

Michael Mrazek, Ph.D.

EDUCATION:

University of California, Santa Barbara, CA

Ph.D. in Psychological & Brain Sciences, 2013

Additional degree emphasis in College & University Teaching

Rice University, Houston, TX

B.A. in Psychology, 2006

EMPLOYMENT:

Dept. of Health Promotion & Behavioral Science, School of Public Health, UTHealth Houston

Associate Professor, 2024-present

Department of Psychology, University of Texas at Austin

Research Associate Professor, 2022-2024

Department of Psychological & Brain Sciences, University of California Santa Barbara

Director of Research, Center for Mindfulness & Human Potential, 2015-2022

Project Scientist, 2014-2022

Lecturer, 2010-2020

Health Psychology (taught four times)

Research Methods

Positive Psychology

Mindfulness

Harvard-MIT Division of Health Sciences and Technology, Harvard University

Research Affiliate, 2016-2017

Department of Psychology, Santa Barbara Community College

Adjunct Professor, 2013

Introduction to Psychology (taught two times)

Department of Instructional Development, University of California Santa Barbara

Instructional Consultant, 2011-2013

Consulted with graduate students from all departments to improve their teaching

Department of Psychology & Psychiatry, Mayo Clinic - Rochester

Summer Research Associate, 2004-2006

Grants & Awards:

Enhancing Learning by Reducing Distraction, U.S. Dept. of Education, 2022-2025 (\$2M; PI)
Mindful Education Initiative, Gifts from varied donors, 2018-2022 (\$800k, Co-PI)
Scalable Mindfulness Training for Youth, U.S. Dept. of Education, 2017-2020 (\$1.4M; Co-PI)
I-Corps, National Science Foundation, 2018 (\$25k, PI)
Center for Mindfulness & Human Potential Fund, Evolve Foundation, 2015-2018 (\$150k; Co-PI)
Ruling the Mind, John Templeton Foundation, 2014-2017 (\$918k; Co-PI)
Mindfulness Curriculum Infusion, UCSB Health & Wellness, 2014-2015 (\$10k; PI)
Dean's Fellowship, UCSB, 2012 (\$30k)
Humanities & Social Sciences Research Grant, UC Santa Barbara, 2012 (\$3k; PI)

Awards & Honors

Featured as a leading mindfulness researcher by Mindful Magazine, 2017
Summer Institute in Cognitive Neuroscience Fellow, 2015
UCSB Certificate in College & University Teaching, 2013
UCSB Dean's Fellowship, 2012
UCSB School for Scientific Thought Teaching Fellowship, 2011
Passed with distinction, Ph.D. written qualifying exams, UCSB, 2010
Passed with distinction, Ph.D. oral qualifying exams, UCSB, 2010
BA in Psychology cum laude, Rice University, 2006

Ad-hoc Reviewer:

National Science Foundation
Computers & Education
Digital Health
Psychology of Sport and Exercise
Journal of Positive Psychology
Applied Cognitive Psychology
-Mindfulness
Journal of Applied Research in Memory
Journal of Cognitive Enhancement
Perspectives on Psychological Science
Social, Cognitive, & Affective Neuroscience
Cognition
PLOS ONE
Cognition and Emotion
Consciousness and Cognition
Memory and Cognition
Journal of Experimental Social Psychology

Books:

Mrazek MD, Mrazek AJ, Mrazek KL. Presence of Mind: A Practical Introduction to Mindfulness and Meditation. Santa Barbara, CA: Empirical Wisdom; 2017.

Peer-Reviewed Publications:

Note: * signifies my role as a corresponding author

Johnson-Yurchak JR, Dow BR, Pasch AM, ***Mrazek MD**, Schooler JW, Mrazek AJ. Digital attention training: Improving the mental health and well-being of adolescent youth. Submitted to J School Health. (Under review).

***Mrazek, MD**, Dow, BR, Richelle, J, Pasch, A, Godderis, N, Pamensky, TA, Rutila, BA, & Mrazek, AJ. Aspects of acceptance: building a shared conceptual understanding. *Frontiers in Psychol.* (in press)

Mrazek AJ, ***Mrazek MD**, Brown CS, Karimi SS, Ji RR, Ortega JR, Maul A, Carr PC, Delegard AM, Kirk AC, Schooler JW. Attention training improves the self-reported focus and emotional regulation of high school students. *Technol Mind Behav.* 2022;3(4: Winter). doi:10.1037/tmb0000092

Mrazek AJ, ***Mrazek MD**, Ortega JR, Ji RR, Karimi SS, Brown CS, Alexander CA, Khan M, Panahi E, Sadoff M, Scott A, Tyszka JE, Schooler JW. Teenagers' smartphone use during homework: An analysis of beliefs and behaviors around digital multitasking. *Educ Sci.* 2021;11:713. doi:10.3390/educsci11110713

Mrazek AJ, ***Mrazek MD**, Morseth BK, Mrazek KL, Mooneyham BW, Cole S, Schooler JW. Slaying the hydra: Integrative wellness training affects ten complementary measures of stress. *J Health Psychol.* 2021;2(1):1-12. doi:10.32371/pnij/246115

Mrazek AJ, ***Mrazek MD**, Maul A, Schooler JW. Taking charge: Characterizing the rapid development of self-regulation through intensive training. *J Health Psychol.* 2021;26(12):2304-2319. doi:10.1177/1359105320909856

Laukkonen R, Leggett J, Gallagher R, Biddell H, Mrazek AJ, Slagter H, **Mrazek MD**. The science of mindfulness-based interventions and learning: A review for educators. *Comm OECD.* 2020. Retrieved from <https://tinyurl.com/u8ono9o>

Mrazek AJ, ***Mrazek MD**, Carr PC, Delegard AM, Ding MG, Garcia DI, Greenstein JE, Kirk AC, Kodama EE, Krauss MJ, Landry AP, Stokes CA, Wickens KD, Wong K, Schooler JW. The feasibility of attention training for reducing mind-wandering and digital multitasking in high schools. *Educ Sci.* 2020;10(8):201. doi:10.3390/educsci10080201

Bauer CC, Caballero C, Scherer E, West M, **Mrazek MD**, Phillips DT, Whitfield-Gabrieli S, Gabrieli JDE. Mindfulness training preserves sustained attention and resting state anticorrelation between

default-mode network and dorsolateral prefrontal cortex: a randomized controlled trial. *Hum Brain Mapp.* 2020;41(18):5356-5369. doi:10.1002/hbm.25197

Cloughesy J, Mrazek AJ, **Mrazek MD**, Schooler JW. Planning to practice: Action and coping plans increase days of meditation practiced. *Psi Chi J Psychol Res.* 2020;25(2):203-209. doi:10.24839/2325-7342.JN25.2.203

Mrazek AJ, ***Mrazek MD**, Calcagnotto LA, Cloughesy JN, Holman AM, Masters-Waage TC, Schooler JW. Familiarity, attitudes, and self-regulatory challenges related to mindfulness. *Mindfulness.* 2020;11:1218–1225. doi:10.1007/s12671-020-01332-7

Bauer CC, Caballero C, Scherer E, West M, **Mrazek MD**, Phillips DT, Whitfield-Gabrieli S, Gabrieli JDE. Mindfulness training reduces stress and amygdala reactivity to fearful faces and self-reported stress in middle school children. *Behav Neurosci.* 2019;133(6):569-585. doi:10.1037/bne0000337

Caballero C, Scherer E, West M, **Mrazek MD**, Gabrieli CFO, Gabrieli JDE. Greater mindfulness is associated with better academic achievement in middle school. *Mind Brain Educ.* 2019;13(3):157-166. doi:10.1111/mbe.12200

Mrazek AJ, ***Mrazek MD**, Reese JV, Kirk AC, Gougis LJ, Delegard AM, Cynman DJ, Cherolini CM, Carr PC, Schooler JW. Mindfulness-based attention training: Feasibility and preliminary outcomes of a digital course for high school students. *Educ Sci.* 2019;9(3):230. doi:10.3390/educsci9030230

Mrazek AJ, ***Mrazek MD**, Cherolini CM, Cloughesy JN, Cynman DJ, Gougis LJ, Landry AP, Reese JV, Schooler JW. The future of mindfulness training is digital, and the future is now. *Curr Opin Psychol.* 2018;28:81-86. doi:10.1016/j.copsyc.2018.11.012

Mrazek AJ, Ihm E, Molden DC, **Mrazek MD**, Zedelius CM, Schooler JW. Expanding minds: Growth mindsets of self-regulation and the influences on effort, fatigue, and perseverance. *J Exp Soc Psychol.* 2018;79:164-180. doi:10.1016/j.jesp.2018.07.003

Mooneyham BW, ***Mrazek MD**, Mrazek AJ, Ihm E, Schooler JW. An integrated assessment of changes in brain structure and function resulting from intensive mindfulness training. *J Cogn Enhanc.* 2017;1:327-336. doi:10.1007/s41465-017-0034-3

***Mrazek MD**, Zedelius CM, Mrazek AJ, Gross ME, Phillips DT, Schooler JW. Mindfulness in education: Enhancing academic achievement and student well-being by reducing mind-wandering. In Karremans J, Papias E, Eds. *Mindfulness in social psychology.* 2017;139-152. Routledge.

Franklin MS, **Mrazek MD**, Anderson CL, Johnston C, Smallwood J, Kingstone A, Schooler JW. Tracking distraction: The relationship between mind-wandering, meta-awareness, and attention-deficit/hyperactivity disorder symptomatology. *J Atten Disord.* 2016;21(6):475-486. doi:10.1177/108705471454

Mooneyham BW, ***Mrazek MD**, Mrazek AJ, Mrazek KL, Phillips DT, Schooler JW. States of mind: Characterizing the neural bases of focus and mind-wandering through dynamic functional connectivity. *J Cogn Neurosci*. 2016;29(3):295-506. doi:10.1162/jocn_a_01066

***Mrazek MD**, Mooneyham BW, Mrazek KL, Schooler JW. Pushing the limits: Cognitive, affective, and neural plasticity revealed by an intensive multifaceted intervention. *Front Hum Neurosci*. 2016;10:00117. doi:10.3389/fnhum.2016.00117

Mooneyham BW, ***Mrazek MD**, Mrazek AJ, Schooler JW. Signal or noise: Brain network interactions underlying the experience and training of mindfulness. *Proc NY Acad Sci*. 2016;1369(1):240-256. doi:10.1111/nyas.13044

Schooler JW, **Mrazek MD**, Baird B, Winkielman P. The value of distinguishing between unconscious, conscious, and meta-conscious processes. In Shaver P, Mikulincer M, Eds. *APA handbook of personality and social psychology, Vol. 1: Attitudes and social cognition*. 2015;1-2. Washington, DC: APA Press.

Broadway JM, Zedelius C, Mooneyham BW, **Mrazek MD**, Schooler JW. Stimulating minds to wander. *Proc Natl Acad Sci USA*. 2015;112(11):3182-3183. doi:10.1073/pnas.1503093112

***Mrazek MD**, Mooneyham BW, Schooler JW. Insights from quiet minds: The converging fields of mindfulness and mind-wandering. In Schmidt S, Walach H, Eds. *Meditation: Neuroscientific approaches and philosophical implications*. 2014;227-241.

Schooler JW, **Mrazek MD**, Franklin MS, Zedelius C, Mooneyham BW, Broadway JM. The middle way: Finding the balance between mindfulness and mind-wandering. *Psychol Learn Motiv*. 2014;60:1-33. doi:10.1016/B978-0-12-800090-8.00001-9

***Mrazek MD**, Broadway JM, Phillips DT, Franklin MS, Mooneyham BW, Schooler JW. Mindfulness: An antidote for wandering minds. In Langer E, Ed. *Handbook of mindfulness*. 2014;153-167.

Baird B, **Mrazek MD**, Phillips DT, Schooler JW. Domain-specific enhancement of metacognitive ability following meditation training. *J Exp Psychol Gen*. 2014;143(5):1972-1979. doi:10.1037/a0036882

***Mrazek MD**, Phillips DT, Franklin MS, Broadway JM, Schooler JW. Young and restless: Validation of the Mind-Wandering Questionnaire (MWQ) reveals disruptive impact of mind-wandering among youth. *Front Percept Sci*. 2013;4:560. doi:10.3389/fpsyg.2013.00560

Franklin MS, Broadway JM, **Mrazek MD**, Schooler JW. Window to the wandering mind: Pupillometry of spontaneous thought while reading. *Q J Exp Psychol*. 2013;66(12):2289-2294. doi:10.1080/17470218.2013.858170

Franklin MS, **Mrazek MD**, Anderson CL, Smallwood J, Kingstone A, Schooler JW. The silver lining of a mind in the clouds: Interesting musings enhance positive mood while mind-wandering. *Front Percept Sci.* 2013;4:583. doi:10.3389/fpsyg.2013.00583

Baird B, Smallwood J, Fishman DJF, **Mrazek MD**, Schooler JW. Unnoticed intrusions: Dissociations of meta-consciousness in thought suppression. *Conscious Cogn.* 2013;22:1003-1012. doi:10.1016/j.concog.2013.06.009

***Mrazek MD**, Franklin MS, Phillips DT, Baird B, Schooler JW. Mindfulness training improves WMC & GRE performance while reducing mind-wandering. *Psychol Sci.* 2013;24(5):776-781. doi:10.1177/0956797612459659

Franklin MS, **Mrazek MD**, Broadway JM, Schooler JW. Disentangling decoupling: A reply to Smallwood (2012). *Psychol Bull.* 2013;139(3):536-541. doi:10.1037/a0030515

***Mrazek MD**, Smallwood J, Franklin MS, Baird B, Chin J, Schooler JW. The central role of mind-wandering in measurements of general aptitude. *J Exp Psychol Gen.* 2012;141(4):788-798. doi:10.1037/a0027968

Smallwood J, Brown K, Baird B, **Mrazek MD**, Franklin MS, Schooler JW. Insulating daydreams: A role for tonic norepinephrine in the facilitation of internally guided thought. *PLoS One.* 2012;7(4):e33706. doi:10.1371/journal.pone.0033706

***Mrazek MD**, Smallwood J, Schooler JW. Mindfulness & mind-wandering: Finding convergence through opposing constructs. *Emotion.* 2012;12(13):442-448. doi:10.1037/a0026678

Baird B, Smallwood JM, **Mrazek MD**, Franklin MS, Schooler JW. Inspired by distraction: Mind-wandering facilitates creative incubation. *Psychol Sci.* 2012;23(10):1117-1122. doi:10.1177/0956797612446024

Mooneyham BW, Franklin MS, **Mrazek MD**, Schooler JW. Modernizing science: Reply to Nosek & Bar Anon (2012). *Psychol Inq.* 2012;23(3):281-284. doi:10.1080/1047840X.2012.705246

Chin JM, **Mrazek MD**, Schooler JW. Blindspots to the self. In Vazire S, Wilson TD, Eds. *The handbook of self-knowledge.* Guilford Press. 2012.

***Mrazek MD**, Chin J, Schooler JW. Threatened to distraction: Mind-wandering mediates the effect of stereotype threat on task performance. *J Exp Soc Psychol.* 2011;47:1243-1248. doi:10.1016/j.jesp.2011.05.011

Smallwood J, **Mrazek MD**, Schooler JW. Medicine for the wandering mind: A consideration of the cost of mind-wandering in medical practice. *Med Educ.* 2011;45(11):1072-1080. doi:10.1111/j.1365-2923.2011.04074.x

Smallwood J, Brown K, Franklin M, Tipper C, Giesbrecht B, **Mrazek MD**, Schooler JW. Pupillometric evidence for the decoupling of attention from perceptual input during offline thought. *PLoS One*. 2011;6(3):e18298. doi:10.1371/journal.pone.0018298

Mrazek MD, Koenig B, Skime M, Snyder K, Hook C, Black J, Mrazek DA. Learning about values while teaching about genes. *Acad Psychiatry*. 2007;31(6):447-451. doi:10.1176/appi.ap.31.6.447

Conference Posters, Invited Talks, & Symposia:

Masters-Waage T, Mrazek AJ, **Mrazek MD**, Schooler JW. Integrating mindfulness in education: A working model for developing an effective mindfulness training program for high-school students. Presented at the International Conference on Mindfulness; July 2018; Amsterdam, The Netherlands.

Mrazek MD. Unlocking the potential of mindfulness training. Presented at Mindful Life; April 2017; Washington, D.C.

Mooneyham BW, **Mrazek MD**, Mrazek AJ, Phillips DT, Schooler JW. States of mind: Characterizing the neural bases of focus and mind-wandering through dynamic functional connectivity. Presented at the Annual Meeting of the Cognitive Neuroscience Society; April 2016; New York, NY.

Ihm E, Zedelius C, **Mrazek MD**, Purkiss J, Galindo A, Schooler JW. Mind Over Math: Presenting a Mental Control Growth Mindset Reduces Effort Avoidance on a Math Task. Presented at the Annual Convention of the Association for Psychological Science; May 2016; Washington D.C.

Mrazek AJ, Molden DC, **Mrazek MD**, Schooler JW. Cultivating a Growth Mindset of Self-Control: The effects on effort and performance. Presented at the Personality and Social Psychology Conference; January 2016; San Diego, CA.

Mrazek MD. Reconciling mindfulness & mind-wandering: An integrative review. Presented at the Society for Personality & Social Psychology; February 2015; Long Beach, CA.

Schooler JW, **Mrazek MD**, Mooneyham BW. Pushing the limits of cognitive and neuroplasticity: Assessing a six-week comprehensive training program. Presented at the International Convention of Psychological Science; March 2015; Amsterdam.

Mrazek MD. Mindfulness: Science & practice. Hosted by UCSB Associated Students; February 2015; Santa Barbara, CA.

Schooler JW, Gable S, Hopper E, **Mrazek MD**. When the muse strikes: ideas of physicists and writers regularly occur during episodes of mind-wandering. Presented at the Psychonomic Society Annual Meeting; 2014; Toronto.

Mrazek MD. Harnessing the power of testing, even as the TA. Presented at the Dept. of Instructional Development, UCSB; January 2013; Santa Barbara, CA.

Mrazek MD. Mindfulness training for wandering minds. Presented at the International Symposia on Contemplative Studies; April 2012; Denver, CO.

Baird B, Elliot J, Franklin MS, **Mrazek MD**, Schooler JW. Inattentional amnesia in the attentional blink. Presented at Toward a Science of Consciousness; April 2012; Tucson, AZ.

Mrazek MD. Mind-wandering & mindfulness in the classroom. Presented at the Dept. of Instructional Development, UCSB; February 2012; Santa Barbara, CA.

Mrazek MD, Smallwood J, Franklin MS, Baird B, Chin JM, Schooler JW. The role of mind-wandering in measurements of general aptitude. Presented at the 23rd Annual Convention of the Association for Psychological Science; May 2011; Washington D.C.

Mrazek MD. Staying on track: mindful breathing dampens mind-wandering. Presented at Toward a Science of Consciousness; April 2010; Tucson, AZ.

Vander Weg M, Karpyak V, **Mrazek MD**, Hall-Flavin D, Schneekloth T, Loukianova L, Drews M, Mrazek DA. Comparability of the Penn Alcohol Craving Scale and the Obsessive-Compulsive Drinking Scale for assessing craving in a clinical sample. Presented at the 29th Annual Meeting of the Research Society on Alcoholism; June 2006; Baltimore, MD.

Hall-Flavin D, Karpyak V, Vander Weg M, Drews M, **Mrazek MD**, Schneekloth T, Mrazek DA. The use of acamprosate in a dually focused chemical dependency treatment program: Initial Mayo Clinic experience. Presented at the 29th Annual Meeting of the Research Society on Alcoholism; June 2006; Baltimore, MD.