exposure in the treatment of fear of flying: a pilot study. *Behavior Modification*, 37, 568-590.
- Pericot-Valverde, I., García-Rodríguez, O., Rus-Calafell, M., Fernández-Artamendi, S., Ferrer-García, M., Gutiérrez-Maldonado, J. (2013) Peak provoked craving after smoking cessation. *Studies in health Technology and Informatics*, 191, 163-167.
- Rus-Calafell, M., Gutiérrez-Maldonado, J., Frerich, N. (2013) Schizotypy, Alexithymia and Affect as predictors of Facial Emotion Recognition Capability using static and dynamic images. *Anuario de Psicología/The UB Journal of Psychology*, 43, 7-21.
- Rus-Calafell M., Gutiérrez-Maldonado J., Ribas-Sabaté J. (2013) Neurocognition, Presence and Acceptance of a VR Programme for Psychotic Patients: a correlational study. *Studies in Health Technology and Informatics*, 191, 141-145.
- Gutiérrez-Maldonado J., Rus-Calafell M., Márquez-Rejón S., Ribas-Sabaté J. (2012) Association between facial emotion recognition, cognition and alexithymia in patients with schizophrenia: comparison of photographic and virtual reality presentations. *Studies in Health Technology and Informatics*, 181, 88-92.
- Rus-Calafell, M., Gutiérrez-Maldonado, J., Ribas-Sabaté, J. (2012) Improving social behaviour in schizophrenia patients using an integrated virtual reality programme: A case study. *Studies in Health Technology and Informatics*, 181, 283-286.
- Gutiérrez-Maldonado, J., Letosa-Porta, Á., Rus-Calafell, M., Peñaloza-Salazar, C. (2009) The assessment of Attention Deficit Hyperactivity Disorder in children using continuous performance tasks in Virtual Environments. *Anuario de Psicología/The UB Journal of Psychology*, 40, 211-223.
- Gutiérrez-Maldonado, J., Megallón-Neri, E., Rus-Calafell, M., Peñaloza-Salazar, C. (2009) Virtual reality exposure therapy for school phobia. *Anuario de Psicología/The UB Journal of Psychology*, 40, 223-236.

Publications (chapters and monographics)

- Rauschenberg, C., Rus-Calafell, M., Reininghaus, U., Valmaggia, L. Digital Interventions for Psychosis. In *Neuroscience and Biobehavioral Psychology*. 2022, Reference Module: Elsevier.
- Rus-Calafell, M., Craig, T. AVATAR therapy: a digital therapy to help people with distressing voices. In Parker, I., Schnackenberg, J., Hopfenbeck, M. (Eds). *The Practical Handbook of Hearing Voices: therapeutic and creative approaches*. 2021, PCCS Books, 237-246.
- Garety, P., Ward, T., Rus-Calafell, M. *Beyond Belief—New Approaches to the Treatment of Paranoia*. In Badcock, J., Paulik-White, G. (Eds.) *A Clinical Introduction to Psychosis*. 2019, Academic Press, Elsevier.
- Craig, T., Ward, T., Rus-Calafell, M. AVATAR Therapy for Refractory Auditory Hallucinations. In Pradhan, B., Pinninti, N., Rathod, Sh. (Eds). *Brief Interventions for Psychosis. A Clinical Compendium*. 2016, Springer Nature, 41-54.
- Rus-Calafell, M., Gutierrez-Maldonado, J. Virtual Reality and Schizophrenia. In Cipresso, P. & Serino, S. (Eds). *Virtual Reality: Technologies, Medical Applications and Challenges (Psychology Research Progress)*. 2014, Nova Science Publishers, 161-176.