

Publications

2020

- **Einstein, D.A.** Behavioural Modelling: Managing your own Worry can help nervous children back to school. Bounty Magazine, 19 June 2020.
- **Einstein, D.A.** Tips for how Teachers can talk to Children about Covid19, Education Today, 24 June 2020.
- **Einstein, D.A.** Step by Step guide for teachers in managing a child's anxiety and worry during Covid19. Education Today, 3 June, 2020.

2019

- Ferrari, M., Hunt, C., Harrysunker, A., Abbott, M. J., Beath, A. P., & **Einstein, D. A.** (2019). Self-compassion interventions and psychosocial outcomes: a meta-analysis of RCTs. *Mindfulness*, 10(8), 1455-1473
- **Einstein, D.A.** Schools should tread carefully through the screentime minefield. Sydney Morning Herald, 17 November, 2019.

2018

- **Einstein, D.A.**, (2018) We asked five experts: should mobile phones be banned in schools? [online]. *Reach +100,000 reads. The Conversation*. Available at: <https://theconversation.com/we-asked-five-experts-should-mobile-phones-be-banned-in-schools-98708>
- Ferrari, M., Yap, K., Scott, N., **Einstein, D. A.**, & Ciarrochi, J. (2018). Self-compassion moderates the perfectionism and depression link in both adolescence and adulthood. *PloS one*, 13(2), e0192022.
- **Einstein, D.A.** & Wright, H. School phone ban vital for students, argue education experts. Sydney Morning Herald, 3 July, 2018
- **Einstein, D.A.** (2018) The Emotional Intelligence in Schools Program EMI: Teacher Manual, Distinct Psychology.

2017

- **Einstein, D.A.** (2017). Constantly texting your friends about problems may be increasing your anxiety. [online]. *The Conversation. Reach +97,000 83 tweets; 1345 Facebook Shares*. Available at: <https://theconversation.com/constantly-texting-your-friends-about-problems-may-be-increasing-your-anxiety-83960>
- Ferrari, M., Yap, K., Scott, N. **Einstein, D.A.** & Ciarrochi, J. (2017) Self compassion moderates the perfectionism-depression link in both adolescence and adulthood. Poster presented at the 38th National Conference of the AACBT, Coogee, Australia.

2016

- **Einstein, D.A.** & Mansell, W. (2016) The relevance of uncertainty and goal conflict to mental disorders, their prevention and management: A unifying approach, *The Cognitive Behaviour Therapist*, 9, [doi:10.1017/S1754470X16000234](https://doi.org/10.1017/S1754470X16000234)

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- **Einstein, D.A.**, Boyd, M. & Farkash, L. (2016) The Insights Program, Department of Psychology, Macquarie University.
- Hudson, J.L.*, **Einstein, D.A***, Rapee, R., Schniering, C., Lyneham, H., Wuthrich, V., Wignall, A., Newall, C. & McLellan, L. (2015) Chilled@School: Universal Prevention for Adolescent Anxiety and Depression, Centre for Emotional Health, Macquarie University (*equal contribution)

2015

- **Einstein, D.A.** (2015). Life is full of uncertainty, we've just got to learn to live with it. [online] *The Conversation*. Available at: <https://theconversation.com/life-is-full-of-uncertainty-weve-just-got-to-learn-to-live-with-it-30092> Reach: +48,000 reads; 87 Tweets; 1035 Facebook shares.
- Schniering, C.A., **Einstein, D.A.**, & Rapee, R.M. (2015). The Chilled Plus Adolescent Anxiety and Depression Program - Internet Intervention. Centre for Emotional Health, Macquarie University: Sydney.
- Schniering, C. A., **Einstein, D.** & Rapee, R. M. (2015). The Chilled Plus Program- Parent Companion. Centre for Emotional Health, Macquarie University: Sydney.
- Schniering, C. A., **Einstein, D.** & Rapee, R. M. (2015). The Chilled Plus Program- Therapist Manual. Centre for Emotional Health, Macquarie University: Sydney.

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- **Einstein, D. A.** (2014). Extension of the transdiagnostic model to focus on intolerance of uncertainty: a review of the literature and implications for treatment. *Clinical Psychology: Science and Practice*, 21(3), 280-300. Cited by 90.

2012

- Helgadóttir, F.D., Menzies, R.G. & **Einstein, D.A.** (2012) Magical thinking and obsessive-compulsive symptoms in Australia and Iceland : a cross-cultural comparison. *Journal of obsessive-compulsive and related disorders*, 1, 216-219.

2011

- **Einstein, D.A.**, Menzies, R.G., St Clare, T., Drobny, J. & Helgadottir, F.D. (2011) The treatment of magical ideation in two individuals with obsessive compulsive disorder. *The Cognitive Behaviour Therapist*, 4, 16-29.

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- **Einstein, D.A.** & Menzies, R.G. (2008) Does magical thinking improve across treatment for obsessive-compulsive disorder? *Behaviour Change*, 25, 149-155.
- Titov, N., Andrews, G., Schwencke, G., Drobny, J. & **Einstein, D.** (2008) Shyness 1: Distance treatment of social phobia over the internet. *Australian and New Zealand Journal of Psychiatry*, 42, 585-594.

2007

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- [Einstein, D.A. \(Editor\) \(2007\) *Innovations and Advances in Cognitive Behaviour Therapy*. Brisbane: Australian Academic Press.](#)
- **Einstein, D.A.** & Menzies, R.G. (2007) The treatment of magical ideation. In D.A. Einstein (Ed.) *Innovations and Advances in Cognitive Behaviour Therapy* Brisbane: Australian Academic Press.

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- **Einstein, D.A.** & Menzies, R.G. (2006) Magical Thinking in Obsessive Compulsive Disorder, Panic Disorder and the General Community, *Behavioural and Cognitive Psychotherapy*, 34, 351-357.
- Berle, D., Blaszczyński, A., **Einstein, D.A.** & Menzies, R.G. (2006) Thought Action Fusion in schizophrenia: A preliminary Investigation. *Behaviour Change*, 23, 260- 269.

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- Lutz, W., Lowry, J., Kopta, M., **Einstein, D.A.**, & Howard, K.I. (2001) Prediction of dose-response relations based on patient characteristics, *Journal of Clinical Psychology*, 57, 889-900.

2000 and previous

- **Einstein, D.A.**, Lovibond, P.F. & Gaston, J.E. (2000) Relationship between perfectionism and emotional symptoms in an adolescent sample, *Australian Journal of Psychology*, 52, 89-93.
- Menzies, R.G., Harris, L., Cummings, S. & **Einstein, D.A.** (2000) The relationship between inflated personal responsibility and exaggerated danger expectancies in obsessive-compulsive concerns, *Behaviour Research and Therapy*, 38, 1029-1037.
- **Einstein, D. A.** & Lanning, K. (1998). Shame, guilt, ego development and the five factor model of personality, *Journal of Personality*, 66, 555 – 582.