

Academic Curriculum Vitae James N. Kirby, Ph.D.

Professional Details

- Senior Lecturer & Clinical Psychologist
- **Co-Director:** [Compassionate Mind Research Group](#)
- C/- School of Psychology, University of Queensland, St Lucia QLD 4072
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Research Program

James is the Director of the Compassionate Mind Research Group at the University of Queensland. He has broad research interests in compassion, but specifically examines the decision-making process to compassionate action, as well as examining the efficacy of compassion-based interventions. He uses and integrates multi-modal assessment approaches to better understand the mechanisms of engaging and acting in compassionate behaviour (e.g., self-report, physiology, observations, fMRI). He also examines the clinical effectiveness of compassion focused interventions, evaluating both Compassion Focused Therapy and Compassionate Mind Training, specifically in how they help with self-criticism and shame that underpin many depression and anxiety disorders. James also works as a Clinical Psychologist in private practice, which he has done so for over 10 years. James has co-edited 1 book, co-edited 2 special issues, published 9 book chapters and 72 peer reviewed publications. He serves as an Associate Editor for two international journals *Mindfulness* (USA; IF: 4.68) and *Psychology & Psychotherapy: Theory, Research & Practice* (UK; IF: 4.36). According to Google Scholar his work has been cited 3,638 times, has an h-index of 26 and an i10 index of 48.

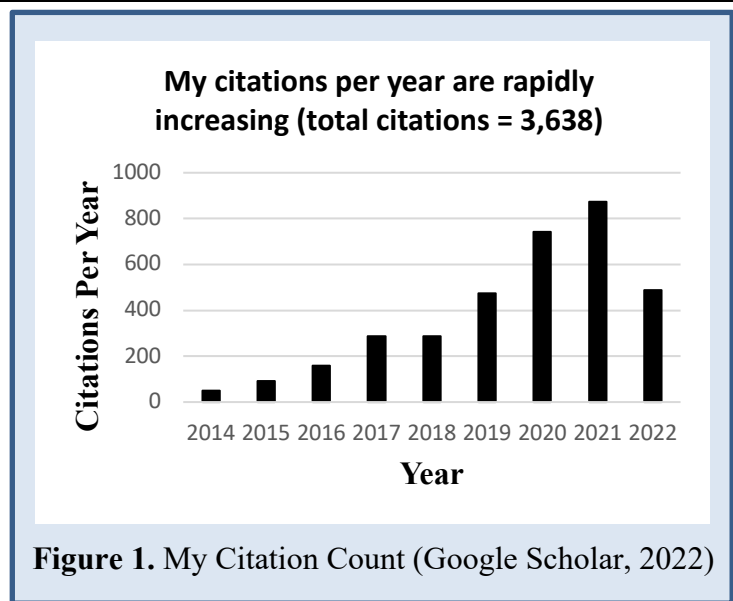
Selected Previously Successful Grants

To date, I have been successful in obtaining over \$1 million to conduct my research into my various fields of interest.

- **Kirby, J.N.** (2022-2024). Examining the psychological wellbeing of young adults with disability transitioning from aged care to integrated residential living. YoungCare Ltd. \$75,000.
- **Kirby, J.N.**, Kim, J., & Cunnington, R. (2020-2021). Examining the neural correlates of kindness and compassion. Compassionate Mind Foundation. \$16,500.
- Khoury, B., **Kirby, J.N.**, & Kelly, A. (2021-2022). Development and validation of two scales of compassion. Social Sciences & Humanities Research Council of Canada. \$61,043.
- Walton, C., **Kirby, J.N.**, Rice, S., & Osborne, M. (2021-2022). The Compassionate Performer: Compassion focused approach to help elite athletes. CAWRI Seed Funding. \$15,000.
- Day, J., Hayes, A., & **Kirby, J.N.** (2019-2021). Supporting the wellbeing of workers with injury: Compassion-focused approaches using digital technology. iCare Foundation. \$387,813.
- Sanders, M.R., Mallett, C., **Kirby, J.N.**, Rynn, S. (2019-2020). Development and pilot testing of the Active Triple P program for junior rugby league players. National Rugby League (NRL) Research Board. \$99,700.
- Day, J., Jones, D., & **Kirby, J.** (2019). Evaluating the validity, acceptability and usability of a brief, digital measure of emotion-response systems for use in compassion-focused research and practice. University of Newcastle, School of Health Sciences Strategic Pilot Grant. \$4,500.
- **Kirby, J.N.**, Day, J., & Gilbert, P. (2019). The protective functions of compassion against toxic masculinity and depression in Australian men. School of Psychology Research Excellence Grant. \$5,000.
- Gerace, A., McAllister, M., Day, A., & **Kirby, J.N.** (2019). Strategies to increase nurse empathy and compassion in acute mental health settings. Central Queensland University. \$19,252.
- Sanders, M.R., Mallett, C., **Kirby, J.N.**, Rynn, S. (2018). Creating a thriving community for young people through junior rugby league. National Rugby League (NRL) Research Board. \$32,500.
- **Kirby, J.N.** (2017-2019). Compassionate Mind Research Support. Compassionate Mind Foundation. \$10,000.

Publication Summary

I have published **82 academic publications** (72 peer review, 9 book chapters, 1 edited book), with **50 papers as first/senior author**. My work has been **cited 3,638 times**. My **h-index is 26**, and my **i10-index is 48**. I have six publications with over 100 citations each, and five Highly Cited Papers in the Essential Science Indicators (SciVal, 2021), with four of them being directly relevant to the proposal, which shows my works interest and significance. My citations per year have been rapidly increasing: I received 288 citations in 2018, 475 in 2019, 742 in 2020, 820 in 2021, and 488 in 2022 (Google Scholar, July 2022). I have published more than 10 papers each year since 2018. Over half my papers have been published since 2018 is evidence that my work has a strong and current scientific impact. My citation record demonstrates that my work is having an important influence on the field. My paper, a meta-analysis paper on compassion published in *Behavior Therapy* (2017) is the most cited paper in that journal over the last 5 years.



I have a field-weighted citation impact of 2.72 (SciVal, August 2021), meaning my work has been cited over two and half times more as would be expected for the relevant fields. My research has had substantial reach being cited in publications arising from 52 different countries (Scopus, January 2021). Importantly, citations have been across diverse disciplines, being cited in 22 different subject areas including Psychology to Agricultural and Biological Sciences, Business, and Health Professions (Scopus, January 2021). My work influences the international field and has been cited by authors from 160 different institutions worldwide, including Top 10 ranked Universities, Harvard, Stanford, University of Oxford and the University of Cambridge (Scopus, January 2021).

Five of my publications are in the top 1% most cited publications worldwide (field-weighted) (SciVal, January 2021). Eleven of my publications are in the top 5% most cited publications worldwide (field-weighted) (SciVal, January 2021), and 17 of my publications are in the top 10% most cited publications worldwide (field-weighted) (SciVal, January). These metrics indicate my work is having a significant impact in shaping the science of compassion (see Figure 1).

Selected Research Publications (* = Senior Author)

Book:

Kirby, J.N., & Gilbert, P. (2020). *Making an Impact on Mental Health: The Applications of Psychological Research*. London: Routledge.

Book Chapter:

- Kirby, James N.** and Gilbert, Paul (2020). Introduction to psychological impacts on mental health: How psychological science informs how we approach mental health. *Making an Impact on Mental Health and Illness*. (pp. 1-3) New York, NY, United States: Routledge. doi: 10.4324/9780429244551-1
- Kirby, James N.** and Tellegen, Cassandra L. (2020). Parenting, family environments, and mental health and illness. *Making an Impact on Mental Health and Illness*. (pp. 71-96) edited by James N. Kirby and Paul Gilbert. New York, NY, United States: Routledge. doi: 10.4324/9780429244551-4
- Kirby, James N.** and Hoang, Nam-Phuong T. (2018). Parenting of adult children: a neglected area of parenting studies. *Handbook of parenting and child development across the lifespan*. (pp. 653-675) edited by Matthew R. Sanders and Alina Morawska. Cham, Switzerland: Springer International Publishing. doi: 10.1007/978-3-319-94598-9_29
- Kirby, James N., Steindl, Stanley R.** and Doty, James R. (2017). Compassion as the Highest Ethic. *Mindfulness in Behavioral Health*. (pp. 253-277) edited by Lynette M. Monteiro, Jane F. Compson and

Frank Musten. Cham, Switzerland: Springer International Publishing. doi: 10.1007/978-3-319-64924-5_10

- Kirby, J.N.** (2017). Compassionate parenting: The role of compassion in parenting. *The Handbook of Compassion Science*. edited by Emma M. Seppälä, Emiliana Simon-Thomas, Stephanie L. Brown, Monica C. Worline, C. Daryl Cameron and James R. Doty. Oxford, England, United Kingdom: Oxford University Press. doi: 10.1093/oxfordhb/9780190464684.013.8
- Sanders, Matthew R. and Kirby, James N. (2017). Quality assurance and program development. The power of positive parenting: transforming the lives of children, parents, and communities using the Triple P system. (pp. 460-471) edited by Matthew R. Sanders and Trevor G. Mazzuchelli. New York, United States: Oxford University Press. doi: 10.1093/med-psych/9780190629069.003.0043
- Kirby, James N.** and Gilbert, Paul (2017). The emergence of the compassion focused therapies. *Compassion: concepts, research and applications*. (pp. 258-285) edited by Paul Gilbert. Abingdon, Oxon United Kingdom: Routledge - Taylor and Francis. doi: 10.4324/9781315564296
- Kirby, James N.** (2017). Working with grandparents and extended family members. *The Power of Positive Parenting*. (pp. 196-205) edited by Matthew R. Sanders and Trevor G. Mazzuchelli. New York, NY, United States: Oxford University Press.. doi: 10.1093/med-psych/9780190629069.003.0016
- Sanders, Matthew and **Kirby, James** (2010). Parental programs for preventing behavioural and emotional problems in children. *Oxford Guide to Low Intensity CBT Interventions*. (pp. 399-406) edited by James Bennett-Levy, David Richards, Paul Farrand, Helen Christensen, Kathy Griffiths, David Kavanagh, Britt Klein, Mark A. Lau, Judy Proudfoot, Lee Ritterband, Chris Williams and Jim White. New York, United States: Oxford University Press.

Journal Articles:

- Kirby, J.N.**, Gerrish, R., Sherwell, C., & Gilbert, P. (2022). The role of likeability in discriminating between kindness and compassion. *Mindfulness*, 13, 1555-1564. Doi: <https://doi.org/10.1007/s12671-022-01900-z>
- *Steindl, Stan, Bell, Tobyn, Dixon, Alison and **Kirby, James N.** (2022). Therapist perspectives on working with fears, blocks and resistances to compassion in compassion focused therapy. *Counselling and Psychotherapy Research*. doi: 10.1002/capr.12530
- *Walton, Courtney C., Osborne, Margaret S., Gilbert, Paul and **Kirby, James N** (2022). Nurturing self-compassionate performers. *Australian Psychologist*, 57 (2), 77-85. doi: 10.1080/00050067.2022.2033952
- Best, Talitha, Herring, Lee, Clarke, Chantelle, **Kirby, James N.**, and Gilbert, Paul (2021). The experience of loneliness: The role of fears of compassion and social safeness. *Personality and Individual Differences*, 183 111161, 111161. doi: 10.1016/j.paid.2021.111161
- *Carter, Alicia, Gilbert, Paul and **Kirby, James N.** (2021). A systematic review of compassion-based interventions for individuals struggling with body weight shame. *Psychology and Health*, 1-31. doi: 10.1080/08870446.2021.1955118
- *Kim, Jeffrey J., Doty, James R., Cunnington, Ross and **Kirby, James N.** (2021). Does self-reassurance reduce neural and self-report reactivity to negative life events?. *Frontiers in Psychology*, 12 658118, 658118. doi: 10.3389/fpsyg.2021.658118
- Mongrain, Myriam, Keltner, Dacher and **Kirby, James N.** (2021). Editorial: Expanding the science of compassion. *Frontiers in Psychology*, 12 745799, 745799. doi: 10.3389/fpsyg.2021.745799
- Crimston, Charlie R., Blessing, Sarah, Gilbert, Paul and **Kirby, James N.** (2021). Fear leads to suffering: fears of compassion predict restriction of the moral boundary. *British Journal of Social Psychology*, 61 (1) bjso.12483, 345-365. doi: 10.1111/bjso.12483
- *Kim, J., Parker, S., Doty, J.R., Cunnington, R., Gilbert, P., & **Kirby, J.N.** (2020) Neurophysiological and behavioural markers of compassion. *Scientific Reports*, 10, 6789. doi:10.1038/s41598-020-63846-3
- *Kim, J., Cunnington, R., & **Kirby, J.N.** (2020) The neurophysiological basis of compassion: An fMRI meta-analysis of compassion and its related neural processes. *Neuroscience and Biobehavioral Reviews*, 108 112-123. doi:10.1016/j.neubiorev.2019.10.023
- Austin, J., Drossaert, C. H. C., Schroevers, M. J., Sanderman, R., **Kirby, J.N.**, & Bohlmeijer, E.T. (2020) Compassion-based interventions for people with long-term physical conditions: a mixed methods systematic review. *Psychology and Health*, 1-27. doi:10.1080/08870446.2019.1699090
- *Kim, J.J., Gerrish, R., Gilbert, P., & **Kirby, J.N.** (2020) Stressed, depressed, and rank obsessed: individual differences in compassion and neuroticism predispose towards rank-based depressive symptomatology. *Psychology and Psychotherapy*, . doi:10.1111/papt.12270
- Kirby, J.N.** (2020) Nurturing family environments for children: Compassion-focused parenting as a form of parenting intervention. *Education Sciences*, 10 1: 3. doi:10.3390/educsci10010003

- Kirby, J.N.,** Day, J., & Sagar, V. (2019) The ‘Flow’ of compassion: A meta-analysis of the fears of compassion scales and psychological functioning. *Clinical Psychology Review*, 70 26-39. doi:10.1016/j.cpr.2019.03.001
- Kirby, J.N.,** & Gilbert, P. (2019). Commentary Regarding Wilson et al. (2018) “Effectiveness of ‘Self-Compassion’ Related Therapies: a Systematic Review and Meta-analysis.” All Is Not as It Seems. *Mindfulness*. <https://doi.org/10.1007/s12671-018-1088-8>.
- Slepian, M.L., **Kirby, J.N.,** & Kalokerinos, E.K. (2019) Shame, guilt, and secrets on the mind. *Emotion*, doi:10.1037/emo0000542
- Green, M., **Kirby, J.N,** Nielsen, M. (2018). The cost of helping: An exploration of compassionate responding in children. *British Journal of Developmental Psychology*. Doi:10.1111/bjdp.12252
- Wilks, M., **Kirby, J.N.,** & Nielsen, M. (2018) Developmental changes in young children's willingness to copy the antisocial actions of ingroup members in a minimal group context. *Developmental Psychology*, . doi:10.1037/dev0000667
- Slepian, M.L., & **Kirby, J.N.** (2018) To whom do we confide our secrets?. *Personality and Social Psychology Bulletin*, 44, 1008-1023. doi:10.1177/0146167218756032
- Wilks, M., **Kirby, J.N.,** & Nielsen, M. (2018) Children imitate antisocial in-group members. *Developmental Science*, 21 6: e12675. doi:10.1111/desc.12675
- Mitchell, A.E., Whittingham, K., Steindl, S., & **Kirby, J.N** (2018) Feasibility and acceptability of a brief online self-compassion intervention for mothers of infants. *Archives of Women's Mental Health*, 21 5: 1-9. doi:10.1007/s00737-018-0829-y
- Kirby, J.N.,** Tellegen, C.L., & Steindl, S. (2017). A systematic review and meta-analysis of compassion-based interventions: Current state of knowledge and future directions. *Behavior Therapy*. <http://dx.doi.org/10.1016/j.beth.2017.06.003>
- Kirby, J.N.,** Doty, J.R., Petrocchi, N., & Gilbert, P. (2017). The current and future role of heart rate variability for assessing and training compassion. *Frontiers in Public Health*. doi: 10.3389/fpubh.2017.00040.
- Kirby, J.N.** (2016). Compassion interventions: The programs, the evidence, and implications for research and practice. *Psychology and Psychotherapy: Theory, Research and Practice*. Advanced online publication. doi: 10.1111/papt.
- Pepping, Christopher A., Lyons, Anthony, McNair, Ruth, **Kirby, James N.,** Petrocchi, Nicola and Gilbert, Paul (2017). A tailored compassion-focused therapy program for sexual minority young adults with depressive symptomatology: study protocol for a randomized controlled trial. *BMC Psychology*, 5 (1) 5, 5. doi: 10.1186/s40359-017-0175-2
- Kirby, James N.,** Sanders, Matthew R. and Mazzucchelli, Trevor G. (2016). A clinician's quick guide of evidence-based approaches: childhood disruptive disorders. *Clinical Psychologist*, 20 (3), 154-155. doi: 10.1111/cp.12076
- Kirby, James N.** (2016). The role of mindfulness and compassion in enhancing nurturing family environments. *Clinical Psychology: Science and Practice*, 23 (2), 142-157. doi: 10.1111/cpsp.12149
- Sanders, Matthew R. and **Kirby, James N.** (2015). Surviving or thriving: quality assurance mechanisms to promote innovation in the development of evidence-based parenting interventions. *Prevention Science*, 16 (3), 421-431. doi: 10.1007/s11121-014-0475-1
- Kirby, James N.** and Sanders, Matthew R. (2015). The acceptability of parenting strategies for grandparents providing care to their grandchildren. *Prevention Science*, 16 (3), 486-486. doi: 10.1007/s11121-015-0546-y
- Kirby, James N.** (2015). The Potential Benefits of Parenting Programs for Grandparents: Recommendations and Clinical Implications. *Journal of Child and Family Studies*, 24 (11), 3200-3212. doi: 10.1007/s10826-015-0123-9
- Sanders, Matthew R. and **Kirby, James N.** (2014). A public-health approach to improving parenting and promoting children's well-being. *Child Development Perspectives*, 8 (4), 250-257. doi: 10.1111/cdep.12086
- Sanders, Matthew R., **Kirby, James N.,** Tellegen, Cassandra L. and Day, Jamin J. (2014). The Triple P-Positive Parenting Program: a systematic review and meta-analysis of a multi-level system of parenting support. *Clinical Psychology Review*, 34 (4), 337-357. doi: 10.1016/j.cpr.2014.04.003
- Kirby, James N.** and Sanders, Matthew R. (2014). A randomized controlled trial evaluating a parenting program designed specifically for grandparents. *Behaviour Research and Therapy*, 52 (1), 35-44. doi: 10.1016/j.brat.2013.11.002

- Kirby, James N.** and Sanders, Matthew R. (2013). Using a behavioural family intervention to produce a three-generational benefit on family outcomes: a case report. *Behaviour Change*, 30 (4), 249-261. doi: 10.1017/bec.2013.24
- Kirby, James N.** and Sanders, Matthew R. (2013). The acceptability of parenting strategies for grandparents providing care to their grandchildren. *Prevention Science*, 15 (5), 777-787. doi: 10.1007/s11121-013-0428-0
- Kirby, James N.** and Sanders, Matthew R. (2012). Using consumer input to tailor evidence-based parenting interventions to the needs of grandparents. *Journal of Child and Family Studies*, 21 (4), 626-636. doi: 10.1007/s10826-011-9514-8

Selected Presentations

Keynote Addresses:

- Kirby, J.N.** (2022). *Compassion in parents and children*. Keynote address at The 10th Child and Health & Parenting Conference. Uppsala Sweden.
- Kirby, J.N.** (2021). *The neurophysiology of compassion*. Keynote Address at the Compassionate Mind Training Italia Summit. Rome, Italy.
- Kirby, J.N.** (2017). *What is compassion focused therapy*. Keynote Address at The Inaugural International Conference for Cultural Psychology and Education. Shanghai, China

Invited Addresses:

- Kirby, J.N.** (2021). *The complexities of compassion*. Virtual World Congress of the Association of Contextual Behavioural Sciences.
- Kirby, J.N.** (2019). *Compassionate parenting and how it influences child behaviour*. World Congress of Positive Psychology. Melbourne, Australia.

Awards/Honorary Positions

- 2020 Excellence in Compassion Science Research Award, Compassionate Mind Foundation
- 2019 Appointed Honorary Member of the Compassionate Mind Foundation, United Kingdom
- 2018 Appointed Honorary Associate Professor at the Centre for Compassion & Altruism Research & Education, Stanford University
- 2016 Endeavour Research Fellowship from the Australian Government
- 2013 Commendation Award for the Vice-Chancellor's Internationalisation Awards in recognition of Grandparent Triple P (The University of Queensland, 2013)

Thesis Supervision

Completed Ph.D. Students

- Dr Matti Wilks (The role of antisocial behaviour and group membership on children's imitation across development).
- Dr Jeffrey Kim (The Neurophysiological Correlates of Compassion)
- Dr Alicia Carter (Compassion Focused Therapy for Body Weight Shame)
- Dr April Hoang (The Efficacy of Triple P Plus Compassion in Promoting Co-parenting Relationship Between Parents and Grandparents in Vietnam)
- Dr Grace Fitzallen (Nurturing ChAMPs: Child and Adolescent mental health and Maternal wellbeing following Preterm birth)

Current Ph.D. Students (Primary Supervisor)

- Deanna Varley (Social and Affective Impacts of Adult Attachment Style on The Experience of Compassion)
- Dylan Moloney-Gibb (Feasibility and pilot testing of a compassion-focused intervention in young offenders and children in care)
- Brenton Phillips (Examining the Psychological Impacts of Integrated Residential Housing for Young People with High Level Disability)
- Suzanne Rose (Mindful and compassionate nature connection to increase the well-being of family members caring for people living with dementia)