

## CURRICULUM VITAE

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## Executive summary

- leading international researcher into the neurocognitive effects of diet, bioactive nutrients, supplements, nutrition, alcohol, hangover, and recreational drugs.
- adjunct Professor at Monash and Swinburne Universities
- in top 1% of researchers in all science disciplines based on citation indicators [[link](#)]  
High field impact in Psychiatry, Nutrition & Dietetics, Clinical Science
- top 0.034% of researchers in nootropics [[4th from 11,651](#)]  
top 0.084% of researchers in caffeine [[21st from 27,366](#)]  
top 0.14% of researchers in phytotherapy [[33rd from 64,455](#)]
- director, Centre for Human Psychopharmacology, Swinburne University, Melbourne (2011 to 2020)
- 296 peer-reviewed journal articles, > 11,000 citations, > 41 citations per article
- 25 book chapters, 2 books
- h-index = 61 (Scopus), 80 (Google Scholar)
- founder/director, Human Cognitive Neuroscience Unit (now the Brain Performance and Nutrition Research Centre) at Northumbria University, UK (1998-2007)
- over 25 million dollars in research funding, including as Chief Investigator on projects funded from national competitive grants and industry from UK, Europe, North America, Asia, and Australia
- lead investigator on over 100 clinical trials including a series of studies into the human biobehavioural effects of nutrients and diet, and their neurocognition-enhancing, mood and anti-stress/anxiolytic properties (including numerous first-into-human neurocognitive studies)
- invited international speaking engagements include *Royal Society of Medicine* (UK), *Linus Pauling Institute* (US), *Max Planck Institute* (Germany), *Harvard Medical School*, *American Nutrition Society*, *American Chemical Society*, *Nutrition Society* (UK), *Experimental Psychology Society* (UK), *Nutrition Society of Australia*
- current research focus includes incorporating neuroimaging and biomarker techniques to better understand the mechanisms of human cognitive enhancement
- expert advisor to numerous global industry bodies (including Fortune 500 companies), ILSI Europe and ILSI South East Asia panels on nutrition and mental performance
- Fellow of the Royal Society of Medicine, Associate Fellow of the British Psychological Society, Chartered Psychologist
- advisor to the UK Parliamentary Forum on Diet and Health, Canadian Ministry of Health, Australian government bodies
- member of inaugural Australian Research Council Engagement and Impact panel (Health and Life Sciences)
- member, Australian Research Council Medical Research Advisory Group
- Speciality Chief Editor *Frontiers in Psychology, Nutrition and Brain Health*
- member *Institute for the Advancement of Food and Nutrition Sciences Cognition Expert Group*

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## Current positions

- 2020 – present: Chief Scientific Officer, Ārepa Nootropics
- 2021 - present: Principal Director, Metavate Consulting
- 2021 - present: Adjunct Professor, Nutrition Dietetics and Food,  
School of Clinical Sciences, Monash University
- 2020 – present: Adjunct Professor, Centre for Human Psychopharmacology,  
Swinburne University
- 2007 - present: Honorary director, Neurocognitive trials  
Medicinal Plant Research Centre, UK
- 2012 – present: Associate Director, Clinical Nutrition Research Centre  
University of Newcastle, University of South Australia, and Swinburne  
University

## Research Interests

### 1. Experimental (and clinical) psychopharmacology

- Nutritional cognitive neuroscience
- Nutritional effects on mood and cognition
- Blood glucose and cognitive function
- Psychopharmacology of herbal extracts, glucose, caffeine, nutrition, nutraceuticals
- Psychopharmacology of recreational drugs including MDMA ('ecstasy'), alcohol, alcohol/caffeinated beverage interactions
- Alcohol hangover
- Applications of neuroimaging to the above

### 2. Physiological responses to “mental effort”

### 3. Use of novel technology for cognitive testing

- Internet, Handheld, Telephone testing

## Previous employment

### *Dates*

2007 - 2020	Director, <i>Centre for Human Psychopharmacology</i> Swinburne University, Australia
1998 - 2007	<i>Director, Human Cognitive Neuroscience Unit</i> (now Brain Nutrition and Performance Research Centre), Northumbria University, UK
2004 -2007	<i>Professor of Psychology</i> Northumbria University, UK
2006	<i>Sabbatical Professor</i> Cognitive Sciences Group, Nestlé Research Centre, Switzerland
2002 – 2007	<i>Co-director, Medicinal Plant Research Centre,</i> Universities of Northumbria and Newcastle, UK
2000 - 2004	<i>Reader in Human Cognitive Neurosciences,</i> Division of Psychology, Northumbria University, UK
1993 - 2000	<i>Lecturer/Senior Lecturer</i> Division of Psychology, University of Northumbria, UK
1993 - 1997	<i>Registered Researcher</i> MRC Neurochemical Pathology Unit, Newcastle upon Tyne, UK
1991 -1993	<i>Postdoctoral Research Fellow (Wellcome Trust)</i> Brain and Behaviour Research Group, Open University, UK
1986 - 1987	<i>Part-time Research Assistant, Part-time lecturer</i> University of Plymouth
1980 - 1983	<i>Laboratory Technician</i> Medical Research Council Centre, Cambridge, UK

## Higher education and qualifications

<i>Dates</i>	<i>Institution attended</i>	<i>Qualification</i>	<i>Subject and Class</i>
1983 - 1986	University of Plymouth	BSc (Hons)	Psychology 2.1
1987 - 1991	Brain and Behaviour Research Group, Open University	PhD	Thesis title: “Immunological Investigations into Synaptic Plasticity”
1994 - 1995	University of Northumbria	PGCEd	Pass

## Publications (reverse chronological order)

### i. Refereed journal articles

#### 2022

290. Gauci S, Young LM, Arnoldy L, **Scholey A**, White DJ, Lassemillante A-C, Meyer D, Pipingas A (2022) The association between diet and cardio-metabolic risk on cognitive performance: a cross-sectional study of middle-aged Australian adults: *Frontiers in Nutrition, Psychology and Brain Health* Article #862475.
289. Ayre E, Benson S, Garrisson H, Cox KHM, Verster JC, **Scholey A** (2022) Effects of alcohol hangover on attentional resources during a verbal memory/psychomotor tracking dual attention task. *Psychopharmacology* In press.
288. Travica N, Ried K, Hudson IL, **Scholey A**, Pipingas A, Sali A (2022) The effects of surgery on leukocyte vitamin C concentrations: a systematic review and meta-analysis. *Pharmaceutical Sciences* In press.
287. Gauci S, Young LM, Arnoldy L, Lassemillante A-C, **Scholey A**, Pipingas A (2022) Dietary patterns in middle age: effects on concurrent neurocognition and risk of age-related cognitive decline. *Nutrition Reviews* 80, 1129-1159.
286. Travica N, Ried K, Hudson I, **Scholey A**, Pipingas A, Sali A (2021) The effects of cardiovascular and orthopaedic surgery on vitamin concentrations: a narrative review of the literature and mechanisms of action. *Critical Reviews in Food Science and Nutrition* In press.
285. Merlo A, Severeijns NR, Hendriksen PA, Benson S, **Scholey A**, Garsen J, Bruce G, Verster JC (2021) Alcohol consumption on the heaviest drinking occasion and hangovers during the first Dutch COVID-19 lockdown. *International Journal of Environmental Research and Public Health* 19, Article #4301.
284. Travica N, Ried K, Hudson IL, **Scholey A**, Pipingas A, Sali A (2022) The effects of surgery on plasma/serum vitamin C concentrations: a systematic review and meta-analysis. *British Journal of Nutrition* 127, 233-247.
283. Gauci S, Young LM, White DJ, Reddan JM, Lassemillante A-C, Meyer D, Pipingas A, **Scholey A** (2022) Diet may moderate the relationship between arterial stiffness and cognitive performance in older adults. *Journal of Alzheimer's Disease* 85, 815-828.
282. Terpstra C, Verster JC, Scholey A, Benson S (2022) Associations between Mental Resilience, Mood, Coping, Personality, and Hangover Severity. *Journal of Clinical Medicine* 11, Article # 2240.

#### 2021

281. Bassaganya-Riera J, Berry EM, Blaak EE, Burlingame B, le Coutre J, van Eden W, El-Sohehy, A, German B, Knorr D, Lacroix C, Muscaritoli M, Nieman DC, Rychlik

- M, **Scholey A**, Serafini M (2021) Goals in Nutrition Science 2020-2025. *Frontiers in Nutrition* 7, Article #606378.
280. Hepsomali P, Greyling A, **Scholey A**, Vauzour D (2021) Acute effects of polyphenols on human attentional processes: a systematic review and meta-analysis. *Frontiers in Neuroscience* Article #678769.
279. Coughlan G, Larsen R, Kim M, White D, Gillings R, Irvine M, **Scholey A**, Cohen N, Legido-Quigley C, Hornberger M, Minihane A-M (2021) APOE ε4 alters docosahexaenoic acid associations with preclinical markers of Alzheimer disease. *Brain Communications* 3, Article #fcab085.
278. Murray M, Dordevic AL, Cox K, **Scholey A**, Ryan L, Bonham MP (2021) Twelve weeks' treatment with a polyphenol-rich seaweed extract increased HDL cholesterol with no change in other biomarkers of chronic disease risk in overweight adults: a placebo-controlled randomised trial. *Journal of Nutritional Biochemistry* 96, Article #108777.
277. Verster JC, van Rossum CJ, **Scholey A** (2021) Unknown safety and efficacy of alcohol hangover treatments puts consumers at risk. *Addictive Behaviors* 122, Article #107029.
276. Ayre E, **Scholey A**, White D, Devilly GJ, Kaufman J, Verster JC, Allen C, Benson S (2021) the relationship between alcohol hangover severity, sleep and cognitive performance; a naturalistic study. *Journal of Clinical Medicine* 10, Article #5691.
275. Benson S, Johnson SJ, Alford C, **Scholey A**, Verster JC (2021) A cross-cultural comparison of the effects of alcohol mixed with energy drink (AMED) consumption on overall alcohol consumption and related consequences. *International Journal of Environmental Research and Public Health* 18., Article #7579.
274. Merlo A, Severeijns NR, Saah Benson S, **Scholey A**, Garssen J, Bruce G, Verster JC (2021) Mood and changes in alcohol consumption in young adults during COVID-19 lockdown: A model explaining associations with perceived immune fitness and experiencing COVID-19 symptoms. *International Journal of Environmental Research and Public Health* 18, Article #10028.
273. Tardy A-L, Bois de Fer B, Cañigueral S, Kennedy D, **Scholey A**, Hitier S, Aran A, Pouteau E (2021) Reduced self-perception of fatigue after supplementation with Panax ginseng root extract (G115®) formulated with vitamins and minerals— An open-label study. *International Journal of Environmental Research and Public Health* 12, Article #6257.
272. Garrisson H, **Scholey A**, Ogden E, Benson S (2021) The effects of alcohol intoxication on cognitive functions critical for driving: a systematic review. *Accident Analysis and Prevention* 154, Article #106052.

271. Johnson SJ, Benson S, **Scholey A**, Alford C, Verster JC (2021) Risk-taking behavior and the consumption of alcohol mixed with energy drink. *International Journal of Environmental Research and Public Health* 18, Article #5315.
270. Verster JC, Severeijns NR, Sips ASM, Saeed HM, Benson S, **Scholey A**, Bruce G (2021) Alcohol hangover across the lifespan: impact of sex and age. *Alcohol and Alcoholism* 56, 589-598.
269. Ong S, Bondonno NP, Downey LA, **Scholey A**, Smith MA, Stough C, Blekkenhorst LC, Woodman R, Croft K, Hodgson JM, Bondonno CP (2021) Effects of chewing gum on nitric oxide metabolism, markers of cardiovascular health and neurocognitive performance after a nitrate-rich meal. *Journal of the American College of Nutrition* DOI: 10.1080/07315724.2020.1869119
268. Kiani P, **Scholey A**, Dahl TA, McMann L, Iversen JM, Verster JC (2021) In vitro assessment of the antiviral activity of ketotifen, indomethacin and naproxen, alone and in combination, against SARS-CoV-2. *Viruses* 13, Article #558.
267. van de Loo AJAE, Raasveld J, Hogewoning A, de Zeeuw R, Bosma ER, Bouwmeester NH, Lukkes M, Karen Knipping K, Mackus M, Kraneveld AD, Brookhuis KA, Garssen J, **Scholey A**, Verster JC (2021) Immune responses after heavy alcohol consumption: cytokine concentrations in hangover sensitive and hangover resistant drinkers. *Healthcare* 9, 395.
266. Benson S, **Scholey A**, Verster JC (2021) L-cysteine and the treatment of alcohol hangover: a commentary on Eriksson et al. (2020). *Alcohol and Alcoholism* 56, 628–629.
265. Verster JC, Arnoldy L, van de Loo AJAE, Kraneveld AD, Garssen J, **Scholey A** (2021) The impact of having a holiday or work in Fiji on perceived immune fitness. *Tourism and Hospitality* 2, 95-112.
264. Kiani P, Merlo A, Saeed HM, Benson S, Bruce G, Hoorn G, Kraneveld AD, van de Loo AJAE, Severeijns N, Sips A, **Scholey A**, Garssen J, Verster JC (2021) Immune fitness, and the psychosocial and health consequences of the COVID-19 pandemic lockdown in The Netherlands: methodology and design of the CLOFIT study. *European Journal of Investigation in Health, Psychology and Education* 11, 199-218.
263. Verster JC, **Scholey A**, Dahl TA, Iversen JM (2021) A comparison of the antinociceptive properties of SJP-005 and morphine in rats. *Pharmaceutics* 13, Article #243.
262. Verster JC, **Scholey A**, Dahl TA, Jacqueline M. Iversen JM (2021) Functional observation after morphine withdrawal: effects of SJP-005. *Psychopharmacology* 238, 1449–1460.



261. Travica N, Ried K, Hudson IL, **Scholey A**, Pipingas A, Sali A (2021) The effects of surgery on plasma Vitamin C concentrations and cognitive function: a protocol for a prospective, observational study. *Nutrition and Health* 27, 283–292.

## 2020

260. Verster JC, Arnoldy L, Benson S, **Scholey A**, Stock A-K (2020) The Alcohol Hangover Research Group: Ten Years of Progress in Research on the Causes, Consequences, and Treatment of the Alcohol Hangover. *Journal of Clinical Medicine* 9, Article #3670.
259. Young LM, Gauci S, **Scholey A**, White DJ, Pipingas A (2020) Self-selection bias: An essential design consideration for nutrition trials in healthy populations. *Frontiers in Nutrition* 7, Article #587983.
258. Cox KHM, White DJ, Pipingas A, Poorun K, **Scholey A** (2020) Further evidence of benefits to mood and working memory from lipidated curcumin in healthy older people: a 12-week, double-blind, placebo-controlled, partial replication study. *Nutrients* 12, article #1678.
257. Young LM, Gauci S, **Scholey A**, White DJ, Lassemillante A-C, Meyer D, Pipingas A (2020) Self-reported diet quality differentiates nutrient intake, blood nutrient status, mood, and cognition: implications for identifying nutritional neurocognitive risk factors in middle age. *Nutrients* 12, article #2964.
256. Peters R, White DJ, Cornwell BR, **Scholey A** (2020) Functional connectivity of the anterior and posterior hippocampus: differential effects of glucose in younger and older adults. *Frontiers in Aging Neuroscience* 12, article #8 [10 pages].
255. Marx W, **Scholey A**, Firth J, D’Cunha N, Lane M, Hockey M, Ashton MM, Cryan JF, O’Neil A, Naumovski N, Berk M, Dean OM, Jacka F (2020) Prebiotics, probiotics, fermented foods and cognitive outcomes: a meta-analysis of randomized controlled trials. *Neuroscience and Biobehavioral Reviews* 118, 472-484.
254. White DJ, Camfield DA, Ossoukhova A, Savage K, Le Cozannet R, Faça-Berthon P, **Scholey A** (2020) Effects of *Panax quinquefolius* (American ginseng) on the steady state visually evoked potential (SSVEP) during cognitive performance. *Human Psychopharmacology - Clinical and Experimental* Article #e2756.
253. Hepsomali P, Groeger JA, Nishihira J, **Scholey A** (2020) Effects of Oral Gamma-Aminobutyric Acid (GABA) Administration on Stress and Sleep in Humans: A Systematic Review. *Frontiers in Neuroscience* 14, 923-235.
252. Travica N, Ried K, Hudson IL, Sali A, **Scholey A**, Pipingas A (2020) The contribution of plasma and brain vitamin C on age and gender related cognitive differences: a mini-review of the literature. *Frontiers in Integrative Neuroscience* 14, Article #47.

251. Peters R, White DJ, **Scholey AB** (2020) Resting state fMRI reveals differential effects of glucose administration on central appetite signalling in young and old adults. *Journal of Psychopharmacology* 34, 304-314.
250. Stough C, **Scholey A**, Gentile-Rapinett G, Schmidt J, Goh A, Wesnes K, Kras M, Kwek K, Camfield D (2020) An evaluation of the cognitive effects of malt extract and sucrose in school-aged Malaysian children. *Bioactive Compounds in Health and Disease* 3, 179-193.
249. Benson S, Ayre E, Garrisson H, Wetherell M, **Scholey A** (2020) Alcohol hangover and multitasking: effects on mood, cognitive performance, stress reactivity and perceived effort. *Journal of Clinical Medicine* 9, article #1154.
248. **Scholey A**, Ayre E, Stock A-K, Verster J, Benson S (2020) Effects of Rapid Recovery on alcohol hangover severity: a double-blind, placebo-controlled, randomized, balanced crossover trial. *Journal of Clinical Medicine* 9, article #2175.
247. **Scholey A**, Benson S, Sela-Venter S, Mackus M, Moss M (2020) Oxygen administration and acute human cognitive enhancement: higher cognitive demand leads to a more rapid decay of transient hyperoxia. *Journal of Cognitive Enhancement* 4, 94-99.
246. van de Loo AJAE, Mackus M, Kwon O, Krishnakumar IM, Garssen J, Kraneveld A, **Scholey A**, Verster J (2020) The inflammatory response to alcohol consumption and its role in the development of alcohol hangover. *Journal of Clinical Medicine* 9, article #2081.
245. Mackus M, van de Loo AJAE, Garssen J, Kraneveld A, **Scholey A**, Verster J (2020) The role of alcohol metabolism in the pathology of alcohol hangover. *Journal of Clinical Medicine* 9, article #2913.
244. Mackus M, van de Loo AJAE, Garssen J, Kraneveld A, **Scholey A**, Verster J (2020) The association between ethanol elimination rate and hangover severity *International Journal of Environmental Research and Public Health* 17, article #4324.
243. van de Loo AJAE, Kerssemakers N, **Scholey A**, Garssen J, Kraneveld A, Joris Verster J (2020) Perceived immune fitness, individual strength, and hangover severity. *International Journal of Environmental Research and Public Health* 17, article #4039.
242. Coates A, Morgillo S, Yandell C, **Scholey A**, Hill A, Buckley J, Dyer K (2020) Effect of a 12-week almond-enriched diet on biomarkers of cardiometabolic health, mood and cognitive performance in older overweight adults. *Nutrients* 12, article #1180.
241. Terpstra C, **Scholey A**, Verster JC, Benson S (2020) Prevalence of hangover resistance according to two methods for calculating estimated blood alcohol concentration (eBAC). *Journal of Clinical Medicine* 9, article #2823.

240. Verster JC, **Scholey A**, van de Loo AJAE, Benson S, Stock A-K (2020) Updating the definition of the alcohol hangover. *Journal of Clinical Medicine* 9, article #823.
239. Kennedy G, Meyer D, Hardman RJ, Macpherson H, **Scholey AB**, Pipingas A (2020) Modelling modifiable predictors of age-related cognitive decline: Exercise, aortic stiffness and the importance of physical fitness. *Alzheimer's Disease Reports* 4, 79-89.
238. Travica N, Ried K, Pipingas A, Hudson I, Young D, **Scholey A**, Sali A (2020) The effects of knee arthroplasty on plasma Vitamin C concentrations and cognitive function: a case study. *Journal of Surgical Case Reports* 2020, article #rjaa111.
237. Hardman RJ, Meyer D, Kennedy G, Macpherson H, **Scholey AB**, Pipingas A (2020) Findings of a pilot study investigating the effects of Mediterranean diet and aerobic exercise on cognition in cognitively healthy older people living independently within aged care facilities: the Lifestyle Intervention in Independent Living Aged Care (LILAC) study. *Current Developments in Nutrition* 4, article #nzaa077.
236. Peters R, White DJ, **Scholey AB** (2020) Fuel for thought? A systematic review of neuroimaging studies into glucose enhancement of cognitive performance. *Neuropsychology Review* 11, 1-17.
235. Verster JC, Dahl TA, **Scholey A**, Iversen JM (2020) The Effects of SJP-001 on alcohol hangover severity: a pilot study. *Journal of Clinical Medicine* 9, 932.
234. Tardy A-L, Pouteau E, Marquez D, Yilmaz C, **Scholey A** (2020) Vitamins and minerals for energy, fatigue and cognition: a narrative review of the biochemical and clinical evidence. *Nutrients* 12, 228-253.
233. Verster JC, van de Loo AJAE, Benson S, **Scholey A**, Stock A-K (2020) The assessment of overall hangover severity. *Journal of Clinical Medicine* 9, article #786.
232. Benson S, Verster J, **Scholey A** (2020) Consumption Patterns of Alcohol and Alcohol mixed with Energy Drinks in Australian Students and Non-Students. *Nutrients* 12, 149-160.
231. Travica N, Ried K, Hudson I, Sali A, **Scholey A**, Pipingas A (2020) Gender Differences in Plasma Vitamin C Concentrations and Cognitive Function: A Pilot Cross-Sectional Study on Healthy Adults. *Current Developments in Nutrition* 4, Article #p.nzaa038.
230. Palmer EOC, Arnoldy L, Ayre E, Benson S, Balikji S, Bruce G, Chen F, van Lawick van Pabst AE, van de Loo AJAE, van Rossum CJI, O'Neill S, **Scholey A**, Terpstra C, van Wijk M, Verster JC (2020) Proceedings of the 11th Alcohol Hangover Research Group meeting, in Nadi, Fiji. *Proceedings* 43, 1-9.
229. Verster JC, Kruisselbrink LD, Slot KA, Anogeianaki A, Adams S, Alford C, Arnoldy L, Ayre E, Balikji S, Benson S, Gillian Bruce, Lydia E Devenney, Frone MR, Gunn C,

- Heffernan T, Hensel KO, Hogewoning H, Johnson SJ, van Lawick van Pabst AE, van de Loo AJAE, Mackus M, Merlo A, Murphy RJL, Owen L, Palmer E, van Rossum CJI, **Scholey A**, Terpstra C, Vatsalya V, Vermeulen SA, van Wijk M, Ann-Kathrin Stock A-K (2020) Sensitivity to experiencing alcohol hangovers: reconsideration of the 0.11% blood alcohol concentration (BAC) threshold for having a hangover. *Journal of Clinical Medicine* 9, 179-185.
228. Sarris J, Byrne G, Bousman C, Cribb, L, Savage K, Holmes O, Murphy J, Macdonald P, Short A, Nazareth S, Jennings E, Thomas S, Ogden E, Chamoli S, **Scholey A**, Stough C (2020) Kava for Generalized Anxiety Disorder: A 16-Week Double-Blind, Randomized, Placebo-Controlled Study. *Australian and New Zealand Journal of Psychiatry* 54, 288-297.

## 2019

227. **Scholey A**, Benson S, Kaufman J, Terpstra C, Ayre E, Verster J, Allen C, Devilly G (2019) Effects of alcohol hangover on cognitive performance: findings from a field/internet mixed methodology study. *Journal of Clinical Medicine* 8, Article #440.
226. Verster JC, Slot K, Arnoldy L, van Lawick van Pabst A, van de Loo A, Benson S, **Scholey A** (2019) The association between alcohol hangover frequency and severity: evidence for reverse tolerance? *Journal of Clinical Medicine* 8, 1520-1533.
225. Young L, Pipingas A, White D, Gauci S, **Scholey A** (2019) A systematic review and meta-analysis of B vitamin supplementation on depressive symptoms, anxiety and stress: effects on healthy and 'at-risk' individuals. *Nutrients* 11, 2232-2250.
224. Wilod-Versprille LJFW, van de Loo AJAE, Mackus M, Arnoldy L, Sulzer TAL, Vermeulen SA, Abdulahad S, Huls H, Baars T, **Scholey A**, Kraneveld AD, Garssen J, Verster JC (2019) Development and validation of the Immune Status Questionnaire (ISQ). *International Journal of Environmental Research and Public Health* 16, Article #4743.
223. Verster JC, van de Loo A, Adams S, Stock A-K, Benson S, **Scholey A**, Alford C, Bruce G (2019) Advantages and limitations of naturalistic study designs, and their implementation in alcohol hangover research. *Journal of Clinical Medicine* 8, 2160-2169.
222. Verster JC, Vermeulen SA, van de Loo AJAE, Balikji S, Kraneveld AD, Garssen J, **Scholey A** (2019) Dietary nutrient intake, alcohol metabolism, and hangover severity. *Journal of Clinical Medicine* 8, 1316 [17 pages].
221. Reddan JM, Macpherson H, White DJ, **Scholey A**, Pipingas A (2018) Examining the relationship between nutritional intake and the structural integrity of the brain in older adults without dementia. *Nutrition Research Reviews* 32, 79-98.

220. Komanduri M, Gondalia S, **Scholey A**, Stough C (2019) The microbiome and cognitive aging: a review of mechanisms. *Psychopharmacology* 236, 1559-1571.
219. Gondalia S, Parkinson L, Stough C, **Scholey A** (2019) Gut microbiota and bipolar disorder: A review of mechanisms and potential targets for adjunctive therapy. *Psychopharmacology* 236, 1433-1443.
218. Camfield DA, Nolidin K, Savage K, Timmer J, Croft K, Fard MT, Simpson T, Downey L, **Scholey A**, Pipingas A, Deleuil S, Stough C (2019) Higher plasma levels of F2-isoprostanes are associated with slower psychomotor speed in healthy older adults. *Free Radical Research* 53, 1-10
217. Travica N, Ried K, Sali A, Hudson IL, **Scholey A**, Pipingas A (2019) Plasma vitamin C concentrations and cognitive function: a cross-sectional study. *Frontiers in Aging Neuroscience* 11, Article 72 [21 pages].
216. Cleeland C, Pipingas A, **Scholey A**, White D (2019) Neurochemical changes in the aging brain: a systematic review. *Neuroscience and Biobehavioral Reviews* 98, 306-319.
215. Benson S, Tiplady B, **Scholey A** (2019) Attentional and working memory performance following alcohol and energy drink: a randomised, double-blind, placebo-controlled, factorial design laboratory study. *PLoS One* 14, Article #e0209239 [17 pages].
214. Stough C, Pipingas A, Camfield D, Nolidin K, Savage K, Deleuil S, **Scholey A** (2018) Increases in total cholesterol and low density lipoprotein associated with decreased cognitive performance in healthy elderly adults. *Metabolic Brain Disease* 34, 477-484.
213. Simpson T, Deleuil, S, Echeverria, N, Komanduri, M, MacPherson, H, Suo C, Gondalia, S, Fard, M.T, Pipingas, A, **Scholey A**, Stough C (2019) The Australian Research Council Longevity Intervention (ARCLI) study protocol (ANZCTR12611000487910) addendum: Neuroimaging and gut microbiota protocol. *Nutrition Journal* 18, 1 [9 pages].

## 2018

212. **Scholey A** (2018) Nutrients for neurocognition in health and disease: measures, methodologies and mechanisms. *Proceedings of the Nutrition Society* 77, 73-83.
211. **Scholey A** (2018) Melissa and me. *The Psychologist* 31, 38-39.
210. Irvine MA, **Scholey A**, King R, Gillings R, Vauzour D, Demichele SJ, Das T, Sutton BP, Cassidy A, Pipingas A, Potter JF, Johnson G, White D, Larsen R, Cohen NJ, Minihane A (2018) The Cognitive Ageing, Nutrition and Neurogenesis trial: design and progress. *Alzheimer's & Dementia: Translational Research & Clinical Interventions* 4, 591-601.

209. **Scholey A** (2018) Vitamin and mineral supplements: The importance of vitamin B status in health and wellbeing. *Australian Journal of Pharmacy* 99, 58-64.
208. Murray M, Dordevic AL, Cox KHM, **Scholey A**, Ryan L, Bonham MP (2018) A study protocol for a double blind randomised controlled trial investigating the impact of 12 weeks' supplementation with a polyphenol-rich marine algal extract on cholesterol levels in adults with hypercholesterolaemia. *BMJ Open* 8, e022195 [10 pages].
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**[>1000 refereed conference abstracts, > 50 industry reports not listed]**

**Funding awarded [from ~\$25M total] Principal Investigator except\***

<i>Date</i>	<i>Funding body</i>	<i>Project</i>	<i>Amount</i>
2022-2023	High-Value Nutrition Contestable Fund* (New Zealand)	Unlocking the potential of polyphenols: A novel approach to target the gut-brain axis	\$282,052
2021-2022	High-Value Nutrition Contestable Fund* (New Zealand)	Boosting immune responses and cognitive support with Neuroberry® blackcurrant	\$1,453,908
2019-2023	National Health and Medical Research Council (NHMRC)*	Mediterranean diet and exercise to reduce cognitive decline and dementia risks in independently living older Australians: the MedWalk randomised controlled trial	\$1,772,616
2020-2022	Nutricia Research Foundation*	Mediterranean diet and exercise effects on gut microbiota: MedWalk Microbiome	Confidential
2019-2021	Fonterra/CSIRO	Complex Milk Lipids in older adults with Subjective Memory Complaints	Confidential
2019-2020	BioRevive*	The effects of a vitamin, mineral and amino acid supplement on hangover symptom severity	Confidential
2019-2020	Nu-Mega Ingredients*	Post prandial cognitive and vascular effects of DHA-rich Omega-3 powder	Confidential
2018-2019	Australian Almond Board*	A feasibility study to determine whether Australian children aged 8-12 years will eat almonds for 8 weeks and the impact on cognitive performance	Confidential

2018-2019	DuPont (Finland)	Effects of a probiotic on mental fatigue	Confidential
2017-2018	Nutricia- Danone (Netheralnds)	Dietary patterns, inflammatory salivary biomarkers, stool characterization among healthy toddlers aged 15-36 months old in Australia	Confidential
2016-2018	Bayer Healthcare (Switzerland)	Effects of 4 weeks supplementation with a multi-vitamin/mineral preparation on neurocognitive function: A randomised, double-blind, placebo controlled trial	Confidential
2017-2019	Swisse Wellness Group	Modern diets and the maintenance of optimal mood and cognitive functioning through nutraceutical supplementation	Confidential
2016-2017	Verdure Sciences (US)	Investigation of the effects of Longvida curcumin on cognitive function, mood and biomarkers of health	Confidential
2017-2018	SFI Research Fund Scheme/Swinburne Research	i-Platform for microbiota analysis and visualisation	Confidential
2017-2018	Nestle Research Centre (Switzerland)	Nutrition/cognitive and nutrition/executive performance in healthy children	Confidential
2016-2017	Red Bull (Austraia)	Studies into the effects of alcohol, caffeine and their interactions	Confidential
2015-2016	Kemin Nutrition and Health (US)	A randomized, double-blind, placebo-controlled, parallel trial investigating the neurocognitive effects of a proprietary spearmint extract in healthy older adults.	Confidential
2015-2017	Almond Board of California* (US)	Does 12 weeks of eating unsalted raw almonds improve cognitive performance in adults?	\$256,376

2014-2015	Dementia Collaborative Research Centres*	Acute dose-dependent effects of resveratrol consumption on cerebrovascular function in adults with type 2 diabetes mellitus	\$44,680
2014-2016	National Health and Medical Research Council*	Kava for the Treatment of Generalized Anxiety Disorder: A 16-Week Double-Blind RCT	\$658,539
2013-2016	Arla Foods (Denmark)	The Neurocognitive effects of Lacprodan® PL-20 in elderly participants with age-associated memory impairment	Confidential
2014-2015	LifeVantage Corporation*	A randomized, double blind, placebo-controlled, crossover trial investigating the effects of 2 nutraceuticals combination formulas on mental fatigue, mood and neurocognitive performance in healthy adults	Confidential
2014-2015	Barbara Dicker Foundation*	Brain oscillatory correlates of virtual spatial navigation across adulthood	\$30,000
2013-2016	Abbott Laboratories/Center for Nutrition, Learning, and Memory Grand Challenge Grant	Controlled trials in 'at risk' humans to establish the cognitive benefits of a nutrient mixture and underlying mechanisms of action - the Cognitive Aging, Nutrition and Neurogenesis (C.A.N.N.) trial.	\$1,656,870
2012-2014	Bayer	Chronic effects of multi-vitamin/mineral preparations on brain imaging assessed with Steady State Topography and fMRI during periods of mental effort	Confidential
2103-2014	Neurobrands	Assessment of anti-stress, behavioural, and neurophysiological effects of NeuroBliss®: A randomised, double-blind, placebo-controlled, crossover trial	Confidential

2013-2104	Sanofi	A double-blind placebo-controlled trial of a Lactium™ and Zizyphus complex for sleep.	Confidential
2012-2014	Verdure Science	Investigation into the acute and chronic effects of Longvida curcumin on inflammation, cognitive function and mood in an elderly population	Confidential
2010-2014	National Health and Medical Research Council Fellowship*	Kava in the Treatment of Generalised Anxiety Disorder: A 10-week Randomized, Double-blind, Placebo-controlled Study	\$285,000
2010-2013	Australian Research Council Discovery Program DP1093834	Glucose facilitation of cognitive function: effects of effort, age and glucose control	\$173,000
2010-2013	Australian Research Council Discovery Program DP1093825*	Improving cognitive function in the elderly	\$288,000 (\$960,000 with industry funding)
2012-2013	GlaxoSmithKline	An investigation into the cognitive effects and bioavailability of components of green tea	Confidential
2012-2013	GlaxoSmithKline	An investigation into the effects of glucose & caffeine on multitasking, mood and fMRI regional activation.	Confidential
2012-2013	Cyvex	21 day trial into the weight reduction effects of supplementation with 1g and 500 mg SolaThin	Confidential
2010-2013	Pharmalink*	The effects of a naturally occurring combination of omega-3s on children and adolescents with hyperactivity and inattention	Confidential



2011-2012	Australian Research Council Linkage Program LP110100410*	Neuroimaging changes underpinning improvements in cognition in the elderly	\$184,000
2010-2012	Integria*	Kava & Anxiety Lowering Medication Study (KALMS)	Confidential
2010-2012	Swisse*	Randomized clinical trial investigating effects of a multi-nutrient combination on mood, stress, sleep and cognition.	Confidential
2010-2011	Australian Wine Research Institute	Effect of resveratrol in red wine on cognitive function in older adults	Confidential
2010-2011	Bayer	Acute effects of multi-vitamin/mineral preparations on brain imaging assessed with Steady State Topography and fMRI during periods of mental effort	Confidential
2010-2011	GlaxoSmithKline	An investigation into the effects of glucose alone and caffeine and glucose in combination on cognitive performance, fatigue and mood associated with extended multi-tasking	Confidential
2010-2011	Personal Training Academy*	The Effect of Exercise Programs on Cognitive Function	Confidential
2010-2011	Mannatech*	Cognitive and mood effects of saccharides in middle-aged adults	Confidential
2010-2011	Naturex	The acute effects of <i>Panax quinquefolius</i> on brain activity, mood and neurocognitive function in a healthy older population	Confidential
2008-2011	Naturex	The role of glucoregulatory processes in the cognition-enhancing effects of selected botanicals	Confidential
2008-2011	Wrigley	Factors influencing mood and cognitive effects of chewing gum	Confidential

2008-2010	Nestlé Research Centre*	Various (confidential)	Confidential
2008-2010	NHMRC National Institute of Complementary Medicine	Centre for the Study of Natural Medicines and Neurocognition	\$1,506,000 (inc. industry)
2008-2009	Flordis/Zeller (Switzerland)*	Evaluation of ZE117 (HP) in smoking cessation	Confidential
2008-2009	Barry Callebaut (Belgium)*	Acute and chronic neurocognitive & blood flow effects of polyphenols in middle aged volunteers	Confidential
2008-2009	Cognis (Germany)	Assessing anti-stress effects of lemon balm-containing foods	Confidential
2006-2009	Biotechnology and Biological Sciences Research Council	Factors affecting glucose enhancement of cognitive performance	£163,000
2006-2009	Pharmaton SA* (PhD studentship)	Polyunsaturated fats and cognitive function	Confidential
2006-2009	Northumbria University (PhD studentship)	The impact of glucoregulation and glucose on memory function	£57,500
2007-2008	British Psychological Society	Research Seminars Competition	£3,000
2007-2008	Pharmaton SA*	Cognitive and mood effects of Pharmaton platinum in healthy young participants	Confidential
2005-2008	Northumbria University* (PhD studentship)	Dietary factors affecting children's behaviour and cognition	£55,000
2007	Nestlé Research Centre	An evaluation of the cognitive effects of glucose and malt extract in children	Confidential
2006-2007	Department of Trade and Industry Science Research	Accommodation and development of Brain, Behaviour and Nutrition Research Centre	£350,000

Investment Fund (SRIF)			
2006-2007	Masterfoods	Neurocognitive effects of cocoa polyphenols	Confidential
2006-2007	Martek*	Effects of DHA supplementation on mood and cognition in children	Confidential
2006-2007	Bayer Healthcare	Effects of a multivitamin/guaraná supplement during cognitive demand	Confidential
2006-2007	Wrigley Science Institute	Anti-stress effects of chewing gum	Confidential
2005-2007	Bayer Healthcare	Effects of chronic ginkgo biloba/multivitamin supplementation on age-associated memory impairment	Confidential
2006	Nestlé Research Centre	Sabbatical Fellowship	Confidential
2005-2006	Boehringer/Pharmaton SA*	Neurocognitive effects of vitamin supplementation in children	Confidential
2005-2006	Korean Ginseng Society*	Behavioural effects of chronic Korean ginseng administration	Confidential
2004-2005	Boehringer/Pharmaton	A biobehavioural assessment of guaraná	Confidential
2002-2006	Oxford Natural Products (PhD studentship)	Neurocognitive effects of <i>Salvia</i> in health and disease	Confidential
2003-2006	Boehringer/Pharmaton SA (PhD studentship)	Neurocognitive and gluco-regulatory effects of <i>Panax ginseng</i>	Confidential
2003-2006	Cognitive Drug Research (PhD studentship)	The acute biobehavioural effects of caffeine in isolation and in combination with other naturally concomitant phytonutrients	Confidential
2003-2006	Boehringer/	Effects of conjugation of Ginkgo	Confidential

	Pharmaton SA/ Indena(Milan)	biloba with phosphatidylserine on cognition	
2002-2005	GlaxoSmithKline	Cognitive interactions associated with caffeine and glucose	Confidential
2004	Lichtwer Pharma Co. (Germany)	Neurocognitive effects of <i>S. officinalis</i> and <i>M. officinalis</i>	Confidential
2001-2004	EU Framework 5*	RESCUE: Effects of cueing in Parkinson's disease	£1,000,300
2003	MedicHerb Ltd	Anxiolytic assessment of a <i>Valerian/Melissa</i> combination	Confidential
1999-2002	Boehringer/ Pharmaton SA (PhD studentship)	Psychopharmacology of herbal supplements	Confidential
1999-2002	Cognitive Drug Research (PhD studentship)	Neurocognitive assessment in Chronic Fatigue Syndrome	Confidential
1996-1999	Northumbria University	Psychopharmacology of oxygen administration	Confidential

## **International and national research collaborations**

Recent/ongoing collaborative studies with the following industry partners

### **International industry**

- Abbott Nutrition (US)
- Arla (Denmark)
- Bayer (Switzerland)
- DuPont (Finland)
- Fonterra (New Zealand)
- GlaxoSmithKline (UK, India)
- Kemin Nutrition and Health (US)
- Naturex (France)
- Nestlé (Switzerland)
- Neurobrands (US)
- Red Bull (Austria)
- SFI (Indonesia)
- Verdure Sciences (US)
- Wrigley/Masterfoods (US)

### **International academic/non-industry**

- University of Northumbria (UK)
- University of Swansea (UK)
- University of Leeds (UK)
- University of West of England (UK)
- University of East Anglia (UK)
- University of Utrecht (Netherlands)
- University of Illinois (United States)
- Northwestern University (United States)

### **Australian academic/non-industry**

- Australian Wine Research Institute
- CSIRO
- National Institute of Complementary Medicine
- University of Newcastle: Clinical Nutrition Research Centre
- University of South Australia
- University of Western Australia
- University of Southern Cross
- University of Western Sydney
- Curtin University

### **Australian industry**

- Bioceuticals
- Blackmores
- Flordis
- Integria
- Sanofi
- Swisse

## Patents (named inventor)

2021 [WO 2021/022340 A1]

*Uses of long-chain polyunsaturated fatty acids*

Named inventors: Andrew Pipingas, Andrew Scholey

2019 [US 2019 / 0117606 A1]

*Compositions comprising L-Theanine, Proanthocyanidins and a Catechin and uses thereof*

Named inventors: Andrew Belton Scholey; Angus Ross Brown

2015, 2018 [EP2941262 A1] [2013354889]

*Uses of Bacopa monnieri extract*

Named inventors: Andrew Scholey, Con Stough

2012, 2015, 2018 [WO2010129307 A1] [20150306119]

*Application of American ginseng to enhance neurocognitive function*

Named inventors: Andrew Scholey, Alvin Ibarra, Kan He, Marc Roller, Jacques DiKansky

2006 [WO2006061097 A1]

*Composition useful as tea-based beverage for improving concentration, mental focus and alertness of individual, comprising theanine and caffeine*

Named inventors: Gail Owen, Jane Rycroft, Andrew Scholey, David Scott

2005 [WO2005074956 A1]

*Use of ginkgo complex for the enhancement of cognitive function and the alleviation of mental fatigue*

Named inventors: David Kennedy, Paolo Morazzoni, Orlando Petrini, Andrew Scholey

2000 [WO2001043753 A3]

*Combination of Ginseng and Ginkgo to improve cognitive skills*

Named inventors: Orlando Petrini, Andrew Scholey

## Expert panel/Advisory board membership

*Works closely with industry to allow rapid translation of empirical research to end-user benefits for cognitive health including.*

- Australian Research Council Medical Research Advisory Group
- Australian Research Council Engagement and Impact panel (Health and Life Sciences)
- Bayer Allergy Group Expert Panel on Cognition (Switzerland)
- Bayer Brain Summit (US)
- GSK Scientific Advisory Board on Childhood Nutrition Growth and Cognition (India)
- GSK Scientific Advisory Board on Nutrition and Performance throughout Adult Life (UK)
- GSK/Pfizer Cognition and Mental Health Well Being Roundtable (US)
- Nestlé Health benefit Board – Glycaemic Response and Brain health in Children (Switzerland)
- Pfizer Global Scientific Strategy Advisory Board (Canada)
- Wrigley Science Institute Advisory Panel (US)
- Expert Advisor to International Life Sciences Institute (ILSI) expert committee on nutrition and mental performance (Europe-wide)
- Australian NICM expert advisory group priority development for dementias
- Expert Advisor to the UK Parliamentary Forum on Diet and Health
- Expert Advisor to Canadian Ministry of Health

## Consultancy

*Acted as consultant/expert advisor to:*

- Abbott Nutrition
- Barilla
- Bayer Healthcare
- Bayer Allergy
- Coca Cola
- Danone
- GlaxoSmithKline Healthcare (UK and India)
- Lion
- Masterfoods
- McCormick
- Nestlé
- Novartis
- Red Bull
- Sen-Jam Pharmaceuticals
- Unilever
- Wörwag Pharma
- Wrigley



## Journal refereeing

Referee for manuscripts submitted to:

- *Acta Paediatrica*
- *Addiction*
- *Addictive Behavior*
- *Alcoholism: Clinical and Experimental Research*
- *American Journal of Clinical Nutrition*
- *Appetite*
- *Applied Cognitive Psychology*
- *Archives of General Psychiatry*
- *Asia Pacific Journal of Clinical Nutrition*
- *Australian Psychologist*
- *Asia Pacific Journal of Clinical Nutrition*
- *Biological Psychology*
- *British Journal of Clinical Psychology*
- *British Journal of Health Psychology*
- *British Journal of Nutrition*
- *British Journal of Psychology*
- *British Journal of Sports Medicine*
- *British Medical Journal*
- *BMJ Open*
- *Clinical Nutrition*
- *Cochrane Reviews*
- *Cognitive and Behavioral Neurology*
- *Cortex*
- *Current Topics in Nutraceutical Research*
- *Current Pharmaceutical Design*
- *Current Psychiatry Reviews*
- *Diabetologia*
- *European Journal of Clinical Nutrition*
- *European Journal of Nutrition*
- *European Journal of Neurology*
- *Human Psychopharmacology - Clinical and Experimental*
- *Integrative Physiological and Behavioral Science*
- *Intelligence*
- *JAMA Psychiatry*
- *Journal of Addiction*
- *Journal of Applied Research in Memory and Cognition*
- *Journal of Articles in Support of the Null Hypothesis*
- *Journal of Clinical Psychopharmacology*
- *Journal of Ethnopharmacology*
- *Journal of Neuroscience Research*
- *Journal of Psychopharmacology*
- *Journal of Sleep Research*
- *Medicine & Science in Sports & Exercise*
- *Mind, Brain and Education*
- *Neurobiology of Learning and Memory*
- *Neurochemistry International*
- *Neuropharmacology*
- *Neuroscience*
- *Neuroscience and Biobehavioral Reviews*
- *Neuroscience Letters*
- *New England Journal of Medicine*
- *Nutrition*
- *Nutrition reviews*
- *Nutrition Research Reviews*
- *Nutritional Neuroscience*
- *Perceptual and Motor Skills*
- *Pharmacology, Biochemistry and Behavior*
- *Physiology and Behavior*
- *Phytotherapy Research*
- *Prostaglandins, Leukotrienes & Essential Fatty Acids*
- *Psychiatry Research*
- *Psychiatry Times*
- *Psychology, Health and Medicine*
- *Psychoneuroendocrinology*
- *Psychopharmacology*
- *Psychophysiology*
- *Quarterly Journal of Experimental Psychology*
- *Scientific Reports*
- *Stress and Health*
- *Therapeutic Advances in Psychopharmacology*
- *Trials*

## Grant refereeing

Referee for grants submitted to:

- *Alzheimer's Australia*
- *Alzheimer's Society (UK)*
- *Australia-India Strategic Research Fund*
- *Australian Research Council*
- *Biotechnology and Biological Sciences research Council (UK)*
- *British Academy*
- *Clinical Trials Institute (Canada)*
- *Dementia Centre for Research Collaboration (Australia)*
- *Deutsche Forschungsgemeinschaft (Germany)*
- *Economic and Social Research Council (UK)*
- *Health Research Council of New Zealand*
- *Leverhulme Trust (UK)*
- *Medical Research Council (UK)*
- *National Science Foundation (US)*
- *National Health and Medical Research Council (Australia)*
- *New Zealand Ministry of Business, Innovation & Employment (MBIE)*
- *Raine Institute (Australia)*
- *Royal Society of New Zealand*
- *Swiss National Science Foundation*
- *Waterloo Foundation (UK)*
- *Wellcome Foundation (UK)*

## Journal editorial experience

- Specialty Chief Editor *Nutrition and Brain Health, Frontiers in Nutrition*
- Member of editorial board *PLoS ONE*
- Member of editorial board *Nutrients*
- Member of editorial board *Phytotherapy Research*
- Member of editorial board *Evidence-Based Complementary and Alternative Medicine*
- Guest editor (2011; 2015) *Nutrients* special issue 'Cognitive Benefits of Nutrients'
- Guest editor (2012) *Human Psychopharmacology* special issue 'Applied Human Psychopharmacology'
- Guest editor (2013) *Frontiers in Neuroscience* special issue 'Nutritional influences on cognitive function'

## Conference/event organisation

Organiser/co-organiser of symposia at national/international conferences including:

- *International Alcohol Hangover Research Group meeting*, 2016-2019, Locations include New Orleans (2016), Utrecht (2017), Fiji (2019)
- An Effective Hangover Treatment: A Gateway to Excessive Drinking or a Necessity? Symposium at *Research Society on Alcoholism* (2018), San Diego, CA
- 18th International Conference of Functional Food Centre: Functional and Medical Foods for Chronic Diseases: Bioactive Compounds and Biomarkers, Harvard Medical School, Boston, US 2015
- American Psychological Sciences Annual meeting New York, US, 2015
- International Society for Intelligence Research Melbourne, Australia, 2013
- Brain Health and Natural Medicine Melbourne, Australia, 2012
- *Natural products as cognitive enhancers* International Congress of Applied Psychology, Melbourne Australia, 2010
- Co-organiser: *Psychoactive drugs, psychobiological health and well-being* International Congress of Applied Psychology, Melbourne, 2010
- Co-organiser: NICM Research Symposium: *Promoting Neurocognitive Health through the Lifespan*, Swinburne University, Melbourne Australia, 2009
- *Food for thought* (public lecture) Melbourne Food and Wine Festival, Melbourne Australia 2009; 2014; 2015
- Co-organiser: *MDMA: neuropsychobiological and health aspects of recreational Ecstasy*. Symposium held at the Australian Psychological Society Annual Conference, Tasmania 2008.
- Co-organiser: *Psychobiology of MDMA or Ecstasy* Swinburne University, Melbourne Australia (2008)
- Co-organiser: *Herbal medicines for brain and behaviour: from bench to bedside*. Third International Congress on Complementary Medicine Research 2008 Sydney
- Co-organiser: *British Feeding and Drinking Group* Annual Scientific Conference, Newcastle-upon-Tyne, UK 2007
- *Roots and fruits of cognition enhancement* (public lecture) Alnwick Gardens, National Science Week, 2007
- *Food for thought* – public seminar/workshop Newcastle Science Week/Brain Awareness Week, 2006

### PhD supervision (Principal Supervisor unless \*)

Title	Status and name
<i>Psychopharmacology of oxygen administration</i>	Mark Moss, awarded 1999
<i>Psychopharmacology of herbal extracts</i>	David Kennedy, awarded 2002
<i>Cognitive deficits in Chronic Fatigue Syndrome</i>	Patricia McCue, awarded 2005
<i>Recognition of facial emotion in schizophrenia</i>	Patrick Johnston, awarded 2005
<i>Factors affecting cognitive recovery from dental sedation</i>	John Lyne, awarded 2005
<i>Neurocognitive effects of Salvia in health and disease</i>	Nicola Tildesley, awarded 2006
<i>Serotonergic modulation of cognitive function</i>	Christopher Edgar, awarded 2007
<i>Neurocognitive and gluco-regulatory effects of Panax ginseng</i>	Jonathon Reay, awarded 2007
<i>The acute biobehavioural effects of caffeine in isolation and in combination with other naturally concomitant compounds</i>	Crystal Haskell, awarded 2008
<i>The Prevention of Trauma Reactions*</i>	Tracey Varker, awarded 2009
<i>Polyunsaturated fats and cognitive function*</i>	Philippa Jackson, awarded 2010
<i>Assisting children affected by parental separation and exposure to parental conflict*</i>	Fallon Cook, awarded 2011
<i>The impact of glucoregulation and glucose on memory function</i>	Jade Elliott, awarded 2010
<i>Cognitive impairment in heart failure*</i>	Christina Kure, awarded 2013
<i>Brain imaging neurocognitive effects of herbal extracts</i>	Chris Neale, awarded 2014
<i>Modifiable hemodynamic predictors of cognitive ageing*</i>	Matthew Pase, awarded 2014
<i>Modulatory effects of phytoestrogens on neurobehavioural substrates of social processing</i>	Naomi Perry, awarded 2014
<i>The Role of Glucoregulatory process in the cognition-enhancing effects of selected botanicals</i>	Anastasia Ossoukhova, awarded 2015
<i>Multivitamin Supplementation in an Older Population: The Impact on Mood</i>	Renee Castell, awarded 2015
<i>Bio-behavioural effects of alcohol and caffeine, both alone and in combination</i>	Sarah Benson. awarded 2016
<i>Lifestyle changes and neurocognition in the elderly*</i>	Roy Hardman, awarded 2018

<i>Modifiable risk factors of cognitive ageing: Evidence from resting state fMRI</i>	Riccarda Peters, awarded 2019
<i>The relation between systemic inflammation and cognition in healthy elderly participants.</i>	Tangestani Fard, awarded 2020
<i>Fitness and aortic stiffness: modifiable predictors of cognitive ageing*</i>	Greg Kennedy, awarded 2020
<i>Diet quality and nutraceutical supplementation for the ageing brain*</i>	Lauren Young, awarded 2021
<i>The effects of plasma Vitamin C on cognitive function*</i>	Nikolaj Travica, awarded 2021
<i>The relationship between dietary patterns, cardio-metabolic risk and cognitive performance in older adults*</i>	Sarah Gauci, awarded 2021
<i>Applied functional consequences of alcohol hangover</i>	Chantal Terpstra, awarded 2022
<i>Genetic markers of cognitive enhancement*</i>	Karen Nolidin, awarded 2022
<i>Effects of curcumin on cognitive function</i>	Kate Cox, enrolled 2013
<i>The effect of combined flavanol and Omega-3 supplementation on brain structure and function as well as cognitive functioning in the elderly*</i>	Jeffery Reddan, enrolled 2014
<i>Neurocognitive effects of alcohol hangover</i>	Elisabeth Ayre, enrolled 2017
<i>Biomarkers of alcohol hangover (Utrecht University)*</i>	Aurora Van der Loo, enrolled 2019
<i>Alcohol effects on driving-relevant cognitive processes</i>	Harriet Garrison, enrolled 2019
<i>Biomarkers of psychopharmacological processes</i>	Lizanne Arnoldy, enrolled 2019
<i>Biomarkers of alcohol metabolism and their role in the development of veisalgia (Utrecht University)*</i>	Marlou Markus, enrolled 2020

**[Supervised > 10 masters students from UK, Netherlands, Australia]**

## Membership of professional bodies

2017 - to date	<i>Fellow of the Royal Society of Medicine</i>
2019 – to date	<i>American Society for Nutrition</i>
2010 - to date	<i>International Society for Intelligence Research</i>
1993 - to date	<i>British Psychological Society</i> (Chartered Psychologist, Associate Fellow)
1995 – 2001	Honorary Secretary, Psychobiology Section, <i>British Psychology Society</i>
1995 – 2001	Member of the Scientific Affairs Board <i>British Psychological Society</i>
1995 – 1997	Member of the Standing Conference Committee <i>British Psychological Society</i>
1988 - to date	<i>British Neuroscience Association</i>

## Prizes and awards

2021	Winner of NutraIngredients Nutrition Research Award (from ~200 international entrants in 3 categories)
2018	Alzheimers Award and medal for best paper (co-author)
2017	Supervisor, Emerging Researchers in Ageing awardee (Riccarda Peters)
2015	Winner of NutraIngredients University Research of the Year award (from ~200 international entrants in 3 categories)
2014	Faculty of Health, Arts and Design Research Award for External Collaboration
2014	Prize for best presentation at Australian Professional Society for Alcohol and Drugs
2014	Runner up and highly commended British Medical Association Medical book awards, Medicine category for Stough C, Scholey A (2013) <i>Advances in Natural Medicines, Nutraceuticals and Neurocognition</i> Taylor & Francis/CRC Press Bosa Roca/US.
2007	British Psychological Society Research Seminars competition
2006	Best presentation prize, FAPRONATURA 2006 First International Symposia about Pharmacology of Natural Products and BLACPMA, Cuba.
1995 and 1997	Supervisor of winning project, Psychobiology Section of the British Psychological Society annual undergraduate project prize

### Selected recent invited international/national conference presentations (reverse chronological)

- 'Flavonoid Android? Beyond behavioural testing in understanding polyphenol effects on human neurocognitive processes' (2022) *International Conference on Polyphenols and Health* London, UK.
- 'Bioactives for the Brain: what's the evidence and how can we use it?' *Vitafoods Asia* (online)
- 'Carbohydrates, cognitive function and mood' (2022) *Institute for the Advancement of Food and Nutrition Sciences Carbohydrates Committee, Cognition Working Group*, Washington, US.
- 'Your brain on caffeine' (2021) Eventbrite public lecture (online).
- 'Mediterranean diet effects on mood and cognition: who, when and why?' (2020) *Mediterranean Diet: from evidence to implementation workshop, World Congress on Oils and Fats*, Sydney, Australia.
- 'Biological effects of plants and botanicals in cognition and wellbeing' (2019) *Pfizer/GSK Cognition and Mental Health Well Being Roundtable*, Phoenix, Arizona, US.
- 'Nutrients for mood and cognition: clinical trials and errors' (2019) *Stress, Mental Health and Lifestyle Behaviours: Synthesising the Evidence Symposium*, Melbourne, Australia.
- 'What if changing what you eat could improve brain function?' (2019) Public lecture as part of the *Boroondara What If? Lecture series*, Melbourne Australia.
- 'Nutrients and Neuroenhancement' (2018) *Food for the brain: Understanding Nutrition and Mental Health*, Dietitians Association of Australia, Melbourne, Australia.
- 'Nutrients to boost memory/cognition in regional Australians' (2018) *3rd annual Functional Foods & Supplements Symposium*, Toowoomba, Australia.
- 'Vitamin effects on Brain and Behaviour' (2018) *5<sup>th</sup> International Vitamin Conference*, Sydney, Australia.
- 'Coffee and cocoa for cognition' (2017) *Nutrients for cardiometabolic health and brain function*, 10th Asia Pacific Conference on Clinical Nutrition, Adelaide, Australia.
- '(Functional) food for thought: nutrition and nutraceuticals for mood and cognition' (2017) *Nerd Nite* public lecture, Melbourne Australia.
- 'Supply and demand in the ageing brain: Can a 'neuroeconomy' model explain glucose effects on neurocognition in younger and older adults?' (2017) *Food for Thought: Brain Fuelling and Cognitive Function Symposium*, Experimental Psychology Society conference, Reading, UK
- 'Micronutrients, mood, mental function and mechanisms' (2017) *Australian Pharmacy Professional Conference*, Gold Coast, Australia [**Keynote**]
- 'Eat, drink and be merry? Using diet and dietary supplements to improve mood and cognition' (2017) *Pint of Science* public lecture, Melbourne, Australia.
- 'Curcumin for cognitive health' (2017) *Vitafoods Europe*, Geneva, Switzerland

- 'Cognition and antihistamine effects' Bayer Allergy Group Expert Panel on Cognition, US.
- 'Bioactive nutrients for neurocognitive enhancement in health and disease' (2016) *Diet, Nutrition and Mental Health and Wellbeing* Nutrition Society/Royal Society of Medicine, London, UK
- 'Micronutrients, mood, mental function and mechanisms' (2016) *Vitafoods Asia*, Hong Kong [**Keynote**]
- 'Dietary flavonoids as cognitive enhancers' (2016) *Boosting Brain Function with Nutraceuticals* Asia Pacific Society for Neurochemistry, Kuala Lumpur, Malaysia
- 'Bioactives for the brain' (2016) *Vitafoods Europe*, Geneva, Switzerland
- 'Diet and cognitive function: what works and how do we measure it?' (2016) American Society for Nutrition *Optimising the Aging Brain through Nutrition Symposium* at *Experimental Biology*, San Diego, US
- 'Dietary bioactives and neurocognitive function: the case for curcumin' (2016) *Bioactives and Neurodegenerative Diseases* symposium at 251st American Chemical Society National Meeting, San Diego, US
- 'Using dietary supplements to improve mental function' (2016) *University of the 3rd Age*, Melbourne, Australia
- 'Curcumin and (cognitive) health' (2015) Second annual Blackmores Institute Symposium, Melbourne, Australia
- 'A role for dietary polyphenols as cognitive enhancers' (2015) *18<sup>th</sup> Annual Conference of Functional Food Center*, Harvard Medical School, Boston US
- 'Nutraceutical interventions for cognitive functions throughout life' (2015) *Diet and Optimum Health Conference*, Linus Pauling Institute, Oregon, US
- 'Magic bullets and poison arrows: the potential for bioactive nutrients to treat neurocognitive decline' (2014) *International Society for Nutritional Psychiatry Research*, Melbourne [**keynote**]
- 'Eat, drink and be merry? Effects of bioactive foods and alcohol on mood and cognitive function' (2013) *Winehealth 2013*, Sydney, Australia
- 'Acute effects of different multi-vitamin/mineral preparations with and without guaraná on mood, cognitive performance and functional brain activation' (2013) *Diet and Optimum Health Conference*, Linus Pauling Institute, Oregon, US.
- 'Natural products as cognitive enhancers' (2013) *Cognitive Enhancement & Brain Training Conference*, Max Planck Institute, Germany
- 'A decade of research of herbs for the brain' (2013) *8<sup>th</sup> International Conference on Herbal Medicine*, Melbourne [**plenary**]
- 'Neurocognitive and mood effect of nutrition and nutraceuticals' (2013) *114<sup>th</sup> Abbott Nutrition Research Conference Cognition and Nutrition*, Columbus, Ohio, US
- 'Influence of Nutrition on Neurocognition & Memory' (2012) *Center for Nutrition, Learning, and Memory 2012 Fall colloquia*, Champaign, Illinois, US.
- 'The neurocognitive effects of Ginkgo and Ginseng alone and in combination' (2012) *Whistler Mechanism-Based Natural Product Development Conference*, Whistler, Canada



- ‘Pro-cholinergic herbs for cognitive enhancement’ (2011) *International Society for Intelligence Research annual conference*, Limassol, Cyprus
- ‘Functional and herbal substances: effects on cognitive performance’ *ILSI Symposium on Nutrition and Cognition* (2010) Kuala Lumpur, Malaysia [**keynote**]
- ‘Exploring cognitive space: natural medicines and cognition enhancement’ *PANACEA 2010, Mumbai, India (2010)* [**plenary**]
- ‘Magic bullets and poison arrows: the role of natural medicines in treating neurocognitive decline and neurodegeneration’ *FAPRONATURA 2009 Second International Symposia about Pharmacology of Natural Products and BLACPMA, Varadero, Cuba* (2009) [**keynote**]
- ‘Natural products as cognitive enhancers: issues and challenges’ *International conference on Evidence-based Complementary medicine*. Armidale, NSW, Australia (2009)
- ‘Food for thought’ *Melbourne Food and Wine Festival* Melbourne, Australia (2009)
- ‘Ginseng and human neurocognitive function’ Joint Annual Conference of the Canadian Institute of Chinese Medicinal Research and the Ontario Ginseng Innovation and Research Centre (2008)
- ‘The future of nutraceuticals’ Exploring a lifestyle prescription for the 21<sup>st</sup> century Blackmores Research Symposium, Sydney, Australia (2008)
- ‘The psychopharmacology of herbal medicines: issues and challenges’ Third International Congress on Complementary Medicine Research, Sydney, Australia (2008)
- ‘Cognition enhancing herbs’ *Congress on Nutri- & Phytothérapie, Brussels* (2007)[**keynote**].
- ‘Dietary influences on cognitive performance and mood’ *Leatherhead Food International symposium* (2007) [**keynote**].
- ‘Herbs in mind: using natural products to help mental function’ National Science Week public lecture, Alnwick Gardens and Castle, Northumberland, UK (2007)
- ‘Effects of Natural Products on Effortful Mental Processing’ *FAPRONATURA 2006 First International Symposia about Pharmacology of Natural Products and BLACPMA, Varadero, Cuba* (2006) [**plenary**].
- ‘From Glaxo to Paxo? Neurocognitive and mood effects of natural products’ *BPS Psychobiology Section Annual Conference, UK* (2006) [**plenary**].
- ‘Biobehavioural effects of herbal extracts’ 54th Annual meeting of the Society for Medicinal Plant Research, Helsinki (2006) [**keynote**].
- ‘Self-reported memory deficits in recreational drug users: findings from web-based studies’ *Fourth international conference on Memory, Sydney, Australia* (2006).
- ‘Assessing the potential for herbal extracts to protect against cognitive decline’ *Vitafoods International, Geneva* (2006).

**Frequent invited talks at research, educational and commercial/industrial institutions in UK, Europe, North America, South East Asia, Australia**



## Experience as Examiner

### Undergraduate

1997 - 2001	External examiner BA (Hons) Human communication, Manchester Metropolitan University
2002 - 2006	External examiner BSc (Hons) Psychology, University of Westminster
2005 - 2007	External examiner BSc (Hons) Psychology, Sussex University

### Postgraduate

External PhD examiner	University of Wales Swansea, UK (1997, 2003) University of Manchester, UK (2001) University of Wales Cardiff, UK (2002, 2005) University of Greenwich, UK (2002) University of East London, UK (2002) University of Bristol, UK (2002) University of Stirling, UK (2007) Flinders University, Adelaide, Australia (2008) University of Western Australia (2009, 2015) University of Adelaide (2014) University of Canterbury, New Zealand (2015) Curtin University (2015) University of New South Wales (2016) Macquarie University (2017) University of South Australia (2013, 2020)
External MPhil examiner	University of Newcastle, UK (2004) University of Leeds, UK (2004)

## Teaching

- 1987 - 2001  
Open University Residential Summer Schools Tutor  
S203 Biology: Form and Function  
SD206 Biology: Brain and Behaviour
- 1998 - 2000  
Regional Tutor, Open University  
SD206 Biology: Brain and Behaviour
- 1993 - 2007  
Division of Psychology, University of Northumbria  
*BSc (Hons Psychology)*  
Year 1: Biological Bases of Behaviour  
Year 2: Psychobiological Processes  
Year 3: Neuropsychology  
Year 3: Dementia (option)  
Year 3: Human Psychopharmacology (option)  
Year 3: Honours Project Supervision  
*Postgraduate Diploma in Applied Psychology*  
Year 1: Biological Bases of Behaviour  
*MSc in Applied Psychology*  
Neuropsychological Aspects of Disability
- 2005 -2007  
*MSc Nutrition and Psychological Science*  
Human Psychopharmacology  
*Masters in Research*  
Research Training
- 2007 – present  
Teaching into various Psychophysiology, Clinical Psychology  
and Neuropsychopharmacology modules, Swinburne  
University

## Media

Numerous media appearances in international press, radio and television including:

### Television [examples]

Newsnight [BBC TV, UK]

Tomorrow's World live [BBC TV, UK]

CNN News[US TV]

Discovery channel [US TV]

Many national and local television stations in UK, Europe, Americas and Australia

### Radio [examples]

Radio 4 [BBC radio, UK]

Radio 5 [BBC radio, UK]

World Service [BBC radio, UK]

Many national and local radio stations in UK, Europe, Americas and Australia

### Print [examples]

Editorial in Times, London [UK broadsheet]

Guardian [UK broadsheet]

Telegraph [UK broadsheet]

Independent [UK broadsheet]

Wall Street Journal [US]

Many other national and local newspapers in UK, Europe, Americas and Australia

Many national and international magazines