

## **CURRICULUM VITAE**

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## Executive summary

- director, Centre for Human Psychopharmacology, Swinburne University, Melbourne (2011 to present)
- leading international researcher into the neurocognitive effects of bioactive nutrients, supplements, nutrition, alcohol and recreational drugs
- > 200 peer-reviewed journal articles, ~ 7,000 citations, > 36 citations per article
- 23 book chapters, 2 books
- h-index = 51 (Scopus), 65 (Google Scholar)
- founder and director of the Human Cognitive Neuroscience Unit (now the Brain Performance and Nutrition Research Centre) at Northumbria University, UK (1998-2007)
- around 20 million dollars in research funding, including as Chief Investigator on national competitive grants from the UK, North America, Europe and Australia as well as from many industry bodies in Europe, North America, Asia and Australia
- lead investigator in a series of studies into the human biobehavioural effects of natural products, and their neurocognition-enhancing and anti-stress/anxiolytic properties (including numerous first-into-human neurocognitive studies)
- invited international speaking engagements include Royal Society (UK), Linus Pauling Institute (US), Max Planck Institute (Germany), American Nutrition Society, American Chemical Society, Nutrition Society (UK), Experimental Psychology Society (UK), Nutrition Society of Australia
- current research focuses on neuroimaging and biomarker techniques to better understand the mechanisms of human cognitive enhancement
- advisor to numerous industry bodies, ILSI Europe and ILSI South East Asia; cited heavily in Scientific Opinion on the safety of caffeine from the European Food Safety Authority (EFSA) Panel on Dietetic Products, Nutrition and Allergies (NDA)
- member of several academic societies, including Fellow of the Royal Society of Medicine, Associate Fellow of the British Psychological Society, Chartered Psychologist
- acted as advisor to the UK Parliamentary Forum on Diet and Health, Canadian Ministry of Health, Australian federal and state government bodies
- member of inaugural Australian Research Council Engagement and Impact panel (Health and Life Sciences)

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## Present Post

2007 - present: Director, *Centre for Human Psychopharmacology*  
Professor of Behavioural and Brain Sciences, 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*

- Cognitive enhancement from natural products
- 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

1998 - 2007	Director, Human Cognitive Neuroscience Unit (now Brain Nutrition and Performance Research Centre), Northumbria University UK
2004 - 2007	Professor of Psychology Northumbria University
June - Dec 2006	Sabbatical Professor Cognitive Sciences Group, Nestlé Research Centre, Lausanne, Switzerland
2002 – 2007	Co-director, Medicinal Plant Research Centre, Universities of Northumbria and Newcastle
2000 - 2004	Reader in Human Cognitive Neurosciences Division of Psychology Northumbria University
1993 - 2000	Lecturer/Senior Lecturer Division of Psychology University of Northumbria
1993 - 1997	Registered attached worker Medical Research Council Neurochemical Pathology Unit Newcastle upon Tyne
1991 - 1993	Postdoctoral Research Fellow Brain and Behaviour Research Group Open University
1986 - 1987	Part-time Research Assistant, Part-time lecturer University of Plymouth
1980 - 1983	Laboratory Technician Laboratory of Molecular Biology, Medical Research Council Centre, Cambridge

## 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

#### 2020

235. 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].
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. 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.
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. 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 CJ, 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.
230. 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 CJ, **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.

#### 2019

222. **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, 440 [11 pages].
221. 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].

220. 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.
219. Komanduri M, Gondalia S, **Scholey A**, Stough C (2019) The microbiome and cognitive aging: a review of mechanisms. *Psychopharmacology* 236, 1559-1571.
218. 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.
217. 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
216. 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, 72-
215. 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.
214. 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, e0209239 [17 pages].
213. 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.
212. Simpson T, Deleuil, S, Echeverria, N, Komanduri, M, MacPherson, H.a,cEmail Author, 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

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. 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].
208. van de Loo AJAE, van Schrojenstein Lantman M, Mackus M, **Scholey A**, Verster JC (2018) Impact of mental resilience and perceived immune functioning on the severity of alcohol hangover. *BMC Research Notes* 11:526 [4 pages].
207. Scholey A, Benson S, Johnson S, Alford C, Godefroy S, Verter JC (2018) Why meta is better: A reply to Linden-Carmichael et al. *Human Psychopharmacology - Clinical and Experimental* 33, e2663 [4 pages].
206. **van de Loo AJAE, Mackus M, van Schrojenstein Lantman M, Kraneveld AD, Brookhuis K, Garssen J, Scholey A, Verster JC (2018) Susceptibility to alcohol hangovers: the association with self-reported immune status. *International Journal of Environmental Research and Public Health* 15, 1286 [8 pages].**
205. Ogden EDJ, Verster JC, Hayley AC, Downey LA, Hocking B, Stough CK, **Scholey AB**, Bonomo Y (2018) When should the driver with a history of substance misuse be allowed to return to the wheel? A review of the Substance Misuse section of the Australian national guidelines. *Internal Medicine Journal* 48, 908-915.
204. Kennedy G, Meyer D, Hardman RJ, Macpherson H, **Scholey AB**, Pipingas A (2018) Physical fitness and aortic stiffness explain the reduced cognitive performance associated with increasing age in older people. *Journal of Alzheimer's Disease* 63, 1307-1316.
203. Merlo A, Adams S, Benson S, Devenney L, Gunn C, Iversen J, Johnson S, Mackus M, **Scholey A**, Stock A-K, van de Loo AJAE, Lantman van Schrojenstein M, Wilod Versprille LJF, Verster JC (2018) Proceeding of the 9th Alcohol Hangover Research Group Meeting. *Current Drug Abuse Reviews* 11, 68-75.
202. Verster J, van Schrojenstein Lantman M, Mackus M, van de Loo A, Garssen J, **Scholey A** (2018) Differences in the temporal typology of alcohol hangover. *Alcoholism: Clinical and Experimental Research* 42, 691-697.
201. Reddan JM, White DJ, Macpherson H, **Scholey A**, Pipingas A (2018) Glycerophospholipid supplementation as a potential intervention for supporting cerebral structure in older adults. *Frontiers in Aging Neuroscience* 10, article 49 [26 pages].
200. Scholey A (2018) Nutrients for neurocognition in health and disease: measures, methodologies and mechanisms. *Proceedings of the Nutrition Society* 77, 73-83.
199. Downey LA, Simpson T, Trimmer J, Nolidin K, Croft K, Wesnes KA, **Scholey A**, Deleuil S, Stough C (2018) Impaired verbal episodic memory in healthy older adults is marked by

increased F2-Isoprostanes. *Prostaglandins, Leukotrienes and Essential Fatty Acids* 129, 32-37.

198. Hardman RJ, Meyer D, Kennedy G, Macpherson H, **Scholey AB**, Pipingas A (2018) The association between adherence to a Mediterranean style diet and cognition in older people: The impact of medication. *Clinical Nutrition* 37, 2156-2165.
197. Verster JC, Benson S, Johnson S, Alford C, Godefroy-Benrejeb S, **Scholey A** (2018) Alcohol mixed with energy drink (AMED): a critical review and meta-analysis. *Human Psychopharmacology - Clinical and Experimental* 33, e2650 [19 pages].

## 2017

196. Travica N, Ried K, Sali A, **Scholey A**, Hudson I, Pipingas A (2017) Vitamin C status and cognitive function: A systematic review. *Nutrients* 9, 960-981.
195. Tipple C, Benson S, **Scholey A** (2017) A review of the physiological factors associated with an alcohol-induced hangover. *Current Drug Abuse Reviews* 9, 93-98.
194. Scholey A, Benson S, Gibbs A Perry N, Sarris J, Murray G (2017) Exploring the effect of Lactium™ and Zizyphus complex on sleep quality: A double-blind, randomised placebo-controlled trial. *Nutrients* 9, 154-168.
193. Verster JC, Mackus M, van de Loo A, Garssen J, **Scholey A** (2017) The breathtaking truth about breath alcohol readings of zero. *Addictive Behaviors* 70, 23-26.
192. White DJ, Camfield DA, Maggini S, Pipingas A, Silberstein R, Stough C, **Scholey A** (2017) The effect of a single dose of multivitamin and mineral combinations with and without guaraná on functional brain activity during a continuous performance task. *Nutritional Neuroscience* 20, 8-22.
191. Kennedy G, Hardman RJ, Macpherson H, **Scholey AB**, Pipingas A (2017) How does exercise reduce the rate of age-associated cognitive decline? A review of potential mechanisms. *Journal of Alzheimer's Disease* 55, 1-18. [winner of the 2018 Alzheimer prize and medal].
190. Kean JD, Sarris J, **Scholey AB**, Silberstein R, Downey LA, Stough C (2017) Reduced inattention and hyperactivity and improved cognition after marine oil extract (PCSO-524®) supplementation in children and adolescents with clinical and

subclinical symptoms of attention-deficit hyperactivity disorder (ADHD): a randomised, double-blind, placebo-controlled trial. *Psychopharmacology* 234, 403-420.

## 2016

189. White DJ, Cox KHM, Hughes ME, Pipingas A, Peters R, **Scholey AB** (2016) Functional brain activity changes after four weeks supplementation with a multi-vitamin/mineral combination: A randomized, double-blind, placebo-controlled trial exploring functional Magnetic Resonance Imaging and Steady-State Visual Evoked Potentials during working memory. *Frontiers in Aging Neuroscience* 8, 288
188. Macpherson H, Rowsell R, Cox K, Reddan J, Meyer D, **Scholey A**, Pipingas A (2016) The effects of four weeks multivitamin supplementation on mood in healthy older women: A randomised controlled trial. *Evidence-Based Complementary and Alternative Medicine* Article ID 3092828, 11 pages.
187. Kure CE, Rosenfeldt FL, **Scholey AB**, Pipingas A, Kaye DM, Bergin PJ, Croft KD, Wesnes KA, Myers SP, Stough CK (2016) Relationships between cognitive function and cerebral blood flow, oxidative stress and inflammation, in older heart failure patients. *Journal of Cardiac Failure* 22, 548–559.
186. Hardman RJ, Kennedy G, Macpherson H, **Scholey AB**, Pipingas A (2016) Adherence to a Mediterranean-style diet and effects on cognition in adults: A qualitative evaluation and systematic review of longitudinal and prospective trials. *Frontiers in Nutrition* 3, 22
185. Thomas J, Bramley A, Thomas C, Radcliffe J, Kouris-Blazos A, Radford B, **Scholey A**, Pipingas A, Parletta N, Itsiopoulos C (2016) Controversies in omega-3 efficacy and novel concepts for application (invited review) *Journal of Nutrition and Intermediary Metabolism* 5, 11-22.
184. Mackus M, van de Loo AJAE, Benson S, **Scholey A**, Verster JC (2016) Consumption of caffeinated beverages and the awareness of their caffeine content among Dutch students. *Appetite* 103, 353-357.
183. Wong RHX, Nealon RS, **Scholey A**, Howe PR (2016) Low dose resveratrol improves cerebrovascular function in type 2 diabetes mellitus. *Nutrition, Metabolism & Cardiovascular Diseases* 26, 393-399.
182. White D, De Klerk S, Woods W, Gondalia S, Noonan C, **Scholey A** (2016) Anti-stress, behavioural, and magnetoencephalography effects of an l-theanine-based nutrient drink: a randomised, double-blind, placebo-controlled, crossover trial. *Nutrients* 19, 53 (19 pages).
181. Verster J, Benson S, Johnson S, **Scholey A**, Alford C (2016) Mixing alcohol with energy drink (AMED) and total alcohol consumption: a systematic review and meta-analysis. *Human Psychopharmacology - Clinical and Experimental* 31, 2-10.

180. Steiner GZ, Yeung A, Liu J-X, Camfield DA, de Blasio FM, Pipingas A, **Scholey AB**, Stough C, Chang DH (2016) The effect of Sailuotong (SLT) on neurocognitive and cardiovascular function in healthy adults: a randomised, doubleblind, placebo controlled crossover pilot trial. *BMC Complementary and Alternative Medicine* 16, 15 (13 pages).
179. Mackus M, Adams S, Barzilay A, Benson S, Blau L, Iversen J, Johnson SJ, Keshavarzian A, **Scholey A**, Smith GS, Trela C, Vatsalya V, Verster JC (2017) Proceeding of the 8th Alcohol Hangover Research Group Meeting. *Current Drug Abuse Reviews* 9, 106-112.

## 2015

178. Scholey A, Camfield D, Macpherson H, Owen L, Nguyen P, Stough C, Riby L (2015) Hippocampal involvement in glucose facilitation of recognition memory: event-related potential components in a dual-task paradigm. *Nutrition and Aging* 3, 9-20.
177. Pipingas A, Sinclair A, Croft KD, Januszewski AS, Jenkins AJ, Mori TA, Cockerell R, Grima NA, Stough C, **Scholey A**, Myers SP, Sali A, Pase MP (2016) Fish oil and multivitamin supplementation reduces oxidative stress but not inflammation in healthy older adults: A randomized controlled trial. *Journal of Functional Foods* 19, Part B, 949–957.
176. Savage KM, Stough CK, Byrne GJ, **Scholey AB**, Bousman C, Murphy J, Macdonald P, Suo C, Hughes M, Thomas S, Teschke R, Xing C, Sarris J (2015) Kava for the Treatment of Generalised Anxiety Disorder (K-GAD): Study protocol for a randomized, controlled trial. *Trials* 16, 493 (13 pages).
175. White DJ, Cox KHM, Peters R, Pipingas A, **Scholey AB** (2015) Effects of 4 weeks supplementation with a multi-vitamin/mineral preparation on mood and blood biomarkers in young adults: A randomised, double-blind, placebo controlled trial. *Nutrients* 7, 9005–9017.
174. Neale C, Johnston P, Hughes M, **Scholey A** (2015) Functional activation during the Rapid Visual Information Processing task in a middle aged cohort: an fMRI study. *PLoS ONE* 10, e0138994.
173. Alford C, **Scholey A**, Verster J (2015) Energy drinks mixed with alcohol: are there any risks? *Nutrition Reviews* 73, 796-798.
172. Chang D, Steiner G, Yeung A, De Blasio F, Pipingas A, **Scholey A**, Stough C (2015) Sailuotong (SLT), a standardised Chinese herbal medicine formula enhances working memory in healthy adults: a pilot study. *Integrative Medicine Research* 4, 1-14.
171. Scholey A, Gibbs A, Neale C, Perry N, Ossoukhova A, Bilog V, Kras M, Scholz C, Sass M, Buchwald-Werner S (2015) Investigation of a *Melissa officinalis* special extract

- on Cognition II: Human study - Lemon balm extract administered in confectionary bars. *Agro Food Industry Hi-Tech* 26, 12-14.
170. Cox C, Pipingas A, **Scholey A** (2015) Investigation of the effects of solid lipid curcumin on cognition and mood in a healthy older population. *Journal of Psychopharmacology* 29, 642-651.
  169. Sarris J, Logan AC, Akbaraly TN, Amminger P, Balanzá-Martínez, V, Freeman MP, Hibbeln J, Matsuoka Y, Mischoulon D, Mizuoue T, Nanri A, Nishi D, Ramsey D, Rucklidge J, Sanchez-Villegas A, **Scholey A**, Su K-P, Jacka FN (2015) International Society for Nutritional Psychiatry Research consensus position statement: nutritional medicine in modern psychiatry. *World Psychiatry* 14, 370-371.
  168. Hardman RJ, Kennedy G, Macpherson H, **Scholey AB**, Pipingas A (2015) A randomised controlled trial 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 protocol. *Nutrition Journal* 14, article # 53.
  167. Masee LA, Ried K, Pase M, Travica N, Yoganathan J, **Scholey A**, Macpherson H, Kennedy G, Sali A, Pipingas A (2015) The acute and sub-chronic effects of cocoa flavanols on mood, cognitive and cardiovascular health in young healthy adults: A randomized, controlled trial. *Frontiers in Pharmacology* 6, 93.
  166. Kean JD, Kaufman J, Lomas J, Goh A, White D, Simpson D, **Scholey A**, Singh H, Sarris J, Zangara A, Stough C (2015) A Randomized Controlled Trial Investigating the Effects of a Special Extract of Bacopa monniera (CDRI 08) on Hyperactivity and Inattention in Male Children and Adolescents: BACHI Study Protocol (ANZCTRN12612000827831). *Nutrients* 7, 9931-9945.
  165. Macpherson H, Rowsell R, Cox KMH, **Scholey A**, Pipingas A (2015) Acute mood but not cognitive improvements following administration of a single multivitamin and mineral supplement in healthy women aged 50 and above: a randomised controlled trial. *Age* 37, 1-10.
  164. Lee J, Pase MP, Pipingas A, Raubenheimer J, Thurgood M, Villalon L, Macpherson H, Gibbs A, **Scholey A** (2015) Switching to a 10-day Mediterranean-style diet improves mood and cardiovascular function in a controlled crossover study. *Nutrition* 31, 647-652.
  163. Ossoukhova A, Owen L, Savage K, Meyer M, Ibarra A, Roller M, Pipingas A, Wesnes K, **Scholey A** (2015) Improved working memory performance following administration of a single dose of American ginseng (*Panax quinquefolius* L.) to healthy middle-age adults. *Human Psychopharmacology - Clinical and Experimental* 30, 108-122.

162. Gondalia S, **Scholey A** (2015) Gastrointestinal microbiota, diet and brain functioning. *Microbiology Australia* 3, 25-28.
161. Pase MP, Grima A, Cockerell R, Stough C, **Scholey A**, Sali A, Pipingas A (2015) The effects of Omega-3 fish oils and multivitamins on cognitive and cardiovascular function: A randomized, controlled clinical trial. *Journal of the American College of Nutrition* 34, 21-31.
160. Sarris J, Logan AC, Akbaraly TN, Amminger P, Balanzá-Martínez, V, Freeman MP, Hibbeln J, Matsuoka Y, Mischoulon D, Mizuoue T, Nanri A, Nishi D, Ramsey D, Rucklidge J, Sanchez-Villegas A, **Scholey A**, Su K-P, Jacka FN (2015) Nutritional medicine as mainstream in psychiatry. *Lancet Psychiatry* 2, 271–274.
159. Macpherson H, Roberstson B, Sünram-Lea S, Stough C, Kennedy D, **Scholey A** (2015) Glucose administration and cognitive function: differential effects of age and effort during a dual task paradigm in younger and older adults. *Psychopharmacology* 232, 1135-1142.
158. Best T, Howe P, Bryan J, Buckley J, **Scholey A** (2015) Acute effects of dietary polysaccharides on cognitive performance in healthy middle-aged adults. *Nutritional Neuroscience* 18, 76-86.

#### 2014

157. Scholey A, Gibbs A, Neale C, Perry N, Ossoukhova A, Bilog V, Kras M, Scholz C, Sass M, Buchwald-Werner S (2014) Anti-stress effects of lemon balm-containing foods. *Nutrients* 6, 4805-4821.
156. Wong RHX, **Scholey A**, Howe PRC (2014) Assessing premorbid cognitive ability in adults with type 2 diabetes mellitus – a review with implications for future intervention studies. *Current Diabetes Reports* 14, 547-558.
155. Scholey A, Savage K, O’Neill BV, Owen L, Stough C, Priestley C, Wetherell M (2014) Effects of two doses of glucose and a caffeine-glucose combination on cognitive performance and mood during multi-tasking. *Human Psychopharmacology - Clinical and Experimental* 29, 434–445.
154. Riby LM, Orme E, Greer J, Gillan A, Griffiths R, Aspray T, **Scholey A**, Smallwood J (2014) Food for thought: the efficiency of glucose metabolism predicts the self-generation of temporally distant cognition. *Research in Psychology and Behavioral Sciences* 2, 54-58.
153. Camfield DA, Stough C, Farrimond J, **Scholey AB** (2014) The acute cognitive and mood effects of tea constituents L-theanine, caffeine and epigallocatechin gallate (EGCG): A systematic review and meta-analysis. *Nutrition Reviews* 72, 507-522.
152. Benson S, Verster J, Alford C, **Scholey A** (2014) Effects of mixing alcohol with caffeinated beverages on subjective intoxication: a systematic review and meta-analysis. *Neuroscience & Biobehavioral Reviews* 47, 16-21.

151. Benson S, **Scholey A** (2014) Effects of alcohol and energy drink on mood and subjective intoxication: a double-blind, placebo controlled, crossover study. *Human Psychopharmacology - Clinical and Experimental* 29, 360-369.
150. Verster JC, Benson S, **Scholey A** (2014) Motives for mixing alcohol with energy drink (AMED) and other non-alcoholic beverages, and consequences for overall alcohol consumption. *International Journal of General Medicine* 7, 285–293.
149. Scholey A, Benson S, Stough C, Stockley C (2014) Effects of resveratrol and alcohol on mood and cognitive function in older individuals. *Nutrition and Aging* 2, 133-138.
148. Parrott AC, Montgomery C, Wetherell M, Downey L, Stough C, **Scholey AB** (2014) MDMA, cortisol, and stress in recreational Ecstasy users. *Behavioral Pharmacology* 25, 458-472.
147. Smith M, **Scholey A** (2014) Nutritional influences on human neurocognitive functioning (Editorial) *Frontiers in Human Neuroscience*. doi: 10.3389/fnhum.2014.00358
146. Pipingas A, Cockerell R, Grima N, Sinclair A, Stough C, **Scholey A**, Myers S, Croft K, Sali A, Pase M (2014) Randomized controlled trial examining the effects of fish oil and multivitamin supplementation on the incorporation of n-3 and n-6 fatty acids into red blood cells. *Nutrients* 6, 1956-1970.
145. Benson S, Downey L, Stough C, Wetherell M, **Scholey A** (2014) An acute, double-blind, placebo controlled crossover study of 320 mg and 640 mg doses of a special extract of *Bacopa monnieri* (CDRI08) on multitasking stress reactivity and mood. *Phytotherapy Research* 28, 551-559.
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20. Scholey AB, Harper S, Kennedy DO (2001) Cognitive demand and blood glucose. *Physiology and Behavior* 73, 585-592.
19. Scholey AB (2001) Fuel for thought. *The Psychologist* 14, 196-201.
18. Rodgers J, Buchanan T, **Scholey AB**, Heffernan TM, Ling J, Parrott A (2001) Differential effects of ecstasy and cannabis on self reports of memory ability: a web-based study. *Human Psychopharmacology - Clinical and Experimental* 16, 619-625.

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**> 1000 refereed conference abstracts not listed**

## ii. Books and book chapters

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20. Peters R, White D, **Scholey A** (2016) Nutrition, Health and the Ageing Process. In: Riby L (Ed) *Handbook of Gerontology Research Methods: Understanding Successful Aging*. Palgrave Macmillan, 43-48.
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5. Scholey AB (2002) Attention. In: Perry EK, Ashton H, Young AH (Eds) *Neurochemistry of Consciousness*. Benjamins: Amsterdam, p43-63.
4. Scholey AB (2002) The effects of ginseng on physiological processes involved in mental function. In: Baek N-I (Ed) *Advances in Ginseng Research*. KSG Publications: Korea, p113-116.
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2. Scholey AB (1996) Using neurophysiology workbooks to enable student learning. In: Brown S (Ed) *Alternative Learning 1995: The Guide*, 32-34.
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**Funding awarded (Principal Investigator except\*) >\$25M total funding**

<i>Date</i>	<i>Funding body</i>	<i>Project</i>	<i>Amount</i>
2019-2013	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
2018-2019	DuPont (Finland)	Effects of a probiotic on mental fatigue	Confidential
2017-2018	Nutricia- Danone (Netherlands)	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 (Australia)	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	Confidential

		Steady State Topography and fMRI during periods of mental effort	
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*	Evaluation of ZE117 (HP) in smoking cessation	Confidential
2008-2009	Barry Callebaut*	Acute and chronic neurocognitive & blood flow	Confidential

		effects of polyphenols in middle aged volunteers	
2008-2009	Cognis	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 Investment Fund (SRIF)	Accommodation and development of Brain, Behaviour and Nutrition Research Centre	£350,000
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	Confidential

		supplement during cognitive demand	
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/Pharmaton SA/Indena(Milan)	Effects of conjugation of Ginkgo biloba with phosphatidylserine on cognition	Confidential
2002-2005	GlaxoSmithKline	Cognitive interactions associated with caffeine and glucose	Confidential

2004	Lichtwer Pharma Co.	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 (United States)
- Arla (Denmark)
- Bayer (Switzerland)
- DuPont (Finland)
- GlaxoSmithKline (UK, India)
- Kemin Nutrition and Health (United States)
- Naturex (France)
- Nestlé (Switzerland)
- Neurobrands (United States)
- Red Bull (Austria)
- SFI (Indonesia)
- Verdure Sciences (United States)
- Wrigley/Masterfoods (United States)

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

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



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

- Australian Wine Research Institute
- 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

### **Consultancy**

*Acted as consultant to:*

- Abbott Nutrition
- Barilla
- Bayer Healthcare
- Bayer Allergy
- Danone
- GlaxoSmithKline Healthcare (UK and India)
- Lion
- Masterfoods
- Nestlé
- Novartis
- Red Bull
- Unilever
- Wrigley

## Patents (named inventor)

2019 [US 2019 / 0117606 A1]

*Compositions comprising L-Theanine, Proanthocyanidin/s and a Catechin and uses thereof.*

Named inventors: Andrew Belton Scholey , Glendowie, Auckland ( NZ ); 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.*

Member of the following:

- 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)
- GSK Scientific Advisory Board on childhood nutrition growth and cognition (India)
- GSK Scientific Advisory Board on nutrition and performance throughout adult life (UK)
- Nestlé Health benefit Board – Glycaemic Response and Brain health in Children (Switzerland)
- 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

## 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
- 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)
- 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 fellowship fund (Australia)
- New Zealand Ministry of Business, Innovation & Employment (MBIE)
- Raine Institute (Australia)
- Royal Society of New Zealand
- Waterloo Foundation (UK)
- Wellcome Foundation (UK)

## Journal editorial experience

- Member of editorial board *PLoS ONE*
- Member of editorial board *Nutrients*
- Member of editorial board *Phytotherapy Research*
- Associate Editor *Advances in Integrative Medicine*
- 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:

- *7<sup>th</sup> international Alcohol Hangover Research Group meeting*, Perth, Australia 2015.
- *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>	Awarded 1999 [Mark Moss]
<i>Psychopharmacology of herbal extracts</i>	Awarded 2002 [David Kennedy]
<i>Cognitive deficits in Chronic Fatigue Syndrome</i>	Awarded 2005 [Patricia McCue]
<i>Recognition of facial emotion in schizophrenia</i>	Awarded 2005 [Patrick Johnston]
<i>Factors affecting cognitive recovery from dental sedation</i>	Awarded 2005 [John Lyne]
<i>Neurocognitive effects of Salvia in health and disease</i>	Awarded 2006 [Nicola Tildesley]
<i>Serotonergic modulation of cognitive function</i>	Awarded 2007 [Christopher Edgar]
<i>Neurocognitive and gluco-regulatory effects of Panax ginseng</i>	Awarded 2007 [Jonathon Reay]
<i>The acute biobehavioural effects of caffeine in isolation and in combination with other naturally concomitant compounds</i>	Awarded 2008 [Crystal Haskell]
<i>The Prevention of Trauma Reactions*</i>	Awarded 2009 [Tracey Varker]
<i>Polyunsaturated fats and cognitive function*</i>	Awarded 2010 [Philippa Jackson]
<i>Assisting children affected by parental separation and exposure to parental conflict</i>	Awarded 2011 [Fallon Cook]
<i>The impact of glucoregulation and glucose on memory function</i>	Awarded 2010 [Jade Elliott]
<i>Cognitive impairment in heart failure*</i>	Awarded 2014 [Christina Kure]
<i>Brain imaging neurocognitive effects of herbal extracts</i>	Awarded 2014 [Chris Neale]
<i>Modifiable hemodynamic predictors of cognitive ageing*</i>	Awarded 2014 [Matthew Pase]
<i>Modulatory effects of phytoestrogens on neurobehavioural substrates of social processing</i>	Awarded 2014 [Naomi Perry]
<i>The Role of Glucoregulatory process in the cognition-enhancing effects of selected botanicals</i>	Awarded 2015 [Anastasia Ossoukhova]
<i>Bio-behavioural effects of alcohol and caffeine, both alone and in combination</i>	Awarded 2016 [Sarah Benson]

<i>Lifestyle changes and neurocognition in the elderly*</i>	Awarded 2018 [Roy Hardman]
<i>Exploring modifiable risk factors of cognitive ageing: Evidence from resting state fMRI</i>	Awarded 2019 [Riccarda Peters]
<i>Genetic markers of cognitive enhancement*</i>	Enrolled 2011 [Karen Nolidin]
<i>Effects of curcumin on cognitive function</i>	Enrolled 2013 [Kate Cox]
<i>Neurocognitive effects of alcohol hangover</i>	Enrolled 2017 [Elisabeth Ayre}
<i>Applied functional consequences of alcohol hangover</i>	Enrolled 2017 [Chantal Terpstra]
<i>Biomarkers of psychopharmacological processes</i>	Enrolled 2020 [Lizanne Arnoldy]



## Membership of professional bodies

2017 - to date	<i>Fellow of the Royal Society of Medicine</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

2018	Co-author, Alzheimers Award and medal, best paper
2017	Supervisor, Emerging Researchers in Ageing awardee (Riccarda Peters)
2015	Winner of inaugural 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	Winner of poster prizes, 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)

- '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
- '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
- '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 South Australia (2013) University of Adelaide (2014) University of Canterbury, New Zealand (2015) Curtin University (2015) University of New South Wales (2016) Macquarie University (2017)
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 <i>BSc (Hons Psychology)</i> 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 <i>Postgraduate Diploma in Applied Psychology</i> Year 1: Biological Bases of Behaviour <i>MSc in Applied Psychology</i> Neuropsychological Aspects of Disability
2005 -2007	<i>MSc Nutrition and Psychological Science</i> Human Psychopharmacology <i>Masters in Research</i> Research Training
2007 – present	Teaching on various Psychophysiology and Clinical Psychology modules

## **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