

**At the Back of Your Mind**  
**S01E05: Paola**

[00:00:00] **Juliette:** Hello, and welcome to *At the Back of Your Mind*, the *Inspire the Mind* podcast that brings you the sciences on mental health, with a no-nonsense attitude. I'm one of your hosts, Juliette, together with my scientist friends, Carolina, and Maryam. We're often joined by fabulous guests, so grab a cup of tea and let's dive into what's exactly at the back of your mind today.

[00:00:31] **Maryam:** Hello. We are so, so lucky today to have my incredible supervisor, Professor Paola Dazzan with us as a guest on *At the Back of Your Mind*, please Paola, could you introduce yourself for our listeners?

[00:00:44] **Paola:** Great. Well, it's, it is fantastic to be here with you today. I'm Paola Dazzan. I work in the Institute of Psychiatry, Psychology and Neuroscience at King's College London.

My main academic role is as Professor of Neurobiology of Psychosis, and in this role, I do research mostly on severe mental illness and it's, you know, predisposing factors, but also factors that affect how well people do after they- they develop one of these disorders. In my clinical life, I'm a consultant perinatal psychiatrist. So, I look after women who are either pregnant or in the first year of the postpartum, so the first year after they've had a baby and they have mental health problems or are worried about having a mental health problem.

[00:01:28] **Maryam:** Some pretty incredible hats you're wearing.

[00:01:30] **Carolina:** Sounds like you're a very busy woman, Paola. Thank you for being here with us.

Now, Paola, I'm going to- to throw your curve ball now: if you were to define yourself by the work that you do, who are you?

[00:01:43] **Paola:** I'm somebody who loves people and traveling. And so being a psychiatrist, you know, sitting there with people, you know, talking about them, hearing about them, hearing about their lives, trying to understand why things happen, in a way satisfies my curiosity in people. But at the same time, my interest is also something that I satisfy by traveling and traveling in areas where I can meet people and cultures very different from one that I've- I've grown up in. And being a Vice Dean for International Affairs, I was also satisfied in that aspect of traveling, meeting colleagues in other countries, seeing universities, you know, with academics and students that learn in different ways, have different systems or even visiting clinical structures, you know, clinical services that I visited, for example, in Australia and South Africa, in China.

And I was asked to do a ward run in China, and that was incredible. They wanted me to interview the patient. Of course, I was speaking English and the patient didn't speak English and they wanted me to do the interview in the same way that I would do it here. And it was-it was really challenging, of course, but as I was doing the interview, I realised that it's also true that a lot of the things that we do, we just do them in similar ways, but then the answers are very different.

And- and you know, in psychiatry we- we think we speak a common language with these, you know, diagnostic manuals and you know, we give the same diagnosis. But actually, when you start talking about peoples' experiences and how people come to services, then how they are discharged and the- the kind of support that they have when they're

**At the Back of Your Mind**  
**S01E05: Paola**

discharged, for me, that is, you know, that is the fascinating part. That is the- the- the really interesting part where you can see so many aspects coming together that relate to our culture, our differences, and I think this is who I am. So, if, you know, if I don't define myself with my work, I define myself as somebody who loves traveling, you know, loves to meet people, loves listening to people. I- I think I'm probably more of a listener than a- a talker. I think this is my- my real passion. This is what I would like to do even more when I retire.

[00:03:50] **Carolina:** Let's go back a few years and- and what brought you to psychiatry and how were the first years in your career?

[00:03:57] **Paola:** I started medical school to become a psychiatrist. So, I- I did medical school because I wanted to do psychiatry. I- I wasn't interested in becoming an expert in another specialty, and for me, it started when I was in high school. We do quite a lot of philosophy. We all start studying, you know, [Sigmund] Freud and [Carl] Jung and, you know, and then you become really interested in the mind, our psychological mechanisms and so on.

I decided, okay, well, I would like to become a psychiatrist, so I will apply to medical school. I will do medical school, and I will become a psychiatrist. My first few years as a psychiatrist when in Italy, I- I just loved it, you know? I thought, *'Yeah, this is really interesting. This is what I want to do'*. And then after the first couple of years, I had a fellowship to go abroad and I could go anywhere for a period of time, and because my supervisor at the time had a link with the Maudsley [Hospital], he said, you know, *'Why don't you think about spending time there?'* And so that's what I did, and I came here, you know, I came to the Maudsley [Hospital] and the Institute [of Psychiatry] at that time,

**At the Back of Your Mind**  
**S01E05: Paola**

David Goldberg was the Professor of Psychiatry, and he was you know, chairing most of the- of the Grand Rounds, you know, they were quite small. They were not as big as they are now. But I remember sitting there and having this fantastic sense of, looking at the person in- in its entirety. So, looking at all the factors that can contribute to how that person is feeling. I- I love that aspect. I still remember now how really touched me, you know, the fact that we had somebody talking about the drugs, talking about more antipsychotics or antidepressants, whatever. But then we had somebody explaining the psychological mechanisms, you know, that could have explained what the person was going through and so this- this looking at the person in- in its entirety and trying to understand what was going on from all- all sides really reflected what I felt I believed in. You know, we are the result of many different parts and- and before going back when my fellowship was finishing, I applied to enter the rotation and so I entered the rotation here and I've been since- since then I've been here.

[00:06:05] **Maryam:** And we're happy that you are.

[00:06:07] **Maryam:** We're happy that you're here.

[00:06:08] **Paola:** Thank you, Maryam.

[00:06:10] **Maryam:** I was gonna say, that's what- what you were mentioning earlier about all the different perspectives and like looking at a person as a whole, I feel like that's one of the things that was so exciting to me about King's [College London] when I joined as a student.

Just the fact that they were accepting people from all different, you know, academic backgrounds. It didn't matter if they had a scientific one or not for like a neuroscience Masters. Like there was someone on my course who did like on the full-time course, who did like advertising and media, which is so different. But then also you can link neuroscience into that. So, I think that was one of the nicest things about King's [College London] is the ethos of like bringing all these different backgrounds and perspectives together to create like a more holistic picture of what's going on.

[00:06:49] **Juliette:** To be honest, I don't know about everyone, but I think it's one of my favourite things about science.

It's to be able to talk to all these people with, you know, different backgrounds and different ideas and you can just... Everything is like part of the puzzle. Like there's, you know, nobody has like a wrong perspective. They all just fit in together to build this one element of answer to the question you're asking. And I just think that makes science such like a rich environment to be in.

[00:07:16] **Maryam:** But I think that environment definitely comes with some challenges and that's what we wanted to discuss with you today, Paola, is what kind of like what kind of challenges you might have faced, or you might have seen maybe other women within our areas face as well. Like what kind of challenges, they might have faced. There's quite a few we've touched on in the themes that we wanted to look at. Things like, you know, being able to negotiate your salary or imposter syndrome or, you know, just different aspects that can come up when you're trying to transverse the academic playing field, I guess. What would be your take on that?

[00:08:01] **Paola:** I think probably for me, the biggest challenge and- and something that I started to become more aware about, only maybe, you know, sort of 10 years ago, it's been, well, certainly the imposter syndrome that we all have. I still remember, you know, when I started as a junior doctor and- and we were getting, every six months we were getting these reports, you know, on our performance that we go to the Vice Dean. And so I remember thinking, oh, you know, sometimes thinking, *'Oh my God'*, you know, *'He thinks I'm really good at doing this, but I wonder whether it's because'*, you know, *'I haven't had any case that was challenging enough to show who'*, you know, *'what I really can do or cannot do'*. And so, you know, you try to find, even when you have good feedback, you know, you try to find justification to think *'Maybe this time I've made it'*, you know, *'in this way because I haven't had that opportunity to show what I cannot do'* and it's terrible and to think this way.

But you do think, *'Oh, one day I'm gonna be found out'* and you know, *'for who I really am'* and the fact that, you know, *'I don't know how I got here'*. You know, *'I don't know how I got this job, why they're believing in me'*, and- and so on and so forth.

I think the first time I heard about this was a leaving do from a Dean somewhere who was talking about his, and it was a male, imposter syndrome, which was really interesting. And since then, I have been more able to challenge my thoughts when I get them. So, I think that is certainly one challenge.

The other challenge is the fact in academia, if you are a woman, you have and you have had less opportunities to have the same exposure as your man colleagues, and you suffer unfortunately from a number of

biases that just perpetuate this lower level of exposure. So just to- to give you an example of that, I think you'll find yourself again thinking, 'Oh', you know, *'Maybe I was not involved in that initiative because that person is better than I am'*, or, you know, *'They think this person is better than I am'*, or you know, *'can contribute more to that than I can contribute'*.

And then, starting with the DNI initiative, the Diversity and Inclusion initiatives in our institution, that I became more involved in that as I was at the time, I became representative for Diversity and Inclusion of our Biomedical Research Centre, and then I became co-chair of self-assessment team for Diversity and Inclusion. Then I started to become more aware of, *'Hold on a second, why are those people maybe in some situations considered before me?'* And I understood that there is a whole system in place that generates these kinds of biases. How people tend to think, for example, about male names, not female names, when they're putting together a program for a panel, for example, or a conference. And I realise in my work as an Associate Editor in some journals, I realised that I have to make a real effort when I'm trying to select reviewers for the papers that are assigned to me, and I have to make a real effort to think about the female reviewers' names, because the name of the males are always the first one that comes to mind. 'Oh', you know, *'He does this'*. You know, *'He has published a paper on that'*, and so on. We have to promote the visibility of academic women more if we want our environment, our institutions, to recognise the contributions that we are doing, and I think this has been one of the biggest barriers that I felt and I've been several times in situations where I've seen panels that were entire white males. I think people now are

becoming more aware of that and some men are refusing to sit in such panels.

[00:11:47] **Juliette:** The classic 'manel'.

[00:11:48] **Carolina:** Yes. I think that's probably the biggest ally thing that someone can do. What I see, and I'm sure you've seen this before Paola as well, is sometimes you have more of a mixed panel, but you have three men, a black man and then a woman. So, we, we've touched, we have our two tokens. We have someone who's not white, and we have someone who's not a male. And then people are tokenised and maybe they're brought in without maybe the people that invited them doing the proper research to make sure that they're right person for that panel. And then it doesn't work. And then the men have a conversation between the three of them, the three white men, and then the two tokens are just there standing in smiling. Doesn't solve the problem either.

[00:12:28] **Paola:** No, no, exactly. I think it's good that we are starting to think about it, but it needs to be done in a less tokenistic way. There are many examples of that. The one you mentioned is one. I remember when I was asked to review some proposals for the symposium of a conference where people have to have a diverse group of presenters and chair and discuss them, and I remember seeing these lists where all the presenters were males and then the chair and the discussers where the females. They can share and discuss so that we have a diverse group of people and- and it doesn't work that way.

It's about parity, parity of esteem, and it's about valuing work and valuing contribution. And this goes also for respecting people when they're speaking. You can see that sometimes women are interrupted



when they're speaking, which is very unpleasant, which is something we all have to call out when it happens so that people let them finish what they're saying.

[00:13:26] **Maryam:** I feel like it can have quite devastating effects, especially on early researchers, young women who are early in their careers, if they feel they don't have the space to contribute, I feel like it could impact them in a big way. You know, stop them from putting their ideas forward. They feel discouraged.

How do you think we can overcome that, especially as we all quite early in our careers as well?

[00:13:48] **Paola:** I think we have to differentiate what a person that has experienced that as an individual can do, and what we can do, for example, as a university or as a group, if you notice that somebody has been interrupted, for example, you can also step in and say, '*Oh*', you know, '*Hold on, let her finish*'. Or, '*Oh*', you know, '*This is the same thing that she was saying*'. We could encourage everybody to do the same. I think that discussing it with- with somebody and- and perhaps bringing it up with somebody more senior that you trust could also help.

My advice, and what I have been trying to do is to share and discuss and talk about it because I think for too many years we just haven't talked about these things and you know, and people of my generation, you know, we'd probably be a bit different from your generation because now we are talking a lot more about these things. But for people of my generation, you know, we grew up and we go to where we are without knowing about these things, without thinking about these things, which is what I said at the beginning, you know, you sort of

grow up thinking, *'Oh, maybe that other person was actually better and that's why they are'* *'They're being invited to sit in that panel'* and so on and so forth.

But now people are asked to justify why you don't have any diversity here. You know, why are you proceeding in this way? And I think this will help newer generations like yours in hopefully your next steps in your career.

[00:15:17] **Maryam:** I think it's good advice and I think you can apply it in- in all different industries, not just academia.

[00:15:26] **Juliette:** Yeah. Although I think sometimes it's applied in very funny ways. I was just thinking of that time, the grant that I'm a part of for my PhD recently basically gave feedback to the whole consortium about a report, and one of the conditions was that you need parity, and you need gender equality in the people working on the grant. And they got back to us saying there's too many women. How do you explain that?

And to me, that is a little bit surreal because I'm like, well, *'Aren't we trying to encourage women to be more present?'*.

[00:16:02] **Maryam:** I was gonna say, 'cause the whole, 'cause I'm on the e-BRAIN team and the whole e-BRAIN team is female. And I love it. But then I think about it, and I'm like, *'Maybe we should-maybe we should have more input from men too'*. But it's just kind of gone that way, hasn't it? And then, you know, majority of even the SINaPs group and the SPI lab are female as well, and it- it is incredible to be

surrounded by so many phenomenal women in science and like it's very encouraging. But yeah, it's hard to find that balance, isn't it?

[00:16:34] **Paola:** It is. And you know, like- like for e-BRAIN, I remember when- when we advertised certain jobs, we just didn't have males applying, you know, they- they tend to apply more for certain jobs, maybe. When we apply for image analysts, for example, they tend to be more males. Although I have two female image analysts and one male. But those jobs tend to be more male-dominated than- than female-dominated.

But yeah, you can have the opposite problem, which is also not nice because diversity is good. Diversity benefits everybody. Any diversity, you know, whether it's- it's in gender or whether it's about interest. For example, in our SYNAPS, which is my research team, we have people with a variety of backgrounds from image analysis to social sciences, to the more humanistic side of social sciences. And I love the discussions. I think they're so interesting because people bring so many different perspectives from the biology to the- to the social... It goes back a little bit to what we were saying about patients earlier. This is who we are. And the diversity contributes to the conversation. It makes it richer. This is why, you know, I would love to have more males also in e-BRAIN.

[00:17:51] **Paola:** At the moment...

[00:17:53] **Juliette:** Guys, you know where to apply.

[00:17:55] **Maryam:** Yeah, I think diversity definitely like strengthens the team, strengthens the things that you produce. Just everything that comes out is much better.

[00:18:03] **Carolina:** Now, I don't want to be an extremist here, but maybe it is really good and really nurturing for younger researchers to have a senior team made up of other women. That's- that's the role models that a lot of the times we don't have, and because a lot of the senior people, especially in academia, tend to be males regardless of the discipline you're in. You know, if even in the most, the disciplines that attract more women, like psychology and related subjects, senior teams still tend to be male dominated. So maybe this environment that we have is actually really- really nurturing. It's the exact bright soil that we need to blossom later on.

[00:18:40] **Juliette:** I was going to say, right, like actually one of the things in the team that Carolina and I work with is that all female, right? And well, you know our boss very well, who is a man.

And I think it's one of the things actually that sometimes you're- you're missing is like, I want to see more women at the top because I want to have more role models. And it doesn't matter if I just see a couple, I'm like, *"I want to see all of them because they all have different experiences! And I want to have a variety of role models"*. And we don't necessarily have that. And I have so many colleagues and co-workers and you know, other PhD students who are women and we really see this, the leaky pipeline of academia. People leave and we see women leaving, and I don't think we can pinpoint one reason, but do you have any insights on that? And maybe also how did you-how did you stay in

that pipeline? Was it just determination or do you think there were other factors?

[00:19:49] **Paola:** Well, the pipeline is very well-known. You know, the- the leaky pipeline is very well-known, and we know that women usually leave after their PhD because you can think of many reasons, and the most obvious one is, especially for the non-clinical academic part, it's a time where it becomes very difficult to fund your postdoc jobs, and it's a time where very often you want to start a family because you have more stability in your life. You know, unfortunately, you decided the academic life is too unpredictable for that purpose. When I did it, I was in a- in a situation where I could do my PhD while I was doing the second part of my clinical training as a psychiatrist, and so my position allowed me to do both. For me, it was part determination, self-determination, part it was opportunity. So, I- I knew that's what I wanted to do. You know, by then I had started research after finishing the first two years of my clinical training, and I knew I wanted to continue in research, so that's where I put all my commitment, you know, working to have papers, working to have my PhD finish and- and- and so on and so forth.

But I think it also, I was also helped by how the structure for the- the clinical academic path was organised at the time. So now, for example, we see that be more problematic. I see it, for example, in the MRC Clinical Training Fellowship panel, and we see that unfortunately many doctors, particularly women, you know, leave academia and go into full-time clinical jobs because those can offer more stability compared to academic life.

It is a problem for males as well, not just for females, but it is particularly the case for females because again, you know, then they start to take maternity leave and they have career breaks. But I think in general, even funding bodies are becoming more accepting of those challenges. And so, for example, now you have application forms that explicitly ask about career breaks. They take into account that year or those two years, you know, for other maternity or other carer responsibility that you know, may- may have prevented people from publishing so much and other things, other initiatives, like for example, now for certain fellowship, I think it's the MRC that doesn't have the limit to number of years since PhD because again, some people may have spent more time between the PhD and reapplying for a variety of reasons, so that, you know, it's not just about the fact that you need to have finished the PhD two years ago, but the fact that you need to have a PhD and then what have you done between the PhD and now?

So, it's, it's about recognising that there is a leaky pipeline, recognising the possible reasons for that, and then putting in place systems that- that help with that. However, my personal advice is that if you want to do something, if research and academia is what you want to do, then you should really try very hard to pursue that and not abandon it. Or something that, going back to what Maryam, you were saying earlier, something that really would make me sad is, for people not to share the maybe disappointing experiences that they're having and then just leaving without asking for help, for example. That is something that I think it's- it's a real shame when that happens because I've had a number of great colleagues that I've asked support to at different points in time. I still do, I still have a mentor who is a male mentor, actually, a very inclusive one, and when I have something that I want to run past

somebody senior, I- I still go to him for advice even now. And I think that is essential. I think it's essential to have a good group of peers, and I think as a- as a junior doctor, you learn that very quickly because you really need a group of colleagues that support you during your hardest, most difficult times.

And the same goes for academia. Some of my best friends are people I met 20 years ago when I started in academia, and then, you know, identify your mentors. Identify the seniors that you know, you can trust, that you know you can go to with- with a problem, whether they are in your area of research or not, it doesn't matter. But they don't need to be your institutional figures. Maybe not your line manager or your I don't know, Head of Department, but a senior person with experience that you like in terms of style, in terms of way of thinking, that you can go to knowing there will not be consequences. I think that is essential to have that chat that will help you clear your mind.

[00:24:32] **Maryam:** I completely agree, and I speak to people about that kind of thing. I've spoken to a lot of students, like as a student ambassador and just, you know, when you're at King's, people reach out for support or advice or tips. Like, you know, '*How did you do this? How are you doing this?*' I find that a lot of them, there's almost like a fear or like a lack of confidence in reaching out to senior members of their department, or even they might not be as lucky to have someone that they trust in that way, or they're not afraid of the consequences. They might feel that they failed. It could almost be seen as a failure that they feel they want to leave research, for example. That's just from my end though. That's kind of what I've seen or what I've gathered. But I always encourage people to ask for help. That's one of the things that I believe in, is like, you know, if you need it, you should be able to ask

for help from somebody. There should be at least one person that you can hopefully reach out to, and they can give you some semblance, some guidance in some way, you know?

[00:25:26] **Paola:** Absolutely Maryam. And, you know, it makes me sad to hear that. Really makes me sad because I- I found, for example, in our institution is- is so many people who are approachable, they're there, able to give advice. I- I who- people have come to me from my department or other departments, usually women just brainstorming and asking me for advice. What would I do if I were them? Like me there are many people, many other women or males that are available for a chat and with no consequences again. And to hear somebody so lonely that they decided to leave academia, you know, and to leave their job because of that sense of fear or reluctance. It's so sad. You know, I- I think nobody should leave their dream because of that.

[00:26:23] **Maryam:** There was like one question that I really wanted to ask you, Paola. What your advice would be for people who are trying to create spaces for others who face challenges, you know, entering academia, you know, people of Global Majority background, like people of colour or just in general, like people that face these different challenges. Obviously, we've spoken in length about women, but if you have any tips about... 'cause you've successfully created a space within your lab group, what your- what your tips would be for creating that kind of space for others.

[00:26:53] **Paola:** If you are somebody who is the person creating the space, don't be afraid to talk about the difficult topics.



**At the Back of Your Mind**  
**S01E05: Paola**

I remember we had a- a lab meeting a couple of weeks after the Black Lives Matter, and I said, we are a diverse team, and I- I felt we needed to talk about this. We needed to find a way to talk about what was happening, and how we were feeling. Sometimes this is- is interesting because sometimes, you know, we've had this recently with- with somebody who is hoping to do a study on ethnicity, and she was told by a- a group of potential participants that she wasn't the best person to talk about that because she was white. And actually, what these people didn't know is that she is of- of a black father. And- and we were talking about that and about perception. And so sometimes people who are in a certain ethnic group may- may think that because of them belonging to that group, they are in a difficult position to talk about certain topics, and that was my case, you know, as- as a sort of white person, though I'm not necessarily white British. And so, I come from a different cultural background and in that case, we were going to address that and how to bring that up. And so, we decided to start, my approach was to start from some of our papers, you know, the papers we have published on ethnic differences, for example, in rates of mental health problems and- and use that to start a conversation. And that actually prompted a conversation that then became very natural about what we were going through. But I think that is a problem. The problem is that very often people don't feel comfortable with talking about certain things and then they take the option of you know, *'I better not talk about this because I don't know how to do it'*. And I think it's probably better to say, *'Look, I- I want to talk about this and I want to try, and I'm- I'm gonna try and do it in the best possible way'*. And so my encouragement would be to make sure people feel able to do it, and if they don't feel able to do it, to admit that with themselves and with the others and say, *'It's not like I'm not talking about this because I don't think it's a problem'*, you

know, I, you know, '*I want to talk about this*', maybe get advice about the best way to do it. That would be my- my advice for people who want to create an inclusive environment.

[00:29:05] **Maryam:** It's really insightful and it's good to hear it from you, especially because I couldn't have asked for a better research team to be a part of and to have such a like incredible role model.

[00:29:15] **Paola:** Aww.

[00:29:16] **Maryam:** That is, you.

[00:29:17] **Paola:** Thank you, Maryam.

[00:29:19] **Maryam:** I don't hide it, I say all the time, so, but yeah.

[00:29:24] **Paola:** Thank you, Maryam. This means a lot to me. It really does.

[00:29:27] **Maryam:** I'm always singing your praises for sure. Like, you know, you create the environment where this is, this is how I perceive it anyway, that we are all on the same level and that we're all able to discuss and share ideas openly. And I think it's such a positive environment for growth and development, and that's what's needed, in all industries, not just academia.

[00:29:46] **Paola:** It means a lot because this is what I- I- I believe in and what I- I really put my effort on, you know, it's- it's about creating an environment that is respectful for everybody and- and where people feel able to talk.

So, it means a lot that, you know, you say we are achieving that.

[00:30:03] **Maryam:** I think so.

[00:30:04] **Paola:** Thank you.

[00:30:12] **Juliette:** So, we have the few fun questions.

[00:30:18] **Maryam:** Bit more light-hearted.

[00:30:20] **Juliette:** As you know, the name of the podcast is *At the Back of Your Mind*. So, we like to ask everyone what's at the back of your mind at the minute?

[00:30:27] **Paola:** When am I gonna be able to start traveling to Asia again?

[00:30:31] **Juliette:** Okay.

[00:30:32] **Carolina:** Me too! Me too!

[00:30:35] **Paola:** This is at the back and on the front.

[00:30:38] **Carolina:** Everywhere, it's everywhere.

[00:30:39] **Juliette:** And our next question, aside from your research and your many impressive hats, what are you a self-proclaimed expert in?

[00:30:49] **Paola:** Yeah, I'm just thinking I, you know, I'm just thinking it may be a bit repetitive, but I think I'm very good at organising holidays.

**At the Back of Your Mind**  
**S01E05: Paola**

[00:30:58] **Maryam:** That's a pretty valuable skill to have

[00:31:01] **Paola:** You know, finding the best, the best place to stay, I think, for your budget. I think this is what I'm an expert in. Self-proclaimed.

[00:31:11] **Maryam:** I know who to go to now, as soon as I'm planning a holiday.

[00:31:17] **Juliette:** It is amazing to have on the podcast. Thank you.

[00:31:20] **Maryam:** Thank you to Paola.

[00:31:21] **Carolina:** Thank you very much.

[00:31:22] **Paola:** Thank you so much for this wonderful chat and for allowing me to share my experience and my challenges. Hopefully, they will make somebody else's have a bit less. Thank you.

[00:31:35] **Maryam:** I know they've definitely-they've definitely influenced us, so I'm sure they'll influence our listeners too.

[00:31:40] **Paola:** Aww, thank you so much guys.

[00:31:43] **Maryam:** We've loved having you as a guest, Paola. Thank you.

[00:31:45] **Paola:** Bye.

[00:31:46] **Carolina:** Thank you.

[00:31:50] **Juliette:** Bye.

**At the Back of Your Mind**  
**S01E05: Paola**

[00:31:53] **Maryam:** Bye-bye.

[00:31:58] **Carolina:** Bye.

[00:32:00] **Celeste:** Hey everyone, it's Celeste. This episode of *At the Back of Your Mind* was recorded on the 18th of October 2021, featuring our hosts Maryam, Juliette, and Carolina with special guest, Professor Paola Dazzan. You can find Paola and more about her work over on Twitter @paola\_DZN.

Be sure to check out our Instagram @atboypodcast and visit [inspirethemind.org/atthebackofyourmind](https://inspirethemind.org/atthebackofyourmind) for more episodes, transcripts, social media and contact information. A big thank you to our editors, Lilli Murdoch, Melisa Kose, and Subeyda Ahmed and our research team, Nare Amasi-Hartoonian and Amina Begum. Thanks also to *Inspire the Mind* and our Editor-in-Chief, Professor Carmine Pariante for the continued support in helping us bring this podcast to the air.

And last of all, thank *you* for listening. See you next time.