

CURRICULUM VITAE

Professor Andrew Scholey *BSc (Hons), PhD, CPsychol, AFBPsS*

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Nationality: joint British/Australian

Executive summary

- research interests include 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](#)] with high field impact in *Clinical Medicine; Nutrition & Dietetics; Neurology & Neurosurgery*
- top 0.0066% of researchers in cognition [[18th from 351,109](#)]
top 0.065% of researchers in nootropics [[7th from 10,707](#)]
top 0.098% of researchers in caffeine [[31st from 30,634](#)]
- director, Centre for Human Psychopharmacology, Swinburne University, Melbourne (2011 to 2020)
- >300 peer-reviewed journal articles, >11,600 citations, ~ 43 citations per article
- 25 book chapters, 2 books
- h-index = 65 (Scopus), 85 (Google Scholar)
- founder/director, Human Cognitive Neuroscience Unit (now the Brain Performance and Nutrition Research Centre) at Northumbria University, UK (1998-2007)
- founder/director, Centre for Human Psychopharmacology, Swinburne University, Melbourne., Australia (2011-2020)
- 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: Independent consultant into all aspects of brain health
- 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

- 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
- Physiological responses to 'mental effort'
- Use of novel technology for cognitive testing (internet, handheld, telephone testing etc.)

Previous employment

Dates

| | |
|-------------|--|
| 2011 - 2020 | Director, <i>Centre for Human Psychopharmacology</i> Swinburne University, Australia |
| 2007 - 2011 | Research Professor, 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, UK |
| 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, UK | BSc (Hons) | Psychology 2.1 |
| 1987 - 1991 | Brain and Behaviour Research Group, Open University | PhD | Thesis title: “ <i>Immunological Investigations into Synaptic Plasticity</i> ” |

Publications (reverse chronological order)

i. Refereed journal articles

2024

311. Keenan GS, Royle WS, Marrow L, **Scholey A**, Benson S, Owen LJ (2024) The association between COVID-19 related income loss and diet quality: the mediating role of distress. *Appetite* In press.
310. Gillies NA, Wilson BC, Miller JR, Roy NC, **Scholey A**, Braakhuis AJ (2024) Effects of a flavonoid-rich blackcurrant beverage on markers of the gut-brain axis in healthy females: Secondary findings from a 4-week randomized crossover control trial. *Current Developments in Nutrition* 8, Article #102158.
309. Young HA, Cousins AL, Byrd-Bredbenner C, Benton D, Gershon R, Ghirardelli A, Latulippe M, **Scholey A**, Wagstaff L (2024) Alignment of consumers' expected brain benefits from food and supplements with measurable cognitive performance tests. *Nutrients* Article #3008584
308. Arnoldy L, Gauci S, Lassemillante AC, Verster JC, Macpherson H, Minihane A-M, **Scholey A**, Pipingas A, David J, White DJ (2024) Towards consistency in dietary pattern scoring: standardising scoring workflows for Mediterranean, DASH, and MIND diets using 24-hour recall and two variations of a Food Frequency Questionnaire. *British Journal of Nutrition* 131, 1554–1577.

2023

307. Vauzour D*, **Scholey A***, White DJ, Cohen NJ, Cassidy A, Gillings R, Irvine MA, Kay CD, Kim M, King R, Legido-Quigley C, Potter JF, Schwarb H, Minihane A-M (2023) A combined DHA-rich fish oil and cocoa flavanols intervention does not improve cognition or brain structure in older adults with memory complaints: Results from the CANN randomized, controlled parallel-design study. *American Journal of Clinical Nutrition* In press.
(*joint first authorship)
306. Barnish M, Sheikh M, **Scholey A** (2023) Nutrient therapy for the improvement of fatigue symptoms. *Nutrients* 15, Article #2154.
305. Pipingas A, Murphy KJ, Davis CR, Itsiopoulos C, Kingsley M, **Scholey A**, Helen Macpherson M, Segal L, Breckon J, Minihane A-M, Meyer D, Ogden E, Dyer KA, Eversteyn E, Hardman RJ, Poorun K, Justice K, Hana M, Jonathan D Buckley JD, White D, Davison K, Clark JS, Bracci EL, Kennedy G (2023) A Mediterranean diet and walking intervention to reduce cognitive decline and dementia risk in independently living older Australians: The MedWalk randomised controlled trial experimental protocol, including COVID-19 related modifications and baseline characteristics. *Journal of Alzheimer's Disease* In press
304. Cribb L, Sarris J; Savage KM, Byrne GJ, Metri N-J, **Scholey A**, Stough C, Bousman CA (2023) Effect of Kava (*Piper Methysticum*) on peripheral gene expression

- among individuals with generalized anxiety disorder: a post-hoc analysis of a randomised controlled trial. *Phytotherapy Research* In press.
303. Travica N, Ried K, Hudson I, **Scholey A**, Pipingas A, Sali A (2023) 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* 17, 2929-2959
 302. Pipingas A, Reddan JR, Gauci S, Young LM, Kennedy G, Rowsell R, King R, Spiteri S, Minihane A-M, **Scholey A** (2023) Postprandial Cognitive and blood pressure effects of a DHA-rich omega-3 powder in middle-aged males: a pilot study. *Nutrients* 15, Article #2198.
 301. Išerić E, Dahl TA, Scholey A, Iversen JM, Verster JC (2023) The efficacy of a combination of naproxen and fexofenadine (SJP – 002) to inhibit the symptoms that are associated with viral upper respiratory tract infection: Four case reports of individuals with common cold. *Clinical Case Reports* 11, Article #e7682.
 300. Barnish M, Sheikh M, **Scholey A** (2023) Nutrient therapy for the improvement of fatigue symptoms. *Nutrients* 15, Article #2154.
 299. Mackus M, van de Loo AJAE, van Neer RHP, Vermeulen SA, Terpstra C, Brookhuis KA, Garssen J, **Scholey A**, Verster JC (2023) Differences in next-day adverse effects and impact on mood of an evening of heavy alcohol consumption between hangover sensitive drinkers and hangover resistant drinkers. *Journal of Clinical Medicine* 12, Article #2226544
 298. Verster JC, Muldeer KEW, Verheul MCE, van Oostrom EC, Hendriksen PA, **Scholey A**, Garssen J (2023) Test-retest reliability of single-item assessments of immune fitness, mood, and quality of life. *Helyon* 9, Article #e15280.

2022

297. Silberstein R, Pipingas A, **Scholey A** (2022) Homocysteine modulates brain functional connectivity in a memory retrieval task. *Journal of Alzheimer's Disease* 90, 199-209.
296. Young LM, Gauci S, Arnoldy L, Martin L, Perry N, White DJ, Meyer D, Lassemillante A-C, Ogden E, Silber B, **Scholey A**, Pipingas A (2022) Investigating the effects of a multinutrient supplement on cognition, mood and biochemical markers in middle-aged adults with 'optimal' and 'sub-optimal' diets: a randomized double blind placebo controlled trial. *Nutrients* Article #5079.
295. Garrisson H, **Scholey A**, Verster JC, Shiferaw B, Benson S (2022) Effects of alcohol intoxication on driving performance, confidence in driving ability, and psychomotor function: a randomized, double-blind, placebo-controlled study. *Psychopharmacology* doi.org/10.1007/s00213-022-06260-z.
294. Ong S, Bondonno NP, Downey LA, **Scholey A**, Smith MA, Stough C, Blekkenhorst LC, Woodman R, Croft K, Hodgson JM, Bondonno CP (2022) 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
293. Kiani P, Dahl TA, Iversen J, **Scholey A**, Verster JC (2022) Efficacy of naproxen/fexofenadine (SJP-003) in the prevention of side effects of influenza vaccination: four case studies. *Clinics and Practice* 12, 734-737.
 292. Kiani P, Iversen JM, **Scholey A**, Verster JC (2022) Efficacy of the Combination of Naproxen and Fexofenadine (SJP-003) to Prevent or Reduce Side Effects of Receiving Multiple Travel Vaccines: A Case Report. *Vaccines* 10, Article #1128.
 291. 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.
 290. 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* 239, 2695–2704.
 289. 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* 28, 496-505.
 288. 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.
 287. Merlo A, Severeijns NR, Hendriksen PA, Benson S, **Scholey A**, Garssen 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.
 286. 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.
 285. 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.
 284. Terpstra C, Verster JC, Scholey A, Benson S (2022) Associations between mental resilience, mood, coping, personality, and hangover severity. *Journal of Clinical Medicine* 11, 2240

2021

283. 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.
282. 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.
281. Bassaganya-Riera J, Berry EM, Blak EE, Burlingame B, le Coutre J, van Eden W, El-Sohemy, 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. 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.
279. 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.
278. 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.
277. 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.
276. 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.
275. Tardy A-L, Bois de Fer B, Cañigüeral 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.
274. 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.
273. 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.

272. 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.
271. 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.
270. 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.
269. 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.
268. 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.
267. 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.
266. 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.
265. Verster JC, **Scholey A**, Dahl TA, Jacqueline M. Iversen JM (2021) Functional observation after morphine withdrawal: effects of SJP-005. *Psychopharmacology* 238, 1449–1460.
264. 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

263. 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.

262. 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.
261. 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.
260. 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.
259. 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].
258. 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.
257. 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.
256. 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.
255. Verster J, Arnoldy L, van de Loo AJAE, Benson S, **Scholey A**, Stock A-K (2020) The impact of mood and subjective intoxication on hangover severity. *Journal of Clinical Medicine* 9, article #2462.
254. 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.
253. 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.
252. 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.

251. 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.
250. **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.
249. **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.
248. 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.
247. 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.
246. 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.
245. 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.
244. 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.
243. 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.
242. 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.
241. 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.

240. 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.
239. 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 (LIILAC) study. *Current Developments in Nutrition* 4, article #nzaa077.
238. 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.
237. 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.
236. 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.
235. 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.
234. 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.
233. 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.
232. 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.
231. 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.
230. 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**,

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22. **Scholey A**, Peters R, Cleeland C, David White D (2018) The role of glucose in supporting cognition and mood regulation. In: Murphy P (Ed) *International Handbook of Psychobiology*. The Psychology Press, Taylor and Francis, 209-218.
21. Cox K, **Scholey A** (2016) Polyphenols for brain and cognitive health. In: Quideau S (Ed) *Recent Advances in Polyphenol Research Volume 5*. Wiley, 259-288.
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.
19. Nolidin K, Kure C, **Scholey A**, Stough C (2016) Coffee and cognition: Extending our understanding beyond caffeine. In: Bagchi D, Moriyama H, Swaroop A (Eds) *Green coffee bean extract in human health*. CRC Press/Taylor and Francis
18. Camfield DA, **Scholey A** (2015) Use of neuroimaging techniques in the assessment of nutraceuticals for cognitive enhancement: methodological and interpretative issues. In: Dye L, Best T (Eds) *Nutrition for Brain Health and Cognitive Performance*. CRC Press/Taylor and Francis, 305-339.
17. **Scholey A**, Pase M, Andrew Pipingas A, Stough C, Camfield DA (2015) Herbal extracts and nutraceuticals for cognitive performance. In: Dye L, Best T (Eds) *Nutrition for Brain Health and Cognitive Performance*. CRC Press/Taylor and Francis, 221-250.
16. Macpherson H, Lee J, Villalon L, Pase M, Pipingas A, **Scholey A** (2014) The influence of the Mediterranean diet on cognitive health. In: Preedy VR, Watson RR (Eds) *The Mediterranean Diet: An Evidence-Based Approach To Disease Prevention*. Elsevier, 81-89.
15. Stough C, **Scholey A** (2013) *Advances in Natural Medicines, Nutraceuticals and Neurocognition* Taylor & Francis: Bosa Roca/US.
14. Finn M, **Scholey A**, Pipingas A, Stough C (2013) Epigallocatechin gallate (EGCG) and cognitive function. In: Stough C, Scholey A *Advances in Natural Medicines, Nutraceuticals and Neurocognition* Taylor & Francis: Bosa Roca/US, 225-240.
13. Stough C, Copley V, Pase M, **Scholey A**, Kean J (2013) Assessing the utility of *Bacopa Monnieri* to treat the neurobiological processes underpinning cognitive aging. In:

- Stough C, Scholey A (2013) *Advances in Natural Medicines, Nutraceuticals and Neurocognition* Taylor & Francis: Boca Roca/US, 241-250.
12. Camfield D, Owen L, Pipingas A, Stough C, **Scholey A** (2012) Herbal Extracts and Cognition in adulthood and ageing. In: Riby LM, Smith MA, Foster JK (Eds) *Nutrition and mental performance - A lifespan perspective* Palgrave Macmillan, 302-328.
 11. **Scholey A**, Stough C (2011) Neurocognitive effects of herbal extracts. In: Benton D (Ed) *Lifetime nutritional influences on cognition, behaviour and psychiatric illness*. Woodhead publishing, 272-297.
 10. **Scholey A**, Camfield D, Owen L, Pipingas A, Stough C (2011) Functional foods and cognition In: Saarela M (Ed) *Functional foods: concept to product 2e*. Woodhead Publishing, 277-308.
 9. **Scholey AB**, Parrott A, Kennedy DO (2007) Psychotropic Medicine. In: Ayers S(Ed) *Cambridge Handbook of Psychology, Health & Medicine*. 685-687.
 8. Parrott AC, Morinan A, Moss MC, **Scholey AB** (2004) *Understanding drugs and behaviour*. Wiley:UK
 7. Wesnes KA, Zangara A, **Scholey A**, Kennedy D (2004) Natural products as cognition enhancing agents. In: BuccafuscoJJ (Ed) *Cognitive Enhancing Drugs*. BirkhäuserVerlag: Basel-Boston-Berlin, 151-178.
 6. **Scholey A** (2003) Chewing and learning. In: Moss SJ (Ed) *The benefits of chewing* Health Education Enterprises: New York
 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.
 3. **Scholey AB** (1996) The use of quizzes as assessment tools. In: Brown S (Ed) *Alternative Learning 1995: The Guide* (Ed: Brown S.), 12-15.
 2. **Scholey AB** (1996) Using neurophysiology workbooks to enable student learning. In: Brown S (Ed) *Alternative Learning 1995: The Guide*, 32-34.
 1. **Scholey AB**, Bullock S (1991) How may a widely distributed, secretory glycoprotein contribute to the consolidation of specific neuronal circuits during memory formation? In: Schmidt R (Ed) *Glycoproteins in memory formation* European Science Foundation Publications.

[Over 1000 refereed conference abstracts and 29 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> |
|-------------|--|--|---------------|
| 2023-2026 | Wörwag Pharma (Germany) | Effects of a biofactor-COMbination on CogniTive function in mildly cognitive impAired patients - a randomized, double-blind, placebo-controlled pILot trial (COCTAIL). | Confidential |
| 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 |

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| 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, | Confidential |

| cognitive function and mood in an elderly population | | | |
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| 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- | Confidential |

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| | | nutrient combination on mood, stress, sleep and cognition. | |
| 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 |

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| 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 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 supplement during cognitive demand | Confidential |

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| 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. (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 |

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| 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)
- Wörwag Pharma (Germany)
- 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
- PepsiCo
- Pharmavite
- Pfizer
- 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 |

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| <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>Psychological and behavioural factors that contribute to alcohol consumption and alcohol hangover occurrence and severity in Australia</i> | Chantal Terpstra, awarded 2022 |
| <i>Food for thought: the relationship between dietary patterns, cardio-metabolic risk and cognitive performance in middle age and older adults*</i> | Sarah Gauci, awarded 2022 |
| <i>Functional Aspects of Alcohol Hangover</i> | Elisabeth Ayre, awarded 2022 |
| <i>Effects of curcumin on cognitive function</i> | Kate Cox, awarded 2023 |
| <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, awarded 2024 |
| <i>Genetic markers of cognitive enhancement*</i> | Karen Nolidin, enrolled 2011 |
| <i>Biomarkers of alcohol hangover (Utrecht University)*</i> | Aurora Van der Loo, enrolled 2019 |
| <i>Alcohol effects on driving-relevant cognitive processes</i> | Harriet Garrisson, 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 – 2022 | <i>American Society for Nutrition</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

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| 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 invited international/national conference presentations (reverse chronological)

- 'Eat drink and be berry? Neurocognitive effects of a New Zealand blackcurrant' (2023) *British Psychological Society Psychobiology Section Annual Scientific Meeting* Newcastle-upon-Tyne, UK.
- 'Eat drink and be berry?' (2023) *Eventbrite public lecture* Auckland, New Zealand.
- 'Flavonoid Android? Beyond behavioural testing in understanding polyphenol effects on human neurocognitive processes' (2022) *International Conference on Polyphenols and Health* London, UK.
- 'Using neuroimaging to explore the impact of nutrition on the ageing brain' (2022) *ILSI Europe conference on nutrition for the ageing brain* Lisbon, Portugal.
- 'Bioactives for mood and mental performance: tests, trials and translation' (2022) *Vitafoods Europe* Geneva, Switzerland.
- 'Bioactives for the Brain: what's the evidence and how can we use it?' (2022) *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) *5th 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) *18th 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) *8th International Conference on Herbal Medicine*, Melbourne [**plenary**]
- ‘Neurocognitive and mood effect of nutrition and nutraceuticals’ (2013) *114th 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 21st 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

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|-------------|--|
| 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

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| 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

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|----------------|--|
| 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 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