

Anthony P. Zanesco

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Education

- 2017 Ph.D. Psychology
 University of California, Davis
- 2007 B.A. Psychology & B.A. Philosophy
 University of California, Davis

Professional Positions

- 2024 – Assistant Professor
 Department of Psychology
 University of Kentucky
- 2017 – 2024 Postdoctoral Associate
 Advisor: Dr. Amishi Jha
 Department of Psychology
 University of Miami
- 2010 – 2017 Ph.D. Trainee
 Advisor: Dr. Clifford Saron
 Center for Mind and Brain
 University of California, Davis
- 2007 – 2010 Junior Specialist
 Advisor: Dr. Clifford Saron
 Center for Mind and Brain
 University of California, Davis

Interests and Areas of Research

Attention, Mind Wandering, Mindfulness, Meditation, & EEG Brain Dynamics

Peer-reviewed Publications

h-index = 27; Google Scholar: https://scholar.google.com/citations?user=X_OZXnIAAAAJ&hl=en

Lead-Author Publications:

1. **Zanesco, A.P.**, Denkova, E., Barry, J., & Jha, A.P. (2024). Mind wandering Is associated with worsening attentional vigilance. *Journal of Experimental Psychology: Human Perception and Performance*.
<https://doi.org/10.1037/xhp0001233>
2. **Zanesco, A.P.**, Van Dam, T.N., Denkova, E., & Jha, A.P. (2024). Measuring mind wandering with experience sampling during task performance: An item response theory investigation. *Behavior Research Methods*.
<https://doi.org/10.3758/s13428-024-02446-9>
3. **Zanesco, A.P.**, Denkova, E., & Jha, A.P. (2024). Mind wandering increases in frequency over time during task performance: An individual-participant meta-analytic review. *Psychological Bulletin*. <https://doi.org/10.1037/bul0000424>
4. **Zanesco, A.P.** (2023). Normative temporal dynamics of EEG microstates. *Brain Topography*, *37*(2), 243-264. <https://doi.org/10.1007/s10548-023-01004-4>
5. **Zanesco, A.P.**, King, B.G., Conklin, Q.A., & Saron, C.D. (2023). The occurrence of psychologically profound, meaningful, and mystical experiences during a month-long meditation retreat. *Mindfulness*, *14*, 606–621.
<https://doi.org/10.1007/s12671-023-02076-w>
6. **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*, 217–233. <https://doi.org/10.1007/s42113-022-00130-9>
7. **Zanesco, A.P.**, Skwara, A.C., King, B.G., Powers, C., Wineberg, K., & Saron, C.D. (2021). Meditation training modulates brain electric microstates and felt states of awareness. *Human Brain Mapping*, *42*(10), 3228–3252.
<https://doi.org/10.1002/hbm.25430>
8. **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>
9. **Zanesco, A.P.**, Denkova, E., & Jha, A.P. (2021). Self-reported mind wandering and response time variability differentiate pre-stimulus EEG microstate dynamics during a sustained attention task. *Journal of Cognitive Neuroscience*, *33*, 28–45. https://doi.org/10.1162/jocn_a_01636
10. **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. <https://doi.org/10.1016/j.cognition.2020.104380>

11. **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>
12. **Zanesco, A.P.** (2020). Quantifying streams of thought during cognitive task performance using sequence analysis. *Behavior Research Methods, 52*, 2417–2437. <https://doi.org/10.3758/s13428-020-01416-1>
13. **Zanesco, A.P.** (2020). EEG electric field topography is stable during moments of high field strength. *Brain Topography, 33*, 450–460. <https://doi.org/10.1007/s10548-020-00780-7>
14. **Zanesco, A.P.**, King, B.G., Skwara, A.C., & Saron, C.D. (2020). Within and between-person correlates of the temporal dynamics of resting EEG microstates. *NeuroImage, 211*, 116631. <https://doi.org/10.1016/j.neuroimage.2020.116631>
15. **Zanesco, A.P.**, King, B.G., Powers, C., De Meo, R., Wineberg, K., MacLean, K.A., & Saron, C.D. (2019). Modulation of event-related potentials of visual discrimination by meditation training and sustained attention. *Journal of Cognitive Neuroscience, 31*(8), 1184–1204. https://doi.org/10.1162/jocn_a_01419
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*, 323–254. <https://doi.org/10.1016/bs.pbr.2018.10.001>
17. **Zanesco, A.P.**, King, B.G., MacLean, K.A., & Saron, C.D. (2018). Cognitive aging and long-term maintenance of attentional improvements following meditation training. *Journal of Cognitive Enhancement, 2*, 259–275. <https://doi.org/10.1007/s41465-018-0068-1>
18. **Zanesco, A.P.**, King, B.G., MacLean, K.A., Jacobs, T.L., Aichele, S.R., Wallace, B.A., Smallwood, J., Schooler, J.W., & Saron, C.D. (2016). Meditation training influences mind wandering and mindless reading. *Psychology of Consciousness: Theory, Research, and Practice, 3*(1), 12–33. <https://doi.org/10.1037/cns0000082>
19. **Zanesco A.P.**, King B.G., MacLean, K.A., & Saron, C.D. (2013). Executive control and felt concentrative engagement following intensive meditation training. *Frontiers in Human Neuroscience, 7*:566. <https://doi.org/10.3389/fnhum.2013.00566>

Other Publications:

20. Dziego, C.A., **Zanesco, A.P.**, Bornkessel-Schlesewsky, I., Schlewsky, M., Stanley, E.A., & Jha, A.P. (2024). Mindfulness-training in high-demand cohorts alters resting-state electroencephalography: an exploratory investigation of individual alpha frequency, aperiodic 1/f activity, and microstates. *Biological Psychiatry: Global Open Science*.
<https://doi.org/10.1016/j.bpsgos.2024.100383>
21. Price, M.M., **Zanesco, A.P.**, Denkova, E., & Jha, A.P. (2024). Examining factors associated with self-reported cognitive functioning in elite military settings: considerations of combat experiences and post-traumatic stress symptomology. *Scientific Reports*, *14*, 19161. <https://doi.org/10.1038/s41598-024-65826-3>
22. Aichele, S.R., Sahdra, B.K., **Zanesco, A.P.**, King, B.G., Bradshaw, E.L., Pokorny, J.J., Ferrer, E., Shaver, P.R., & Saron, C.D. (2024). Meditation training and enduring changes in psychological functioning: A 7-year longitudinal study. *Journal of Positive Psychology*.
<https://doi.org/10.1080/17439760.2024.2378700>
23. Conklin, Q.A., King, B.G., **Zanesco, A.P.**, Epel, E., & Saron, C.D. (2024). Changes in peripheral oxytocin and vasopressin during a silent month-long insight meditation retreat. *Frontiers in Endocrinology*, *15*.
<https://doi.org/10.3389/fendo.2024.1345527>
24. Denkova, E., Barry, J., **Zanesco, A.P.**, Rooks, J., Rogers, S.L., & Jha, A.P. (2024). Online mindfulness training for older adults during the COVID-19 pandemic: a randomized controlled trial using a multi-method assessment approach. *Aging and Mental Health*. <https://doi.org/10.1080/13607863.2023.2242301>
25. Price, M., Denkova, E., **Zanesco, A.P.**, Barry, J., Jha, A.P., & Rogers, S. (2023). Investigating the protective effects of mindfulness-based attention training on mind wandering in applied settings. *Frontiers in Psychology*.
<https://doi.org/10.3389/fpsyg.2023.1232598>
26. Takarae, Y., **Zanesco, A.P.**, Erickson, C.A., & Pedapati, E.V. (2023). EEG microstates as markers for cognitive impairments in Fragile X syndrome. *Brain Topography*. <https://doi.org/10.1007/s10548-023-01009-z>
27. Conklin, Q.A., Patterson, C.E., King, B.G., **Zanesco, A.P.**, Pokorny, J.J., Alvarez-Lopez, M.J., Cosin-Tomas, M., Kaliman, P., & Saron, C.D. (2023). Serum BDNF predicts increases in telomere length during a month-long residential meditation retreat. *Brain, Behavior, and Immunity Integrative*.
<https://doi.org/10.1016/j.bbii.2023.100023>

28. Koenig, T., Diezig, S., Nagabhushan Kalburgi, S., Antonova, E., Artoni, F., Brechet, L., Britz, J., Croce, P., Custo, A., Damborska, A., Deolindo, C., Heinrichs, M., Kleinert, T., Liang, Z., Murphy, M.M., Nash, K., Nehaniv, C., Schiller, B., Smailovic, U., Tarailis, P., Tomescu, M., Toplutas, E., Vellante, F., **Zanesco, A.P.**, Zappasodi, F., Zou, O., & Michel, C.M. (2023). EEG-meta-microstates: Towards a more objective use of resting-state EEG microstate findings across studies. *Brain Topography*. <https://doi.org/10.1007/s10548-023-00993-6>
29. King, B.G., **Zanesco, A.P.**, Skwara, A.C., & Saron, C.D. (2023). Cultivating concern for others: Meditation training and motivated engagement with human suffering. *Journal of Experimental Psychology: General*. <https://doi.org/10.1037/xge0001431>
30. Banks, J.B., Mallick, A., Neito, A., **Zanesco, A.P.**, & Jha, A.P. (2023). The role of affective interference and mnemonic load in the dynamic adjustment in working memory. *Memory and Cognition*, *51*(1), 203–220. <https://doi.org/10.3758/s13421-022-01303-4>
31. Skwara, A.C., King, B.G., **Zanesco, A.P.**, & Saron, C.D. (2022). Shifting baselines: Longitudinal reductions in beta oscillatory power characterize resting brain activity with intensive meditation. *Mindfulness*, *13*, 2488–2506. <https://doi.org/10.1007/s12671-022-01974-9>
32. Alvarez-Lopez, M.J., Conklin, Q.A., Cosin-Tomas, M., Shields, G.S., King, B.G., **Zanesco, A.P.**, Kaliman, P., & Saron, C.D. (2022). Changes in the expression of inflammatory and epigenetic-modulatory genes after an intensive meditation retreat. *Comprehensive Psychoneuroendocrinology*, *11*, 100152. <https://doi.org/10.1016/j.cpneec.2022.100152>
33. 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), 1–18. <https://doi.org/10.21926/obm.icm.2202016>
34. Takarae, Y., **Zanesco, A.P.**, Keehn, B., Chukoskie, L., Müller, R.A., & Townsend, J. (2022). EEG microstates suggest atypical resting-state network activity in children and adolescents with Autism Spectrum Development. *Developmental Science*, *25*(4), e13231. <https://doi.org/10.1111/desc.13231>
35. Jha, A.P., **Zanesco, A.P.**, Denkova, E., MacNulty, W.K., & Rogers, S.L. (2021). The effects of mindfulness training on working memory performance in high-demand cohorts: A multi-study investigation. *Journal of Cognitive Enhancement*, *6*, 192–204. <https://doi.org/10.1007/s41465-021-00228-1>

36. Denkova, E., Barry, J., Slavin, L., **Zanesco, A.P.**, Rogers, S.L., & Jha, A.P. (2021). Investigating the feasibility and efficacy 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>
37. Witkin, J.E., Denkova, E., **Zanesco, A.P.**, Llabre, M.M., & Jha, A.P. (2021). Higher self-reported post-traumatic stress symptoms are associated with poorer working memory in active-duty service members. *Neuropsychology*, *35*(7), 718–730. <https://doi.org/10.1037/neu0000755>
38. Shields, G.S., Skwara, A.C., King, B.G., **Zanesco, A.P.**, Dhabhar, F., & Saron, C.D. (2020). Deconstructing the effects of concentration meditation practice on interference control: The roles of controlled attention and inflammatory activity. *Brain, Behavior, and Immunity*, *89*, 256–267. <https://doi.org/10.1016/j.bbi.2020.06.034>
39. 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*, 112794. <https://doi.org/10.1016/j.psychres.2020.112794>
40. Jha, A.P., **Zanesco, A.P.**, Denkova, E., Rooks, J., Morrison, A.B., & Stanley, E.A. (2020). Comparing mindfulness and positivity trainings in high-demand cohorts. *Cognitive Therapy and Research*, *44*, 311–326. <https://doi.org/10.1007/s10608-020-10076-6>
41. Jha, A.P., **Zanesco, A.P.**, Denkova, E., Morrison, A.B., Ramos, N., Chichester, K., Gaddy, J.W., & Rogers, S.L. (2020). Bolstering cognitive resilience via train-the-trainer delivery of mindfulness training in applied high-demand settings. *Mindfulness*, *11*, 683–697. <https://doi.org/10.1007/s12671-019-01284-7>
42. 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*, 16–31. <https://doi.org/10.3758/s13421-019-00958-w>
43. 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. <https://doi.org/10.3758/s13421-019-00958-w>
44. King, B.G., Conklin, Q.A., **Zanesco, A.P.**, & Saron, C.D. (2019). Residential meditation retreats: their role in contemplative practice and significance for psychological research. *Current Opinion in Psychology*, *28*, 238–244. <https://doi.org/10.1016/j.copsyc.2018.12.021>

45. Schmalzl, L., Powers, C., **Zanesco, A.P.**, Yetz, N., Groessl, E.J., & Saron, C.D. (2018). The effect of movement-focused and breath-focused yoga practice on stress parameters and sustained attention. *Consciousness and Cognition*, *65*, 109–125. <https://doi.org/10.1016/j.concog.2018.07.012>
46. Conklin, Q.A., King, B.G., **Zanesco, A.P.**, Lin, J., Hamidi, A.B., Pokorny, J.J., Álvarez-López, M.J., Cosín-Tomás, M., Huang, C., Kaliman, P., Epel, E.S., & Saron, C.D. (2018). Insight meditation and telomere biology: the effects of intensive retreat and the moderating role of personality. *Brain, Behavior, and Immunity*, *70*, 233–245. <https://doi.org/10.1016/j.bbi.2018.03.003>
47. Pokorny, J.J., Norman, A., **Zanesco, A.P.**, Bauer-Wu, S., Sahdra, B.K., & Saron, C.D. (2017). Network analysis for the visualization and analysis of qualitative data. *Psychological Methods*, *23*, 169–183. <https://doi.org/10.1037/met0000129>
48. Sagar, M., **Zanesco, A.P.**, King, B.G., Bridwell, D.A., MacLean, K.A., Aichele, S.R., Jacobs, T.L., Wallace, B.A., Saron, C.D., & Mikkulainen, R. (2015). Mean-field thalamocortical modeling of longitudinal EEG acquired during intensive meditation training. *Neuroimage*, *114*, 88–104. <https://doi.org/10.1016/j.neuroimage.2015.03.073>
49. Rosenberg E.L., **Zanesco A.P.**, King, B.G., Aichele, S.R., Jacobs, T.L., Bridwell, D.A., Maclean, K.A., Shaver, P.R., Ferrer, E.L., Sahdra, B.K., Lavy, S., Wallace, B.A., & Saron, C.D. (2015). Intensive meditation training influences emotional responses to suffering. *Emotion*, *15*(6), 775–790. <https://doi.org/10.1037/emo0000080>
50. Jacobs, T.L., Shaver, P.R., Epel, E.S., **Zanesco, A.P.**, Aichele, S.A., Bridwell, D.A., Rosenberg, E.L., King, B.G., Maclean, K.A., Sahdra, B.K., Kemeny, M.E., Ferrer, E., Wallace, B.A., & Saron, C.D. (2013). Self-reported mindfulness and cortisol dynamics during a Shamatha meditation retreat. *Health Psychology*, *10*, 1104–1109. <https://doi.org/10.1037/a0031362>
51. Sagar, M., King, B.G., **Zanesco, A.P.**, MacLean, K.A., Aichele, S.R., Jacobs, T. L., Bridwell, D.A., Shaver, P.R., Rosenberg, E.L., Sahdra, B.K., Ferrer, E., Tang, A.C., Mangun, G.R., Wallace, B., Miikkulainen, R., & Saron C.D. (2012). Intensive training induces longitudinal changes in meditation state-related EEG oscillatory activity. *Frontiers in Human Neuroscience*, *6*:256. <https://doi.org/10.3389/fnhum.2012.00256>
52. Jacobs, T.L., Epel, E.S., Lin, J., Blackburn, E.L., Wolkowitz, O.M., Bridwell, D.A., **Zanesco, A.P.**, Aichele, S.R., Sahdra, B.K., MacLean, K.A., King, B.G., Shaver, P.R., Rosenberg, E.L, Ferrer, E., Wallace, B.A., & Saron, C.D. (2011). Intensive meditation training, immune cell telomerase activity, and psychological

mediators. *Psychoneuroendocrinology*, *36*(5), 664–681.
<https://doi.org/10.1016/j.psyneuen.2010.09.010>

53. Sahdra, B.K., MacLean, K.A., Ferrer, E., Shaver, P.R., Rosenberg, E.L., Jacobs, T.L., **Zanesco, A.P.**, Aichele, S.R., King, B.G., Bridwell, D.A., Lavy, S., Mangun, G.R., Wallace, B. A., & Saron, C.D. (2011). Enhanced response inhibition during intensive meditation training predicts improvements in self-reported adaptive socioemotional functioning. *Emotion*, *11*(2), 299–312.
<https://doi.org/10.1037/a0022764>
54. MacLean, K.A., Ferrer, E., Aichele, S.R., Bridwell, D.A., **Zanesco, A.P.**, Jacobs, T.L., King, B.G., Rosenberg, E.L., Sahdra, B.K., Shaver, P.R., Wallace, A.B., Mangun, G.R., & Saron, C.D. (2010). Intensive meditation training improves perceptual discrimination and sustained attention. *Psychological Science*, *21*, 829–839.
<https://doi.org/10.1177/0956797610371339>

Book Chapters

1. Denkova, E., Alessio, C., Barry, J., **Zanesco, A.P.**, Rogers, S.L., & Jha, A.P. (2022). *Mindfulness training in organizational settings: An empirical look at the research*. In L. Wilkin and Y. Pathak, De Gruyter Handbook of Organizational Conflict Management. De Gruyter.
2. 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.J. Siegel and M.S. Solomon, Mind, Consciousness, and Well-Being. Norton.

Abstracts and Conference Presentations

1. Pandya, S., **Zanesco, A.P.**, & Jha, A.P. (2023). *Characterizing spontaneous thought and conscious experience at rest with EEG microstate k-mers*. Poster presented at the annual meeting of the Cognitive Neuroscience Society, Toronto, Canada.
2. Schwartzman, B., **Zanesco, A.P.**, Denkova, E., & Jha, A.P. (2023). *Examining intra-individual associations between mind wandering and response time variability as a function of time-on-task*. Poster presented at the annual meeting of the Cognitive Neuroscience Society, Toronto, Canada.
3. **Zanesco, A.P.**, Denkova, E., & Jha, A.P. (2023). *Trait mindfulness is associated with attentional vigilance and reductions in the occurrence of mind wandering*. Poster presented at the Mindfulness Mechanisms and Methods Meeting at Washington University in St. Louis.

4. **Zanesco, A.P.**, Denkova, E., & Jha, A.P. (2023). *The frequency of mind wandering increases with greater time-on-task*. Poster presented at the first meeting of the International Society for Contemplative Research, San Diego, CA.
5. 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 first meeting of the International Society for Contemplative Research, San Diego, CA.
6. 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 first meeting of the International Society for Contemplative Research, San Diego, CA.
7. King, B.G., Skwara, A.C., VandenBos, S.V., Rosenberg, E.L., Majied, K., **Zanesco, A.P.**, & Saron, C.D. (2023). *Assessing compassion and self-other processing in contemplative research with images of suffering and threat*. Poster presented at the first meeting of the International Society for Contemplative Research, San Diego, CA.
8. Skwara, A.C., **Zanesco, A.P.**, King, B.G., & Saron, C.D. (2023). *Expanding the circle of care? EEG microstate sequence analysis of suffering others during compassion meditation*. Abstract presented at the first meeting of the International Society for Contemplative Research, San Diego, CA.
9. **Zanesco, A.P.**, Denkova, E., Barry, J., Alessio, C., & Jha, A.P. (2022). *Cognitive correlates of infantry operational performance in an augmented-reality simulation*. Poster accepted for presentation at the annual meeting of the Military Health System Research Symposium, Kissimmee, FL.
10. Price, M.M., **Zanesco, A.P.**, Denkova, E., & Jha, A.P. (2022). *PTSD symptomatology mediates cognitive failures in daily life after combat experience in elite military service members*. Poster presented at the annual meeting of the Military Health System Research Symposium, Kissimmee, FL.
11. **Zanesco, A.P.** (2022). *Temporal sequences of resting EEG microstates predict individual differences*. Abstract presented at the meeting "50 Years of Microstates: Present State and Future Directions," Bern, Switzerland.
12. **Zanesco, A.P.**, Denkova, E., & Jha, A.P. (2022). *Mindfulness and working memory: A meta-analysis in military samples*. Paper presented at the annual meeting of the American Psychological Association, Minneapolis, IN, as part of the session *Push-ups for the Mind: The military and mindfulness research*.
13. Denkova, E., Barry, J., **Zanesco, A.P.**, Rogers, S., Jha, A.P. (2022). *Mindfulness and military spouses: A train-the-trainer model*. Paper presented the annual

- meeting of the American Psychological Association, Minneapolis, IN, as part of the session *Push-ups for the Mind: The military and mindfulness research*.
14. Price, M.M., **Zanesco, A.P.**, Denkova, E., Barry, J., Rogers, S.L., & Jha, A.P. (2022). *Taming the wandering mind with Mindfulness-Based Attention Training: An internal meta-analysis*. Poster presented at the annual meeting of the American Psychological Association, Minneapolis, IN.
 15. Boland, C.L., **Zanesco, A.P.**, Denkova, E., Alessio, C., Price, M.M., Rogers, S.L., & Jha, A.P. (2022). *The impact of mindfulness training on stress and affect in time-pressured community settings*. Poster presented at the annual meeting of the American Psychological Association, Minneapolis, IN.
 16. Skwara, A.C., **Zanesco, A.P.**, King, B.G., & Saron, C.D. (2022). *Microstate sequence analysis differentiates continuous brain activity during compassion meditation as a function of the target of compassion*. Poster presented at the annual meeting of the Cognitive Neuroscience Society, San Francisco, CA.
 17. King, B.G., Skwara, A.C., VandenBos, S.V., Rosenberg, E.L., Majied, K., **Zanesco, A.P.**, & Saron, C.D. (2022). *Thematic images of suffering and threat: A novel, high-resolution stimulus set for the study of compassion, fear, vicarious anxiety, and positive emotion*. Poster presented at the annual meeting of the Cognitive Neuroscience Society, San Francisco, CA.
 18. **Zanesco, A.P.**, Denkova, E., & Jha A.P. (2021). *Re-examining long-range temporal dependence in experience sampling reports of mind wandering*. Poster presented at the online meeting of the Psychonomic Society.
 19. Boland, C.L., Alessio, C., McDonald, K., **Zanesco, A.P.**, Denkova, E., & Jha, A.P. (2021). *Feasibility and acceptability of digital application-based delivery of mindfulness training*. Poster presented at the online meeting of the American Psychological Association.
 20. **Zanesco, A.P.** (2020). *The mind in motion: Multivariate dynamics of the brain and inner experience*. Paper presented at the online meeting of the Contemplative Research Conference as part of the session *The view from within: Integrating first-person methods into psychological and neuroscientific research*, organized by Zanesco, A.P., Abdoun, O., & Berkovich-Ohana, A.
 21. King, B.G., Conklin, Q.A., **Zanesco, A.P.**, & Saron, C.D. (2020). *A mindful bias for positive emotional cues*. Paper presented at the online meeting of the Contemplative Research Conference.
 22. Alessio, C., Barry, J., **Zanesco, A.P.**, Denkova, E., Rogers, S.L., Matusevich, K., & Jha, A.P. (2020). *Leading mindfully: Examining the effects of short-form mindfulness training on leaders' attention, well-being, and workplace*

- satisfaction*. Poster presented at the online meeting of the Contemplative Research Conference.
23. **Zanesco, A.P.**, Denkova, E., & Jha, A.P. (2020). *Self-reported mind wandering differentiates pre-stimulus EEG microstate dynamics*. Poster presented at the online meeting of the Cognitive Neuroscience Society.
 24. **Zanesco, A.P.**, Skwara, A.C., King, B.G., & Saron, C.D. (2019). *The strength and temporal dynamics of brain electric microstates are modulated by meditation training*. Poster presented at the Mind and Life Summer Research Institute, Garrison, NY.
 25. **Zanesco, A.P.**, Witkin, J.E., Morrison, A.B., Denkova, E., & Jha, A.P. (2019). *Memory load, distracter interference, and dynamic adjustments in cognitive control influence working memory performance across the lifespan*. Poster presented at the Social and Affective Neuroscience Society, Miami, FL.
 26. Witkin, J.E., Denkova, E., **Zanesco, A.P.**, & Jha, A.P. (2019). *Self-reported PTSD symptoms are associated with task performance in a delayed-recognition working memory task with affective distracters in a military cohort*. Poster presented at the Social and Affective Neuroscience Society, Miami, FL.
 27. **Zanesco, A.P.**, Witkin, J.E., Denkova, E., Chichester, K., Rogers, S.L., & Jha, A.P. (2018). *Mindfulness-based attention training (MBAT) in military servicemembers: A meta-analysis of protective effects on sustained attention and working memory*. Poster presented at the International Symposium for Contemplative Research, Phoenix, AZ.
 28. Witkin, J.E., **Zanesco, A.P.**, Denkova, E., Carpenter, J., & Jha, A.P. (2018). *Mindfulness training influences sustained attention: Attentional benefits as a function of training intensity*. Poster presented at the International Symposium for Contemplative Research, Phoenix, AZ.
 29. Conklin, Q.A., Patterson, C.E., King, B.G., **Zanesco, A.P.**, Lin, J., Epel, E.E., Mellon, S.H., & Saron, C.D. (2018). *BDNF predicts retreat-related increases in telomere length in experienced meditators*. Poster presented at the International Symposium of Contemplative Research, Phoenix, AZ.
 30. King, B.G., Conklin, Q.A., **Zanesco, A.P.**, & Saron, C.D. (2018). *Personality Correlates of Individual Differences in Lifetime Meditation Experience and Retreat Practice Engagement*. Poster presented at the International Symposium of Contemplative Research, Phoenix, AZ.
 31. Slavin, L.E., Denkova, E., **Zanesco, A.P.**, Raja, N., & Jha, A.P. (2018). *A comparison of two cognitive training smartphone applications on working*

- memory and mind wandering over the academic semester.* Poster presented at the International Symposium of Contemplative Research, Phoenix, AZ.
32. Skwara, A., King, B.G., **Zanesco, A.P.**, Powers, C., & Saron, C.D. (2018). *Retreat-related reductions in EEG beta band power observed during mindfulness of breathing practice are maintained at rest.* Poster presented at the International Symposium of Contemplative Research, Phoenix, AZ.
 33. Conklin, Q.A., Shebloski, K.L., King, B.G., **Zanesco, A.P.**, Bales, K.L., & Saron, C.D. (2017). *Effects of meditation on peripheral oxytocin: considering practice contexts.* Poster presented at the American Psychosomatic Medicine Conference, Berkeley, CA.
 34. **Zanesco, A.P.**, King, B.G., Powers, C.E., Wineberg, K.R., De Meo, R., & Saron, C.D. (2017). *Modulation of event-related potential markers of sustained response inhibition in intensive meditation training.* Poster presented at the annual meeting of the Cognitive Neuroscience Society, San Francisco, CA.
 35. **Zanesco, A.P.**, King, B.G., & Saron, C.D. (2016). *Mindfulness and meditation as a developmental process: Issues and perspectives in research.* Paper presented at the International Symposium for Contemplative Studies, San Diego, CA.
 36. **Zanesco, A.P.**, King, B.G., MacLean, K.A., Aichele, S.R., & Saron, C.D. (2016). *Long-term maintenance of meditation-training related improvements in response inhibition and vigilant attention.* Poster presented at the annual meeting of the Cognitive Neuroscience Society, New York, NY.
 37. Saron, C.D., Powers, C.E., **Zanesco, A.P.**, & King, B.G. (2016). Longitudinal training in meditation is associated with decreased prestimulus alpha during a sustained attention task. Poster presented at the annual meeting of the Cognitive Neuroscience Society, New York, NY.
 38. King, B.G., **Zanesco, A.P.**, Shaver, P.R., Jacobs, T.L., Conklin, Q.C., & Saron, C.D. (2016). *Patterns of cardiac responding following intensive meditation predict long-term encoding of emotional scenes.* Poster presented at the annual meeting of the Cognitive Neuroscience Society, New York, NY.
 39. Powers, C.E., Laura, S., **Zanesco, A.P.**, Yetz, N., Groessl, E.J., & Saron, C.D. (2016). *Breath-focused yoga facilitates perceptual sensitivity and vigilant attention more than movement-focused yoga.* Poster presented at the annual meeting of the Cognitive Neuroscience Society, New York, NY.
 40. Powers, C.E., **Zanesco, A.P.**, Wineberg, K.R., King, B.G., MacLean, K.A., Aichele, S.R., Sagar, M., Bridwell, D.A., Jacobs, T.L., Wallace, B.A., & Saron, C.D. (2015). *Longitudinal modulations of cortical responses during a visual continuous*

performance task: Effects of practice or intensive meditation training? Poster presented at the annual meeting of the Society for Neuroscience, Chicago, IL

41. Conklin, Q.A., King, B.G., **Zanesco, A.P.**, Hamidi, A.B., Pokorny, J.J., Lin, J., Epel, E.S., Blackburn, E.H., & Saron, C.D. (2015). *Increased telomere length following three weeks of intensive Insight Meditation retreat*. Poster presented at the annual meeting of the International Society for Psychoneuroendocrinology, Edinburgh, Scotland.
42. Conklin, Q.A., King, B.G., **Zanesco, A.P.**, Hamidi, A.B., Pokorny, J.J., Lin, J., Epel, E.S., Blackburn, E.H., & Saron, C.D. (2015). *Increased telomere length following three weeks of intensive Insight Meditation retreat*. Poster presented at the European Mind and Life Summer Research Institute, Chiemsee, Germany.
43. Conklin, Q.A., King, B.G., **Zanesco, A.P.**, Hamidi, A.B., Pokorny, J.J., Weinstain, T.A.R., Bales, K.L., & Saron, C.D. (2015). *Decreased oxytocin following three weeks of intensive Insight Meditation Retreat*. Poster presented at the Mind and Life Summer Research Institute, Garrison, NY.
44. **Zanesco, A.P.**, King, B.G., MacLean, K.A., Jacobs, T.L., Aichele, S.R., Wallace, B.A., Smallwood, J., Schooler, J.W., & Saron, C.D. (2014). *The impact of meditation training on mind wandering while reading*. Poster presented at the International Symposia for Contemplative Studies meeting, Boston, MA.
45. Conklin, Q.A., King, B.G., **Zanesco, A.P.**, Jacobs, T.L., Pokorny, J.J., Aichele, S.R., Bridwell, D.A., Maclean, K.A. Bales, K.L. Shaver, P.R., Rosenberg, E.L., Wallace, B.A., Sahdra, B.K., & Saron, C.D. (2014). *The effects of intensive meditation training on oxytocin, vasopressin, and attachment style*. Poster presented at the annual meeting of the Society for Neuroscience, Washington, D.C.
46. **Zanesco, A.P.**, King, B.G., Aichele, S.R., Jacobs, T.L., MacLean, K.A., Pokorny, J.J., Sahdra, B.K., Shaver, P.R., B., Alan Wallace & Saron, C.D. (2014). *Longitudinal trajectories of affect during intensive meditation training*. Poster presented at the annual Psychology Department Conference at UC Davis, Davis, CA.
47. **Zanesco, A.P.**, King, B.G., MacLean, K.A., Jacobs, T.L., & Saron, C.D. (2012). *Executive control and felt concentrative engagement after intensive vipassana meditation training*. Poster presented at the first International Symposia for Contemplative Studies meeting, Denver, CO.
48. Jacobs, T.L., **Zanesco, A.P.**, Aichele, S.R., Bridwell, D.A., King, B.G., MacLean, K.A., Shaver, P.R., Epel, E.S., Kemeny, M.M., Sahdra, B.K., Rosenberg, E.L., Ferrer, E., Wallace, B.A., & Saron, C.D. (2012). *Effects of a concentrative meditation retreat on working memory capacity, dehydroepiandrosterone-sulfate (DHEA-S), and their association*. Poster presented at the first International Symposia for Contemplative Studies meeting, Denver, CO.

49. Sagar, M., MacLean, K.A., Sahdra, B.K., Aichele, S.R., Jacobs, T.L., **Zanesco, A.P.**, Bridwell, D.A., King, B.G., Rosenberg, E.L., Mangun, G.R., Shaver, P.R., Ferrer, E., Wallace, B.A., Saron, C.D., & Miikkulainen, R. (2011). *A computational model to understand longitudinal changes in EEG associated with intensive meditation training*. Poster presented at the Society for Neuroscience annual meeting.
50. Sagar, M., MacLean, K.A., Aichele, S.R., Jacobs, T.L., **Zanesco, A.P.**, Bridwell, D.A., King, B.G., Sahdra, B.K., Rosenberg, E.L., Shaver, P.R., Ferrer, E., Wallace, B.A., Mangun, G.R., Miikkulainen, R., & Saron, C.D. (2011). *Cortical activation changes associated with intensive meditation training are related to vigilance performance*. Poster presented at the Society for Cognitive Neuroscience annual meeting, San Francisco, CA.
51. Sahdra, B.K., MacLean, K.A., Ferrer, E., Shaver, P.R., Rosenberg, E.L., Jacobs, T.L., **Zanesco, A.P.**, King, B.G., Aichele, S.R., Bridwell, D.A., Mangun, G.R., Lavy, S., Wallace, B.A., & Saron, C.D. (2010). *Response inhibition enhanced by meditation training predicts improved adaptive functioning*. Poster presented at the annual meeting of the American Psychological Association, San Diego, CA.
52. Sagar, M., Aichele, S.R., Jacobs, T.L., **Zanesco, A.P.**, Bridwell, D.A., MacLean, K.A., King, B.G., Sahdra, B.K., Rosenberg, E.L., Shaver, P.R., Ferrer, E., Wallace, B.A., Mangun, G.R., Saron, C.D., & Miikkulainen, R. (2010). *A computational approach to understand the longitudinal changes in cortical activity associated with intensive meditation training*. Paper presented at the annual meeting of the Organization for Computational Neuroscience, San Antonio, TX.
53. King, B.G., **Zanesco, A.P.**, Bridwell, D.A., Jacobs, T.L., Aichele, S.R., MacLean, K.A., Shaver, P.R., Rosenberg, E.L., Sahdra, B.K., Ferrer, E., Wallace, B.A., & Saron, C.D. (2010). *Accentuate the positive: longitudinal effects of intensive meditation training on modulation of the emotion potentiated startle reflex*. Poster presented at the annual meeting of the Cognitive Neuroscience Society, Montreal, Canada.
54. Sagar, M., Aichele, S.R., Jacobs, T.L., **Zanesco, A.P.**, Bridwell, D.A., MacLean, K.A., King, B.G., Sahdra, B.K., Rosenberg, E.L., Shaver, P.R., Ferrer, E., Tang, A.C., Wallace, B.A., Mangun, G.R., Miikkulainen, R., & Saron, C.D. (2009). *Longitudinal changes in brain activity associated with intensive meditation training*. Poster presented at the annual meeting of the Society for Neuroscience, Chicago, IL.
55. MacLean, K.A., Aichele, S.R., Bridwell, D.A., Jacobs, T.L., **Zanesco, A.P.**, King, B.G., Sagar, M., Mazaheri, A., Ferrer, E., Rosenberg, E.L., Sahdra, B.K., Shaver, P.R., Wallace, B.A., Mangun, G.R., & Saron, C.D. (2009). *Effects of intensive meditation training on sustained attention: changes in visual event-related potentials, ongoing EEG and behavioral performance*. Poster presented at the annual meeting of the Society for Neuroscience, Chicago, IL.

56. Jacobs, T.L., Epel, E.S., Lin, J., Blackburn, E.L., Wolkowitz, O.M., Bridwell, D.A., **Zanesco, A.P.**, Aichele, S.R., King, B.G., Sahdra, B.K., MacLean, K.A., Lavy, S., Shaver, P.R., Ferrer, E., Rosenberg, E.L., Wallace, B.A., & Saron, C.D. (2009). *Telomerase activity is modulated by changes in psychological well-being as a function of intensive meditation*. Paper presented at the symposium on “Stress, well being and cellular aging” at the annual meeting of the International Society for Psychoneuroendocrinology, San Francisco, CA.
57. Rosenberg, E.L., **Zanesco, A.P.**, King, B.G., Aichele, S.R., Jacobs, T.L., MacLean, K.A., Bridwell, D.A., Wallace, B.A., & Saron, C.D. (2009). *Intensive meditative training changes facial responses to scenes of human suffering*. Paper presented at the symposium on “New Findings on Facial Expressions in Health Psychology: Moving Beyond Self-Report” at the annual meeting of the Association for Psychological Science, San Francisco, CA.
58. MacLean, K.A., Aichele, S.R., Bridwell, D.A., Jacobs, T.L., **Zanesco, A.P.**, King, B.G., Mangun, G.R., & Saron, C.D. (2008). *Intensive attention training in concentration meditation leads to improvements in visual sustained attention and response inhibition*. Poster presented at the annual meeting of the Society for Neuroscience, Washington, D.C.
59. MacLean, K.A., Saron, C.D., Aichele, S.R., Bridwell, D.A., Jacobs, T.L., **Zanesco, A.P.**, & Mangun, G.R. (2008). *Improvements in perceptual threshold with intensive attention training through concentration meditation*. Poster presented at the annual meeting of the Cognitive Neuroscience Society, San Francisco, CA.
60. Lavy, S, Shaver, P.R., Saron, C.D., & **Zanesco, A.P.** (2007). *Gender differences in relations between meditation, empathy, and emotion regulation*. Poster presented at the annual meeting of the American Psychological Society, Washington, D.C.

Invited Presentations and Addresses

1. Zanesco, A.P. *The mind in motion: Spontaneous brain dynamics and the wandering mind*. Invited talk at the Psychology Department of the University of Kentucky. December 13, 2023.
2. Zanesco, A.P. *The mind in motion: Spontaneous brain dynamics and the wandering mind*. Invited talk at the Psychology Department of Kent State University. December 6, 2023.
3. Zanesco, A.P. *The mind in motion: Spontaneous brain dynamics and the wandering mind*. Invited talk at the Psychology Department of Kent State University. November 28, 2022.

4. Zanesco, A.P. *Calming the mind in motion*. Invited online talk at the USC Center for Mindfulness Science at the University of Southern California. March 29, 2021. <https://mindfulnessscience.usc.edu/event/calming-the-mind-in-motion/>
5. Zanesco, A.P. *Brain electric microstates and felt states of awareness following residential meditation training*. Invited online talk at the Harvard Medical School Center for Depression, Anxiety, and Stress Research speaker series. September 2, 2020.
6. Zanesco, A.P. *Cognitive science of meditation*. Invited talk at the Shiva Vishnu Temple of South Florida. April 29, 2018.
7. Zanesco, A.P. *Mindfulness training for cognitive fitness*. Invited talk at the University of Miami Heritage Society Luncheon. April 10, 2018.
8. Zanesco, A.P. *Cognitive science of meditation and mindfulness*. Invited talk at the Unitarian Universalist Congregation of Miami. January 28, 2018.

Research Support

Principal Investigator:

2020 – 2024 *Neurophenomenology of felt experience at rest: brain microstate dynamics and their association with spontaneous thought*. Francisco J. Varela Grant from the Mind & Life Institute. \$20,000. PI: A.P. Zanesco

2009 – 2011 *The relation between cognitive control and affect in an intensive Vipassana retreat*. Francisco J. Varela grant from the Mind & Life Institute. \$15,000. Project Role: Co-PI with B.G. King. Supervising sponsor: C.D. Saron

Other Support:

2020 – 2024 *Mindfulness training for senior Army leaders*. Subcontract #00620 under WRAIR contract #W911QY17C0101. Project Role: Postdoctoral Researcher. PI: A.P. Jha

2020 – 2024 *Mindfulness training in Special Operations Forces candidates*. US Army (USAMRAA) US Department of Defense grant #W81XWH20C0065. Project Role: Postdoctoral Researcher. PI: A.P. Jha

2019 – 2023 *Mindfulness-Based Attention Training to bolster small team performance*. US Army (USAMRMC) US Department of Defense grant #W81XWH1920064. Project Role: Postdoctoral Researcher. PI: A.P. Jha

- 2017 – 2018 *Mindfulness training in Special Operation Forces*. Henry Jackson Foundation USSOCOM grant #HU00011520003, subaward #3479. Project Role: Postdoctoral Researcher. PI: A.P. Jha
- 2017 – 2020 *Investigating resilience training in military spouses*. US Army (USAMRMC) US Department of Defense grant #W81XWH1410443. Project Role: Postdoctoral Researcher. PI: A.P. Jha
- 2013 – 2016 *Quantifiable constituents of spiritual growth. Continuation of Shamatha Project analysis including six-year follow-up, qualitative, and quantitative data collection*. John Templeton Foundation Grant #39970. Project Role: Graduate Student Researcher. PI: C.D. Saron
- 2006 – 2013 *The Shamatha Project: A Longitudinal, Randomized Waitlist Control Study of Cognitive, Emotional, and Neural Effects of Intensive Meditation Training*. Fetzer Institute grant #2191. Project Role: Graduate Student Researcher. PI: C.D. Saron

Honors, Awards, and Fellowships

Travel Fellowship Award, Mindfulness Mechanisms and Methods Meeting (M⁴) at Washington University in St. Louis, 2023.

Travel Fellowship Award, 50 Years of Microstates: Present State and Future Directions in Bern, Switzerland, 2022, through the Swiss National Science Foundation.

Research Fellow, Mind & Life Institute, 2021.

Travel Fellowship Award, International Symposium for Contemplative Studies, 2018.

Baumann Fellowship Fund, The Baumann Foundation. *Supplemental support for graduate program*. \$26,000.

Summer Research Fellow, Mind & Life Summer Research Institute, 2008, 2009, 2010, 2011, 2013, 2016, 2017, 2019.

Journal Editorial Appointments

2021 – 2024 Associate Editor for *Mindfulness*

Ad-hoc Journal Reviews

Acta Psychologica; Aging, Neuropsychology and Cognition; Autism Research; Behavior Research Methods; Behavioral Medicine; Biological Psychiatry: Cognitive Neuroscience and Neuroimaging; Brain Topography; Cerebral Cortex; Clinical EEG & Neuroscience; Cognition; Cognitive Neurodynamics; Cognitive Therapy and Research; Complementary Therapies in Clinical Practice; Consciousness and Cognition; Current Psychology; Developmental Cognitive Neuroscience; Frontiers in Human Neuroscience; Frontiers in Systems Neuroscience; Imaging Neuroscience; Journal of Experimental Psychology: General; Journal of Experimental Psychology: Human Perception and Performance; Military Behavioral Health; Mindfulness; Nature Reviews Psychology; NeuroImage; Neuropsychologia; Neuropsychiatric Disease and Treatment; Personality and Individual Differences; Proceedings of the National Academy of Sciences (PNAS); Psychology of Consciousness: Theory, Research, and Practice; Psychophysiology; Psychoneuroendocrinology; Psychonomic Bulletin & Review; Psychological Bulletin; Psychology and Neuroscience; Review of General Psychology; SAGE Open; Scientific Reports; Social Cognitive & Affective Neuroscience; Sport, Exercise, and Performance Psychology

Grant Reviews

2023	Reviewer for Mind & Life Institute Francisco J. Varela Grants.
2022	Reviewer for Mind & Life Institute Francisco J. Varela Grants.
2022	Reviewer for Czech Science Foundation.
2022	Reviewer for Accelerating Research on Consciousness Initiative, Templeton World Charity Foundation.
2022	Reviewer for Hertha Firnberg-Programme, Austrian Science Fund.
2021	Reviewer for Mind & Life Institute Think Tank Grants.
2020	Reviewer for Mind & Life Institute Francisco J. Varela Grants.
2020	Reviewer for Mind & Life Institute Think Tank Grants.
2019	Reviewer for Mind & Life Institute Think Tank Grants.

Teaching

Fall, 2024	Instructor. Problems in Psychology, University of Kentucky.
Spring, 2023	Instructor. Introduction to Cognitive Neuroscience, University of Miami.
Summer, 2021	Statistics and Programming Tutoring Initiative, University of Miami Psychology Graduate Student Organization.
Spring, 2017	Teaching Assistant. Introduction to Cognitive Psychology, UC Davis.
Winter, 2017	Teaching Assistant. Introduction to Cognitive Psychology, UC Davis.

Fall, 2017 Teaching Assistant. Introduction to Cognitive Psychology, UC Davis.

Spring, 2016 Teaching Assistant. Research Methods in Psychology, UC Davis.

Thesis and Dissertation Advising

2024 Ph.D. dissertation Committee Member for Joseph Diehl, Department of Psychology & Neuroscience, Duke University.

2023 - 2024 Ph.D. dissertation Committee Member for David Distefano, Department of Psychology, Tufts University.

Student & Trainee Mentoring

2023 – 2024 Brooke Schwartzman. Research Assistant, University of Miami.

2023 – 2024 Taylor Tardibuono. Research Assistant, University of Miami.

2023 – 2024 Catalina Sanchez. Research Assistant, University of Miami.

2023 – 2024 Neelesh Pandey. Gulliver Preparatory School.

2022 – 2024 Shirley Pandya. Undergraduate Student, University of Miami.

2021 – 2022 Cindy Ripoll. Research Assistant, University of Miami.

2021 – 2024 Malena Price. Graduate Student, University of Miami.

2021 – 2023 Cody Boland. Graduate Student, University of Miami.

2020 – 2021 Bao Tran Duong. Undergraduate Student, University of Miami.

2019 – 2022 Costanza Alessio. Research Assistant, University of Miami.

2019 – 2023 Jordan Barry. Research Assistant, University of Miami.

2018 – 2020 Azin Pooresmaeil. Undergraduate Student, University of Miami.

2017 – 2020 Joanna Witkin. Graduate Student, University of Miami.

2017 – 2019 Lindsey Slavin. Research Assistant, University of Miami.

2015 – 2021 Alea Skwara. Graduate Student, UC Davis.

2015 – 2021 Quinn Conklin. Graduate Student, UC Davis.