



- acceptability*. Faculty of Medicine and Pharmacy, Uppsala University, **1 600 000 SEK**, PI Docent M Johansson
- 2018 - 2021 *Testing and evaluation of an internet-administered, guided, cognitive-behavioural therapy based, self-help intervention, ENGAGE for parents of children treated for cancer*. Swedish Research Council, **4 800 000 SEK**, PI Professor L von Essen
- 2018 – 2019 *Web-based psychological self-help for parents of children treated for cancer*. Swedish Childhood Cancer Foundation, **1 000 000 SEK**, PI Professor L von Essen
- 2017 – 2017 *Internet administered self-help for young persons diagnosed with cancer during adolescence*. Swedish Childhood Cancer Foundation, **500 000 SEK**, PI Professor L von Essen
- 2017 – 2017 *Increased understanding of distress among parent dyads and development of a support intervention*. Swedish Childhood Cancer Foundation, **600 000 SEK**, PI PhD M Cernvall
- 2016 – 2016 *Reading Well Books on Prescription for Adult Mental Health: an investigation into acceptability, impact and preferences for scheme delivery, for end users and library services*. Reading Agency. **9 931 GBP**, PI Professor P Farrand
- 2009 - 2011 *Early intervention in personality disorder: Further evaluation of a service development with specific focus upon the measurement of outcomes surrounding precursor signs and symptoms and service aims*. Plymouth Primary Care Trust, **49 943 GBP**, PI Professor P Farrand

### **Collaborator**

- 2018 – 2023 *European Training Network on Informal Care (ENTWINE)*. Marie Skłodowska-Curie Innovative Training Network, Horizon 2020, **4 100 000 EUR**, PI Professor M Hagedoorn and Professor R Sanderman

### **Supervision**

#### **Doctoral Students**

- 2023 – 2028 Christina Reuther, *A guided, low intensity, internet-administered CBT self-help intervention for parents of children treated for cancer: From feasibility to piloting*, Uppsala University, PhD student (main supervisor)
- 2022 – 2029 Faraja Chiwanga, *Development of an mHealth intervention to increase guardians' adherence to follow-up care for childhood leukemia in Tanzania following the new MRC Complex Interventions Framework: a focus on core elements*, Uppsala University, PhD student (co-supervisor)
- 2022 – 2026 Victoria Awortwe, *Community-based interventions for common mental health difficulties experienced by adults in disadvantaged urban settings in Ghana and Sweden: a cross-cultural comparison and consideration of contexts*, Uppsala University, PhD student (co-supervisor)
- 2020 – 2025 Oscar Blomberg, *Guided low-intensity behavioural activation for depression in people with dementia: Enhancing a behavioural activation intervention – development and feasibility*, Uppsala University, PhD student (main supervisor)
- 2020 – 2025 Frida Svedin, *Guided low-intensity behavioural activation for depression in people with dementia and informal caregivers: Development with an eye to implementation*, Uppsala University, PhD student (main supervisor)
- 2020 – 2024 Carita Nordin-Remberg, *A parenting intervention for fear of childbirth: Development, feasibility, and acceptability*, Uppsala University, PhD student (co-supervisor)
- 2020 – 2024 Ella Thiblin, *Guided internet-administered CBT self-help for parents of children treated for cancer: Exploring and responding to unmet psychological distress*, Uppsala University, PhD student (co-supervisor)
- 2019 – 2023 Chelsea Coumoundouros, *Implementing eHealth psychological support for informal carers: A pragmatic realist complex intervention approach*, Uppsala University, PhD student and EU Innovative Training Network Early Stage Researcher (main supervisor)

### **Second Cycle**

- 2018 – 2022 Danelle Pettman, *Supporting mothers with peripartum depression: an integrated internet-administered intervention for peripartum depression and the mother-infant relationship*, Uppsala University, Licentiate student (main supervisor)
- 2017 – 2021 Jenny Manberg, *Specialist education in clinical psychology*

	(Main supervisor)
2017 – 2019	Zoe Hodge, Exeter University, MSc Psychological Therapies Research & Practice (Main supervisor)
2017 – 2017	Laura Taylor, Exeter University, Postgraduate Diploma Psychological Therapies Research & Practice (Main supervisor)
2017 – 2017	Emma Poon, Exeter University, Postgraduate Diploma Psychological Therapies Research & Practice (Main supervisor)
2017 – 2017	Tara Buckler, Exeter University, Postgraduate Diploma Psychological Therapies Research & Practice (Main supervisor)
2017 – 2017	Katie Lewthwaite, Exeter University, Postgraduate Diploma Psychological Therapies Research & Practice (Main supervisor)
2016 – 2017	Laura Raymen, Exeter University, MSc Psychology (co-supervisor)
2016 – 2017	Jessica Lenney, Exeter University, MSc Psychology (main supervisor)

### **First Cycle**

2014 – 2015	Bryony Porter, Exeter University, BSc Psychology (co-supervisor)
2014 – 2015	Clarrissa Bauer-Staeb, Exeter University, BSc Psychology (co-supervisor)
2014 – 2015	Hayden Fraser, Exeter University, BSc Psychology (co-supervisor)

### **Researchers/Project co-ordinators/Research co-ordinators**

2022 -	Johan Ljungberg, Research Assistant, Uppsala University
2022 – 2022	Agnes Hellgren, Research Assistant, Uppsala University
2022 -	Victor Savi, Project Coordinator, Uppsala University
2022 - 2022	Johanna Patriksson Karlsson, Research Coordinator, Uppsala University
2020 - 2022	Christina Reuther, Research Assistant/Project Coordinator, Uppsala University
2020 - 2021	Nina Lutvica, Research Assistant, Uppsala University
2020 - 2021	Agnes von Essen, Research Assistant, Uppsala University
2019 - 2020	Frida Svedin, Research Assistant, Uppsala University
2019 - 2020	Mathilda Karlsson, Research Assistant, Uppsala University
2019 - 2020	Kajsa Norbäck, Project Coordinator, Uppsala University
2019 - 2020	Oscar Blomberg, Research Assistant, Uppsala University
2018 - 2021	Josefin Hagström, Research Assistant, Uppsala University
2018 - 2018	Amanda Romppala, Project Coordinator, Uppsala University
2017 - 2020	Hollie Gay, Associate Research Fellow, University of Exeter
2015 - 2017	Shanker Venkatasubramanian, Associate Research Fellow, University of Exeter
2015 - 2017	Martin Anderson, Associate Research Fellow, University of Exeter

### **Researchers**

2022 -	Johan Lundgren, Researcher, Uppsala University
2018 - 2019	Maja Bodin, Researcher, Uppsala University
2017 - 2018	Siqi (Joy) Fang, Visiting Researcher, University of Exeter

### Visiting researchers

GUILLIA  
ADEL

### **Education activities**

#### ***Administration***

#### ***Course/module responsibility***

2020 -	Course: Implementation of complex interventions in healthcare (7,5 credits, postgraduate level), PhD course, Faculty of Medicine, Uppsala University
2019 -	Course: Patient and Public Involvement in Research (7,5 credits, postgraduate level), PhD course, Faculty of Medicine, Uppsala University
2016 - 2017	Module: Cognitive behavioural approaches to mood disorders (15 credits, undergraduate level), Bachelor of Sciences in Psychology, University of Exeter
2016 – 2017	Course: Adapting cognitive behavioural therapies (CBT) to Improve Access to Psychological Therapies (7.5 credits, advanced level), Exeter International Summer School, College of Life and Environmental Science, University of Exeter

### ***Completed higher education pedagogical courses***

2018	Supervising PhD students, Three weeks full course, Uppsala University
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- 2016 Doctoral Supervision: An Exploratory Workshop, 1/2-day workshop, University of Exeter
- 2016 ASPIRE\* application café, 1-day workshop, University of Exeter

\*ASPIRE is a Professional Recognition Pathway, ASPIRE Professional Recognition Pathway, the University of Exeter's experiential route to fellowship of the Higher Education Academy (now Advance HE).

### **Received pedagogical project funds**

- 2021 – 2021 *Implementation of Complex Interventions in Healthcare, 7,5 hp.* Faculty of Medicine and Pharmacy, Uppsala University, 90 000 SEK (course leader)
- 2021 – 2021 *Patient and Public Involvement in Research (7,5 credits, postgraduate level), PhD course,* Faculty of Medicine, Uppsala University, 57,000 SEK (course leader)
- 2020 – 2020 *Implementation of Complex Interventions in Healthcare, 7,5 hp.* Faculty of Medicine and Pharmacy, Uppsala University, 90 000 SEK (course leader)
- 2014 - 2014 *Key skills in qualitative research methods in the health and social sciences: workshops on qualitative interviewing and thematic analysis.* Researcher-led Initiative Awards, University of Exeter, 1 000 GBP, PI Dr F Gradinger

### **Teaching**

<b>Time Period</b>	<b>Course/Module</b>	<b>Subject</b>	<b>Type of teaching</b>	<b>University</b>
<b>Postgraduate education</b>				
2020 - present	Implementation of complex interventions in healthcare, Department of Women's and Children's Health	Implementation science	Lectures/ seminars	UU
2019 - present	Patient and Public Involvement in Research, Department of Women's and Children's Health	Patient and public involvement	Lectures/ seminars	UU
2019 - present	Research in Reproduction and Development, Department of Women's and Children's Health	Conducting research in real world settings	Seminar	UU
2018	Implementation of complex interventions in healthcare, Department of Women's and Children's Health	Implementation in practice and the role of different actors	Seminar	UU
2017 to present	Theory and Methods for Psychological Measurement, Department of Psychology	Introduction to qualitative research	Seminar	UU
<b>Advanced level</b>				
2022 - present	Research Methods III, Masters Program in Global Health, Department of Women's and Children's Health	Coding in qualitative analysis	Seminar	UU
2022 - present	Research Methods III, Masters Program in Global Health, Department of Women's and Children's Health	Introduction to systematic reviews and meta analysis	Seminar	UU
2021 - present	Research Methods III, Masters Program in Global Health, Department of Women's and Children's Health	An introduction to public involvement in research	Seminar	UU
2016-2017	Masters program in Psychological Therapies Practice and Research, Clinical Education, Development, and Research	Methodological approaches in psychological therapies research	Seminar	University of Exeter

2016-2017	Masters program in Psychological Research Methods, Department of Psychology	An introduction to a mixed-methods approach	Seminar	University of Exeter
2015 – 2017	Adapting cognitive behavioural therapies (CBT) to Improve Access to Psychological Therapies Exeter International Summer School, Clinical Education, Development, and Research	General adaptations to psychological therapy to improve access and overcome problems with engagement	Seminar	University of Exeter
2015 – 2017	Adapting cognitive behavioural therapies (CBT) to Improve Access to Psychological Therapies, Exeter International Summer School, Clinical Education, Development, and Research	The mental health needs and impact of mental health problems affecting a student population and adaptations to practice	Seminar	University of Exeter
2015 - 2017	Adapting cognitive behavioural therapies (CBT) to Improve Access to Psychological Therapies, Exeter International Summer School, Clinical Education, Development, and Research	Mental health needs and impact of mental health problems affecting older people and adaptations to practice	Seminar	University of Exeter
2015 - 2017	Adapting cognitive behavioural therapies (CBT) to Improve Access to Psychological Therapies, Exeter International Summer School, Clinical Education, Development, and Research	Mental health needs and impact of mental health problems affecting carers of people with long-term conditions and adaptations to practice	Seminar	University of Exeter
<b>Basic Level</b>				
2016 - 2017	Cognitive behavioural approaches to mood disorders, BSc Psychology, Department of Psychology	Introduction to mood disorders	Seminar	University of Exeter
2016 - 2017	Cognitive behavioural approaches to mood disorders, BSc Psychology, Department of Psychology	Introduction to the Cognitive Behavioural model	Seminar	University of Exeter
2016 - 2017	Cognitive behavioural approaches to mood disorders, BSc Psychology, Department of Psychology	Evidence for the Cognitive Behavioural model and therapy	Seminar	University of Exeter
2016 - 2017	Cognitive behavioural approaches to mood disorders, BSc Psychology, Department of Psychology	Delivery of CBT for depression within the health service	Seminar	University of Exeter
2016 - 2017	Cognitive behavioural approaches to mood disorders, BSc Psychology, Department of Psychology	Adapting CBT for different populations	Seminar	University of Exeter
2015	Improving Access to Psychological Therapies, BSc Applied Psychology, Department of Psychology	Considering types of diversity - older adults	Seminar	University of Exeter
2015	Improving Access to Psychological Therapies, BSc	Adapting low-intensity CBT to	Seminar	University of Exeter

	Applied Psychology, Department of Psychology	accommodate older adults		
2015	Improving Access to Psychological Therapies, BSc Applied Psychology Department of Psychology	Considering types of diversity – informal carers	Seminar	University of Exeter
2015	Improving Access to Psychological Therapies, BSc Applied Psychology, Department of Psychology	Adapting low- intensity CBT to accommodate informal carers	Seminar	University of Exeter
<b>Specialist clinician education</b>				
2019	Health science theory and method, Specialist Nursing Program, Department of Women's and Children's Health	Introduction to quantitative research	Seminar	UU
2017	Psychosocial oncology, Medical program	The future of cancer care	Seminar	UU
2015 - 2017	Enhancing High Intensity Treatment: Long-term conditions and medically unexplained symptoms (Continuing Professional Development course), Clinical Education, Development, and Research	Working with informal caregivers, family, and friends	Seminar	University of Exeter
2009 - 2017	Postgraduate Certificate in Evidence-based Psychological Practice (Psychological Wellbeing Practitioner), Clinical Education, Development, and Research	Engagement and Assessment of Patients with Common Mental Health Problems	Lectures, seminars, role play, problem based learning	University of Exeter
2009 - 2017	Postgraduate Certificate in Evidence-based Psychological Practice (Psychological Wellbeing Practitioner), Clinical Education, Development, and Research	Evidence-based Low Intensity Treatments for Common Mental Health Problems	Lectures, seminars, role play, problem based learning	University of Exeter
2009 - 2017	Postgraduate Certificate in Evidence-based Psychological Practice (Psychological Wellbeing Practitioner), Clinical Education, Development, and Research	Values, Diversity and Context	Lectures, seminars, role play, problem based learning	University of Exeter

### **Scientific positions of trust**

#### ***Scientific expert in international and national investigations and committees***

- 2016 – 2018 Data Monitoring and Ethics Committee (DMEC) member for a HTA funded study investigating the feasibility of a low intensity intervention for depression in adults with Autism (ADEPT Study), University of Bath, UK
- 2015 – 2017 U-CARE Scientific Advisory Board, Uppsala University, Sweden

#### ***Assignment as opponent***

- 2021 Student: Claire Micaux Obol, Dissertation title: Web-based support for young adults with reproductive concerns following cancer – development, process and outcome evaluation of a self-help psychoeducational intervention, Karolinska Institutet, February 2021

#### ***Assignment as doctoral examination committee member***

2022 Student: Ieva Biliunaite, Dissertation title: Care for the Caregiver: Internet intervention for informal caregivers in Lithuania, Linköping University, April 2022

**Assignment as doctoral post-registration seminar senior reviewer**

2022 Student: Meseret Bekele, Dissertation title: Implementation of food safety interventions in informal markets in Ethiopia for animal-source foods, Uppsala University, February 2022

2022 Student: Rebecca Skog, Dissertation title: The next step in dealing with sexual and reproductive health – Fex-Can Young Adult project, Uppsala University, May 2022

2021 Student: Annika Bärkås, Dissertation title: Patients' access to their mental health record, Uppsala University, March 2021

**Assessment of national and international project applications**

2022 Research Council of Norway, Women's Health

2017 Formas (Swedish Research Council for Sustainable Development), National Research Programme for Food

2017 Foundation for Knowledge and Skills Development (Sweden)

**Other scientific merits**

**Scholarship for scientific journals**

- *BMJ Open*: medical research from all disciplines and therapeutic areas.
- *Clinical Gerontologist*: behavioral health concerns found in later life
- *Depression & Anxiety*: neurobiology (genetics and neuroimaging), epidemiology, experimental psychopathology, and treatment (psychotherapeutic and pharmacologic) aspects of mood and anxiety disorders and related phenomena in humans
- *International Journal of Nursing Studies*: health care delivery, organisation, management, workforce, policy and research methods relevant to nursing, midwifery and other health related professions
- *Cognitive Behavioural Therapy*: the application of behavioural and cognitive sciences to clinical psychology and psychotherapy
- *Journal of Medical Internet Research*: emerging technologies, medical devices, apps, engineering, and informatics applications for patient education, prevention, population health and clinical care
- *Behavioural and Cognitive Psychotherapy*: experimental and clinical work contributing to the theory, practice and evolution of cognitive and behaviour therapy
- *Pilot and Feasibility Studies*: design, conduct and reporting of pilot and feasibility studies in biomedicine
- *Public Health*: all aspects of the science, philosophy, and practice of public health

**Participation in editorial committees**

2015 – 2018 Associate Editor – the Cognitive Behavioural Therapist

2017 – 2018 Associate Editor – Behavioural and Cognitive Psychotherapy

**Assignment as organizer of national and international conferences**

2021 – 2021 Uppsala Health Summit (Mental Wellbeing) - Programme Committee Member

**Assignment as reviewer of abstracts for national and international conferences**

2023 International Congress of the International Society of Behavioral Medicine, August 23-26, 2023; Vancouver, Canada.

**Administration**

2023 - U-CARE Executive Committee member

2020 - U-CARE Portal 2.0 Working Group member

2019 - U-CARE Management Group member

2019 - U-CARE Writing Group Lead

2019 - 2020 Internship coordination in U-CARE for Masters in Global Health Programme students

2010 Postgraduate Certificate in Evidence-based Psychological Practice (Psychological Wellbeing Practitioner), Accreditation Panel

**Media**

2022 Kidney Matters, <https://www.yumpu.com/en/document/read/66360252/kidney-matters-issue-16-spring-2022>

2020 UNIVERSEN, <https://issuu.com/nyahorisonger/docs/universen12020>

2020 Swedish Radio, <https://sverigesradio.se/artikel/7639410>

2020 Forskning & Framsteg, <https://fof.se/artikel/barncancer-slar-hardare-mot-pappors-ekonomi/>

2020 Årsrapporten för Alkohollinjen, Alkoholhjälp och Droghjälp, <https://www.alkohollinjen.se/globalassets/verksamheter/alkohollinjen/arsrapport-2020-alkohollinjen-alkoholhjalpen-droghjalpen-webb.pdf>

2019 UNIVERSEN, [https://issuu.com/nyahorisonger/docs/universen\\_nr2\\_2019\\_webb-sv](https://issuu.com/nyahorisonger/docs/universen_nr2_2019_webb-sv)

2014 BBC Spotlight television interview

## PUBLICATIONS FOR JOANNE WOODFORD

### Under review

1. Ferraris, G., Bei, E., Coumoundouros, C., **Woodford, J.**, Saita, E., Sanderman, R., & Hagedoorn, M. The interpersonal process model of intimacy, burden and motivation to care in a multinational group of informal caregivers. *Journal of Social and Personal Relationships*.
2. Brantnell, A., Temiz, Serdar, Baraldi, E., **Woodford, J.**, & von Essen, L. Barriers and facilitators to implementation of e-mental health interventions as perceived by primary care decision makers: content analysis of structured open-ended survey data. *JMIR Human Factors*.

### Peer review articles

1. Pettman, D., O'Mahen, H., Blomberg, O., Skoog Svanberg, A., von Essen, L., & **Woodford, J.** Effectiveness of cognitive behavioural therapy-based interventions for maternal perinatal depression: a systematic review and meta-analysis. *BMC Psychiatry*.
2. Coumoundouros, C., Farrand, P., Hamilton, A., von Essen, L., Sanderman, R., & **Woodford, J.** (2023). Cognitive behavioural therapy self-help intervention preferences among informal caregivers of adults with chronic kidney disease: an online cross-sectional survey. *BMC Nephrology*, 24(1), 4.
3. Mårtensson, E., Coumoundouros, C., Sörensdotter, R., von Essen, L., & **Woodford, J.** (2023). Psychological interventions for symptoms of depression among informal caregivers of older adult populations: a systematic review and meta-analysis of randomized controlled trials. *Journal of Affective Disorders*, 320, 474-498.
4. Lundgren, J., Thiblin, E., Lutvica, N., Reuther, C., Farrand, P., **Woodford, J.**, & von Essen, L. (2023). Concerns experienced by parents of children treated for cancer: a qualitative study to inform adaptations to an internet-administered, low-intensity cognitive behavioral therapy intervention. *Psycho-oncology*, 32(2):237-246. <https://doi.org/10.1002/pon.6074>
5. Coumoundouros, C., Mårtensson, E., Ferraris, G., Margaux Zuidberg, J., von Essen, L., Sanderman, R., & **Woodford, J.** (2022). Implementation of e-mental health interventions for informal caregivers of adults with chronic diseases: a mixed-methods systematic review with qualitative comparative analysis and thematic synthesis. *JMIR Mental Health*, 9(11), e41891.
6. Thiblin, E., **Woodford, J.\***, Reuther, C., Lundgren, J., Lutvica, N., & von Essen, L. (2022). Internet-administered, low-intensity cognitive behavioral therapy for parents of children treated for cancer: A feasibility trial (ENGAGE). *Cancer Medicine*, 10.1002/cam4.5377. <https://doi.org/10.1002/cam4.5377> \*joint first authors
7. Ferraris, G., Srishti, D., **Woodford, J.**, & Hagedoorn, M. (2022). Dyadic interdependence in non-spousal caregiving dyads' wellbeing: A systematic review. *Frontiers Psychology*, 13:882389
8. Hagström, J., **Woodford, J.\***, von Essen, A., Lähteenmäki, P., & von Essen, L. (2022). Opt-out rates and reasons for non-participation in a single-arm feasibility trial (ENGAGE) of a guided internet-administered CBT-based intervention for parents of children treated for cancer: a nested cross-sectional survey. *BMJ Open*, 12:e056758. \*joint first authors
9. Thiblin, E., **Woodford, J.**, Öhman, M., & von Essen, L. (2022). The effect of personalised versus non-personalised study invitations on recruitment: An embedded randomised controlled recruitment trial. *BMC Research and Methodology*, 22, 65
10. **Woodford, J.**, Karlsson, M., Hagström, J., Hägg Sylvén, Y., Norbäck, K., Grönqvist, H., & von Essen, L. (2021). Conducting digital health care research: document analysis of challenges experienced during intervention development and feasibility study setup of an internet-administered intervention for parents of children treated for cancer. *JMIR Formative Research*,



5(10), e26266.

11. **Woodford, J.**, Farrand, P., Hagström, J., Hedenmaln, L., & von Essen, L. (2021). Internet-administered cognitive behavioral therapy for common mental health difficulties in parents of children treated for cancer: intervention development and description study. *JMIR Formative Research*, 5(7):e22709
12. Svedin, F., Brantnell B, Farrand, P, Blomberg O, Coumoundouros C, von Essen, L., Åberg A-C, **Woodford, J.** (2021). Adapting a guided low-intensity behavioural activation intervention for people with dementia and depression in the Swedish healthcare context (INVOLVERA): a study protocol using codesign and participatory action research. *BMJ Open*, 11(7):e048097
13. **Woodford, J.**, Månberg, J., Cajander, Å., Enebrink, PO., Harila-Saari, A., Hagström, J., Karlsson, M., Placid Solimena, H., & von Essen, L. (2021). Help-seeking behaviour and attitudes towards internet-administered psychological support among adolescent and young adults previously treated for cancer during childhood: protocol for a survey and embedded qualitative interview study in Sweden. *BMJ Open*, 11:e041350
14. Öhman, M., **Woodford, J.**, & von Essen, L. (2020). Socio-economic costs of parenting a child with cancer for fathers and mothers in Sweden: A population based difference-in-difference study. *International Journal of Cancer*, 148(10), 2535-41
15. Mårtensson, E., Blomberg, O., Pettman, D., Sörensdotter, R., von Essen, L., & **Woodford, J.** (2020). Psychological interventions for depression among informal caregivers of older adult populations: protocol of a systematic review and meta-analysis of randomized controlled trials. *BMJ Open*, 10, e036402.
16. Coumoundouros, C., von Essen, E., Sanderman, R., & **Woodford, J.** (2020). Implementation of e-mental health interventions for informal caregivers of adults with chronic diseases: a protocol for a mixed methods systematic review with a qualitative comparative analysis, *BMJ Open*, 10, e035406
17. Brantnell, A., **Woodford, J.**, Baraldi, E., van Achterberg, T., & von Essen, L. (2020). The views of implementers and non-implementers of internet-administered cognitive behavioral therapy for depression and anxiety: A survey of primary care decision makers in Sweden. *Journal of Medical Internet Research*, 22(8),e18033
18. Farrand, P., **Woodford, J.**, Coumoundouros, C., & Svedin, F. (2020). Supported cognitive-behavioural therapy self-help versus treatment-as-usual for depressed informal caregivers of stroke survivors (CEDArS): Feasibility randomized controlled trial. *the Cognitive Behavioral Therapist*, 13, e24
19. **Woodford, J.**, Norbäck, K., Hagström, J., Grönqvist, H., Parker, A., Arundel, C., & von Essen, L. (2020). Study within a trial (SWAT) protocol. Investigating the effect of personalised versus non-personalised study invitations on recruitment: an embedded randomized controlled recruitment trial. *Contemporary Clinical Trials Communications*, 18, 10057
20. Hagström, J., Ander, M., Cernvall, M., Ljótsson, B., Wiman, HW, von Essen, L., & **Woodford, J.** (2020). Heeding the psychological concerns of young cancer survivors: a single-arm feasibility trial of CBT and a cognitive behavioral conceptualization of distress. *PeerJ*, 8, e8714
21. Pettman, D., O'Mahen, H., Skoog Svanberg, A., von Essen, L., Axfors, C., Blomberg, O., & **Woodford, J.** (2019). Effectiveness and acceptability of cognitive behavioural therapy based interventions for maternal peripartum depression: a systematic review, meta-analysis and thematic synthesis protocol. *BMJOpen*, 9; e032659
22. **Woodford, J.**, Wikman, A., Einhorn, K., Cernvall, M., Grönqvist, H., Romppala, A., & von Essen, L. (2018). Attitudes and preferences regarding a hypothetical trial of an internet-administered psychological intervention and willingness to participate among parents of children treated for cancer: an online survey. *JMIR Mental Health*, 5(4); e10085
23. **Woodford, J.**, Wikman, A., Cernvall, M., Ljungman, G., Romppala, A., Grönqvist, H., & von Essen, L. (2018). Study protocol for a feasibility study of an internet-administered, guided, CBT-based, self-help intervention (ENGAGE) for parents of children previously treated for cancer. *BMJ Open*, 8(6), e023708.
24. Wikman, A., Kukkola, L., Börjesson, H., Cernvall, M., **Woodford, J.**, Grönqvist, H., & von Essen, L. (2018). Development of an internet-administered cognitive behavior therapy program (ENGAGE) for parents of children previously treated for cancer: participatory action research approach. *Journal of Medical Internet Research*, 20(4), e133.
25. **Woodford, J.**, Farrand, P., Watkins, E. R., & Llewellyn, D. J. (2018). "I don't believe in leading a life of my own, I lead his life": a qualitative investigation of difficulties experienced by informal caregivers of stroke survivors experiencing depressive and anxious symptoms. *Clinical Gerontologist*, 41(4), 293-307.

26. Farrand, P., **Woodford, J.**, Small, F., & Mullan, E. G. (2017). Behavioural activation self-help to improve depression in people living with dementia: the PROMOTE treatment protocol. *New Zealand Journal of Psychology, 46*(2), 51-62.
27. Ander, M., Wikman, A., Ljotsson, B., Grönqvist, H., Ljungman, G., **Woodford, J.**, Lindahl Norberg, A., & von Essen, L. (2017). Guided internet-administered self-help to reduce symptoms of anxiety and depression among adolescents and young adults diagnosed with cancer during adolescence (U-CARE: YoungCan): a study protocol for a feasibility trial. *BMJ Open, 7*(1), e013906.
28. Farrand, P., **Woodford, J.**, Llewellyn, D. J., Anderson, M., Venkatasubramanian, S., Ukoumunne, O. C., Adam, A-L. R., & Dickens, C. (2016). Behavioural activation written self-help to improve mood, wellbeing and quality of life in people with dementia supported by informal carers (PROMOTE): a study protocol for a single-arm feasibility study. *Pilot and Feasibility Studies, 2*, 42.
29. Farrand, P., Matthews, J., Dickens, C., Anderson, M., & **Woodford, J.** (2016). Psychological interventions to improve psychological wellbeing in people with dementia or mild cognitive impairment: a systematic review and meta-analysis protocol. *BMJ Open, 6*(1), e009713.
30. O'Mahen, H. A., Grieve, H., Jones, J., McGinley, J., **Woodford, J.**, & Wilkinson, E. (2015). Women's experiences of factors affecting treatment engagement and adherence in internet delivered behavioural activation for postnatal depression. *Internet Interventions, 2*(1), 84-90.
31. Farrand, P., & **Woodford, J.** (2015). Effectiveness of cognitive behavioural self-help for the treatment of depression and anxiety in people with long-term physical health conditions: a systematic review and meta-analysis of randomized controlled trials. *Annals of Behavioral Medicine, 49*(4), 579-593.
32. **Woodford, J.**, Farrand, P., Watkins, E. R., Richards, D. A., & Llewellyn, D. J. (2014). Supported cognitive-behavioural self-help versus treatment-as-usual for depressed informal carers of stroke survivors (CEDArS): study protocol for a feasibility randomized controlled trial. *Trials, 15*(1), 157.
33. **Woodford, J.**, Farrand, P., Richards D., & Llewellyn, D. (2013). Psychological treatments for common mental health problems experienced by informal carers of adults with chronic physical health conditions (Protocol). *Systematic Reviews, 2*, 9.
34. O'Mahen, H. A., Richards, D. A., **Woodford, J.**, Wilkinson, E., McGinley, J., Taylor, R. S., & Warren, F. C. (2013). Netmums: a phase II randomized controlled trial of a guided internet behavioural activation treatment for postpartum depression. *Psychological Medicine, 44*(8), 1675-1689.
35. O'Mahen, H. A., **Woodford, J.**, McGinley, J., Warren, F. C., Richards, D. A., Lynch, T. R., & Taylor, R. S. (2013). Internet-based behavioral activation-treatment for postnatal depression (Netmums): a randomized controlled trial. *Journal of Affective Disorders, 150*(3), 814-822.
36. Farrand, P., & **Woodford, J.** (2013). Impact of support on the effectiveness of written cognitive behavioural self-help: a systematic review and meta-analysis of randomised controlled trials. *Clinical Psychology Review, 33*(1), 182-195.
37. Farrand, P., & **Woodford, J.** (2013). Measurement of individualised quality of life amongst young people with indicated personality disorder during emerging adulthood using the SEIQoL-DW. *Quality of Life Research, 22*(4), 829-838.
38. Akram, A. S., Jerreat, A. S., **Woodford, J.**, Sandy, J., & Ireland, A. J. (2011). Development of a condition-specific measure to assess quality of life in patients with hypodontia. *Orthodontics & Craniofacial Research, 14*(3), 160-167.
39. **Woodford, J.**, Farrand, P., Bessant, M., & Williams, C. (2011). Recruitment into a guided internet based CBT (iCBT) intervention for depression: lesson learnt from the failure of a prevalence recruitment strategy. *Contemporary Clinical Trials, 32*(5), 641-648.

### Book chapters

1. Farrand, P., & **Woodford, J.** (2010). Using self-help Books on Prescription schemes. In Bennett-Levy, J., Richards, D., Farrand, P., Christensen, H., Griffiths, K., Kavanagh, D., . . . Williams, C. (Eds.). *Oxford guide to low intensity CBT interventions*. New York, NY: Oxford University Press.

### Popular scientific publications

1. Farrand, P., McGahey, S., & Woodford, J. (2022). *Lift your low mood*. Exeter: University of Exeter,
2. **Woodford, J.**, Farrand, P., & von Essen, L. (2020). *intErnetbaserad sJälvhjälp för föräldrar till barn som avslutat en behandling mot canceR*. Uppsala, Uppsala University

3. Farrand, P., & **Woodford, J.** (2020). *Managing your worries during COVID-19*. Exeter: University of Exeter
4. Farrand, P., **Woodford, J.**, & Small, F. (2017). *From worries to solutions: getting on top of your generalised anxiety*. Exeter: University of Exeter
5. Farrand, P., **Woodford, J.**, & Jackson, K. (2017). *Unhelpful thoughts: challenging and testing them out*. Exeter: University of Exeter
6. Farrand, P., **Woodford, J.**, & Small, F. (2017). *From problems to solutions: finding your way forward*. Exeter: University of Exeter
7. Farrand, P., **Woodford, J.**, Anderson, M., & Lovis, L. (2015). *Getting more out of every day with memory difficulties: a guide for people living with memory difficulties*. Exeter: University of Exeter
8. Farrand, P., **Woodford, J.**, & Anderson, M. (2015). *Getting more out of every day with memory difficulties: a guide for family and friends*. Exeter: University of Exeter
9. Farrand, P., & **Woodford, J.** (2015). *Problem solving in low intensity CBT*. Exeter: University of Exeter
10. **Woodford, J.**, & Farrand, P. (2013). *Helping relatives and carers of stroke survivors overcome depression programme*. Exeter: University of Exeter
11. Farrand, P., & **Woodford, J.** (2013). *Goal setting in low intensity CBT (Physical Health Series)*. Exeter: University of Exeter
12. O'Mahen, H., & **Woodford, J.** (2011). *Netmums helping with depression programme*. Exeter, University of Exeter.

#### **CONFERENCE PRESENTATIONS (Invited Speaker)**

1. **Woodford, J.** (2019). Behavioral activation guided self-help intervention for people with dementia and depression. II International Symposium on Psychology, Health and Behavior, Bogota, Colombia.
2. **Woodford, J.** (2017). *Low intensity CBT for older adults*. Invited presentation at the meeting of the Yorkshire and Humber Improving Access to Psychological Therapies (IAPT) for Older People consortium, Leeds.
3. **Woodford, J.**, & Farrand, P. (2014). *Cognitive-behavioural therapy approaches for stroke survivors and their informal carers*. Invited presentation at the Northern Ireland Stroke Conference, UK Stroke Forum, Belfast.
4. Farrand P., & **Woodford, J.** (2014). *Depression in stroke survivors and their carers after stroke*. Invited presentation at the Joining Forces Conference, Exeter.

#### **CONFERENCE PRESENTATIONS (Panel Discussions and Clinical Roundtables)**

1. **Woodford, J.** (2016). *CBT – Why can't we translate research findings into practice?* Panel discussion with M. Scott, S. Flatt, N. Rosenburg & C. Williams (chair). Panel discussion conducted at the meeting of the European Association for Behavioural and Cognitive Therapies (EABCT), Stockholm.

#### **CONFERENCE PRESENTATIONS (Workshops)**

1. Farrand, P., & **Woodford, J.** (2021). *How to improve access to evidence-based psychological interventions*. Workshop conducted at the Uppsala Health Summit (Pathways to Lifelong Mental Wellbeing). Uppsala
2. Williams, C., & **Woodford, J.** (2017). *State of the art delivery: Maximising outcomes in low intensity interventions for people with common mental health difficulties?* Pre-conference workshop conducted at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), Manchester.

#### **CONFERENCE PRESENTATIONS (Symposia)**

1. Pettman, D., O'Mahen, H., Blomberg, O, Skoog Svanberg, A, von Essen, L., & **Woodford, J.** (2022). Effectiveness of cognitive behavioural therapy-based interventions for maternal perinatal depression: a systematic review and meta-analysis. In H. O'Mahen (Chair), Innovations in Perinatal Mental Health Treatment Interventions. Symposium conducted at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), London
2. Ferraris, G., Bei, B., Coumoundouros, C., **Woodford, J.**, von Essen, L., Saita, E., Sanderman, R., Hagedoorn, M. (2022). The role of perceived responsiveness in a multinational group of caregivers: a moderated mediation model. In V. Morrison (Chair), *Innovative approaches in informal care research: exploring new determinants, methods, and frameworks*. Symposium conducted at the meeting of the European Health Psychology Society (EHPS), Bratislava.

3. Pettman, D., O'Mahen, H., Blomberg, O., Mårtensson, E., Carpentier, B., Skoog Svanberg, A., von Essen, L., & **Woodford, J.** (2020). Baby&Me: Development and adaptation of a supported internet-administered integrated behavioural activation intervention for postpartum depression and parenting: a participatory action approach. In A. I. Pereira (Chair), "*Just a click away*" - *Web-based interventions for parents: Innovative and effective ways to support parents and children*. Symposium conducted online at the meeting of the International Congress of Clinical Psychology and Health with Children and Adolescents (CIPCNA), Alicante (online)
4. **Woodford, J.**, Grönqvist, H., Hagström, J., & von Essen, L. (2020). ENGAGE: A feasibility study of an internet-administered, guided, CBT-based, self-help intervention (EJDeR) for parents of children previously treated for cancer. In A. I. Pereira (Chair), "*Just a click away*" - *Web-based interventions for parents: Innovative and effective ways to support parents and children*. Symposium conducted online at the meeting of the International Congress of Clinical Psychology and Health with Children and Adolescents (CIPCNA), Alicante (online)
5. **Woodford, J.**, Farrand, P., Anderson, M., Venkatasubramanian, S., Adlam, A., Llewellyn, D. J., Ukoumunne, O., & Dickens, C. (2017) Behavioural activation self-help to improve mood and quality of life in people with dementia supported by informal carers: The PROMOTE Study. In **J. Woodford** (Chair), *New innovations in low intensity CBT: Enhancing engagement and improving outcomes*. Symposium conducted at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), Manchester.
6. **Woodford, J.**, Farrand, P., Anderson, M., Venkatasubramanian, S., Adlam, A., Llewellyn, D., Ukoumunne, O., & Dickens, C. (2016). Behavioural activation self-help to improve mood and quality of life in people with dementia supported by informal carers: The PROMOTE Study. In **J. Woodford** (Chair), *New innovations in low intensity working: Thinking outside the box*. Symposium conducted at the meeting of the European Association for Behavioural and Cognitive Therapies (EABCT), Stockholm.
7. **Woodford, J.**, & Farrand, P. (2015). From humble beginnings: Cognitive behavioural self-help for depression and anxiety in people living with long-term physical health conditions. In **C. Williams** (Chair), *Low intensity Interventions: Adapting delivery models to widen access*. Symposium conducted at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), Warwick.
8. **Woodford, J.** & Farrand, P. (2011). Advancing towards evidence based Prescribing: Common factors in self-help books for common mental health problems. In **C. Williams** (Chair), *Recent advances in CBT self-help delivery*. Symposium conducted at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), Guildford.
9. **Woodford, J.** & Farrand P. (2010). Effectiveness of guided CBT self-help for patients with chronic physical health problems: a systematic review and meta-analysis. In **P. Farrand** (Chair), *Low Intensity CBT: Advancing the new paradigm*. Symposium conducted at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), Manchester.
10. O'Mahen, H., **Woodford, J.** & McGinley, J. (2011). Internet behavioural activation for Postnatal Depression: A randomized controlled trial. In D. Ekers (Chair), *New directions and developments in behavioural activation*. Symposium conducted at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), Guildford.
11. Farrand, P., **Woodford, J.** (2010). Advancing towards evidence-based self-help books for high prevalence mental health problems. In C. Williams (Chair), *Bringing low intensity CBT into communities*. Symposium conducted at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), Manchester.
12. **Woodford, J.**, O'Mahen, H. & McKinley, J. (2010). cCBT for Postnatal Depression: the Netmums Project. Who Uses it, Why and Does it Work? Symposium conducted at the meeting of the World of Behavioral and Cognitive Therapies (WCBCT), Boston, MA.
13. **Woodford, J.**, & Farrand, P. (2009). Books on Prescription: The Potential for Harm. In P. Farrand (Chair), *Low intensity CBT: Current and future considerations*. Symposium conducted at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), Exeter.

#### CONFERENCE PRESENTATIONS (Oral Papers)

1. Svedin, F., Brantnell, A., Farrand, P., Blomberg, O., von Essen, L., Åberg, A-C, **Woodford, J.** (2022). *Developing and adapting a guided low-intensity behavioral activation intervention targeting depression in people with dementia for the Swedish context (The INVOLVERA Study)*. Oral presentation at the meeting of the European Association of Behavior & Cognitive Therapies congress (EABCT), Barcelona.

2. Svedin, F., Brantnell B, Farrand, P, Blomberg O, Coumoundouros C, von Essen, L., Åberg A-C, **Woodford, J.** (2021). *Adapting a guided low-intensity behavioural activation intervention for people with dementia and depression in the Swedish healthcare context (INVOLVERA)*. Oral presentation at the Alzheimer Europe Conference, virtual conference
3. Pettman, D., O'Mahen, H., Blomberg, O., Mårtensson, E., Skoog Svanberg, A., von Essen, L., & **Woodford, J.** (2020). *Development of an integrated behavioural activation and parenting internet-administered intervention for postpartum depression parenting sensitivity: protocol for a participatory action research study*. Oral presentation at the International Marcé Conference, Iowa, virtual conference.
4. **Woodford, J.**, Farrand, P., Anderson, M., Venkatasubramanian, S., Adlam, A., Llewellyn, D., Ukoumunne, O., & Dickens, C. (2016). *Behavioural activation self-help to improve mood and quality of life in people with dementia supported by informal carers: The PROMOTE Study*. Oral paper presented at the meeting of Alzheimer's Research UK, Manchester.
5. **Woodford, J.** Farrand, P., Richards, D.A. & Llewellyn, D. (2012). *The forgotten many: Development and pilot a cognitive-behavioural therapy self-help approach for carers of stroke survivors experiencing depression and anxiety*. Oral paper presented at the South West Psychological Wellbeing Practitioner Regional Conference, Exeter.
6. **Woodford, J.**, Farrand, P. & Williams, C. (2010). *Recruitment into a guided internet based CBT intervention for depression: Lessons learnt from the failure of a prevalence recruitment strategy*. Oral paper presented at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), Manchester. (Nominated and shortlisted for Best Young Researcher award)
7. McKinley, J., **Woodford, J.** & O'Mahen, H. (2010). *cCBT for Postnatal Depression: the Netmums Project. Who Uses it, Why and Does it Work?* Oral paper presented at the meeting of the Unite trade union / Community Practitioners and Health Visitors Association (CPHVA), Harrogate.

#### CONFERENCE PRESENTATIONS (Poster Sessions)

1. Thiblin, E., **Woodford, J.**, Reuther, C., Lundgren, J., Lutvica, N., & von Essen, L. (2022). *Internet-administered, low-intensity cognitive behavioral therapy for parents of children treated for cancer: a feasibility trial (ENGAGE)*. Poster presented at the meeting of the International Society of Paediatric Oncology (SIOP), Barcelona.
2. Coumoundouros, C., Farrand, P., Hamilton, A., von Essen, L., Sanderman, R., & **Woodford, J.** (2022) *Self-help intervention preferences among informal caregivers of adults with kidney conditions: an online cross-sectional survey*. UK Kidney Week 2022. Birmingham.
3. Coumoundouros, C., Mårtensson, E., Ferraris, G., von Essen, L., Sanderman, R., & **Woodford, J.** (2021) *Barriers and facilitators to implementing e-mental health interventions – a systematic review focusing in on interventions for informal cancer and dementia caregivers*. Poster presented at the International Psycho-Oncology Society World Congress: Virtual conference.
4. Coumoundouros, C., Mårtensson, E., Ferraris, G., von Essen, L., Sanderman, R., & **Woodford, J.** (2021). *Implementation of e-mental health interventions for informal caregivers: a systematic review*. Poster session published abstract for Supporting Health by Technology 2021, Twente, Netherlands.
5. Pettman, D., O'Mahen, H., Blomberg, O., Skoog Svanberg, A., von Essen, L., & **Woodford, J.** (2020). *Effectiveness and acceptability of cognitive behavioural therapy based interventions for maternal peripartum depression: a systematic review, meta-analysis and thematic synthesis*. Poster presented at the International Marcé Conference, Iowa, virtual conference.
6. Coumoundouros, C., Mårtensson, E., Ferraris, G., von Essen, L., Sanderman, R., & **Woodford, J.** (2020). *Implementation of e-mental health interventions for informal caregivers of adults with chronic diseases: a systematic review*. Poster session published abstract for Supporting Health by Technology 2020 Twente, Netherlands (postponed due to COVID-19).
7. Coumoundouros, C., Mårtensson, E., Ferraris, G., von Essen, L., Sanderman, R., & **Woodford, J.** (2020). *Implementation of e-mental health interventions for informal caregivers of adults with chronic diseases: a systematic review*. Proceedings of the Virtual 3rd UK Implementation Science Research Conference. Implementation Sci 15, 105 (2020).
8. Wiman, H, Ander, M., **Woodford, J.**, Hasselblad, T., Grönqvist, H., Ljungman, G., Romppala, A., Wikman, A., & von Essen, L. (2018). *Guided internet-administered self-help to reduce symptoms of anxiety and depression among adolescents and young adults diagnosed with cancer during adolescence: Lessons learned*. Poster session presented at the Congress of the International Society of Paediatric Oncology (SIOP), Kyoto, Japan.

9. **Woodford, J.**, Farrand, P., Anderson, M., Venkatasubramanian, S., Adlam, A., Llewellyn, D., Ukoumunne, O., & Dickens, C. (2016). *Behavioural activation self-help to improve mood and quality of life in people with dementia supported by informal carers: The PROMOTE Study*. Poster session presented at the meeting of Alzheimer's Research UK, Manchester.
10. **Woodford, J.**, Farrand, P., Watkins, E. R., & Llewellyn, D. J. (2015). *Factors affecting recruitment into a feasibility randomised controlled trial of supported cognitive-behavioural self-help for depressed informal carers of stroke survivors (CEDArS Trial)*. Poster session presented at the meeting of the British Association for Behavioural & Cognitive Psychotherapies (BABCP), Warwick
11. **Woodford, J.**, Farrand, P., Richards, D.A., & Llewellyn, D. (2013). *Comparing how relatives and carers of stroke survivors with and without common mental health difficulties cope with the caring role*. Poster session presented at the meeting of the UK Stroke Assembly (UKSA), Nottingham. (Invited poster, short listed by stroke survivors and non-professionals).
12. **Woodford, J.**, Farrand, P., Richards, D.A., & Llewellyn, D. (2013). *The Forgotten Many: Protocol to develop a CBT self-help approach for carers of stroke survivors experiencing depression*. Poster session presented at the Joining Forces Conference, Exeter.
13. **Woodford, J.**, Farrand, P., Richards, D.A., & Llewellyn, D. (2013). *Comparing coping strategies used by informal carers of stroke survivors with and without common mental health difficulties*. Poster session presented at the Joining Forces Conference, Exeter.
14. **Woodford, J.**, Farrand, P., Richards, D.A., & Llewellyn, D. (2012). *Coping in informal carers of stroke survivors: a comparison of coping strategies used by depressed and non-depressed informal carers*. Poster session presented at the UK Stroke Forum, Harrogate.