

Adjunct Prof. Andrew Scholey  
Nutrition Dietetics & Food  
Email: Andrew.Scholey@monash.edu



## Research outputs

The effects of cardiovascular and orthopaedic surgery on vitamin concentrations: a narrative review of the literature and mechanisms of action

Travica, N., Ried, K., Hudson, I., Scholey, A., Pipingas, A. & Sali, A., 3 Jul 2023, In: *Critical Reviews in Food Science and Nutrition*. 63, 17, p. 2929-2959 31 p.

**Corrigendum: The association between diet and cardio-metabolic risk on cognitive performance: A cross-sectional study of middle-aged Australian adults, (*Front. Nutr*, (2022), 9, (862475), 10.3389/fnut.2022.862475)**

Gauci, S., Young, L. M., Arnoldy, L., Scholey, A., White, D. J., Lassemillante, A. C., Meyer, D. & Pipingas, A., 28 Feb 2023, In: *Frontiers in Nutrition*. 10, 4 p., 1154894.

**Effects of alcohol intoxication on driving performance, confidence in driving ability, and psychomotor function: a randomized, double-blind, placebo-controlled study**

Garrisson, H., Scholey, A., Verster, J. C., Shiferaw, B. & Benson, S., Dec 2022, In: *Psychopharmacology*. 239, 12, p. 3893-3902 10 p.

**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**

Young, L. M., Gauci, S., Arnoldy, L., Martin, L., Perry, N., White, D. J., Meyer, D., Lassemillante, A. C., Ogden, E., Silber, B., Scholey, A. & Pipingas, A., Dec 2022, In: *Nutrients*. 14, 23, 27 p., 5079.

**Efficacy of Naproxen/Fexofenadine (SJP-003) in the Prevention of Side Effects of Influenza Vaccination: Four Case Studies**

Kiani, P., Dahl, T. A., Iversen, J. M., Scholey, A. & Verster, J. C., Oct 2022, In: *Clinics and Practice*. 12, 5, p. 734-737 4 p.

The Effects of Surgery on Leukocyte Vitamin C Concentrations: A Systematic Review and Meta-Analysis

Travica, N., Ried, K., Hudson, I., Scholey, A., Pipingas, A. & Sali, A., Oct 2022, In: *Pharmaceutical Sciences*. 28, 4, p. 496-505 10 p.

**Effects of alcohol hangover on attentional resources during a verbal memory/psychomotor tracking dual attention task**

Ayre, E., Benson, S., Garrisson, H., Cox, K. H. M., Verster, J. C. & Scholey, A., Aug 2022, In: *Psychopharmacology*. 239, 8, p. 2695-2704 10 p.

**The Efficacy of the Combination of Naproxen and Fexofenadine (SJP-003) to Prevent or Reduce Side Effects of Receiving Multiple Travel Vaccines: A Case Report**

Kiani, P., Iversen, J. M., Scholey, A. & Verster, J. C., Jul 2022, In: *Vaccines*. 10, 7, 5 p., 1128.

**Dietary patterns in middle age: Effects on concurrent neurocognition and risk of age-related cognitive decline**

Gauci, S., Young, L. M., Arnoldy, L., Lassemillante, A. C., Scholey, A. & Pipingas, A., 1 May 2022, In: *Nutrition Reviews*. 80, 5, p. 1129-1159 31 p.

**The Association Between Diet and Cardio-Metabolic Risk on Cognitive Performance: A Cross-Sectional Study of Middle-Aged Australian Adults**

Gauci, S., Young, L. M., Arnoldy, L., Scholey, A., White, D. J., Lassemillante, A. C., Meyer, D. & Pipingas, A., 28 Apr 2022, In: *Frontiers in Nutrition*. 9, 13 p., 862475.

**Alcohol Consumption on the Heaviest Drinking Occasion and Hangovers during the First Dutch COVID-19 Lockdown**  
Merlo, A., Severeijns, N. R., Hendriksen, P. A., Benson, S., Scholey, A., Garssen, J., Bruce, G. & Verster, J. C., 1 Apr 2022, In: International Journal of Environmental Research and Public Health. 19, 7, 12 p., 4301.

Associations between Mental Resilience, Mood, Coping, Personality, and Hangover Severity  
Terpstra, C., Verster, J. C., Scholey, A. & Benson, S., 1 Apr 2022, In: Journal of Clinical Medicine. 11, 8, 11 p., 2240.

The Effects of Surgery on Plasma/Serum Vitamin C Concentrations: A Systematic Review and Meta-Analysis  
Travica, N., Ried, K., Hudson, I., Scholey, A., Pipingas, A. & Sali, A., 28 Jan 2022, In: British Journal of Nutrition. 127, 2, 15 p.

Correction: Prevalence of Hangover Resistance According to Two Methods for Calculating Estimated Blood Alcohol Concentration (eBAC) (J. Clin. Med. (2020), 9, 2823, 10.3390/jcm9092823)  
Terpstra, C., Scholey, A., Verster, J. C. & Benson, S., 6 Jan 2022, In: Journal of Clinical Medicine. 11, 2, 1 p., 293.

**Diet May Moderate the Relationship between Arterial Stiffness and Cognitive Performance in Older Adults**

Gauci, S., Young, L. M., White, D. J., Reddan, J. M., Lassemillante, A. C., Meyer, D., Pipingas, A. & Scholey, A., 2022, In: Journal of Alzheimer's Disease. 85, 2, p. 811-824 14 p.

Effects of Chewing Gum on Nitric Oxide Metabolism, Markers of Cardiovascular Health and Neurocognitive Performance after a Nitrate-Rich Meal

Ong, S., Bondonno, N. P., Downey, L. A., Scholey, A., Smith, M. A., Stough, C., Blekkenhorst, L. C., Woodman, R., Croft, K. D., Hodgson, J. M. & Bondonno, C. P., 2022, In: Journal of the American College of Nutrition. 41, 2, p. 178–190 13 p.

Homocysteine Modulates Brain Functional Connectivity in a Memory Retrieval Task

Silberstein, R. B., Pipingas, A. & Scholey, A. B., 2022, In: Journal of Alzheimer's Disease. 90, 1, p. 199-209 11 p.

APOE ε4 alters docosahexaenoic acid's influence on preclinical markers of Alzheimer disease

Coughlan, G., Larsen, R., Kim, M., White, D., Gillings, R., Irvine, M., Scholey, A., Cohen, N., Legido-Quigley, C., Hornberger, M. & Minihane, A. M., Dec 2021, In: Alzheimer's & Dementia. 17, S3, 2 p., e049575.

**The relationship between alcohol hangover severity, sleep and cognitive performance; a naturalistic study**

Ayre, E., Scholey, A., White, D., Devilly, G. J., Kaufman, J., Verster, J. C., Allen, C. & Benson, S., Dec 2021, In: Journal of Clinical Medicine. 10, 23, 15 p., 5691.

**Unknown safety and efficacy of alcohol hangover treatments puts consumers at risk**

Verster, J. C., van Rossum, C. J. & Scholey, A., Nov 2021, In: Addictive Behaviors. 122, 5 p., 107029.

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

Merlo, A., Severeijns, N. R., Benson, S., Scholey, A., Garssen, J., Bruce, G. & Verster, J. C., Oct 2021, In: International Journal of Environmental Research and Public Health. 18, 19, 13 p., 10028.

**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 randomized trial**

Murray, M., Dordevic, A. L., Cox, K., Scholey, A., Ryan, L. & Bonham, M. P., Oct 2021, In: Journal of Nutritional Biochemistry. 96, 11 p., 108777.

Erratum: Alcohol hangover across the lifespan: Impact of sex and age (Alcohol and Alcoholism (agab027) DOI: 10.1093/alcalc/agab027)

Verster, J. C., Severeijns, N. R., Sips, A. S. M., Saeed, H. M., Benson, S., Scholey, A. & Bruce, G., Sept 2021, In: Alcohol and Alcoholism. 56, 5, p. 633 1 p.

L-cysteine and the Treatment of Alcohol Hangover: A Commentary on Eriksson et al. (2020)  
Benson, S., Scholey, A. & Verster, J. C., Sept 2021, In: Alcohol and Alcoholism. 56, 5, p. 628-629 2 p.

**A cross-cultural comparison of the effects of alcohol mixed with energy drink (AMED) consumption on overall alcohol consumption and related consequences**

Benson, S., Johnson, S. J., Alford, C., Scholey, A. & Verster, J. C., 2 Jul 2021, In: International Journal of Environmental Research and Public Health. 18, 14, 22 p., 7579.

Reduced self-perception of fatigue after intake of panax ginseng root extract (G115®) formulated with vitamins and minerals—an open-label study

Tardy, A. L., De Fer, B. B., Cañigüeral, S., Kennedy, D., Scholey, A., Hitier, S., Aran, A. & Pouteau, E., 2 Jun 2021, In: International Journal of Environmental Research and Public Health. 18, 12, 10 p., 6257.

Functional observation after morphine withdrawal: effects of SJP-005

Verster, J. C., Scholey, A., Dahl, T. A. & Iversen, J. M., Jun 2021, In: Psychopharmacology. 238, 6, p. 1449–1460 12 p.

The effects of surgery on plasma vitamin C concentrations and cognitive function: a protocol for a prospective, observational study

Travica, N., Ried, K., Hudson, I., Pipingas, A., Scholey, A. & Sali, A., Jun 2021, In: Nutrition and Health. 27, 2, p. 283–292 10 p.

**Acute Effects of Polyphenols on Human Attentional Processes: A Systematic Review and Meta-Analysis**

Hepsomali, P., Greyling, A., Scholey, A. & Vauzour, D., 24 May 2021, In: Frontiers in Neuroscience. 15, 12 p., 678769.

Risk-taking behavior and the consumption of alcohol mixed with energy drink among Australian, Dutch and UK students  
Johnson, S. J., Benson, S., Scholey, A., Alford, C. & Verster, J. C., 2 May 2021, In: International Journal of Environmental Research and Public Health. 18, 10, 14 p., 5315.

The effects of alcohol intoxication on cognitive functions critical for driving: A systematic review

Garrisson, H., Scholey, A., Ogden, E. & Benson, S., May 2021, In: Accident Analysis and Prevention. 154, 11 p., 106052.

Immune responses after heavy alcohol consumption: Cytokine concentrations in hangover-sensitive and hangover-resistant drinkers

van de Loo, A. J. A. E., Raasveld, S. J., Hogewoning, A., Zeeuw, R. D., Bosma, E. R., Bouwmeester, N. H., Lukkes, M., Knipping, K., Mackus, M., Kraneveld, A. D., Brookhuis, K. A., Garssen, J., Scholey, A. & Verster, J. C., Apr 2021, In: Healthcare. 9, 4, 11 p., 395.

In Vitro Assessment of the Antiviral Activity of Ketotifen, Indomethacin and Naproxen, Alone and in Combination, against SARS-CoV-2

Kiani, P., Scholey, A., Dahl, T. A., McMann, L., Iversen, J. M. & Verster, J. C., Apr 2021, In: Viruses. 13, 4, 11 p., 558.

Goals in Nutrition Science 2020-2025

Bassaganya-Riera, J., Berry, E. M., Blaak, E. E., Burlingame, B., le Coutre, J., van Eden, W., El-Sohemy, A., German, J. B., Knorr, D., Lacroix, C., Muscaritoli, M., Nieman, D. C., Rychlik, M., Scholey, A. & Serafini, M., 9 Feb 2021, In: Frontiers in Nutrition. 7, 26 p., 606378.

A comparison of the antinociceptive properties of sjp-005 and morphine in rats

Verster, J. C., Scholey, A., Dahl, T. A. & Iversen, J. M., Feb 2021, In: Pharmaceuticals. 13, 2, 12 p., 243.

APOE 4 alters associations between docosahexaenoic acid and preclinical markers of Alzheimer's disease

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, In: Brain Communications. 3, 2, 11 p., fcab085.

Immune fitness and the psychosocial and health consequences of the covid-19 pandemic lockdown in the netherlands:  
Methodology and design of the clofit study

Kiani, P., Merlo, A., Saeed, H. M., Benson, S., Bruce, G., Hoorn, R., Kraneveld, A. D., van de Loo, A. J. A. E., Severeijns, N. R., Sips, A. S. M., Scholey, A., Garssen, J. & Verster, J. C., 2021, In: *European Journal of Investigation in Health, Psychology and Education*. 11, 1, p. 199-218 20 p.

Mediterranean diet and its components: potential to optimize cognition across the lifespan

Gauci, S., Young, L. M., Macpherson, H., White, D. J., Benson, S., Pipingas, A. & Scholey, A., 2021, *Nutraceuticals in Brain Health and Beyond*. Ghosh, D. (ed.). 1st ed. London UK: Academic Press, p. 293-306 14 p.

Self-Selection Bias: An Essential Design Consideration for Nutrition Trials in Healthy Populations

Young, L. M., Gauci, S., Scholey, A., White, D. J. & Pipingas, A., 10 Nov 2020, In: *Frontiers in Nutrition*. 7, 5 p., 587983.

Effects of *Panax quinquefolius* (American ginseng) on the steady state visually evoked potential during cognitive performance

White, D. J., Camfield, D. A., Ossoukhova, A., Savage, K., Le Cozannet, R., Faça-Berthon, P. & Scholey, A., Nov 2020, In: *Human Psychopharmacology*. 35, 6, p. 1-6 6 p.

Prebiotics, probiotics, fermented foods and cognitive outcomes: A meta-analysis of randomized controlled trials

Marx, W., Scholey, A., Firth, J., D'Cunha, N. M., Lane, M., Hockey, M., Ashton, M. M., Cryan, J. F., O'Neil, A., Naumovski, N., Berk, M., Dean, O. M. & Jacka, F., Nov 2020, In: *Neuroscience and Biobehavioral Reviews*. 118, p. 472-484 13 p.

The alcohol hangover research group: Ten years of progress in research on the causes, consequences, and treatment of the alcohol hangover

Verster, J. C., Arnoldy, L., Benson, S., Scholey, A. & Stock, A. K., Nov 2020, In: *Journal of Clinical Medicine*. 9, 11, 7 p., 3670.

The role of alcohol metabolism in the pathology of alcohol hangover

Mackus, M., van de Loo, A. J. A. E., Garssen, J., Kraneveld, A. D., Scholey, A. & Verster, J. C., Nov 2020, In: *Journal of Clinical Medicine*. 9, 11, 14 p., 3421.

An evaluation of the cognitive effects of malt extract and sucrose in school-aged Malaysian Children

Stough, C., Scholey, A., Gentile-Rapinett, G., Schmidt, J., Goh, A., Wesnes, K., Kras, M., Kuek, C. & Camfield, D., Oct 2020, In: *Bioactive Compounds in Health and Disease*. 3, 10, p. 179-193 15 p.

Self-reported diet quality differentiates nutrient intake, blood nutrient status, mood, and cognition: Implications for identifying nutritional neurocognitive risk factors in middle age

Young, L. M., Gauci, S., Scholey, A., White, D. J., Lassemillante, A. C., Meyer, D. & Pipingas, A., Oct 2020, In: *Nutrients*. 12, 10, 20 p., 2964.

Effects of Oral Gamma-Aminobutyric Acid (GABA) Administration on Stress and Sleep in Humans: A Systematic Review

Hepsomali, P., Groeger, J. A., Nishihira, J. & Scholey, A., 17 Sept 2020, In: *Frontiers in Neuroscience*. 14, 13 p., 923.

Prevalence of hangover resistance according to two methods for calculating estimated blood alcohol concentration (eBAC)

Terpstra, C., Scholey, A., Verster, J. C. & Benson, S., Sept 2020, In: *Journal of Clinical Medicine*. 9, 9, 11 p., 2823.

The Contribution of Plasma and Brain Vitamin C on Age and Gender-Related Cognitive Differences: A Mini-Review of the Literature

Travica, N., Ried, K., Hudson, I., Sali, A., Scholey, A. & Pipingas, A., 21 Aug 2020, In: *Frontiers in Integrative Neuroscience*. 14, 19 p., 47.

The impact of mood and subjective intoxication on hangover severity

Verster, J. C., Arnoldy, L., van de Loo, A. J. A. E., Benson, S., Scholey, A. & Stock, A. K., Aug 2020, In: *Journal of Clinical Medicine*. 9, 8, 14 p., 2462.

Effects of rapid recovery on alcohol hangover severity: A double-blind, placebo-controlled, randomized, balanced crossover trial  
Scholey, A., Ayre, E., Stock, A. K., Verster, J. C. & Benson, S., Jul 2020, In: Journal of Clinical Medicine. 9, 7, 12 p., 2175.

The inflammatory response to alcohol consumption and its role in the pathology of alcohol hangover  
van de Loo, A. J. A. E., Mackus, M., Kwon, O., Krishnakumar, I. M., Garssen, J., Kraneveld, A. D., Scholey, A. & Verster, J. C., Jul 2020, In: Journal of Clinical Medicine. 9, 7, 12 p., 2081.

The association between ethanol elimination rate and hangover severity  
Mackus, M., van de Loo, A. J. A. E., Garssen, J., Kraneveld, A. D., Scholey, A. & Verster, J. C., 2 Jun 2020, In: International Journal of Environmental Research and Public Health. 17, 12, 9 p., 4324.

Perceived immune fitness, individual strength and hangover severity  
van de Loo, A. J. A. E., Kerssemakers, N., Scholey, A., Garssen, J., Kraneveld, A. D. & Verster, J. C., 1 Jun 2020, In: International Journal of Environmental Research and Public Health. 17, 11, 8 p., 4039.

Fuel for Thought? A Systematic Review of Neuroimaging Studies into Glucose Enhancement of Cognitive Performance  
Peters, R., White, D., Cleeland, C. & Scholey, A., Jun 2020, In: Neuropsychology Review. 30, 2, p. 234-250 17 p.

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  
Cox, K. H. M., White, D. J., Pipingas, A., Poorun, K. & Scholey, A., Jun 2020, In: Nutrients. 12, 6, 20 p., 1678.

Findings of a Pilot Study Investigating the Effects of Mediterranean Diet and Aerobic Exercise on Cognition in Cognitively Healthy Older People Living Independently within Aged-Care Facilities: The Lifestyle Intervention in Independent Living Aged Care (LILAC) Study  
Hardman, R. J., Meyer, D., Kennedy, G., MacPherson, H., Scholey, A. B. & Pipingas, A., 29 Apr 2020, In: Current Developments in Nutrition. 4, 5, 10 p., nzaa077.

Alcohol hangover and multitasking: Effects on mood, cognitive performance, stress reactivity, and perceived effort  
Benson, S., Ayre, E., Garrisson, H., Wetherell, M. A., Verster, J. C. & Scholey, A., Apr 2020, In: Journal of Clinical Medicine. 9, 4, 12 p., 1154.

Effect of a 12-week almond-enriched diet on biomarkers of cognitive performance, mood, and cardiometabolic health in older overweight adults  
Coates, A. M., Morgillo, S., Yandell, C., Scholey, A., Buckley, J. D., Dyer, K. A. & Hill, A. M., Apr 2020, In: Nutrients. 12, 4, 18 p., 1180.

Gender differences in plasma vitamin C concentrations and cognitive function: A pilot cross-sectional study in healthy adults  
Travica, N., Ried, K., Hudson, I., Sali, A., Scholey, A. & Pipingas, A., Apr 2020, In: Current Developments in Nutrition. 4, 4, 13 p., nzaa038.

The effects of SJP-001 on alcohol hangover severity: A pilot study  
Verster, J. C., Dahl, T. A., Scholey, A. & Iversen, J. M., Apr 2020, In: Journal of Clinical Medicine. 9, 4, 11 p., 932.

**Kava for generalised anxiety disorder: A 16-week double-blind, randomised, placebo-controlled study**  
Sarris, J., Byrne, G. J., Bousman, C. A., Cribb, L., Savage, K. M., Holmes, O., Murphy, J., Macdonald, P., Short, A., Nazareth, S., Jennings, E., Thomas, S. R., Ogden, E., Chamoli, S., Scholey, A. & Stough, C., 1 Mar 2020, In: Australian and New Zealand Journal of Psychiatry. 54, 3, p. 288-297 10 p.

Resting state fMRI reveals differential effects of glucose administration on central appetite signalling in young and old adults  
Peters, R., White, D. J. & Scholey, A., 1 Mar 2020, In: Journal of Psychopharmacology. 34, 3, p. 304-314 11 p.

#### The assessment of overall hangover severity

Verster, J. C., van de Loo, A. J. A. E., Benson, S., Scholey, A. & Stock, A. K., Mar 2020, In: *Journal of Clinical Medicine*. 9, 3, 13 p., 786.

#### Updating the definition of the alcohol hangover

Verster, J. C., Scholey, A., van de Loo, A. J. A. E., Benson, S. & Stock, A. K., Mar 2020, In: *Journal of Clinical Medicine*. 9, 3, 5 p., 823.

#### Consumption patterns of alcohol and alcohol mixed with energy drinks in Australian students and non-students

Benson, S., Verster, J. C. & Scholey, A., Jan 2020, In: *Nutrients*. 12, 1, 12 p., 149.

#### Functional Connectivity of the Anterior and Posterior Hippocampus: Differential Effects of Glucose in Younger and Older Adults

Peters, R., White, D. J., Cornwell, B. R. & Scholey, A., Jan 2020, In: *Frontiers in Aging Neuroscience*. 12, 10 p., 8.

#### Sensitivity to experiencing alcohol hangovers: Reconsideration of the 0.11% blood alcohol concentration (BAC) threshold for having a hangover

Verster, J. C., Kruisselbrink, L. D., Slot, K. A., Anogeianaki, A., Adams, S., Alford, C., Arnoldy, L., Ayre, E., Balikji, S., Benson, S., Bruce, G., Devenney, L. E., Frone, M. R., Gunn, C., Heffernan, T., Hensel, K. O., Hogewoning, A., Johnson, S. J., van Pabst, A. E. V. L. & van de Loo, A. J. A. E. & 13 others, Mackus, M., Merlo, A., Murphy, R. J. L., Owen, L., Palmer, E. O. C., van Rossum, C. J. I., Scholey, A., Terpstra, C., Vatsalya, V., Vermeulen, S. A., van Wijk, M., Stock, A. K. & on behalf of the Alcohol Hangover Research Group, Jan 2020, In: *Journal of Clinical Medicine*. 9, 1, 7 p., 179.

#### Vitamins and minerals for energy, fatigue and cognition: A narrative review of the biochemical and clinical evidence

Tardy, A. L., Pouteau, E., Marquez, D., Yilmaz, C. & Scholey, A., Jan 2020, In: *Nutrients*. 12, 1, 35 p., 228.

#### Development and validation of the immune status questionnaire (ISQ)

Wilod Versprille, L. J. F., van de Loo, A. J. A. E., Mackus, M., Arnoldy, L., Sulzer, T. A. L., Vermeulen, S. A., Abdulahad, S., Huls, H., Baars, T., Scholey, A., Kraneveld, A. D., Garssen, J. & Verster, J. C., 1 Dec 2019, In: *International Journal of Environmental Research and Public Health*. 16, 23, 18 p., 4743.

#### Advantages and limitations of naturalistic study designs and their implementation in alcohol hangover research

Verster, J. C., van de Loo, A. J. A. E., Adams, S., Stock, A. K., Benson, S., Scholey, A., Alford, C. & Bruce, G., Dec 2019, In: *Journal of Clinical Medicine*. 8, 12, 11 p., 2160.

#### The association between alcohol hangover frequency and severity: Evidence for reverse tolerance?

Verster, J. C., Slot, K. A., Arnoldy, L., van Lawick van Pabst, A. E., van de Loo, A. J. A. E., Benson, S. & Scholey, A., Oct 2019, In: *Journal of Clinical Medicine*. 8, 10, 14 p., 1520.

#### A systematic review and meta-analysis of B vitamin supplementation on depressive symptoms, anxiety, and stress: Effects on healthy and 'at-risk' individuals

Young, L. M., Pipingas, A., White, D. J., Gauci, S. & Scholey, A., Sept 2019, In: *Nutrients*. 11, 9, 19 p., 2232.

#### Dietary nutrient intake, alcohol metabolism, and hangover severity

Verster, J. C., Vermeulen, S. A., van de Loo, A. J. A. E., Balikji, S., Kraneveld, A. D., Garssen, J. & Scholey, A., Sept 2019, In: *Journal of Clinical Medicine*. 8, 9, 17 p., 1316.

#### Psychotropic drugs and medication

Scholey, A., Ogden, E. & Parrott, A., 5 Jun 2019, *Cambridge Handbook of Psychology, Health and Medicine: Third Edition*. Llewellyn, C. D., Ayers, S., McManus, C., Newman, S., Petrie, K. J., Revenson, T. A. & Weinman, J. (eds.). 3rd ed. Cambridge University Press, p. 653-655 3 p.

#### Examining the relationship between nutrition and cerebral structural integrity in older adults without dementia

Reddan, J. M., Macpherson, H., White, D. J., Scholey, A. & Pipingas, A., Jun 2019, In: *Nutrition Research Reviews*. 32, 1, p. 79-98 20 p.

Gut microbiota and bipolar disorder: a review of mechanisms and potential targets for adjunctive therapy  
Gondalia, S., Parkinson, L., Stough, C. & Scholey, A., 1 May 2019, In: Psychopharmacology. 236, 5, p. 1433-1443 11 p.

The microbiome and cognitive aging: a review of mechanisms  
Komanduri, M., Gondalia, S., Scholey, A. & Stough, C., 1 May 2019, In: Psychopharmacology. 236, 5, p. 1559-1571 13 p.

Increases in total cholesterol and low density lipoprotein associated with decreased cognitive performance in healthy elderly adults  
Stough, C., Pipingas, A., Camfield, D., Nolidin, K., Savage, K., Deleuil, S. & Scholey, A., 15 Apr 2019, In: Metabolic Brain Disease. 34, 2, p. 477-484 8 p.

Effects of alcohol hangover on cognitive performance: Findings from a field/internet mixed methodology study  
Scholey, A., Benson, S., Kaufman, J., Terpstra, C., Ayre, E., Verster, J. C., Allen, C. & Devilly, G. J., Apr 2019, In: Journal of Clinical Medicine. 8, 4, 11 p., 440.

Neurochemical changes in the aging brain: A systematic review  
Cleeland, C., Pipingas, A., Scholey, A. & White, D., Mar 2019, In: Neuroscience and Biobehavioral Reviews. 98, p. 306-319 14 p.

**The Australian Research Council Longevity Intervention (ARCLI) study protocol (ANZCTR12611000487910) addendum: Neuroimaging and gut microbiota protocol 11 Medical and Health Sciences 1103 Clinical Sciences 11 Medical and Health Sciences 1109 Neurosciences**

Simpson, T., Deleuil, S., Echeverria, N., Komanduri, M., MacPherson, H., Suo, C., Gondalia, S., Fard, M. T., Pipingas, A., Scholey, A. & Stough, C., 5 Jan 2019, In: Nutrition Journal. 18, 1, 9 p., 1.

Attentional and working memory performance following alcohol and energy drink: A randomised, double-blind, placebo-controlled, factorial design laboratory study  
Benson, S., Tiplady, B. & Scholey, A., Jan 2019, In: PLoS ONE. 14, 1, 17 p., e0209239.

Higher plasma levels of F<sub>2</sub>-isoprostanes are associated with slower psychomotor speed in healthy older adults  
Camfield, D. A., Nolidin, K., Savage, K., Timmer, J., Croft, K., Tangestani Fard, M., Simpson, T., Downey, L., Scholey, A., Pipingas, A., Deleuil, S. & Stough, C., 2019, In: Free Radical Research. 53, 4, p. 377-386 10 p.

**Study protocol for a double-blind randomised controlled trial investigating the impact of 12 weeks supplementation with a Fucus vesiculosus extract on cholesterol levels in adults with elevated fasting LDL cholesterol who are overweight or have obesity**

Murray, M., Dordevic, A. L., Cox, K. H. M., Scholey, A., Ryan, L. & Bonham, M. P., 1 Dec 2018, In: BMJ Open. 8, 12, 10 p., e022195.

The association between adherence to a Mediterranean style diet and cognition in older people: The impact of medication  
Hardman, R. J., Meyer, D., Kennedy, G., Macpherson, H., Scholey, A. B. & Pipingas, A., Dec 2018, In: Clinical Nutrition. 37, 6, p. 2156-2165 10 p.

Melissa and me  
Scholey, A., 1 Oct 2018, In: Psychologist. 31, 10, p. 39-40 2 p.

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

Ogden, E. J. D., Verster, J. C., Hayley, A. C., Downey, L. A., Hocking, B., Stough, C. K., Scholey, A. B. & Bonomo, Y., Aug 2018, In: Internal Medicine Journal. 48, 8, p. 908-915 8 p.

Impact of mental resilience and perceived immune functioning on the severity of alcohol hangover  
Van De Loo, A. J. A. E., Van Schroyen Lantman, M., Mackus, M., Scholey, A. & Verster, J. C., 31 Jul 2018, In: BMC Research Notes. 11, 1, 4 p., 526.

Why meta is better: A reply to Linden-Carmichael et al. (2018)

Scholey, A., Benson, S., Johnson, S., Alford, C., Godefroy, S. B. & Verster, J. C., Jul 2018, In: *Human Psychopharmacology*. 33, 4, 4 p., e2663.

Susceptibility to alcohol hangovers: The association with self-reported immune status

van de Loo, A. J. A. E., Mackus, M., van Schrojenstein Lantman, M., Kraneveld, A. D., Brookhuis, K. A., Garssen, J., Scholey, A. & Verster, J. C., 18 Jun 2018, In: *International Journal of Environmental Research and Public Health*. 15, 6, 8 p., 1286.

The role of glucose in supporting cognition and mood regulation

Scholey, A., Peters, R., Cleeland, C. & White, D., 18 Jun 2018, *The Routledge International Handbook of Psychobiology*. Murphy, P. N. (ed.). 1st ed. United Kingdom: Taylor & Francis, p. 209-218 10 p.

Differences in the Temporal Typology of Alcohol Hangover

Verster, J. C., van Schrojenstein Lantman, M., Mackus, M., van de Loo, A. J. A. E., Garssen, J. & Scholey, A., Apr 2018, In: *Alcoholism: Clinical and Experimental Research*. 42, 4, p. 691-697 7 p.

Glycerophospholipid supplementation as a potential intervention for supporting cerebral structure in older adults

Reddan, J. M., White, D. J., Macpherson, H., Scholey, A. & Pipingas, A., 7 Mar 2018, In: *Frontiers in Aging Neuroscience*. 10, 26 p., 49.

Alcohol mixed with energy drink (AMED): A critical review and meta-analysis

Verster, J. C., Benson, S., Johnson, S. J., Alford, C., Godefroy, S. B. & Scholey, A., Mar 2018, In: *Human Psychopharmacology*. 33, 2, 19 p., e2650.

Impaired verbal episodic memory in healthy older adults is marked by increased F<sub>2</sub>-Isoprostanes

Downey, L. A., Simpson, T., Timmer, J., Nolidin, K., Croft, K., Wesnes, K. A., Scholey, A., Deleuil, S. & Stough, C., 1 Feb 2018, In: *Prostaglandins Leukotrienes and Essential Fatty Acids*. 129, p. 32-37 6 p.

Nutrients for neurocognition in health and disease: Measures, methodologies and mechanisms

Scholey, A., Feb 2018, In: *Proceedings of the Nutrition Society*. 77, 1, p. 73-83 11 p.

Physical Fitness and Aortic Stiffness Explain the Reduced Cognitive Performance Associated with Increasing Age in Older People

Kennedy, G., Meyer, D., Hardman, R. J., MacPherson, H., Scholey, A. B. & Pipingas, A., 2018, In: *Journal of Alzheimer's Disease*. 63, 4, p. 1307-1316 10 p.

The Cognitive Ageing, Nutrition and Neurogenesis (CANN) trial: Design and progress

Irvine, M. A., Scholey, A., King, R., Gillings, R., Vauzour, D., Demichele, S. J., Das, T., Wesnes, K. A., Sutton, B. P., Cassidy, A., Pipingas, A., Potter, J. F., Johnson, G., White, D., Larsen, R., Cohen, N. J. & Minihane, A. M., 2018, In: *Alzheimer's & Dementia: Translational Research & Clinical Interventions*. 4, p. 591-601 11 p.

Vitamin c status and cognitive function: A systematic review

Travica, N., Ried, K., Sali, A., Scholey, A., Hudson, I. & Pipingas, A., Sept 2017, In: *Nutrients*. 9, 9, p. 1-21 21 p., 960.

The breathtaking truth about breath alcohol readings of zero

Verster, J. C., Mackus, M., van de Loo, A. J., Garssen, J. & Scholey, A., Jul 2017, In: *Addictive Behaviors*. 70, p. 23-26 4 p.

Exploring the effect of lactium™ and zizyphus complex on sleep quality: A double-blind, randomized placebo-controlled trial

Scholey, A., Benson, S., Gibbs, A., Perry, N., Sarris, J. & Murray, G., 17 Feb 2017, In: *Nutrients*. 9, 2, 15 p., 154.



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

Kean, J. D., Sarris, J., Scholey, A., Silberstein, R., Downey, L. A. & Stough, C., 1 Feb 2017, In: *Psychopharmacology*. 234, 3, p. 403-420 18 p.

The effect of a single dose of multivitamin and mineral combinations with and without guaraná on functional brain activity during a continuous performance task

White, D. J., Camfield, D. A., Maggini, S., Pipingas, A., Silberstein, R., Stough, C. & Scholey, A., 2 Jan 2017, In: *Nutritional Neuroscience*. 20, 1, p. 8-22 15 p.

Coffee and cognition: Extending our understanding beyond caffeine

Nolidin, K., Kure, C., Scholey, A. & Stough, C., 2017, *Green Coffee Bean Extract in Human Health*. Bagchi, D., Moriyama, H. & Swaroop, A. (eds.). 1st ed. Boca Raton Florida USA: CRC Press, p. 163-173 11 p.

Polyphenols for Brain and Cognitive Health

Cox, K. H. M. & Scholey, A., 2017, *Recent Advances in Polyphenol Research*. Yoshida, K., Cheynier, V. & Quideau, S. (eds.). Chichester UK: John Wiley & Sons, Vol. 5. p. 259-288 30 p.

Proceeding of the 9<sup>th</sup> alcohol hangover research group meeting

Merlo, A., Adams, S., Benson, S., Devenney, L., Gunn, C., Iversen, J., Johnson, S. J., Mackus, M., Scholey, A., Stock, A. K., van de Loo, A. J. A. E., Lantman, M. V. S., Versprille, L. J. F. W. & Verster, J. C., 2017, In: *Current Drug Abuse Reviews*. 10, 1, p. 68-75 8 p.

Functional brain activity changes after 4 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

White, D. J., Cox, K. H. M., Hughes, M. E., Pipingas, A., Peters, R. & Scholey, A. B., 2 Dec 2016, In: *Frontiers in Aging Neuroscience*. 8, DEC, 20 p., 288.

Controversies in omega-3 efficacy and novel concepts for application

Radcliffe, J. E., Thomas, J., Bramley, A. L., Kouris-Blazos, A., Radford, B. E., Scholey, A. B., Pipingas, A., Thomas, C. J. & Itsiopoulos, C., Sept 2016, In: *Human Nutrition & Metabolism*. 5, p. 11-22 12 p.

Consumption of caffeinated beverages and the awareness of their caffeine content among Dutch students

Mackus, M., van de Loo, A. J. A. E., Benson, S., Scholey, A. & Verster, J. C., 1 Aug 2016, In: *Appetite*. 103, p. 353-357 5 p.

Adherence to a Mediterranean-Style Diet and Effects on Cognition in Adults: A Qualitative Evaluation and Systematic Review of Longitudinal and Prospective Trials

Hardman, R. J., Kennedy, G., Macpherson, H., Scholey, A. B. & Pipingas, A., 22 Jul 2016, In: *Frontiers in Nutrition*. 3, 20 p., 22.

**Relationships Among Cognitive Function and Cerebral Blood Flow, Oxidative Stress, and Inflammation in Older Heart Failure Patients**

Kure, C. E., Rosenfeldt, F. L., Scholey, A. B., Pipingas, A., Kaye, D. M., Bergin, P. J., Croft, K. D., Wesnes, K. A., Myers, S. P. & Stough, C., 1 Jul 2016, In: *Journal of Cardiac Failure*. 22, 7, p. 548-559 12 p.

Low dose resveratrol improves cerebrovascular function in type 2 diabetes mellitus

Wong, R. H. X., Nealon, R. S., Scholey, A. & Howe, P. R. C., 1 May 2016, In: *Nutrition, Metabolism and Cardiovascular Diseases*. 26, 5, p. 393-399 7 p.

Anti-stress, behavioural and magnetoencephalography effects of an l-theanine-based nutrient drink: A randomised, double-blind, placebo-controlled, crossover trial

White, D. J., de Klerk, S., Woods, W., Gondalia, S., Noonan, C. & Scholey, A. B., Jan 2016, In: *Nutrients*. 8, 1, 19 p., 53.

Mixing alcohol with energy drink (AMED) and total alcohol consumption: A systematic review and meta-analysis  
Verster, J. C., Benson, S., Johnson, S. J., Scholey, A. & Alford, C., Jan 2016, In: *Human Psychopharmacology*. 31, 1, p. 2-10 9 p.

A review of the physiological factors associated with alcohol hangover  
Tipple, C. T., Benson, S. & Scholey, A., 2016, In: *Current Drug Abuse Reviews*. 9, 2, p. 93-98 6 p.

Nutrition, health and the ageing process  
Peters, R., White, D. & Scholey, A., 2016, *Handbook of Gerontology Research Methods: Understanding successful aging*. Riby, L. (ed.). 1st ed. London UK: Taylor & Francis, p. 43-59 17 p.

Proceeding of the 8<sup>th</sup> alcohol hangover research group meeting  
Mackus, M., Adams, S., Barzilay, A., Benson, S., Blau, L., Iversen, J., Johnson, S. J., Keshavarzian, A., Scholey, A., Smith, G. S., Trela, C., Vatsalya, V. & Verster, J. C., 2016, In: *Current Drug Abuse Reviews*. 9, 2, p. 106-112 7 p.

The effect of Sailuotong (SLT) on neurocognitive and cardiovascular function in healthy adults: A randomised, doubleblind, placebo controlled crossover pilot trial  
Steiner, G. Z., Yeung, A., Liu, J. X., Camfield, D. A., de Blasio, F. M., Pipingas, A., Scholey, A. B., Stough, C. & Chang, D. H., 2016, In: *BMC Complementary Medicine and Therapies*. 16, 1, 13 p., 15.

The Effects of Four-Week Multivitamin Supplementation on Mood in Healthy Older Women: A Randomized Controlled Trial  
Macpherson, H., Rowsell, R., Cox, K. H. M., Reddan, J., Meyer, D., Scholey, A. & Pipingas, A., 2016, In: *Evidence-Based Complementary and Alternative Medicine*. 2016, 11 p., 3092828.

A randomized controlled trial investigating the effects of a special extract of *Bacopa monnieri* (CDRI 08) on hyperactivity and inattention in male children and adolescents: BACHI Study Protocol (ANZCTRN12612000827831)  
Kean, J. D., Kaufman, J., Lomas, J., Goh, A., White, D., Simpson, D., Scholey, A., Sarris, J., Zangara, A. & Stough, C., 2 Dec 2015, In: *Nutrients*. 7, 12, p. 9931-9945 15 p.

Energy drinks mixed with alcohol: Are there any risks?  
Alford, C., Scholey, A. & Verster, J. C., Nov 2015, In: *Nutrition Reviews*. 73, 11, p. 796-798 3 p., nuv036.

Effects of four-week supplementation with a multi-vitamin/mineral preparation on mood and blood biomarkers in young adults: A randomised, double-blind, placebo-controlled trial  
White, D. J., Cox, K. H. M., Peters, R., Pipingas, A. & Scholey, A. B., 30 Oct 2015, In: *Nutrients*. 7, 11, p. 9005-9017 13 p.

Functional activation during the rapid visual information processing task in a middle aged cohort: An fMRI study  
Neale, C., Johnston, P., Hughes, M. & Scholey, A., 21 Oct 2015, In: *PLoS ONE*. 10, 10, 20 p., e0138994.

Erratum: An acute, double-blind, placebo-controlled crossover study of 320-mg and 640-mg doses of a special extract of *Bacopa monnieri* (CDRI 08) on sustained cognitive performance (*Phytotherapy Research* (2015) 27 (1407-1413) DOI: 10.1002/ptr.4864)

Downey, L. A., Kean, J., Neme, F., Lau, A., Poll, A., Gregory, R., Murray, M., Rourke, J., Patak, B., Pase, M. P., Zangara, A., Lomas, J., Scholey, A. & Stough, C., 1 Oct 2015, In: *Phytotherapy Research*. 29, 10, 1 p.

**Erratum: An acute, double-blind, placebo-controlled cross-over study of 320-mg and 640-mg doses of *Bacopa monnieri* (CDRI 08) on multitasking stress reactivity and mood (*Phytotherapy Research* (2014) 28 (551-559) DOI: 10.1002/ptr.5029)**  
Benson, S., Downey, L. A., Stough, C., Wetherell, M., Zangara, A. & Scholey, A., 1 Oct 2015, In: *Phytotherapy Research*. 29, 10, p. 1676 1 p.

International Society for Nutritional Psychiatry Research consensus position statement: Nutritional medicine in modern psychiatry  
Sarris, J., Logan, A. C., Akbaraly, T. N., Paul Amminger, G., Balanzá-Martínez, V., Freeman, M. P., Hibbeln, J., Matsuoka, Y., Mischoulon, D., Mizoue, T., Nanri, A., Nishi, D., Parletta, N., Ramsey, D., Rucklidge, J. J., Sanchez-Villegas, A.,

Scholey, A., Su, K. P. & Jacka, F. N., 1 Oct 2015, In: *World Psychiatry*. 14, 3, p. 370-371 2 p.

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 [ACTRN12614001133628]

Hardman, R. J., Kennedy, G., MacPherson, H., Scholey, A. B. & Pipingas, A., 24 May 2015, In: *Nutrition Journal*. 14, 1, 10 p., 53.

The acute and sub-chronic effects of cocoa flavanols on mood, cognitive and cardiovascular health in young healthy adults: A randomized, controlled trial

Masse, L. A., Ried, K., Pase, M., Travica, N., Yoganathan, J., Scholey, A., Macpherson, H., Kennedy, G., Sali, A. & Pipingas, A., 20 May 2015, In: *Frontiers in Pharmacology*. 6, 14 p., 93.

Investigation of the effects of solid lipid curcumin on cognition and mood in a healthy older population

Cox, K. H. M., Pipingas, A. & Scholey, A. B., 5 May 2015, In: *Journal of Psychopharmacology*. 29, 5, p. 642-651 10 p.

Switching to a 10-day Mediterranean-style diet improves mood and cardiovascular function in a controlled crossover study

Lee, J., Pase, M., Pipingas, A., Raubenheimer, J., Thurgood, M., Villalon, L., Macpherson, H., Gibbs, A. & Scholey, A., May 2015, In: *Nutrition*. 31, 5, p. 647-652 6 p.

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

Macpherson, H., Rowsell, R., Cox, K. H. M., Scholey, A. & Pipingas, A., 24 Apr 2015, In: *Age*. 37, 3, 10 p., 38.

Investigation of a *Melissa officinalis* special extract on Cognition II: Human study - Lemon balm extract administered in confectionary bars

Scholey, A., Gibbs, A., Neale, C., Perry, N., Ossoukhova, A., Bilog, V., Kras, M., Sass, M., Scholz, C., Röchter, S. & Buchwald-Werner, S., 1 Mar 2015, In: *Agro Food Industry Hi-Tech*. 26, 2, p. 12-14 3 p.

Nutritional medicine as mainstream in psychiatry

Sarris, J., Logan, A. C., Akbaraly, T. N., Amminger, G. P., Balanzá-Martínez, V., Freeman, M. P., Hibbeln, J., Matsuoka, Y., Mischoulon, D., Mizoue, T., Nanri, A., Nishi, D., Ramsey, D., Rucklidge, J. J., Sanchez-Villegas, A., Scholey, A., Su, K. P., Jacka, F. N. & on behalf of The International Society for Nutritional Psychiatry Research, 1 Mar 2015, In: *The Lancet Psychiatry*. 2, 3, p. 271-274 4 p.

Glucose administration and cognitive function: Differential effects of age and effort during a dual task paradigm in younger and older adults

Macpherson, H., Roberstson, B., Sünram-Lea, S., Stough, C., Kennedy, D. & Scholey, A., Mar 2015, In: *Psychopharmacology*. 232, 6, p. 1135-1142 8 p.

Improved working memory performance following administration of a single dose of American ginseng (*Panax quinquefolius* L.) to healthy middle-age adults

Ossoukhova, A., Owen, L., Savage, K., Meyer, M., Ibarra, A., Roller, M., Pipingas, A., Wesnes, K. & Scholey, A., Mar 2015, In: *Human Psychopharmacology*. 30, 2, p. 108-122 15 p.

Acute effects of a dietary non-starch polysaccharide supplement on cognitive performance in healthy middle-aged adults

Best, T., Howe, P., Bryan, J., Buckley, J. & Scholey, A., 1 Feb 2015, In: *Nutritional Neuroscience*. 18, 2, p. 76-86 11 p.

Use of neuroimaging techniques in the assessment of nutraceuticals for cognitive enhancement: Methodological and interpretative issues

Camfield, D. A. & Scholey, A., 1 Jan 2015, *Nutrition for Brain Health and Cognitive Performance*. Best, T. & Dye, L. (eds.). 1st ed. CRC Press, p. 305-339 35 p.

**Fish oil and multivitamin supplementation reduces oxidative stress but not inflammation in healthy older adults: a randomised controlled trial**

Pipingas, A., Sinclair, A. J., Croft, K. D., Januszewski, A. S., Jenkins, A. J., Mori, T. A., Cockerell, R., Grima, N., Stough, C., Scholey, A. B., Myers, S., Sali, A. & Pase, M. P., 2015, In: *Journal of Functional Foods*. 19, p. 949 - 957 9 p.

Herbal extracts and nutraceuticals for cognitive performance

Scholey, A., Pase, M., Pipingas, A., Stough, C. & Camfield, D. A., 2015, *Nutrition for Brain Health and Cognitive Performance*. Best, T. & Dye, L. (eds.). 1st ed. Boca Raton, Florida: CRC Press, p. 221-250 30 p.

**Kava for the treatment of generalised anxiety disorder (K-GAD): study protocol for a randomised controlled trial**

Savage, K. M., Stough, C., Byrne, G. J., Scholey, A. B., Bousman, C., Murphy, J., Macdonald, P., Suo, C., Hughes, M. E., Thomas, S. R., Teschke, R. S., Xing, C. C. & Sarris, J., 2015, In: *Trials*. 16, 1, p. 1 - 13 13 p.

**The effects of long-chain omega-3 fish oils and multivitamins on cognitive and cardiovascular function: a randomized, controlled clinical trial**

Pase, M. P., Grima, N., Cockerell, R., Stough, C., Scholey, A. B., Sali, A. & Pipingas, A., 2015, In: *Journal of the American College of Nutrition*. 34, 1, p. 21 - 31 11 p.

The Influence of the Mediterranean Diet on Cognitive Health

Macpherson, H., Lee, J., Villalon, L., Pase, M., Pipingas, A. & Scholey, A., 2015, *The Mediterranean Diet: An Evidence-Based Approach*. Preedy, V. R. & Watson, R. R. (eds.). 1st ed. London, UK: Academic Press, p. 81-89 9 p.

Assessing Premorbid Cognitive Ability in Adults With Type 2 Diabetes Mellitus—a Review With Implications for Future Intervention Studies

Wong, R. H. X., Scholey, A. & Howe, P. R. C., 1 Nov 2014, In: *Current Diabetes Reports*. 14, 11, 12 p., 547.

Effects of mixing alcohol with caffeinated beverages on subjective intoxication: A systematic review and meta-analysis

Benson, S., Verster, J. C., Alford, C. & Scholey, A., Nov 2014, In: *Neuroscience and Biobehavioral Reviews*. 47, p. 16-21 6 p.

Anti-stress effects of lemon balm-containing foods

Scholey, A., Gibbs, A., Neale, C., Perry, N., Ossoukhova, A., Bilog, V., Kras, M., Scholz, C., Sass, M. & Buchwald-Werner, S., 28 Oct 2014, In: *Nutrients*. 6, 11, p. 4805-4821 17 p.

Effects of two doses of glucose and a caffeine-glucose combination on cognitive performance and mood during multi-tasking

Scholey, A., Savage, K., O'Neill, B. V., Owen, L., Stough, C., Priestley, C. & Wetherell, M., 1 Sept 2014, In: *Human Psychopharmacology*. 29, 5, p. 434-445 12 p.

MDMA, cortisol, and heightened stress in recreational ecstasy users

Parrott, A. C., Montgomery, C., Wetherell, M. A., Downey, L. A., Stough, C. & Scholey, A. B., Sept 2014, In: *Behavioural Pharmacology*. 25, 5-6, p. 458-472 15 p.

Acute effects of tea constituents L-theanine, caffeine, and epigallocatechin gallate on cognitive function and mood: A systematic review and meta-analysis

Camfield, D. A., Stough, C., Farrimond, J. & Scholey, A. B., Aug 2014, In: *Nutrition Reviews*. 72, 8, p. 507-522 16 p.

Effects of alcohol and energy drink on mood and subjective intoxication: A double-blind, placebo-controlled, crossover study

Benson, S. & Scholey, A., Jul 2014, In: *Human Psychopharmacology*. 29, 4, p. 360-369 10 p.

Motives for mixing alcohol with energy drinks and other nonalcoholic beverages, and consequences for overall alcohol consumption

Verster, J. C., Benson, S. & Scholey, A., 18 Jun 2014, In: *International Journal of General Medicine*. 7, p. 285-293 9 p.

Nutritional influences on human neurocognitive functioning

Smith, M. A. & Scholey, A. B., 27 May 2014, In: *Frontiers in Human Neuroscience*. 8, MAY, 358.

The acute effect of flavonoid-rich apples and nitrate-rich spinach on cognitive performance and mood in healthy men and women

Bondonno, C. P., Downey, L. A., Croft, K. D., Scholey, A., Stough, C., Yang, X., Considine, M. J., Ward, N. C., Puddey, I. B., Swinny, E., Mubarak, A. & Hodgson, J. M., May 2014, In: *Food & Function*. 5, 5, p. 849-858 10 p.

An acute, double-blind, placebo-controlled cross-over study of 320 mg and 640 mg doses of *Bacopa monnieri* (CDRI 08) on multitasking stress reactivity and mood

Benson, S., Downey, L. A., Stough, C., Wetherell, M., Zangara, A. & Scholey, A., Apr 2014, In: *Phytotherapy Research*. 28, 4, p. 551-559 9 p.

Drugs: Psychotropic medication

Scholey, A., Parrot, A. & Kennedy, D., 1 Jan 2014, *Cambridge Handbook of Psychology, Health and Medicine, Second Edition*. Cambridge University Press (Anthem Press), p. 685-687 3 p.

Effects of multivitamin, mineral and herbal supplement on cognition in younger adults and the contribution of B group vitamins

Pipingas, A., Camfield, D. A., Stough, C., Scholey, A. B., Cox, K. H. M., White, D., Sarris, J., Sali, A. & Macpherson, H., Jan 2014, In: *Human Psychopharmacology*. 29, 1, p. 73-82 10 p.

**Association of pulsatile and mean cerebral blood flow velocity with age and neuropsychological performance**

Pase, M. P., Grima, N., Stough, C., Scholey, A. B. & Pipingas, A., 2014, In: *Physiology and Behavior*. 130, p. 23 - 27 5 p.

**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**

Pipingas, A., Cockerell, R., Grima, N., Sinclair, A. J., Stough, C., Scholey, A. B., Myers, S., Croft, K. D., Sali, A. & Pase, M. P., 2014, In: *Nutrients*. 6, 5, p. 1956 - 1970 15 p.

Examining the cognitive effects of a special extract of *Bacopa monnieri* (CDRI 08: KeenMind): A review of ten years of research at Swinburne University

Stough, C., Scholey, A., Cropley, V., Wesnes, K., Zangara, A., Pase, M., Savage, K., Nolidin, K., Lomas, J. & Downey, L. A., 17 Dec 2013, In: *Journal of Pharmacy and Pharmaceutical Sciences*. 16, 2, p. 254-258 5 p.

A randomised placebo-controlled trial to differentiate the acute cognitive and mood effects of chlorogenic acid from decaffeinated coffee

Camfield, D. A., Silber, B. Y., Scholey, A. B., Nolidin, K., Goh, A. & Stough, C., 9 Dec 2013, In: *PLoS ONE*. 8, 12, e82897.

Response variability to glucose facilitation of cognitive enhancement

Owen, L., Scholey, A., Finnegan, Y. & Sünram-Lea, S. I., 28 Nov 2013, In: *British Journal of Nutrition*. 110, 10, p. 1873-1884 12 p.

A randomized controlled trial investigating the neurocognitive effects of Lacprodan® PL-20, a phospholipid-rich milk protein concentrate, in elderly participants with age-associated memory impairment: The Phospholipid Intervention for Cognitive Ageing Reversal (PLICAR): Study protocol for a randomized controlled trial

Scholey, A. B., Camfield, D. A., Hughes, M. E., Woods, W., K Stough, C. K., White, D. J., Gondalia, S. V. & Frederiksen, P. D., 26 Nov 2013, In: *Trials*. 14, 1, 404.

The effects of multivitamin supplementation on diurnal cortisol secretion and perceived stress

Camfield, D. A., Wetherell, M. A., Scholey, A. B., Cox, K. H. M., Fogg, E., White, D. J., Sarris, J., Kras, M., Stough, C., Sali, A. & Pipingas, A., 11 Nov 2013, In: *Nutrients*. 5, 11, p. 4429-4450 22 p.

The neurocognitive effects of *Hypericum perforatum* special extract (Ze 117) during smoking cessation

Camfield, D. A., Scholey, A. B., Pipingas, A., Silberstein, R. B., Kure, C., Zangara, A., Kras, M. & Stough, C., Nov 2013, In: *Phytotherapy Research*. 27, 11, p. 1605-1613 9 p.

The effects of multivitamin supplementation on mood and general well-being in healthy young adults. A laboratory and at-home mobile phone assessment

Pipingas, A., Camfield, D. A., Stough, C., Cox, K. H., Fogg, E., Tiplady, B., Sarris, J., White, D. J., Sali, A., Wetherell, M. A. & Scholey, A. B., 1 Oct 2013, In: *Appetite*. 69, p. 123-136 14 p.

Effects of chocolate on cognitive function and mood: A systematic review

Scholey, A. & Owen, L., Oct 2013, In: *Nutrition Reviews*. 71, 10, p. 665-681 17 p.

Acute effects of different multivitamin mineral preparations with and without guaraná on mood, cognitive performance and functional brain activation

Scholey, A., Bauer, I., Neale, C., Savage, K., Camfield, D., White, D., Maggini, S., Pipingas, A., Stough, C. & Hughes, M., 13 Sept 2013, In: *Nutrients*. 5, 9, p. 3589-3604 16 p.

An acute, double-blind, placebo-controlled crossover study of 320 mg and 640 mg doses of a special extract of *Bacopa monnieri* (CDRI 08) on sustained cognitive performance

Downey, L. A., Kean, J., Nemeh, F., Lau, A., Poll, A., Gregory, R., Murray, M., Rourke, J., Patak, B., Pase, M. P., Zangara, A., Lomas, J., Scholey, A. & Stough, C., 1 Sept 2013, In: *Phytotherapy Research*. 27, 9, p. 1407-1413 7 p.

Erratum: A randomized controlled trial investigating the effects of PCSO-524®, a patented oil extract of the New Zealand Green Lipped Mussel (*Perna canaliculus*), on the behaviour, mood, cognition and neurophysiology of children and adolescents

Kean, J. D., Camfield, D., Sarris, J., Kras, M., Silberstein, R., Scholey, A. & Stough, C., 13 Aug 2013, In: *Nutrition Journal*. 12, 1, 113.

**A randomized controlled trial investigating the effects of PCSO-524®, a patented oil extract of the New Zealand green lipped mussel (*Perna canaliculus*), on the behaviour, mood, cognition and neurophysiology of children and adolescents (aged 6-14 years) experiencing clinical and sub-clinical levels of hyperactivity and inattention: Study protocol ACTRN12610000978066**

Kean, J. D., Camfield, D., Sarris, J., Kras, M., Silberstein, R., Scholey, A. & Stough, C., 18 Jul 2013, In: *Nutrition Journal*. 12, 1, 10 p., 100.

Cocoa polyphenols enhance positive mood states but not cognitive performance: A randomized, placebo-controlled trial  
Pase, M. P., Scholey, A. B., Pipingas, A., Kras, M., Nolidin, K., Gibbs, A., Wesnes, K. & Stough, C., 1 May 2013, In: *Journal of Psychopharmacology*. 27, 5, p. 451-458 8 p.

The Alcohol Mixed with Energy Drink Debate: Masking the Facts! A Commentary on "Mixing an Energy Drink with an Alcoholic Beverage Increases Motivation for More Alcohol in College Students" by Marczynski and Colleagues (in press)  
Verster, J. C., Alford, C. & Scholey, A., Apr 2013, In: *Alcoholism: Clinical and Experimental Research*. 37, 4, p. 703-705 3 p.

Cognitive effects of two nutraceuticals Ginseng and *Bacopa* benchmarked against modafinil: A review and comparison of effect sizes

Neale, C., Camfield, D., Reay, J., Stough, C. & Scholey, A., Mar 2013, In: *British Journal of Clinical Pharmacology*. 75, 3, p. 728-737 10 p.

Advances in Natural Medicines, Nutraceuticals and Neurocognition

Stough, C. (Editor) & Scholey, A. (Editor), 1 Jan 2013, United States: CRC Press. 347 p.

Assessing the utility of *Bacopa monnieri* to treat the neurobiological and cognitive processes underpinning cognitive aging  
Stough, C., Cropley, V., Pase, M., Scholey, A. & Kean, J., 1 Jan 2013, *Advances in Natural Medicines, Nutraceuticals and Neurocognition*. Stough, C. & Scholey, A. (eds.). 1st ed. United States: CRC Press, p. 241-250 10 p.

Epigallocatechin gallate (EGCG) and cognitive function

Finn, M., Scholey, A., Pipingas, A. & Stough, C., 1 Jan 2013, *Advances in Natural Medicines, Nutraceuticals and Neurocognition*. Stough, C. & Scholey, A. (eds.). United States: CRC Press, p. 225-240 16 p.

Does a Medicinal Dose of Kava Impair Driving? A Randomized, Placebo-Controlled, Double-Blind Study  
Sarris, J., LaPorte, E., Scholey, A., King, R., Pipingas, A., Schweitzer, I. & Stough, C., Jan 2013, In: Traffic Injury Prevention. 14, 1, p. 13-17 5 p.

Glucose enhancement of recognition memory: Differential effects on effortful processing but not aspects of 'remember-know' responses  
Scholey, A., MacPherson, H., Sünram-Lea, S., Elliott, J., Stough, C. & Kennedy, D., Jan 2013, In: Neuropharmacology. 64, p. 544-549 6 p.

**Blood pressure and cognitive function: the role of central aortic and brachial pressures**

Pase, M. P., Stough, C., Grima, N., Harris, E. A., Macpherson, H., Scholey, A. B. & Pipingas, A., 2013, In: Psychological Science. 24, 11, p. 2173 - 2181 9 p.

**Preface**

Stough, C. & Scholey, A., 2013, *Advances in Natural Medicines, Nutraceuticals and Neurocognition*. Stough, C. & Scholey, A. (eds.). 1st ed. United States: CRC Press, p. ix-x 2 p.

Breakfast is associated with enhanced cognitive function in schoolchildren. An internet based study  
Wesnes, K. A., Pincock, C. & Scholey, A., Dec 2012, In: Appetite. 59, 3, p. 646-649 4 p.

Neurocognitive and mood effects of alcohol in a naturalistic setting  
Scholey, A. B., Benson, S., Neale, C., Owen, L. & Tiplady, B., Sept 2012, In: Human Psychopharmacology. 27, 5, p. 514-516 3 p.

The cognitive-enhancing effects of bacopa monnieri: A systematic review of randomized, controlled human clinical trials  
Pase, M. P., Kean, J., Sarris, J., Neale, C., Scholey, A. B. & Stough, C., 1 Jul 2012, In: Journal of Alternative and Complementary Medicine. 18, 7, p. 647-652 6 p.

The acute effects of kava and oxazepam on anxiety, mood, neurocognition; And genetic correlates: A randomized, placebo-controlled, double-blind study  
Sarris, J., Scholey, A., Schweitzer, I., Bousman, C., LaPorte, E., Ng, C., Murray, G. & Stough, C., May 2012, In: Human Psychopharmacology. 27, 3, p. 262-269 8 p.

**Acute neurocognitive effects of epigallocatechin gallate (EGCG)**

Scholey, A., Downey, L. A., Ciorciari, J., Pipingas, A., Nolidin, K., Finn, M., Wines, M., Catchlove, S., Terrens, A., Barlow, E., Gordon, L. & Stough, C., Apr 2012, In: Appetite. 58, 2, p. 767-770 4 p.

DHA-rich oil modulates the cerebral haemodynamic response to cognitive tasks in healthy young adults: a near IR spectroscopy pilot study.

Jackson, P. A., Reay, J. L., Scholey, A. B. & Kennedy, D. O., Apr 2012, In: British Journal of Nutrition. 107, 8, p. 1093-1098 6 p.

No effect of 12 weeks' supplementation with 1 g DHA-rich or EPA-rich fish oil on cognitive function or mood in healthy young adults aged 18-35 years.

Jackson, P. A., Deary, M. E., Reay, J. L., Scholey, A. B. & Kennedy, D. O., Apr 2012, In: British Journal of Nutrition. 107, 8, p. 1232-1243 12 p.

The effect of glucose dose and fasting interval on cognitive function: A double-blind, placebo-controlled, six-way crossover study

Owen, L., Scholey, A. B., Finnegan, Y., Hu, H. & Sünram-Lea, S. I., Apr 2012, In: Psychopharmacology. 220, 3, p. 577-589 13 p.

A randomized controlled trial investigating the effect of Pycnogenol and Bacopa CDRI08 herbal medicines on cognitive, cardiovascular, and biochemical functioning in cognitively healthy elderly people: The Australian Research Council Longevity Intervention (ARCLI) study protocol (ANZCTR12611000487910)

Stough, C. K., Pase, M. P., Cropley, V., Myers, S., Nolidin, K., King, R., Camfield, D., Wesnes, K., Pipingas, A., Croft, K., Chang, D. & Scholey, A. B., 7 Mar 2012, In: Nutrition Journal. 11, 1, 11.

Applied human psychopharmacology: The practical psychobiological consequences of some novel and ancient psychoactive drugs

Parrott, A. C., Murphy, P. & Scholey, A. B., Mar 2012, In: Human Psychopharmacology. 27, 2, p. 103-105 3 p.

The effects of multitasking on psychological stress reactivity in recreational users of cannabis and MDMA

Wetherell, M. A., Atherton, K., Grainger, J., Brosnan, R. & Scholey, A. B., Mar 2012, In: Human Psychopharmacology. 27, 2, p. 167-176 10 p.

Steady state visually evoked potential (SSVEP) topography changes associated with cocoa flavanol consumption

Camfield, D. A., Scholey, A., Pipingas, A., Silberstein, R., Kras, M., Nolidin, K., Wesnes, K., Pase, M. & Stough, C., 28 Feb 2012, In: Physiology and Behavior. 105, 4, p. 948-957 10 p.

Does coffee enriched with chlorogenic acids improve mood and cognition after acute administration in healthy elderly? A pilot study

Cropley, V., Croft, R., Silber, B., Neale, C., Scholey, A., Stough, C. & Schmitt, J., Feb 2012, In: Psychopharmacology. 219, 3, p. 737-749 13 p.

Short-term study on the effects of rosemary on cognitive function in an elderly population

Pengelly, A., Snow, J., Mills, S. Y., Scholey, A., Wesnes, K. & Butler, L. R., 1 Jan 2012, In: Journal of Medicinal Food. 15, 1, p. 10-17 8 p.

Docosahexaenoic acid-rich fish oil modulates the cerebral hemodynamic response to cognitive tasks in healthy young adults

Jackson, P. A., Reay, J. L., Scholey, A. B. & Kennedy, D. O., Jan 2012, In: Biological Psychology. 89, 1, p. 183-190 8 p.

#### **Cardiovascular disease risk and cerebral blood flow velocity**

Pase, M. P., Grima, N., Stough, C., Scholey, A. B. & Pipingas, A., 2012, In: Stroke. 43, 10, p. 2803 - 2805 3 p.

Editorial cognitive enhancement: Are we barking up the wrong tree?

Scholey, A., Stough, C. & Verster, J. C., 2012, In: Current Drug Abuse Reviews. 5, 4, p. 255-256 2 p.

Participant experiences from chronic administration of a multivitamin versus placebo on subjective health and wellbeing: A double-blind qualitative analysis of a randomised controlled trial

Sarris, J., Cox, K. H. M., Camfield, D. A., Scholey, A., Stough, C., Fogg, E., Kras, M., White, D. J., Sali, A. & Pipingas, A., 2012, In: Nutrition Journal. 11, 1, 110.

Herbal medicine for depression, anxiety and insomnia: A review of psychopharmacology and clinical evidence

Sarris, J., Panossian, A., Schweitzer, I., Stough, C. & Scholey, A., Dec 2011, In: European Neuropsychopharmacology. 21, 12, p. 841-860 20 p.

The effect of multivitamin supplementation on mood and stress in healthy older men

Harris, E., Kirk, J., Rowsell, R., Vitetta, L., Sali, A., Scholey, A. B. & Pipingas, A., Dec 2011, In: Human Psychopharmacology. 26, 8, p. 560-567 8 p.

The effect of 90 day administration of a high dose vitamin B-complex on work stress

Stough, C., Scholey, A., Lloyd, J., Spong, J., Myers, S. & Downey, L. A., Oct 2011, In: Human Psychopharmacology. 26, 7, p. 470-476 7 p.

Monoterpenoid extract of sage (*Salvia lavandulaefolia*) with cholinesterase inhibiting properties improves cognitive performance and mood in healthy adults

Kennedy, D. O., Dodd, F. L., Robertson, B. C., Okello, E. J., Reay, J. L., Scholey, A. B. & Haskell, C. F., Aug 2011, In: Journal of Psychopharmacology. 25, 8, p. 1088-1100 13 p.



Dairy constituents and neurocognitive health in ageing

Camfield, D. A., Owen, L., Scholey, A. B., Pipingas, A. & Stough, C., 28 Jul 2011, In: *British Journal of Nutrition*. 106, 2, p. 159-174 16 p.

'Ecstasy use, by itself, does not result in residual neurotoxicity'- a powerful argument?

Rodgers, J., Buchanan, T., Heffernan, T., Ling, J. & Scholey, A., Jul 2011, In: *Addiction*. 106, 7, p. 1369-1370; author reply 1370-1372

'Ecstasy use, by itself, does not result in residual neurotoxicity'- a powerful argument?

Rodgers, J., Buchanan, T., Heffernan, T., Ling, J. & Scholey, A., Jul 2011, In: *Addiction*. 106, 7, p. 1269-1270 2 p.

Neurocognitive effects of herbal extracts

Scholey, A. & Stough, C., Jul 2011, *Lifetime Nutritional Influences on Cognition, Behaviour and Psychiatric Illness*. Butterworth-Heinemann, p. 272-297 26 p.

MDMA and methamphetamine: Some paradoxical negative and positive mood changes in an acute dose laboratory study

Parrott, A. C., Gibbs, A., Scholey, A. B., King, R., Owens, K., Swann, P., Ogden, E. & Stough, C., Jun 2011, In: *Psychopharmacology*. 215, 3, p. 527-536 10 p.

Functional foods and cognition

Scholey, A., Camfield, D., Owen, L., Pipingas, A. & Stough, C., Apr 2011, *Functional Foods: Concept to Product: Second Edition*. Butterworth-Heinemann, p. 277-308 32 p.

Improving general intelligence with a nutrient-based pharmacological intervention

Stough, C., Camfield, D., Kure, C., Tarasuik, J., Downey, L., Lloyd, J., Zangara, A., Scholey, A. & Reynolds, J., Mar 2011, In: *Intelligence*. 39, 2-3, p. 100-107 8 p.

Neurocognitive effects of kava (*Piper methysticum*): A systematic review

Laporte, E., Sarris, J., Stough, C. & Scholey, A., Mar 2011, In: *Human Psychopharmacology*. 26, 2, p. 102-111 10 p.

Behavioural effects of a 10-day Mediterranean diet. Results from a pilot study evaluating mood and cognitive performance

McMillan, L., Owen, L., Kras, M. & Scholey, A., Feb 2011, In: *Appetite*. 56, 1, p. 143-147 5 p.

Re-introduction of kava (*Piper methysticum*) to the EU: Is there a way forward?

Sarris, J., Teschke, R., Stough, C., Scholey, A. & Schweitzer, I., 2011, In: *Planta Medica*. 77, 2, p. 107-110 4 p.

Hair MDMA samples are consistent with reported ecstasy use: Findings from a study investigating effects of ecstasy on mood and memory

Scholey, A. B., Owen, L., Gates, J., Rodgers, J., Buchanan, T., Ling, J., Heffernan, T., Swan, P., Stough, C. & Parrott, A. C., Nov 2010, In: *Neuropsychobiology*. 63, 1, p. 15-21 7 p.

Consumption of cocoa flavanols results in acute improvements in mood and cognitive performance during sustained mental effort

Scholey, A. B., French, S. J., Morris, P. J., Kennedy, D. O., Milne, A. L. & Haskell, C. F., Oct 2010, In: *Journal of Psychopharmacology*. 24, 10, p. 1505-1514 10 p.

Effects of American ginseng (*Panax quinquefolius*) on neurocognitive function: An acute, randomised, double-blind, placebo-controlled, crossover study

Scholey, A., Ossoukhova, A., Owen, L., Ibarra, A., Pipingas, A., He, K., Roller, M. & Stough, C., Oct 2010, In: *Psychopharmacology*. 212, 3, p. 345-356 12 p.

A short self-report measure of problems with executive function suitable for administration via the internet

Buchanan, T., Heffernan, T. M., Parrott, A. C., Ling, J., Rodgers, J. & Scholey, A. B., Aug 2010, In: *Behavior Research Methods*. 42, 3, p. 709-714 6 p.

Glucose effects on long-term memory performance: Duration and domain specificity

Owen, L., Finnegan, Y., Hu, H., Scholey, A. B. & Sünram-Lea, S. I., Aug 2010, In: *Psychopharmacology*. 211, 2, p. 131-140 10 p.

Healthy middle-aged individuals are vulnerable to cognitive deficits as a result of increased arterial stiffness

Pase, M. P., Pipingas, A., Kras, M., Nolidin, K., Gibbs, A. L., Wesnes, K. A., Scholey, A. B. & Stough, C., Aug 2010, In: *Journal of Hypertension*. 28, 8, p. 1724-1729 6 p.

Panax ginseng (G115) improves aspects of working memory performance and subjective ratings of calmness in healthy young adults

Reay, J. L., Scholey, A. B. & Kennedy, D. O., Aug 2010, In: *Human Psychopharmacology*. 25, 6, p. 462-471 10 p.

Glucose enhancement of memory depends on initial thirst

Scholey, A. B., Sünram-Lea, S. I., Greer, J., Elliott, J. & Kennedy, D. O., Dec 2009, In: *Appetite*. 53, 3, p. 426-429 4 p.

Chewing gum alleviates negative mood and reduces cortisol during acute laboratory psychological stress

Scholey, A., Haskell, C., Robertson, B., Kennedy, D., Milne, A. & Wetherell, M., 22 Jun 2009, In: *Physiology and Behavior*. 97, 3-4, p. 304-312 9 p.

Glucose administration prior to a divided attention task improves tracking performance but not word recognition: Evidence against differential memory enhancement?

Scholey, A. B., Sünram-Lea, S. I., Greer, J., Elliott, J. & Kennedy, D. O., Jan 2009, In: *Psychopharmacology*. 202, 1-3, p. 549-558 10 p.

Cognitive and mood effects of 8 weeks' supplementation with 400 mg or 1000 mg of the omega-3 essential fatty acid docosahexaenoic acid (DHA) in healthy children aged 10-12 years

Kennedy, D. O., Jackson, P. A., Elliott, J. M., Scholey, A. B., Robertson, B. C., Greer, J., Tiplady, B., Buchanan, T. & Haskell, C. F., 2009, In: *Nutritional Neuroscience*. 12, 2, p. 48-56 9 p.

**MDMA: Neurohormonal, neurocognitive, and psychobiological aspects of recreational ecstasy**

Parrott, A. C., Broadbear, J. H., Bruno, R. B., Degenhardt, L., Morefield, K. & Scholey, A. B., 2009, In: *The Open Addiction Journal*. 2, p. 24 - 27 4 p.

Panax ginseng has no effect on indices of glucose regulation following acute or chronic ingestion in healthy volunteers

Reay, J. L., Scholey, A. B., Milne, A., Fenwick, J. & Kennedy, D. O., 2009, In: *British Journal of Nutrition*. 101, 11, p. 1673-1678 6 p.

Neurocognitive effects of guaraná plant extract

Scholey, A. & Haskell, C., Oct 2008, In: *Drugs of the Future*. 33, 10, p. 869-874 6 p.

Authors' reply

Scholey, A., Sept 2008, In: *Focus on Alternative and Complementary Therapies*. 13, 3, p. 182 1 p.

An extract of Salvia (sage) with anticholinesterase properties improves memory and attention in healthy older volunteers

Scholey, A. B., Tildesley, N. T. J., Ballard, C. G., Wesnes, K. A., Tasker, A., Perry, E. K. & Kennedy, D. O., May 2008, In: *Psychopharmacology*. 198, 1, p. 127-139 13 p.

Improved cognitive performance and mental fatigue following a multi-vitamin and mineral supplement with added guaraná (Paullinia cupana)

Kennedy, D. O., Haskell, C. F., Robertson, B., Reay, J., Brewster-Maund, C., Luedemann, J., Maggini, S., Ruf, M., Zangara, A. & Scholey, A. B., Mar 2008, In: *Appetite*. 50, 2-3, p. 506-513 8 p.

The effects of l-theanine, caffeine and their combination on cognition and mood

Haskell, C. F., Kennedy, D. O., Milne, A. L., Wesnes, K. A. & Scholey, A. B., Feb 2008, In: *Biological Psychology*. 77, 2, p. 113-122 10 p.

Cognitive and mood effects in healthy children during 12 weeks' supplementation with multi-vitamin/minerals

Haskell, C. F., Scholey, A. B., Jackson, P. A., Elliott, J. M., Defeyter, M. A., Greer, J., Robertson, B. C., Buchanan, T., Tiplady, B. & Kennedy, D. O., 2008, In: *British Journal of Nutrition*. 100, 5, p. 1086-1096 11 p.

Modulation of cognitive performance following single doses of 120mg Ginkgo biloba extract administered to healthy young volunteers

Kennedy, D. O., Jackson, P. A., Haskell, C. F. & Scholey, A. B., Dec 2007, In: *Human Psychopharmacology*. 22, 8, p. 559-566 8 p.

International conference on memory (ICOM-4), University of New South Wales, Sydney, Australia, 16-21 July 2006  
ecstasy/MDMA and memory symposium

Parrott, A. C., McGregor, I. S., Lee, T. M. C., Scholey, A. B. & Morgan, M. J., Nov 2007, In: *Journal of Psychopharmacology*. 21, 8, p. 895-897 3 p.

A low glycaemic index breakfast cereal preferentially prevents children's cognitive performance from declining throughout the morning

Ingwersen, J., Defeyter, M. A., Kennedy, D. O., Wesnes, K. A. & Scholey, A. B., Jul 2007, In: *Appetite*. 49, 1, p. 240-244 5 p.

Acute cognitive effects of standardised Ginkgo biloba extract complexed with phosphatidylserine

Kennedy, D. O., Haskell, C. F., Mauri, P. L. & Scholey, A. B., Jun 2007, In: *Human Psychopharmacology*. 22, 4, p. 199-210 12 p.

A double-blind, placebo-controlled, multi-dose evaluation of the acute behavioural effects of guaraná in humans

Haskell, C. F., Kennedy, D. O., Wesnes, K. A., Milne, A. L. & Scholey, A. B., Jan 2007, In: *Journal of Psychopharmacology*. 21, 1, p. 65-70 6 p.

The psychopharmacology of European herbs with cognition-enhancing properties

Kennedy, D. O. & Scholey, A. B., Dec 2006, In: *Current Pharmaceutical Design*. 12, 35, p. 4613-4623 11 p.

Effects of Panax ginseng, consumed with and without glucose, on blood glucose levels and cognitive performance during sustained 'mentally demanding' tasks

Reay, J. L., Kennedy, D. O. & Scholey, A. B., Nov 2006, In: *Journal of Psychopharmacology*. 20, 6, p. 771-781 11 p.

The glycaemic effects of single doses of Panax ginseng in young healthy volunteers

Reay, J. L., Kennedy, D. O. & Scholey, A. B., Oct 2006, In: *British Journal of Nutrition*. 96, 4, p. 639-642 4 p.

Dancing hot on Ecstasy: Physical activity and thermal comfort ratings are associated with the memory and other psychobiological problems reported by recreational MDMA users

Parrott, A. C., Rodgers, J., Buchanan, T., Ling, J., Heffernan, T. & Scholey, A. B., Jul 2006, In: *Human Psychopharmacology*. 21, 5, p. 285-298 14 p.

Differential experiences of the psychobiological sequelae of ecstasy use: Quantitative and qualitative data from an internet study

Rodgers, J., Buchanan, T., Pearson, C., Parrott, A. C., Ling, J., Heffernan, T. & Scholey, A. B., May 2006, In: *Journal of Psychopharmacology*. 20, 3, p. 437-446 10 p.

MDMA polydrug users show process-specific central executive impairments coupled with impaired social and emotional judgement processes

Reay, J. L., Hamilton, C., Kennedy, D. O. & Scholey, A. B., May 2006, In: *Journal of Psychopharmacology*. 20, 3, p. 385-388 4 p.

Effects of cholinesterase inhibiting sage (*Salvia officinalis*) on mood, anxiety and performance on a psychological stressor battery

Kennedy, D. O., Pace, S., Haskell, C., Okello, E. J., Milne, A. & Scholey, A. B., Apr 2006, In: *Neuropsychopharmacology*. 31, 4, p. 845-852 8 p.

Anxiolytic effects of a combination of *Melissa officinalis* and *Valeriana officinalis* during laboratory induced stress

Kennedy, D. O., Little, W., Haskell, C. F. & Scholey, A. B., Feb 2006, In: *Phytotherapy Research*. 20, 2, p. 96-102 7 p.

Blood glucose changes and memory: Effects of manipulating emotionality and mental effort

Scholey, A. B., Laing, S. & Kennedy, D. O., Jan 2006, In: *Biological Psychology*. 71, 1, p. 12-19 8 p.

Single doses of *Panax ginseng* (G115) reduce blood glucose levels and improve cognitive performance during sustained mental activity

Reay, J. L., Kennedy, D. O. & Scholey, A. B., Jul 2005, In: *Journal of Psychopharmacology*. 19, 4, p. 357-365 9 p.

Self-rated everyday and prospective memory abilities of cigarette smokers and non-smokers: A web-based study

Heffernan, T. M., Ling, J., Parrott, A. C., Buchanan, T., Scholey, A. B. & Rodgers, J., 1 Jun 2005, In: *Drug and Alcohol Dependence*. 78, 3, p. 235-241 7 p.

Cognitive and mood improvements of caffeine in habitual consumers and habitual non-consumers of caffeine

Haskell, C. F., Kennedy, D. O., Wesnes, K. A. & Scholey, A. B., Jun 2005, In: *Psychopharmacology*. 179, 4, p. 813-825 13 p.

The psychopharmacology of herbal extracts: Issues and challenges (multiple letters)

Scholey, A., Kennedy, D., Wesnes, K., Persson, J., Bringlov, E., Nilsson, L. G., Nyberg, L. & Solomon, P., May 2005, In: *Psychopharmacology*. 179, 3, p. 705-707 3 p.

Compromised arterial oxygen saturation in elderly asthma sufferers results in selective cognitive impairment

Moss, M., Franks, M., Briggs, P., Kennedy, D. & Scholey, A., Feb 2005, In: *Journal of Clinical and Experimental Neuropsychology*. 27, 2, p. 139-150 12 p.

Nonequivalence of on-line and paper-and-pencil psychological tests: The case of the prospective memory questionnaire

Buchanan, T., Ali, T., Heffernan, T. M., Ling, J., Parrott, A. C., Rodgers, J. & Scholey, A. B., Feb 2005, In: *Behavior Research Methods*. 37, 1, p. 148-154 7 p.

Positive modulation of mood and cognitive performance following administration of acute doses of *Salvia lavandulaefolia* essential oil to healthy young volunteers

Tildesley, N. T. J., Kennedy, D. O., Perry, E. K., Ballard, C. G., Wesnes, K. A. & Scholey, A. B., 17 Jan 2005, In: *Physiology and Behavior*. 83, 5, p. 699-709 11 p.

The effects of protective helmet use on physiology and cognition in young cricketers

Neave, N., Emmett, J., Moss, M., Ayton, R., Scholey, A. & Wesnes, K., Dec 2004, In: *Applied Cognitive Psychology*. 18, 9, p. 1181-1193 13 p.

Cognitive and physiological effects of an "energy drink": An evaluation of the whole drink and of glucose, caffeine and herbal flavouring fractions

Scholey, A. B. & Kennedy, D. O., Nov 2004, In: *Psychopharmacology*. 176, 3-4, p. 320-330 11 p.

Improved cognitive performance in human volunteers following administration of guarana (*Paullinia cupana*) extract: Comparison and interaction with *Panax ginseng*

Kennedy, D. O., Haskell, C. F., Wesnes, K. A. & Scholey, A. B., Nov 2004, In: *Pharmacology Biochemistry and Behavior*. 79, 3, p. 401-411 11 p.

Chewing gum and cognitive performance: A case of a functional food with function but no food?  
Scholey, A., Oct 2004, In: *Appetite*. 43, 2, p. 215-216 2 p.

Further issues regarding the possible modulation of cognitive function by the chewing of gum: Response to Stephens and Tunney (2004) and Tucha et al. (2004)  
Scholey, A., Oct 2004, In: *Appetite*. 43, 2, p. 221-223 3 p.

A glucose-caffeine 'energy drink' ameliorates subjective and performance deficits during prolonged cognitive demand  
Kennedy, D. O. & Scholey, A. B., Jun 2004, In: *Appetite*. 42, 3, p. 331-333 3 p.

Increased intensity of Ecstasy and polydrug usage in the more experienced recreational Ecstasy/MDMA users: A WWW study  
Scholey, A. B., Parrott, A. C., Buchanan, T., Heffernan, T. M., Ling, J. & Rodgers, J., Jun 2004, In: *Addictive Behaviors*. 29, 4, p. 743-752 10 p.

Effect of ethanol on judgments of performance  
Tiplady, B., Franklin, N. & Scholey, A., Feb 2004, In: *British Journal of Psychology*. 95, 1, p. 105-118 14 p.

More errors, same speed  
Scholey, A., Jan 2004, In: *Psychologist*. 17, 1, p. 42 1 p.

Response to: Parrott AC, Buchanan T, Heffernan TM, Scholey A, Ling J, Rodgers J (2003) Parkinson's disorder, psychomotor problems and dopaminergic neurotoxicity in recreational ecstasy/MDMA users. *Psychopharmacology* 167(4):449-450 [1] (multiple letters)  
Sumnall, H. R., Jerome, L., Doblin, R., Mithoefer, M. C., Parrott, A. C., Rodgers, J., Buchanan, T., Scholey, A. B., Heffernan, T. & Ling, J., Jan 2004, In: *Psychopharmacology*. 171, 2, p. 229-230 2 p.

The reality of psychomotor problems, and the possibility of Parkinson's disorder, in some recreational ecstasy/MDMA users: a rejoinder to Sumnall et al. (2003).  
Parrott, A. C., Rodgers, J., Buchanan, T., Scholey, A. B., Heffernan, T. & Ling, J., Jan 2004, In: *Psychopharmacology*. 171, 2, p. 231-233 3 p.

Attenuation of laboratory-induced stress in humans after acute administration of *Melissa officinalis* (lemon balm)  
Kennedy, D. O., Little, W. & Scholey, A. B., 2004, In: *Psychosomatic Medicine*. 66, 4, p. 607-613 7 p.

Patterns of drug use and the influence of gender on self-reports of memory ability in ecstasy users: A web-based study  
Rodgers, J., Buchanan, T., Scholey, A. B., Heffernan, T. M., Ling, J. & Parrott, A. C., Dec 2003, In: *Journal of Psychopharmacology*. 17, 4, p. 389-396 8 p.

An investigation into the psychometric properties of the Hospital Anxiety and Depression Scale in individuals with chronic fatigue syndrome  
McCue, P., Martin, C. R., Buchanan, T., Rodgers, J. & Scholey, A. B., Nov 2003, In: *Psychology, Health and Medicine*. 8, 4, p. 425-439 15 p.

Modulation of mood and cognitive performance following acute administration of single doses of *Melissa officinalis* (Lemon balm) with human CNS nicotinic and muscarinic receptor-binding properties  
Kennedy, D. O., Wake, G., Savelev, S., Tildesley, N. T. J., Perry, E. K., Wesnes, K. A. & Scholey, A. B., Oct 2003, In: *Neuropsychopharmacology*. 28, 10, p. 1871-1881 11 p.

Effects of alcohol on subjective ratings of prospective and everyday memory deficits  
Ling, J., Heffernan, T. M., Buchanan, T., Rodgers, J., Scholey, A. B. & Parrott, A. C., 1 Jun 2003, In: *Alcoholism: Clinical and Experimental Research*. 27, 6, p. 970-974 5 p.

Erratum: Chewing gum selectively improves aspects of memory in healthy volunteers (*Appetite* (2002) 38 (235-236))  
Wilkinson, L., Scholey, A. & Wesnes, K., 1 Jun 2003, In: *Appetite*. 40, 3, p. 373 1 p.

Electroencephalograph effects of single doses of Ginkgo biloba and Panax ginseng in healthy young volunteers  
Kennedy, D. O., Scholey, A. B., Drewery, L., Marsh, V. R., Moore, B. & Ashton, H., Jun 2003, In: *Pharmacology Biochemistry and Behavior*. 75, 3, p. 701-709 9 p.

Ginseng: Potential for the enhancement of cognitive performance and mood  
Kennedy, D. O. & Scholey, A. B., Jun 2003, In: *Pharmacology Biochemistry and Behavior*. 75, 3, p. 687-700 14 p.

Parkinson's disorder, psychomotor problems and dopaminergic neurotoxicity in recreational ecstasy/MDMA users  
Parrott, A. C., Buchanan, T., Heffernan, T. M., Scholey, A., Ling, J. & Rodgers, J., Jun 2003, In: *Psychopharmacology*. 167, 4, p. 449-450 2 p.

Salvia lavandulaefolia (Spanish Sage) enhances memory in healthy young volunteers  
Tildesley, N. T. J., Kennedy, D. O., Perry, E. K., Ballard, C. G., Savelev, S., Wesnes, K. A. & Scholey, A. B., Jun 2003, In: *Pharmacology Biochemistry and Behavior*. 75, 3, p. 669-674 6 p.

A randomised, controlled trial of cognitive and psychomotor recovery from midazolam sedation following reversal with oral flumazenil  
Girdler, N. M., Lyne, J. P., Wallace, R., Neave, N., Scholey, A., Wesnes, K. A. & Herman, C., Sept 2002, In: *Anaesthesia*. 57, 9, p. 868-876 9 p.

The effect of glucose administration and the emotional content of words on heart rate and memory  
Ford, C., Scholey, A., Ayre, G. & Wesnes, K. A., Sept 2002, In: *Journal of Psychopharmacology*. 16, 3, p. 241-244 4 p.

Ecstasy/MDMA attributed problems reported by novice, moderate and heavy recreational users  
Parrott, A. C., Buchanan, T., Scholey, A. B., Heffernan, T., Ling, J. & Rodgers, J., Aug 2002, In: *Human Psychopharmacology*. 17, 6, p. 309-312 4 p.

Effects of putative male pheromones on female ratings of male attractiveness: Influence of oral contraceptives and the menstrual cycle  
Thorne, F., Neave, N., Scholey, A., Moss, M. & Fink, B., Aug 2002, In: *Neuroendocrinology Letters*. 23, 4, p. 291-297 7 p.

Modulation of cognition and mood following administration of single doses of Ginkgo biloba, ginseng, and a ginkgo/ginseng combination to healthy young adults  
Kennedy, D. O., Scholey, A. B. & Wesnes, K. A., 15 Apr 2002, In: *Physiology and Behavior*. 75, 5, p. 739-751 13 p.

A randomised crossover trial of post-operative cognitive and psychomotor recovery from benzodiazepine sedation: Effects of reversal with flumazenil over a prolonged recovery period  
Girdler, N. M., Fairbrother, K. J., Lyne, J. P., Neave, N., Scholey, A., Hargaden, N., Wesnes, K. A., Engler, J. & Rotherham, N. A., 23 Mar 2002, In: *British Dental Journal*. 192, 6, p. 335-339 5 p.

Acute, dose-dependent cognitive effects of Ginkgo biloba, Panax ginseng and their combination in healthy young volunteers: Differential interactions with cognitive demand  
Scholey, A. B. & Kennedy, D. O., 2002, In: *Human Psychopharmacology*. 17, 1, p. 35-44 10 p.

Chewing gum selectively improves aspects of memory in healthy volunteers  
Wilkinson, L., Scholey, A. & Wesnes, K., 2002, In: *Appetite*. 38, 3, p. 235-236 2 p.

Interactions between alcohol and caffeine in relation to psychomotor speed and accuracy  
Mackay, M., Tiplady, B. & Scholey, A. B., 2002, In: *Human Psychopharmacology*. 17, 3, p. 151-156 6 p.

Modulation of mood and cognitive performance following acute administration of *Melissa officinalis* (lemon balm)  
Kennedy, D. O., Scholey, A. B., Tildesley, N. T. J., Perry, E. K. & Wesnes, K. A., 2002, In: *Pharmacology Biochemistry and Behavior*. 72, 4, p. 953-964 12 p.

Retrograde enhancement of kinesthetic memory by alcohol and by glucose  
Scholey, A. B. & Fowles, K. A., 2002, In: *Neurobiology of Learning and Memory*. 78, 2, p. 477-483 7 p.

Validation of a telephone cognitive assessment test battery for use in chronic fatigue syndrome  
McCue, P., Scholey, A. B., Herman, C. & Wesnes, K. A., 2002, In: *Journal of Telemedicine and Telecare*. 8, 6, p. 337-343 7 p.

Fuel for thought  
Scholey, A., Apr 2001, In: *Psychologist*. 14, 4, p. 196-201 6 p.

Cognitive demand and blood glucose  
Scholey, A. B., Harper, S. & Kennedy, D. O., 2001, In: *Physiology and Behavior*. 73, 4, p. 585-592 8 p.

Differential, dose dependent changes in cognitive performance following acute administration of a *Ginkgo biloba*/*Panax ginseng* combination to healthy young volunteers  
Kennedy, D. O., Scholey, A. B. & Wesnes, K. A., 2001, In: *Nutritional Neuroscience*. 4, 5, p. 399-412 14 p.

Differential effects of Ecstasy and cannabis on self-reports of memory ability: A web-based study  
Rodgers, J., Buchanan, T., Scholey, A. B., Heffernan, T. M., Ling, J. & Parrott, A., 2001, In: *Human Psychopharmacology*. 16, 8, p. 619-625 7 p.

Dose dependent changes in cognitive performance and mood following acute administration of *Ginseng* to healthy young volunteers  
Kennedy, D. O., Scholey, A. B. & Wesnes, K. A., 2001, In: *Nutritional Neuroscience*. 4, 4, p. 295-310 16 p.

Prospective memory, everyday cognitive failure and central executive function in recreational users of Ecstasy  
Heffernan, T. M., Jarvis, H., Rodgers, J., Scholey, A. B. & Ling, J., 2001, In: *Human Psychopharmacology*. 16, 8, p. 607-612 6 p.

Subjective ratings of prospective memory deficits in MDMA ('ecstasy') users  
Heffernan, T. M., Ling, J. & Scholey, A. B., 2001, In: *Human Psychopharmacology*. 16, 4, p. 339-344 6 p.

Water ingestion improves subjective alertness, but has no effect on cognitive performance in dehydrated healthy young volunteers  
Neave, N., Scholey, A. B., Emmett, J. R., Moss, M., Kennedy, D. O. & Wesnes, K. A., 2001, In: *Appetite*. 37, 3, p. 255-256 2 p.

Dose-dependent effects of flumazenil on cognition, mood, and cardio-respiratory physiology in healthy volunteers  
Neave, N., Reid, C., Scholey, A. B., Thompson, J. M., Moss, M., Ayre, G., Wesnes, K. & Girdler, N. M., 2000, In: *British Dental Journal*. 189, 12, p. 668-674 7 p.

Glucose administration, heart rate and cognitive performance: Effects of increasing mental effort  
Kennedy, D. O. & Scholey, A. B., 2000, In: *Psychopharmacology*. 149, 1, p. 63-71 9 p.

The dose-dependent cognitive effects of acute administration of *Ginkgo biloba* to healthy young volunteers  
Kennedy, D. O., Scholey, A. B. & Wesnes, K. A., 2000, In: *Psychopharmacology*. 151, 4, p. 416-423 8 p.

Cognitive performance, hyperoxia, and heart rate following oxygen administration in healthy young adults  
Scholey, A. B., Moss, M. C., Neave, N. & Wesnes, K., Nov 1999, In: *Physiology and Behavior*. 67, 5, p. 783-789 7 p.

Cognitive properties of sedation agents: Comparison of the effects of nitrous oxide and midazolam on memory and mood  
Thompson, J. M., Neave, N., Moss, M. C., Scholey, A. B., Wesnes, K. & Girdler, N. M., 1999, In: *British Dental Journal*. 187, 10, p. 557-562 6 p.

Oxygen administration selectively enhances cognitive performance in healthy young adults: A placebo-controlled double-blind crossover study  
Moss, M. C., Scholey, A. B. & Wesnes, K., 1998, In: *Psychopharmacology*. 138, 1, p. 27-33 7 p.

Oxygen and cognitive performance: The temporal relationship between hyperoxia and enhanced memory  
Scholey, A. B., Moss, M. C. & Wesnes, K., 1998, In: *Psychopharmacology*. 140, 1, p. 123-126 4 p.

Oxygen administration enhances memory formation in healthy young adults  
Moss, M. C. & Scholey, A. B., 1996, In: *Psychopharmacology*. 124, 3, p. 255-260 6 p.

Two time windows of anisomycin-induced amnesia for passive avoidance training in the day-old chick  
Freeman, F. M., Rose, S. P. R. & Scholey, A. B., 1 Jan 1995, In: *Neurobiology of Learning and Memory*. 63, 3, p. 291-295 5 p.

A role for a chicken homolog of the neural cell adhesion molecule L1 in consolidation of memory for a passive avoidance task in the chick.  
Scholey, A. B., Mileusnic, R., Schachner, M. & Rose, S. P., 1995, In: *Learning & Memory*. 2, 1, p. 17-25 9 p.

A role for the neural cell adhesion molecule in a late, consolidating phase of glycoprotein synthesis six hours following passive avoidance training of the young chick  
Scholey, A. B., Rose, S. P. R., Zamani, M. R., Bock, E. & Schachner, M., Jul 1993, In: *Neuroscience*. 55, 2, p. 499-509 11 p.

Passive avoidance learning in the young chick results in time- and locus-specific elevations of  $\alpha$ -tubulin immunoreactivity  
Scholey, A. B., Bullock, S. & Rose, S. P. R., Oct 1992, In: *Neurochemistry International*. 21, 3, p. 343-350 8 p.

Increased levels of a 230 kDa synaptic antigen after long-term potentiation  
Scholey, A., Bullock, S. & Lossner, B., 1990, In: *Biochemical Society Transactions*. 18, 3, p. 427-428 2 p.