

Michael Noetel

ASSOCIATE PROFESSOR · THE UNIVERSITY OF QUEENSLAND

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Summary

I work to reduce catastrophic risks from advanced AI while helping others do the most good they can. My work integrates consensus-building, evidence synthesis, and scalable public communication to deliver policy-ready guidance at the pace of frontier AI.

Select AI Governance Contributions

- **SARA Project:** Led the Survey of Assessing Risks from AI, which informed Australia's Safe and Responsible AI in Australia discussion paper.
- **AI Risk Repository:** Co-authored repository of AI risk pathways (airisk.mit.edu), cited in the International AI Safety Report (2024).
- **Field-building:** Facilitated three cohorts of the AGI Safety Fundamentals Governance Course (BlueDot Impact) and supervise graduate research on frontier evals, AI literacy, AI consciousness, and public risk perception.

Teaching & Engagement Impact

- **Award-winning educator:** 9 national & institutional awards, incl. Australian Award for University Teaching & Vice-Chancellor's Award for Excellence. Mean student rating 4.8/5 across 2,390 students.
- **Public science communicator:** 8 *Conversation* articles (210K reads); media interviews for CNN, BBC, ABC, The Times, including TV and live radio; invited to brief federal parliamentarians.
- **Chair,** Effective Altruism Australia since 2021 – stewarding AU\$5M+/yr to cost-effective global-health and climate change programs.

Research Excellence

- **High-impact evidence synthesis:** Lead author, network meta-analysis of exercise for depression (*BMJ*, Altmetric > 1,400; 100M+ media reach). Publications in my fields' top journals: *Nature Human Behaviour*, *Psychological Bulletin*, *Review of Educational Research*.
- **Competitive funding:** Chief Investigator on AU\$3.7M Category 1 grants (NHMRC, MRFF, ARC).
- **Transparent & truth-seeking:** Embed pre-registration, open data/code; lead multi-institution teams using Agile & Scrum.
- **Metrics of excellence** (Web of Science): h-index **24** m-index **3.5** (>2 = 'outstanding scientist'); **37.3%** of papers in top-10% most-cited; mean CNCI **3.87** (1.0 = world average).

Skills

Evidence synthesis	Systematic reviews, Meta-analyses, Rapid evidence synthesis, Expert elicitation (Delphi)
Leadership	Agile project leadership, Stakeholder engagement, Board governance, Team management
Communication	Video production, Media engagement, Policy briefs, Knowledge translation
Technical	R, Agentic AI, Git, OSF, Data analysis, Reproducible workflows

Education

Doctor of Philosophy INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION	Australian Catholic University 2019
Masters of Applied Psychology	The University of Queensland 2010

Academic Experience

Associate Professor SCHOOL OF PSYCHOLOGY	The University of Queensland 2025–Present
Affiliate Researcher FUTURETECH	Massachusetts Institute of Technology 2025–Present
Senior Lecturer SCHOOL OF PSYCHOLOGY	The University of Queensland 2022–2024
Senior Lecturer SCHOOL OF HEALTH AND BEHAVIOURAL SCIENCES	Australian Catholic University 2020–2022
Research Fellow (Secondment; .4 FTE) INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION	Australian Catholic University 2018–2019
Lecturer SCHOOL OF HEALTH AND BEHAVIOURAL SCIENCES	Australian Catholic University 2015–2019

Accreditations

Senior Fellow, Higher Education Academy (SFHEA)	AdvanceHE 2020–Present
Registered Psychologist	AHPRA 2012–Present
Board Approved Supervisor	AHPRA 2015–Present

Awards

Vice-Chancellor's Award for Excellence in Teaching Australian Catholic University	2021
Vice-Chancellor's Staff Excellence Award: Research & Research Partnership Australian Catholic University – iPLAY Team	2021
Excellence and Innovation in Public Health Education and Research (Team) CAPHIA – iPLAY Team	2021
Citation for Outstanding Contributions to Student Learning Australian Awards for University Teaching	2020
Best Presentation in Educational Technology CQUniversity	2020
Citations for Outstanding Contributions to Student Learning Australian Catholic University	2019
Citations (Early Career) for Outstanding Contributions to Student Learning Australian Catholic University	2015

Publications (53 total; 2609 citations; h-index: 24)

[Vasconcellos, et al. \(2025\). Electronic Screen Use and Children's Socioemotional Problems: A Systematic Review and Meta-Analysis of Longitudinal Studies](#)

PSYCHOLOGICAL BULLETIN — 13 citations | CNCI: 14.59

[Gaba, et al. \(2025\). Reallocating Time Between 24-h Movement Behaviors for Obesity Management Across the Lifespan: A Pooled Data Meta-Analysis of More Than 9800 Participants from Seven Countries](#)

SPORTS MEDICINE

[Noetel, et al. \(2025\). Effects of a school-based physical activity intervention on children with intellectual disability: a cluster randomized trial](#)

INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY — CNCI: 1.37

[Wallace, et al. \(2025\). Expert-derived recommendations for designing and facilitating tabletop crisis exercises: A Delphi study](#)

SAFETY SCIENCE

[Lubans, et al. \(2025\). Scalable physical activity intervention for youth with disability: Burn 2 Learn adapted cluster randomized controlled trial](#)

INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY

[Swaryandini, et al. \(2025\). Systematic review and meta-analysis of educational approaches to reduce cognitive biases among students](#)

NATURE HUMAN BEHAVIOUR

[Wang, et al. \(2025\). Cost-effectiveness of support for health professionals to implement physical activity promotion: a protocol for within-trial and modelled economic evaluations of the PROMOTE-PA effectiveness-implementation hybrid trial](#)

BMJ OPEN

[Wilhite, et al. \(2025\). Movement Mediates the Relationship Between Socioeconomic Position and Socioemotional Outcomes in Youth](#)

JOURNAL OF PHYSICAL ACTIVITY & HEALTH

[Maher, et al. \(2025\). Improving physical activity and screen time in Australian Outside School Hours Care: Study protocol](#)

PEDIATRIC RESEARCH

[Noetel, et al. \(2024\). Effect of exercise for depression: systematic review and network meta-analysis of randomised controlled trials](#)

BMJ-BRITISH MEDICAL JOURNAL — 345 citations | CNCI: 42.31

[Sanders, et al. \(2024\). An umbrella review of the benefits and risks associated with youths' interactions with electronic screens](#)

NATURE HUMAN BEHAVIOUR — 80 citations | CNCI: 3.78

[Guo, et al. \(2024\). Harnessing Artificial Intelligence in Generative Content for enhancing motivation in learning](#)

LEARNING AND INDIVIDUAL DIFFERENCES — 11 citations | CNCI: 2.56

[Ferber, et al. \(2024\). Does the Apple Fall Far From the Tree? A Meta-Analysis Linking Parental Factors to Children's Intrinsic and Extrinsic Goals](#)

PSYCHOLOGICAL BULLETIN

[Verdonschot, et al. \(2024\). Development and evaluation of the Capability, Opportunity, and Motivation to deliver Physical Activity in School Scale \(COM-PASS\)](#)

INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY

[Baldwin, et al. \(2024\). Promotion of Physical Activity by Health Professionals \(PROMOTE-PA\): protocol for effectiveness outcomes in a hybrid type I effectiveness-implementation cluster randomised controlled trial](#)

BMJ NUTRITION, PREVENTION & HEALTH

[Ahmadi, et al. \(2023\). A Classification System for Teachers' Motivational Behaviors Recommended in Self-Determination Theory Interventions](#)

JOURNAL OF EDUCATIONAL PSYCHOLOGY — 293 citations | CNCI: 48.86

[Wilhite, et al. \(2023\). Combinations of Physical Activity, Sedentary Behavior, and Sleep Duration and Their Associations With Physical, Psychological, and Educational Outcomes in Children and Adolescents: A Systematic Review](#)

AMERICAN JOURNAL OF EPIDEMIOLOGY — 119 citations | CNCI: 4.94

[Gallardo-Gomez, et al. \(2023\). Optimal dose and type of physical activity to improve functional capacity and minimise adverse events in acutely hospitalised older adults: a systematic review with dose-response network meta-analysis of randomised controlled trials](#)

BRITISH JOURNAL OF SPORTS MEDICINE — 31 citations | CNCI: 2.27

[Gallo, et al. \(2023\). INTRODUCTION: ARTICLE 267 TFEU, TODAY](#)

EUROPEAN JOURNAL OF LEGAL STUDIES — 20 citations

[Gallardo-Gomez, et al. \(2023\). Exercise to treat psychopathology and other clinical outcomes in schizophrenia: A systematic review and meta-analysis](#)

EUROPEAN PSYCHIATRY — 20 citations | CNCI: 1.17

[Noetel, et al. \(2023\). Prediction Versus Explanation in Educational Psychology: a Cross-Theoretical Approach to Using Teacher Behaviour to Predict Student Engagement in Physical Education](#)

EDUCATIONAL PSYCHOLOGY REVIEW — 16 citations

[Wilhite, et al. \(2023\). Socioeconomic position as a predictor of youth's movement trajectory profiles between ages 10 and 14 years](#)

INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY — CNCI: 1.17

[Fasugba, et al. \(2023\). Evaluating remote facilitation intensity for multi-national translation of nurse-initiated stroke protocols \(QASC Australasia\): a protocol for a cluster randomised controlled trial](#)

IMPLEMENTATION SCIENCE

[Parker, et al. \(2023\). School Socioeconomic Status Context and Social Adjustment in Children](#)

DEVELOPMENTAL PSYCHOLOGY

[Gallardo-Gomez, et al. \(2022\). Optimal dose and type of exercise to improve cognitive function in older adults: A systematic review and bayesian model-based network meta-analysis of RCTs](#)
AGEING RESEARCH REVIEWS — 175 citations | CNCI: 4.84

[Noetel, et al. \(2022\). Multimedia Design for Learning: An Overview of Reviews With Meta-Meta-Analysis](#)
REVIEW OF EDUCATIONAL RESEARCH — 81 citations | CNCI: 2.33

[Lubans, et al. \(2022\). Scale-up of the Internet-based Professional Learning to help teachers promote Activity in Youth \(iPLAY\) intervention: a hybrid type 3 implementation-effectiveness trial](#)
INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY

[Kable, et al. \(2022\). Time-efficient physical activity intervention for older adolescents with disability: rationale and study protocol for the Burn 2 Learn adapted \(B2La\) cluster randomised controlled trial](#)
BMJ OPEN

[Noetel, et al. \(2021\). Video Improves Learning in Higher Education: A Systematic Review](#)
REVIEW OF EDUCATIONAL RESEARCH — 188 citations | CNCI: 5.43

[Vella, et al. \(2021\). An Intervention for Mental Health Literacy and Resilience in Organized Sports](#)
MEDICINE & SCIENCE IN SPORTS & EXERCISE — 84 citations | CNCI: 7.08

[Lubans, et al. \(2021\). Time-efficient intervention to improve older adolescents' cardiorespiratory fitness: findings from the 'Burn 2 Learn' cluster randomised controlled trial](#)
BRITISH JOURNAL OF SPORTS MEDICINE — 66 citations | CNCI: 5.72

[Hartwig, et al. \(2021\). School-based interventions modestly increase physical activity and cardiorespiratory fitness but are least effective for youth who need them most: an individual participant pooled analysis of 20 controlled trials](#)
BRITISH JOURNAL OF SPORTS MEDICINE — 54 citations | CNCI: 2.17

[Donald, et al. \(2021\). Paths to the Light and Dark Sides of Human Nature: A Meta-Analytic Review of the Prosocial Benefits of Autonomy and the Antisocial Costs of Control](#)
PSYCHOLOGICAL BULLETIN — 41 citations | CNCI: 1.17

[Lee, et al. \(2021\). Influences on User Engagement in Online Professional Learning: A Narrative Synthesis and Meta-Analysis](#)
REVIEW OF EDUCATIONAL RESEARCH — 26 citations | CNCI: 2.31

[Lonsdale, et al. \(2021\). Effect of a Scalable School-Based Intervention on Cardiorespiratory Fitness in Children A Cluster Randomized Clinical Trial](#)
JAMA PEDIATRICS — 25 citations | CNCI: 2.57

[Bradshaw, et al. \(2021\). Information Safety Assurances Increase Intentions to Use COVID-19 Contact Tracing Applications, Regardless of Autonomy-Supportive or Controlling Message Framing](#)
FRONTIERS IN PSYCHOLOGY — 25 citations | CNCI: 1.84

[Kennedy, et al. \(2021\). Evaluating the reach, effectiveness, adoption, implementation and maintenance of the Resistance Training for Teens program](#)
INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY — 21 citations | CNCI: 1.34

[Cruz, et al. \(2021\). The effects of the Australian bushfires on physical activity in children](#)
ENVIRONMENT INTERNATIONAL — 16 citations

[Ahmadi, et al. \(2021\). A Systematic Review of Machine Learning for Assessment and Feedback of Treatment Fidelity](#)
PSYCHOSOCIAL INTERVENTION — 11 citations

[Parker, et al. \(2020\). The Intersection of Gender, Social Class, and Cultural Context: a Meta-Analysis](#)
EDUCATIONAL PSYCHOLOGY REVIEW — 51 citations | CNCI: 2.97

[Mavilidi, et al. \(2020\). Impact of the "Thinking while Moving in English" intervention on primary school children's academic outcomes and physical activity: A cluster randomised controlled trial](#)
INTERNATIONAL JOURNAL OF EDUCATIONAL RESEARCH — 20 citations | CNCI: 1.65

[Eather, et al. \(2020\). Development and Evaluation of the High-Intensity Interval Training Self-Efficacy Questionnaire](#)
JOURNAL OF SPORT & EXERCISE PSYCHOLOGY — 15 citations

[Valkenborghs, et al. \(2019\). The Impact of Physical Activity on Brain Structure and Function in Youth: A Systematic Review](#)
PEDIATRICS — 144 citations | CNCI: 5.54

[Noetel, et al. \(2019\). Mindfulness and acceptance approaches to sporting performance enhancement: a systematic review](#)
INTERNATIONAL REVIEW OF SPORT AND EXERCISE PSYCHOLOGY — 119 citations

[Sanders, et al. \(2019\). Type of screen time moderates effects on outcomes in 4013 children: evidence from the Longitudinal Study of Australian Children](#)
INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY — 113 citations | CNCI: 4.23

[Beetham, et al. \(2019\). The effects of vigorous intensity exercise in the third trimester of pregnancy: a systematic review and meta-analysis](#)
BMC PREGNANCY AND CHILDBIRTH — 100 citations | CNCI: 2.62

[del Pozo-Cruz, et al. \(2019\). Joint physical-activity/screen-time trajectories during early childhood: socio-demographic predictors and consequences on health-related quality-of-life and socio-emotional outcomes](#)
INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY — 52 citations | CNCI: 2.19

[Leahy, et al. \(2019\). Feasibility and Preliminary Efficacy of a Teacher-Facilitated High-Intensity Interval Training Intervention for Older Adolescents](#)

PEDIATRIC EXERCISE SCIENCE — 50 citations | CNCI: 2.89

[Leahy, et al. \(2019\). School-based physical activity intervention for older adolescents: rationale and study protocol for the Burn 2 Learn cluster randomised controlled trial](#)

BMJ OPEN — 23 citations | CNCI: 1.16

[Mavilidi, et al. \(2019\). Integrating physical activity into the primary school curriculum: rationale and study protocol for the "Thinking while Moving in English" cluster randomized controlled trial](#)

BMC PUBLIC HEALTH — 19 citations

[Noetel, et al. \(2019\). Using genetic algorithms to abbreviate the Mindfulness Inventory for Sport: A substantive-methodological synthesis](#)

PSYCHOLOGY OF SPORT AND EXERCISE — 15 citations

[Vella, et al. \(2018\). Ahead of the game protocol: a multi-component, community sport-based program targeting prevention, promotion and early intervention for mental health among adolescent males](#)

BMC PUBLIC HEALTH — 54 citations | CNCI: 2.35

[Lonsdale, et al. \(2016\). Scaling-up an efficacious school-based physical activity intervention: Study protocol for the 'Internet-based Professional Learning to help teachers support Activity in Youth' \(<i>iPLAY</i>\) cluster randomized controlled trial and scale-up implementation evaluation](#)

BMC PUBLIC HEALTH — 30 citations | CNCI: 1.12

Research Grants

AI Risk Index: Assessing influential organizations' responses to risks from AI	2025–2026
Subaward with MIT	\$340,660
Seeing the Bigger Picture: Exploring Children's Screen Time	2025–2026
NSW Dept of Education	\$341,307
Promotion of evidence-based physical activity for older adults and people with disabilities	2022–2025
NHMRC (PRC1: 2011157)	\$1,440,375
Prototyping a co-designed effective altruism program	2022–2023
Open Philanthropy	\$58,000
Effectiveness of school-based physical activity for adolescents with disability	2021–2023
MRFF (2007095)	\$736,399
Meta-review of institutional decision-making	2021–2022
EA Infrastructure Fund	\$39,654
Square eyes or all lies? Understanding children's exposure to screens	2020–2023
ARC Discovery (DP200101912)	\$658,544
PLAY for Inclusion – Teachers working with children with intellectual disability	2019–2020
Move It AUS	\$268,802
Engaging students during the early years of secondary school (iTEACH)	2016–2020
ARC Discovery (DP160102625)	\$590,000
Other grants (iPLAY, SPIKE, nutrition, TWM)	2018–2019
Sport Australia / NSW DoE / QAS	\$188,744

Media Coverage

Screen use and socio-emotional problems	2025
ABC News 24 , Good Morning America , Nine News , National Newscorp	
Risks from advanced artificial intelligence	2024
Ten News , SmartCompany , The Conversation	
Exercise for depression	2024
CNN , The Times , ABC Radio , The Australian , The Conversation	
Effective altruism	2021
ABC Religion & Ethics , ABC Radio National	
Videos in higher education	2020
FEBRUARY 23, 2026	

Vigorous exercise during pregnancy

2019

[The Washington Post](#), [The Conversation](#)

Research Supervision

PhD Primary Supervisor

ASGHAR AHMADI, ROBERTA VASCONCELLOS, SHANTELL GRIFFITH, GHASSANI SWARYANDINI, GERARD HASSED

2019–Present

PhD Associate Supervisor

BRYNLEA GIBSON, LENA HALL, ANUM UROOJ, ELLA TREMAINE

2021–Present

Honours Primary Supervisor

TEAMS OF ~20 HONOURS STUDENTS (2024, 2025); TABI WARD, KEIRA WALLACE, JAKE MORRIL (2023)

2023–2025

Service & Engagement

Program Director (Academic), Master of Psychology

UQ School of Psychology

2023–2026

Director and Chairperson

STEWARDSHIP AU\$5M+/YR TO COST-EFFECTIVE PROGRAMS

Effective Altruism Australia

2021–Present

Editorial Board Member

Sport, Exercise and Performance Psychology (APA)

2025–Present

College of Sport and Exercise Psychologists

NATIONAL TREASURER (2015–2017; 2019–2021); NSW CHAIR (2015–2017); QLD CHAIR (2019–2021)

Australian Psychological Society

2015–2021