

## **CURRICULUM VITAE**

**NAME:** Andrew Paul Smith

**DATE OF BIRTH:** 3.8.52

**PLACE OF BIRTH:** Liss, Hampshire, England

**NATIONALITY:** British

**EDUCATION  
& DEGREES:** Cambridgeshire High School, 1963 - 1970  
University College London, 1970 - 1973  
B.Sc. Upper Second Class Honours, 1973  
University College London, 1973 - 1976  
Ph.D. University of London

**PROFESSIONAL  
QUALIFICATIONS/  
FELLOWSHIPS** Chartered Psychologist (C.Psychol.)  
Fellow of the British Psychological Society (FBPsS)  
Fellow of Royal Society of Medicine (FRSM)

**EMPLOYMENT:** Post-doctoral Research Fellow,  
Department of Experimental Psychology,  
University of Oxford, 1976 – 1982.  
Scientist, Medical Research Council,  
Perceptual and Cognitive Performance  
Unit, University of Sussex, 1982 – 1988.  
Charles Hunnisett Research Fellow  
Laboratory of Experimental Psychology,  
University of Sussex, 1989 – 1990.  
Director, Health Psychology Research  
Unit, Reader, School of Psychology,  
University of Wales College of Cardiff,  
1990 – 1993.  
Professor, Director of Health Psychology Research Unit,  
Department of Experimental Psychology,  
University of Bristol, 1993 – 1999.  
Professor, School of Psychology, Cardiff University, 1999-2017  
Director of Centre for Occupational and Health Psychology, Cardiff  
University, 1999 –  
Research Professor, School of Psychology, Cardiff University, 2017  
Director, Centre for Occupatioanl and Health Psychology (COHP)  
Penarth Ltd.

## RESEARCH

**Publications** – see attached

**Conference papers, invited talks** – see attached

### Recent/Current research grants (since 2000)

1. ESRC ROPA : *Minor illnesses and cognition*. 1/1/99. 2 years £111K
2. ESRC ROPA: *The Psychology of the common cold: an integrated approach*. 1/10/99. 20 months. £59K
3. HSE: *Combined effects of occupational health hazards*. 4/1/2000. 3 years. £222,177
4. MCA/HSE/Seafarers International: *Fatigue Offshore: A comparison of short sea shipping and the offshore oil industry*. 1/10/99. 18 months. £259,000 (A Smith with Professors Lane and Bloor, Seafarers International Research Centre).
5. Procter & Gamble: *Method development study to assess the effect of colds on performance, perceived workload and mood*. (1999-2000). £108K
6. Guinness Ltd. *Effects of guarana and alcohol on mood and performance changes following consumption of lager*. £15K. (2000).
7. Department of Transport. *Adverse effects of night-time aircraft noise* (sub-contract U.Southampton) £47K. (1999-2000).
8. HSE: *Physiological and psychological markers for adjustment to shiftwork offshore*. (sub-contract U.Surrey). £40K.
9. DEPARTMENT OF HEALTH *Noise and insomnia* (supplementary grant) : £23,490 (1999-2000)
10. GATSBY FOUNDATION: *Health-care evaluation and assessment of education in patients with chronic fatigue syndrome*. 1/10/99. 3 years. £228,248
11. KELLOGG'S: *An investigation of the effects of fibre in breakfast cereal on subjective reports of energy and mood*. 3 months. £15,000. (2001)
12. OAKLAND INNOVATION AND INFORMATION SERVICES: *Aromas, cognitive performance and mood*. 3 months. £15,000. (2001)
13. HEALTH & SAFETY EXECUTIVE: *The scale and impact of illegal drug use by workers*. 3 years £238,000. (2001).

14. HEALTH & SAFETY EXECUTIVE: *Use and impact of prescribed medication on work performance*. 3 years. £238,000. (2001)
15. 2001-2003 HEALTH & SAFETY EXECUTIVE: *Psychological markers for adjustment to shiftwork offshore*. 2 years. A Smith: £120,000.
16. HEALTH & SAFETY EXECUTIVE: *Ethnicity, work characteristics, stress and health*. 3 years. £238,000. (2001)
17. ESRC ROPA. *Effects of caffeine on mood, cognition and drink acceptability*. 2 years. £156,427. (2001)
18. 2000-2002 MCA/HSE/Seafarers International: *Fatigue Offshore: Phase II*. 18 months. £208,000 (A Smith with Professors Lane and Bloor, Seafarers International Research Centre).
19. GUINNESSUDV. *Aromas and cognitive performance*. 6 months. £25,000.
20. 2002-2005 MCA/HSE. *Fatigue Offshore: Phase 3*. 3 years. A Smith: £360,000.
21. ORAFIT *An investigation of the effects of inulin on energy, mood and cognitive function*. 6 months. £35,000
22. ORAFIT *The acute effects of inulin on subjective reports of well being and objective measures of cognitive performance*. £24,000.
23. YAKULT *An investigation of the effects of Yakult fermented drink on mood and cognitive function*. £8,000
24. NESTEC. *Effects of probiotics on subjective reports of energy and mood*. £110,000.
25. NATIONAL ASSEMBLY OF WALES. *Evaluation of free school breakfasts initiative*. £167,588
26. KELLOGGS. *An investigation of the effects of breakfast cereals on wellbeing*. £117,418
27. ADMIRAL INSURANCE SERVICES. *Prediction and reduction of car crashes*. £13,000.
28. IOSH. *Occupational Health and Safety: culture, advice and performance*. £94,412
29. ITF. *Seafarers' fatigue: The International Perspective*. £11,375
30. Wm Wrigley Co. *Effects of chewing gum on memory and test performance*. £44,000
31. Healthy Minds at Work. 2006-7. *ESF Equal Project*. £245,962.
32. 2007-2011. Sixth Framework Programme. *European Framework for safe, efficient and environmentally-friendly ship operations (FLAGSHIP)*. European Community Shipowners et al. 10,215,000 euros. Cardiff University (A Smith): £130,560.
33. 2007-2009. IOSH. *The relationship between work/working and improved health, safety and well-being*. £106,944.
34. 2009. Wm Wrigley Co. *Chewing gum and stress: An initial intervention study*. £56,000.

35. 2008- 2011. Seventh Framework Programme. *European Noise Network (ENNAH)* 993,852 euros.
36. 2010-2013. KESS studentship with *ConnectAssist*: Researching and developing mental health and wellbeing assessment tools for supporting employees and employers in Wales. £99,804.
37. 2011-12. RCPSG. *Emotional barriers and facilitators of mouth care – development of an assessment tool*. (I Johnson, E Treasure, A Smith). £10,000.
38. 2009-12. PhD studentship support, Wrigley Science Institute: \$50,000.
39. 2010-2011. Producing a video to disseminate research on seafarers' fatigue. (Allen & Smith). ESRC. £9,950.
40. 2011-Food Standards Agency Social Science Food Research Framework.
41. 2012-2014. Waterloo Foundation: Effects of energy drinks and junk food on school children. £19,856.
42. 2012. Cardiff Business School & School of Psychology, Cardiff University: Launch of well-being Connect. £9,500.
43. 2012-2015. CASCADE: Model-based co-operative and adaptive ship based context aware design. FP7-SST-2012-RTD-1. OFFIS, BMT, Cardiff University (A Smith), Marimatech, Mastermind Ship Management, Raytheon, Symbio: 4,380,346 euros. Cardiff: 472,315 euros.
44. 2012-2015. DVLA Stress Management Project. Cardiff Metropolitan University. With Drs Neil and Backx. £52,050.
45. ESRC Impact Accelerator Initiator fund: Working Well. A Smith: £2,500. 2015.
46. Cardiff University, School of Psychology, Impact fund: A driver fatigue awareness campaign. A Smith: £5,000. 2016.
47. Tenovus Innovation Grant: Feasibility of a behavioural intervention designed to reduce fatigue during radiotherapy for breast cancer. Courtier N, Hopkinson J, Gambling T, Radley L, Armes J, Johnson A, Smith A. £29,400. 2016-18.
48. Wellcome Trust: Humanities collaborative awards. Using qualitative analysis of patients' blogs to inform development of automated measurement of self-care with text mining and sentiment analysis. K Button, A Smith, I Spasic & C Holt. £22,328. 2016.
49. Anonymous benefactor: An investigation of the behavioural effects of consuming an energy drink. A Smith: £118,000. 2015-18.
50. ESRC Impact Accelerator Account/Secondment: Working Well. A Smith: £33,630. 2016-17
51. RNLI: The effects of fatigue on RNLI search and rescue operators. A Smith: £44,908 2016-7.

52. KESS2 PhD Studentship. A Smith with Orangebox: Work space use, wellbeing, productivity and happiness.  
£64,000. 2017-2019.
53. GW4 Occupational Stress (with universities of Bath, Bristol and Exeter). £15,903
54. ESRC Business Boost. Working well. A Smith with Transport for Wales. £3,000. 1/1/19.
55. ESRC Business Boost. Culture and behaviour in the construction industry. A Smith with Bouygues and  
CITB. £3,000. 1/1/19 3 months.
56. Wellcome Trust ISSF3: Public Engagement Proof of Concept Award: Save Our Sesh (SOS): Promoting Safer  
Decisions on Drug Use in the Cardiff Capital Region. E.James, M.Pascoe, J.Jenkins, A.Smith, A.Westwell.  
£3720. 1/9/19 12 months.
57. The Waterloo Foundation: Effects of a synbiotic drink on the well-being of secondary school students.  
£64508. 1.7.25-30-6-26
58. The Waterloo Foundation: Cooking skills, food literacy and well-being. £10,000. 1.10.25-31-3-26

## **Research Interests**

### **Factors affecting human performance and mood.**

Environmental stressors.

Circadian variation

Individual differences

Nutrition

Psychopharmacology

Viral infections, especially upper respiratory tract infections

Post-viral fatigue and chronic fatigue syndrome

Human error

Workplace accidents

### **Psychosocial factors and health**

Stress and susceptibility to infection

Health-related behaviours

Wellbeing

Fatigue

## **SOCIETY MEMBERSHIP**

British Psychological Society Cognitive Section

British Psychological Society Psychobiology Section

UK Society for Behavioural Medicine

Association of Psychological Science

American Psychological Association, International Affiliate.

Infectious Disease Research Network.

European Academy of Occupational Health Psychology.

Chartered Institute of Ergonomics & Human Factors.

## PUBLICATIONS

### *Journal articles.*

1. Jones, D. M., Smith, A. P. & Broadbent, D. E. 1979. Effects of moderate intensity noise on the Bakan vigilance task. *Journal of Applied Psychology*, 64, 627 - 634.
2. Smith, A. P. & Broadbent, D. E. 1980. Effects of noise on performance of embedded figures tasks. *Journal of Applied Psychology*, 65, 246 - 248.
3. Smith, A. P. & Broadbent, D. E. 1981. Noise and levels of processing. *Acta Psychologica*, 47, 129 - 142.
4. Smith, A. P., Jones, D. M. & Broadbent, D. E. 1981. The effects of noise on recall of categorized lists. *British Journal of Psychology*, 72, 299 - 316.
5. Smith, A. P. 1982. The effects of noise and task priority on recall of order and location. *Acta Psychologica*, 51, 245 - 255.
6. Smith, A. P. & Broadbent, D. E. 1982. The effects of noise on recall and recognition of instances of categories. *Acta Psychologica*, 51, 257 - 271.
7. Smith, A. P. 1983. The effects of noise and time on task on recall of order information. *British Journal of Psychology*, 74, 83 - 89.
8. Smith, A. P. 1983. The effects of noise and memory load on a running memory task. *British Journal of Psychology*, 74, 439 - 445.
9. Smith, A. P. 1985. Noise, biased probability and serial reaction. *British Journal of Psychology*, 76, 89 - 95.
10. Smith, A. P. 1985. The effects of different types of noise on semantic processing and syntactic reasoning. *Acta Psychologica*, 58, 263 - 273.
11. Smith, A. P. & Broadbent, D. E. 1985. The effects of noise on the naming of colours and reading of colour names. *Acta Psychologica*, 58, 275 - 285.
12. Smith, A. P. 1985. The effects of noise on recall of lists of associated words. *Current Psychological Research & Reviews*, 4, 17 - 21.
13. Smith, A. P. 1985. The effects of noise on the processing of global shape and local detail. *Psychological Research*, 47, 103 - 108.
14. Smith, A. P. & Stansfeld, S. 1986. Aircraft noise exposure, noise sensitivity, and everyday errors. *Environment and Behavior*, 18, 214 - 216.
15. Smith, A. P. & Miles, C. 1986. Acute effects of meals, noise and night work. *British Journal of Psychology*, 77, 377 - 389.
16. Smith, A. P. & Miles, C. 1986. Effects of lunch on cognitive vigilance tasks. *Ergonomics*, 29, 1251 - 1261.
17. Smith, A. P. & Miles, C. 1987. The combined effects of occupational health hazards: An experimental investigation of the effects of noise, night work and meals. *International Archives of Occupational and Environmental Health*, 59, 83 - 89.
18. Smith, A. P. & Miles, C. 1987. Effects of lunch on selective and sustained attention. *Neuropsychobiology*, 16, 117 - 120.

19. Smith, A. P., Tyrrell, D. A. J., Coyle, K. & Willman, J.S. 1987. Selective effects of minor illnesses on human performance. *British Journal of Psychology*, 78, 183 - 188. DOI: 10.1111/j.2044-8295.1987.tb02238.x
20. Smith, A. P. 1987. Activation states and semantic processing: A comparison of the effects of noise and time of day. *Acta Psychologica*, 64, 271 - 288.
21. Smith, A. P. & Miles, C. 1987. Sex differences in the effects of noise and night work on performance. *Work and Stress*, 1, 333 - 339.
22. Smith, A. P., Tyrrell, D. A. J., Al-Nakib, W., Coyle, K.B., Donovan, C. B., Higgins, P. G. & Willman, J. S. 1987. Effects of experimentally induced respiratory virus infections and illnesses on psychomotor performance. *Neuropsychobiology*, 18, 144 - 148. DOI: 10.1159/000118408
23. Smith, A. P., Tyrrell, D. A. J., Al-Nakib, W., Coyle, K.B., Donovan, C. B., Higgins, P. G. & Willman, J. S. 1988. The effects of experimentally-induced respiratory virus infections on performance. *Psychological Medicine*, 18, 65 - 71. DOI: 10.1017/s0033291700001896
24. Smith, A. P. 1988. Acute effects of noise exposure: an experimental investigation of the effects of noise and task parameters on cognitive vigilance tasks. *International Archives of Occupational and Environmental Health*, 60, 307 - 310.
25. Parkin, A., Leng, N. R. C., Stanhope, N. & Smith, A. P. 1988. Memory impairment following ruptured aneurysm of the anterior communicating artery. *Brain and Cognition*, 7, 231 - 243.
26. Smith, A. P., Leekam, S., Ralph, A. & McNeill, G. 1988. The influence of meal composition on post-lunch changes in performance efficiency and mood. *Appetite*, 10, 195 - 203.
27. Smith, A. P., Tyrrell, D. A. J., Coyle, K. B. & Higgins, P.G. 1988. Effects of interferon alpha on performance in man: A preliminary report. *Psychopharmacology*, 96, 414 - 416.
28. Smith, A. P., Tyrrell, D. A. J., Coyle, K., Higgins, P. G. & Willman, J. S. 1988. Diurnal variation in the symptoms of colds and influenza. *Chronobiology International*, 5, 411 - 416.
29. Smith, A. P. 1988. Noise, S-R compatibility, and hand dominance. *Scandinavian Journal of Psychology*, 29, 180 - 185.
30. Smith, A. P. 1989. A review of the effects of colds and influenza on human performance. *Journal of the Society of Occupational Medicine*, 39, 65 -68.
31. Smith, A. P., Peck, D. & Clatworthy, T. 1989. After-effects of working at visual display units. *Work and Stress*, 3, 195 - 201.
32. Smith, A. P. 1989. A review of the effects of noise on human performance. *Scandinavian Journal of Psychology*, 30, 185 - 206.
33. Smith, A. P., Tyrrell, D. A. J., Al-Nakib, W., Barrow, G.I., Higgins, P. G., Leekam, S. & Trickett, S. 1989. Effects and after-effects of the common cold and influenza on human performance. *Neuropsychobiology*, 21, 90 - 93. DOI: 10.1159/000118558
34. Smith, A. P. 1990. Noise, performance efficiency and safety. *International Archives of Occupational and Environmental Health*, 62, 1 - 5.
35. Barrow, G. I., Higgins, P. G., Al-Nakib, W., Smith, A.P., Wenham, R. B. M. & Tyrrell, D. A. J. 1990. The effect of intranasal nedocromil sodium on viral upper respiratory tract infections in human volunteers. *Clinical & Experimental Allergy*, 20, 45 - 51..



36. Smith, A. P. 1990. Respiratory virus infections and performance. *Phil. Trans. R. Soc., London, B* 327, 519 - 528. <https://royalsocietypublishing.org/doi/10.1098/rstb.1990.0095>
37. Smith, A.P., Tyrrell, D.A.J., Coyle, K.B., Higgins, P. G. & Willman, J. S. 1990. Individual differences in susceptibility to infection and illness following respiratory virus challenge. *Psychology and Health*, 4, 201 - 211.
38. Smith, A. P. 1990. Viral infections, immune responses and cognitive performance. *International Journal of Neurosciences*, 51, 355 - 356.
39. Smith, A. P. 1990. Individual differences in the effects of noise and nightwork on mood. *Archives of Complex Environmental Studies*, 2, 9 - 15.
40. Smith, A. P., Tyrrell, D. A. J., Barrow, G. I., Coyle, K. B., Higgins, P. G., Trickett, S. & Willman, J. S. 1990. The effects of experimentally induced colds on aspects of memory. *Perceptual and Motor Skills*, 71, 1207 - 1215.
41. Smith, A. P. 1990. The effects of lunch on performance efficiency. *British Nutrition Foundation, Nutrition Bulletin*, 15, 139 - 141.
42. Smith, A. P., Rusted, J. M., Eaton-Williams, P., Savory, M. & Leathwood, P. 1990. Effects of caffeine given before and after lunch on sustained attention. *Neuropsychobiology*, 23, 160 - 163.
43. Sharpe, M., Archard, L., Banatvala, J., Behan, P., Booth, R., Borysiewicz, L., Clare, A., Clifford Rose, R., David, A., Edwards, R., Hawton, K., Lambert, H., Lane, R., Mann, A., McDonald, L., Mowbray, J., Pearson, D., Pelosi, A., Peters, T., Peto, T., Preedy, V., Smith, A., Smith, D., Taylor, D., Tyrrell, D., Wallace, P., Warrell, D., Wessely, S., White, P., Wood, C. & Wright, D. 1991. A report - Chronic fatigue syndrome: guidelines for research. *Journal of Royal Society of Medicine*, 84, 118 - 121.
44. Smith, A. P., Ralph, A. & McNeill, G. 1991. Influences of meal size on post-lunch changes in performance efficiency, mood and cardiovascular function. *Appetite*, 16, 85 - 91.
45. Smith, A. P., Rusted, J. M., Savory, M., Eaton-Williams, P. & Hall, S. R. 1991. The effects of caffeine, impulsivity and time of day on performance, mood and cardiovascular function. *Journal of Psychopharmacology*, 5, 120 - 128.
46. Smith, A. P., Tyrrell, D. A. J., Coyle, K. B. & Higgins, P. G. 1991. Effects and after-effects of interferon alpha on human performance, mood and physiological function. *Journal of Psychopharmacology*, 5, 243 - 250.
47. Smith, A. P., Tyrrell, D. A. J., Al-Nakib, W., Barrow, G. I., Higgins, P. G. & Wenham, R. 1991. The effects of zinc gluconate and nedocromil sodium on performance deficits produced by the common cold. *Journal of Psychopharmacology*, 5, 251 - 254.
48. Smith, A. P. 1991. The combined effects of noise, nightwork and meals on mood. *International Archives of Occupational and Environmental Health*, 63, 105 - 108.
49. Smith, A. P. 1991. A review of the non-auditory effects of noise on health. *Work & Stress*, 5, 49 - 62.
50. Cohen, S., Tyrrell, D. A. J. & Smith, A. P. 1991. Psychological stress in humans and susceptibility to the common cold. *New England Journal of Medicine*, 325, 606 - 612.
51. Smith, A. P. Noise and aspects of attention. 1991. Special edition of the *British Journal of Psychology*, 82, 313 - 325.
52. Smith, A.P., Tyrrell, D.A.J., Barrow, G.I., Higgins, P.G., Willman, J.S., Bull, S., Coyle, K.B., & Trickett, S. 1992. Mood and experimentally-induced respiratory virus infections and illnesses. *Psychology and Health*, 6, 205-212.

53. Cohen,S., Tyrrell,D.A.J. & Smith, A.P. 1992. Correspondence: Stress and upper respiratory virus infections. *New England Journal of Medicine*, 326, 644-646.
54. Smith,A.P. 1992. Effects of influenza and the common cold on the Stroop colour-word test. *Perceptual and Motor Skills*, 74, 668-670.
55. Smith,A.P. 1992. The effects of time of day, introversion and neuroticism on selectivity in memory and attention. *Perceptual and Motor Skills*, 74, 851-860.
56. Smith, A. P., Wilson, S. J., Glue, P., & Nutt, D. J. 1992. Effects and after-effects of the alpha-2-adrenoceptor antagonist Idazoxan on mood, memory and attention in normal volunteers. *J. Psychopharmacology*, 6, 376-381.
57. Smith, A. P., Tyrrell, D. A. J., Barrow, G. I., Higgins, P. G., Bull, S., Trickett, S. & Wilkins, A. J. 1992. The Common Cold, pattern sensitivity and contrast sensitivity. *Psychological Medicine*, 22, 487-494.
58. Smith,A.P., Kendrick,A. & Maben,A. 1992. Effects of caffeine, lunch and alcohol on human performance, mood and cardiovascular function. *Proceedings of the Nutrition Society*, 51, 325 - 333.
59. Park, S.B.G., Smith,A.P., & Cowen,P.J. 1993. 5HT-3 receptor blockade in nicotine withdrawal: a study with BRL 46470A. *Human Psychopharmacology*, 8, 345 - 349.
60. Cohen,S.,Tyrrell,D.A.J.,& Smith,A.P. 1993. Negative Life Events, Perceived Stress, Negative Affect and Susceptibility to the Common Cold. *Journal of Personality and Social Psychology*, 64, 131 - 140.
61. Smith,A.P., Kendrick,A.M. & Maben,A.L. 1992. Effects of breakfast and caffeine on performance and mood in the late morning and after lunch. *Neuropsychobiology*, 26, 198 - 204.
62. Smith,A.P., Thomas, M., Brockman,P., Kent, J. & Nicholson, K.G. 1993. Effect of influenza B virus infection on human performance. *British Medical Journal*, 306, 760 - 761. DOI: 10.1136/bmj.306.6880.760
63. Smith,A.P., Maben,A. & Brockman,P. 1993. The effects of caffeine and evening meals on sleep and performance, mood and cardiovascular functioning the following day. *J.Psychopharmacology*, 7, 203-206.
64. Smith,A.P., Behan,P.O., Bell,W., Millar,K., & Bakheit,M. 1993. Behavioural problems associated with the chronic fatigue syndrome. *British Journal of Psychology*, 84, 411-423.
65. Smith,A.P., Brockman,P., Flynn,R., Maben,A., & Thomas,M. 1993. An investigation of the effects of coffee on alertness and performance during the day and night. *Neuropsychobiology*, 27, 217-233.
66. Cohen,S.,Tyrrell,D.A.J., Russell,M., Jarvis,M.J., & Smith,A.P. 1993. Smoking, alcohol consumption and susceptibility to the common cold. *American Journal of Public Health*, 83, 1277-1283.
67. Hutchings,H., Eccles,R., Smith,A.P., & Jawad,M.S.M. 1993. Voluntary cough suppression as an indication of symptom severity in upper respiratory tract infections. *European Respiratory Journal*, 6, 1449-1454.
68. Smith,A.P. & Maben, A. 1993. Effects of sleep deprivation, lunch and personality on performance, mood and cardiovascular functioning. *Physiology and Behavior*, 54, 967 - 972.
69. Smith, A.P. 1993. Meals, mood and mental performance. *British Food Journal*. 95, 16-18.
70. Spencer, M.G. & Smith, A.P. 1993. A multicentre study of dispensing errors in British hospitals. *International Journal of Pharmacy*, 2, 142-146.
71. Smith,A.P., Maben,A. & Brockman,P. 1994. Effects of evening meals and caffeine on cognitive performance, mood and cardiovascular functioning. *Appetite*, 22, 39-55.

72. Smith,A.P., Kendrick,A.M., Maben,A.L. & Salmon,J. 1994. Effects of breakfast and caffeine on performance, mood and cardiovascular functioning. *Appetite*, 22, 39-55.
73. Smith,A.P., Harvey,I., Richmond,P., Peters,T.J., Thomas,M. & Brockman,P. 1994. Upper respiratory tract illnesses and accidents. *Occupational Medicine*, 44, 141 - 144.
74. Smith,A.P., Kendrick, A., Maben, A. & Salmon,J. 1994.Effects of fat content, weight and acceptability of the meal on post-lunch changes in mood, performance and cardiovascular function. *Physiology and Behavior*, 55, 417-422.
75. Smith,A.P. 1994. Caffeine, performance, mood and states of reduced alertness. *Pharmacopsychocologia*, 3,75-86.
76. Smith,A.P., Chappelow,J. & Belyavin, A. 1995. Cognitive failures, focused attention and categoric search. *Applied Cognitive Psychology*, 9, 115-126.
77. Smith,A.P. 1995. Caffeine, caffeine withdrawal and psychomotor performance: A reply to James. *Neuropsychobiology*,31,200-201.
78. Smith, A.P., Whitney,H., Thomas, M., Brockman, P. & Perry, K. 1995 A comparison of the acute effects of a low dose of alcohol on mood and performance of healthy volunteers and subjects with upper respiratory tract illnesses. *Journal of Psychopharmacology*, 9, 225-230.
79. Farmer, A., Jones,I.,Hillier,J., Llewelyn,M., Borysiewicz,L.K., & Smith,A.P. 1995 Neurasthenia revisited: ICD-10 and DSMIII-R Psychiatric syndromes in Chronic Fatigue patients and comparison subjects. *British Journal of Psychiatry*,167,1-4.
80. Smith,A.P. 1995. Caffeine and psychomotor performance: A reply to James. *Addiction*,90,1261-1262.
81. Smith,A.P., Whitney,H., Thomas, M., Perry,K. & Brockman,P. 1995. Effects of regular alcohol intake and stress on mental performance, mood and cardiovascular function. *Human Psychopharmacology: Clinical and Experimental*,10,423-431.
82. Smith,A.P. 1995. Behavioural abnormalities associated with the chronic fatigue syndrome. *E.O.S. Journal of Immunology and Immunopharmacology*, 15, 28-35.
83. Hall,S.R. & Smith,A.P. 1996. An investigation of the effects and after-effects of naturally-occurring upper respiratory tract illnesses on mood and performance. *Physiology and Behavior*,59, 569-577.
84. Maben,A.L. & Smith,A.P. 1996. Sugar,aspartame and mental performance: a preliminary investigation. *Human Psychopharmacology*, 11, 21-23.
85. Smith,A.P. & Nutt,D.J. 1996 Noradrenaline and Attention Lapses. *Nature*,380, 291.
86. Smith,A.P. 1996. Caffeine dependence: an alternative view. *Nature Medicine*,2,no.5,494..
87. Hall,S.R. & Smith,A.P. 1996. Behavioural effects of infectious mononucleosis. *Neuropsychobiology*, 33, 202-209.
88. Smith,A.P., Pollock,J., Thomas,M., Llewelyn,M. & Borysiewicz,L.K. 1996. The relationship between subjective ratings of sleep and mental functioning in healthy subjects and patients with Chronic Fatigue Syndrome. *Human Psychopharmacology*, 11, 161-167.
89. Farmer,A.,Chubb,H.,Jones,I.,Hillier,J.,Smith,A., & Borysiewicz,L. 1996. Screening for psychiatric morbidity in subjects presenting with chronic fatigue syndrome. *British Journal of Psychiatry*, 168, 354-358.

90. Smith,A.P., Whitney,H., Thomas,M., Perry,K. & Brockman,P. 1997. Effects of caffeine and noise on mood, performance and cardiovascular functioning. *Human Psychopharmacology*, 12, 27-34.
91. Smith,A.P., Thomas,M., Perry,K. & Whitney,H. 1997. Caffeine and the common cold. *Journal of Psychopharmacology*, 11 4, 319-324.
92. Vedhara, K., Llewelyn, M., Fox, J.D., Jones, R., Clements, G.B., Wang, E.C.Y., Smith, A.P. & Borysiewicz, L.K. 1997 Consequences of live poliovirus vaccine administration in Chronic Fatigue Syndrome. *Journal of Neuroimmunology*, 75, 183-195.
93. Blake, J. & Smith,A.P. 1997 Effects of smoking and smoking deprivation on the articulatory loop of working memory. *Human Psychopharmacology*, 12, 259-264.
94. Smith,A.P. 1998 Breakfast consumption and intelligence in elderly persons. *Psychological Reports*, 82, 424-426.
95. Smith, A.P. 1998 Breakfast and mental health. *International Journal of Food Sciences and Nutrition*, 49, 397-402.
96. Smith,A., Thomas,M., Kent,J. & Nicholson,K. 1998 Effects of the common cold on mood and performance. *Psychoneuroendocrinology*, 23, 733-739. DOI: 10.1016/s0306-4530(98)00042-0
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111. Spasic, I., Owen, D., Smith, A.P. & Button, K. 2018. Closing in on open-ended patient questionnaires with text mining. UK Healthcare Text Analytics. Manchester, UK.
112. Smith, A.P. 2018. An Update on Stress, Fatigue and Wellbeing: Implications for Naval Personnel. *ISNM 2019*.
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International Symposium on Human Mental Workload: Models and Applications, Amsterdam, The Netherlands, 20-21 September 2018. L. Longo and M. C. Leva (Eds.): H-WORKLOAD 2018, CCIS 1012, pp. 147–159, 2019. Springer Nature Switzerland. [https://doi.org/10.1007/978-3-030-14273-5\\_4](https://doi.org/10.1007/978-3-030-14273-5_4)

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123. Langer, J., Taylour, J., & Smith, A.P. (2021). Noise exposure, satisfaction with the working environment and the wellbeing process. *ICBEN 2021*. [http://www.icben.org/2021/ICBEN%202021%20Papers//full\\_paper\\_28010.pdf](http://www.icben.org/2021/ICBEN%202021%20Papers//full_paper_28010.pdf)

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2. Smith, A. P. & Broadbent, D. E. 1991. Non-auditory effects of noise at work: a review of the literature. *Health and Safety Executive Contract Research Report No. 30*.
3. Smith, A.P. 1994. Viral illnesses, performance efficiency and safety. *Health and Safety Executive*
4. Smith, A.P. 1997. Noise and performance. In: *IEH Report on The Non-Auditory Effects of Noise. R10:pp 68-69*.
5. Smith, A., Johal, S.S., Wadsworth, E., Davey Smith G & Peters, T 2000. The Scale of Occupational Stress: the Bristol Stress and Health at Work Study. *HSE Books. Report 265/2000*.
6. Smith, P.F., Smith, A.P., Miners, J., McNeil J. & Proudfoot, A. 2000. Report from the expert working group on the safety aspects of dietary caffeine. *ANZFA*.
7. Smith, A.P. 2000. Remote testing of offshore personnel: a pilot study. *HSE Books Report*
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9. Smith, A. & Lane, A. 2000. Fatigue. Module 1: Correspondence group on fatigue. Maritime Safety Committee. International Maritime Organization.
10. Smith, A.P. 2001. Effects of motion on cognitive performance of FPSOs. *HSE Books: Report. ISBN 0717619222*.
11. Diamond, I., Stephenson, R., Sheppard, Z., Smith, A., Hayward, S., Heatherley, S., Raw, G., Stansfeld, S. 2001. Perceptions of aircraft noise, sleep and health. London: NATS.
12. A. Smith & D. Nutt (2001). Noise and insomnia: A study of community noise exposure, sleep disturbance, noise sensitivity and psychiatric disorders. In: Third review meeting on noise and health research. Institute for Environment and Health. Leicester. Pp. 20-22.
13. A. Smith, T. Lane & M. Bloor (2001). Fatigue Offshore: A comparison of Offshore Oil Support Shipping and the offshore oil industry.
14. Smith, A.P. & Rubin, G.H. (2001). Positive effects of caffeine or negative effects of caffeine withdrawal. In: Caffeine for the sustainment of mental task performance: Formulations for military operations. Institute of Medicine. National Academy Press: Washington D.C.
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17. Smith, A. McNamara, R & Wellens, B. (2004). Combined effects of Occupational Health Hazards. *HSE Contract Research Report 287. HSE Books. ISBN 0-7176-2923-6*

18. Smith, A., Wadsworth, E., Moss, S. & Simpson, S. (2004). The scale and impact of illegal drug use by workers. *HSE Research Report 193*. HSE Books. ISBN 07176 2802 7
19. Smith, A., Wadsworth, E., Moss, S. & Simpson, S. (2004). The scale and impact of psychotropic medication use by workers. *HSE Research Report 282*. HSE Books. ISBN 07176 29163
20. Smith, A., Wadsworth, E., Shaw, C., Stansfeld, S., Bhui, K. & Dhillon, K. (2005). Ethnicity, work characteristics, stress and health. *HSE Research Report 308*. HSE Books. ISBN 07176 2953 8.
21. Smith, A., Allen, P. & Wadsworth, E. (2006). Seafarer fatigue: the Cardiff Research Programme. MCA: Southampton. [http://orca.cf.ac.uk/48167/1/research\\_report\\_464.pdf](http://orca.cf.ac.uk/48167/1/research_report_464.pdf)
22. Smith A. (2007). Adequate crewing and seafarers' fatigue: The International Perspective. [www.itfglobal.org/files/seealsodocs/3193/ITF%20FATIGUE%20REPORT%20final.pdf](http://www.itfglobal.org/files/seealsodocs/3193/ITF%20FATIGUE%20REPORT%20final.pdf)  
*International Transport Federation*
23. Smith, A P and Wadsworth, E J K, (2009). Safety culture, advice and performance: the association between: safety culture and safety performance, health and well being at an individual level; and safety culture, competent occupational safety and health advice and safety performance at a corporate level. IOSH.
24. Maynard, R., Berry, B., Flindell, I., Leventhall, G., Shield, B., Smith, A., Stansfeld, S. & Moorhouse, A. Environmental Noise and Health in the UK. (2010). *A report published by the Health Protection Agency on behalf of the ad hoc Expert Group on the Effects of Environmental Noise on Health*. Chilton: Health Protection Agency. ISBN 978-0-85951-668-6.
25. Smith, A.P., Wadsworth, EJK, Chaplin, K, Allen, P.H. and Mark, G. (2011). The relationship between work/well-being and improved health and well-being. Report 11.1 IOSH. Leicester.
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27. Smith, A.P., Kingdom, S., Thomas, M.A. & Smith, H.N. 2017. The effects of fatigue on search and rescue operators. Poole: RNLI.
28. Smith, A.P. Managing Mild Upper Respiratory Tract Infections: Are you addressing your Patient's Concerns? *A Pharmacist's Advisory Guide. Part 1/3*.
29. Smith, A.P. Managing Mild Upper Respiratory Tract Infections: Effective ways to break up a cold. *A Pharmacist's Advisory Guide. Part 2/3*.
30. Smith, A.P. Managing Mild Upper Respiratory Tract Infections: How to choose a treatment that suits your patient. *A Pharmacist's Advisory Guide. Part 3/3*.
31. Smith, A.P., Herzeel, A, Biagi, M, Michalsen, A, Sadofsky, L., Poucheret, P., Estrada Riobos, G. Mild Upper Respiratory Tract Infections in the Post-COVID Era – Quo Vadis?. Procter & Gamble, 2024.

## Popular articles.

1. Smith, A. P. 1987. Psychological factors and the Common Cold. *Chemist and Druggist*, 228, No. 5591, 939 - 940.
2. Smith, A. P. 1988. Effects of respiratory virus infections on performance. *PHLS Digest*, 5(1), 16.
3. Smith, A. P., 1990. Behavioural problems associated with the post-viral fatigue syndrome (Myalgic Encephalomyelitis). In: *International Federation of M.E. Associations, Medical Update*, February, 1990, 8 - 10.
4. Smith, A. P. 1990. Colds and flu - can they affect workplace safety? *Safety & Health Practitioner*, March, 20 - 22.
5. Smith, A. P. Coffee, alertness and performance efficiency. 1990. *Coffee and Science*, 1, Coffee & Science Information Centre.
6. Smith, A.P. 1992. Influenza, colds and performance efficiency. *Occupational Health Review*, 35, 13-15.
7. Smith, A.P. 1992. Coffee aids alertness. *Coffee and Science*, 2, no. 10.
8. Smith, A.P. 1992. Non-auditory effects of noise on health, safety and performance efficiency. *Occupational Health Review*, 38, 21-23.
9. Henshaw, C. & Smith, A.P. 1993. The premenstrual syndrome: An occupational health issue? *Occupational Health Review*, 45, 16-18.
10. Smith, A.P. 1994. The chronic fatigue syndrome and performance efficiency. *Occupational Health Review*, 27-29.
11. Smith, A.P., Kendrick, A. & Maben, A. 1995. Effects of breakfast and caffeine on performance and mood in the late morning and after lunch. *Clinical Digest Series*.
12. Smith, A.P. 1995. Effects of naturally occurring upper respiratory tract illnesses on performance efficiency. *Occupational Health Review*, 58, 29-32.
13. Smith, A.P. 1996. Acute and longer term effects of sleep deprivation on performance efficiency. *Occupational Health Review*, 63, 24-26.
14. Smith, A.P. 1997. Food, drink and performance efficiency. *Occupational Health Review*, 67, 15-18
15. Smith, A., Johal, S.S., Wadsworth, E., Davey Smith, G., Harvey, I., & Peters, T. 1998. The scale of occupational stress. *Occupational Health Review*, 73, 19-22.
16. Smith, A., Johal, S.S., Wadsworth, E., Davey Smith, G., Harvey, I., & Peters, T. 1998. The Bristol Stress and Health at Work Study: the questionnaire and results from the pilot study. *Occupational Health Review*, 75, 11-13.
17. Smith, A., Johal, S.S., Wadsworth, E., Davey Smith, G., Harvey, I., & Peters, T. 1999. The Bristol Stress and Health at Work Study: response rate and details of the sample. *Occupational Health Review*, 77, 23-26.
18. Smith, A.P. 1999. Why I study ---- The Psychology of the Common Cold. *The Psychologist*.
19. Smith, A., Johal, S.S., Wadsworth, E., Davey Smith, G., Harvey, I., & Peters, T. 1999. Stress and health at work, part IV: Interim findings of the Bristol survey. *Occupational Health Review*, 80, 28-31.

20. Smith, A.P. 2000. The Psychology of the Common Cold. *Times Higher Educational Supplement*, July 7<sup>th</sup>.
21. Smith, A.P. 2000. Stress and health at work part V: factors associated with occupational stress. *Occupational Health Review*, 88, 26-28.
22. Smith, A.P. 2001. Stress and health at work part VI: Associations between perceived stress and health outcomes. *Occupational Health Review*, 92, 12-16.
23. Smith, A.P. 2001. Offshore fatigue – a study of ships in the offshore oil industry. *Seafarers Bulletin*.
24. Smith, A.P. 2003. Seafarers' fatigue, health and safety. *Personalführung*, 2, 46-52
25. Smith, A., Allen, P & Wadsworth, E. 2007. Seafarer Fatigue: The Cardiff Research Programme. *Seaways*.
26. Smith, A.P. 2013. Stress at work: An update. *Midlands Health Psychology Network*.
27. Smith, A.P. 2015. Does bad odour affect some people more than others. *The Independent (Online)*. 7th August.
28. Smith, A.P. 2017. Hear this. *Safety Management*. April. Pg 34.
29. Smith, A.P. & Allen, P.H. 2018. Is fatigue well-managed by the shipping industry? In: "Sea Sense – Expert Thinking on Critical Issues". *Safety4Sea*.
30. Smith, A.P. 2020. The changing nature of work, resilience and mental wellbeing. *Employee Benefits*. <https://employeebenefits.co.uk/professor-andrew-smith-resilience>
31. Smith, A.P. 2021. Seafarers' fatigue, accident investigation and the law. *Safety4Sea*. <https://safety4sea.com/seafarers-fatigue-accident-investigation-and-the-law/>
32. Smith, A.P. 2022. Anchorages and fatigue: The worst-case scenario? *Safety4Sea*. <https://safety4sea.com/anchorages-and-fatigue-the-worst-case-scenario/>
33. Smith, A.P. 2024. The mental health of seafarers – a neglected topic. *Safety4Sea*. In: *Mental Health Watch: Expert thinking on promoting mental health at work*. <https://safety4sea.com/cm-mental-health-watch-expert-thinking-on-promoting-mental-health-at-work/>
34. Smith, A.P. 2025. The mental health of seafarers – let's be positive. *Safety4Sea*. "Mental Health Watch: Expert thinking on ensuring mental resilience at sea " <https://safety4sea.com/cm-mental-health-watch-expert-thinking-on-ensuring-mental-resilience-at-sea/>

## CONFERENCE PAPERS, WORKSHOP PAPERS, INVITED LECTURES AND SEMINARS

- 1975 1. Departmental seminar, Psychology Department, UCL.
- 1976 2. Experimental Psychology Seminar, University of Oxford.
- 1978 3. Third International Congress on Noise as a Public Health Problem, Freiberg.
- 1979 4. Departmental Seminar, Department of Experimental Psychology, University of Oxford.
- 1980 5. Arousal and memory workshop.  
Cognitive Psychology Section, British Psychological Society.
- 1981 6. Seminar, MRC Institute of Hearing Research, Nottingham University.
- 1982 7. Arousal workshop, Oxford.
- 8. International Association of Applied Psychology, Edinburgh.
- 1983 9. Convened symposium on Effects of noise on performance,  
British Psychological Society Annual Conference.
- 10. Fourth International Congress on Noise as a Public Health Problem, Turin.
- 11. Stress and Anxiety Conference, Warsaw.
- 12. Workshop on military stress, Gosport.
- 13. Invited lecture, Institute of Work Physiology, Dortmund.
- 1984 14. Open University (Southern branch) Seminar.
- 15. Oxford University, Department of Experimental Psychology Seminar.
- 16. Convened symposium on Factors affecting selective and sustained attention.  
British Psychological Society Annual Conference.
- 17. Invited Lecture, Free University of Berlin.
- 18. British Feeding Group, Sussex.
- 19. Workshop on Cognitive Testing Methodology, National Academy of Sciences,  
Washington.
- 20. Society for Test Anxiety Research, Leiden.
- 21. European Society for the Study of Cognitive Systems, Cambridge.
- 22. Departmental Seminar, Experimental Psychology, University of Sussex.
- 23. Cognitive Section, British Psychological Society Annual Conference,  
St Peter's College, Oxford.
- 24. British Psychological Society, London Conference.
- 1985 25. CEC meeting on noise and human adaptation: Quantification of parameters,  
Strasbourg.
- 26. Ergonomics Society Conference, Nottingham.
- 27. Society for Test Anxiety Research, Dusseldorf.
- 28. Departmental Seminar, Experimental Psychology,  
University of Sussex.
- 29. Seminar, MRC Common Cold Unit, Salisbury.
- 30. Seminar, Department of Experimental Psychology, Oxford.
- 31. Cognitive Section, British Psychological Society Second Annual Conference,  
St Peter's College, Oxford.
- 32. VIIth International Congress on Night and Shiftwork, Igls, Austria.
- 33. Royal Naval Workshop on Watchkeeping and Shiftwork, London.
- 34. Departmental Seminar, University of Sussex.
- 35. British Psychological Society, London Conference.
- 1986 36. S. Wilts. Virology Group.
- 37. Workshop on Arousal, LPPE Strasbourg.
- 38. MRC Common Cold Unit Seminar, Salisbury.
- 39. Human Nutrition Centre, Rowett Institute.
- 40. Departmental Seminar, Experimental Psychology,  
University of Sussex.
- 1987 41. British Psychological Society Annual Conference,  
University of Sussex.
- 42. International Conference on Skills, University of Sussex.
- 43. Clinical Research Centre, Northwick Park.



44. British Society of Chronobiology Annual Conference, Roehampton Institute.
45. S. Wilts and London Virological Societies, Common Cold Unit, Salisbury.
46. Second Practical Aspects of Memory Conference, Swansea.
47. Departmental Seminar, Aberdeen.
48. Departmental Seminar, Experimental Psychology, University of Sussex.
- 1988 49. European Science Foundation Winter School on the Brain, Behaviour and the Immune System, Zuoz, Switzerland.
50. Departmental Seminar, Royal Holloway and Bedford New College.
51. Departmental Seminar, St George's Hospital.
52. Departmental Seminar, Behavioural Sciences, Glasgow University.
53. Ergonomics Annual Conference, UMIST.
54. British Feeding and Drinking Conference, Leeds.
55. Seminar, MRC Common Cold Unit, Salisbury.
56. Invited lecture, University of Dusseldorf.
57. Different aspects of performance conference, Dortmund.
58. Ninth International Conference of the Society for Test Anxiety Research, Padua.
59. Invited lecture, Society of Occupational Medicine, University of Surrey.
60. Noise '88, Stockholm.
61. Third International Conference on the Combined effects of environmental factors, Tampere, Finland.
- 1989 62. Ergonomics Conference, Reading.
63. Invited seminar, Institute for Circadian Physiology, Boston.
64. Neurological and neuropsychological complications of HIV infection, Quebec.
65. Departmental Seminar, Experimental Psychology, University of Sussex.
66. Human Factors in High Risk Situations, Royal Society.
67. International Congress on Distress, Neuro-immunomodulation and Ontogeny, Trento, Italy.
68. Seminar, Reckitt & Colman Psycho-pharmacology Group, University of Bristol.
69. Seminar, Procter & Gamble Research, Egham, Surrey.
70. Seminar, Cadbury-Schweppes Research Centre, University of Reading.
71. Seminar, Department of Experimental Psychology, University of Oxford.
72. British Psychological Society, London Conference.
- 1990 73. Chaucer Club Seminar, Applied Psychology Unit, Cambridge.
74. Departmental Seminar, Experimental Psychology, University of Sussex.
75. Ergonomics Society Conference, Leeds.
76. British Feeding and Drinking Group, London.
77. BPS AIDS Special Interest Group, University of Sussex meeting.
78. Departmental Seminar, University of Sussex.
79. S.E. Thames Health Authority meeting on the neurological effects of AIDS, Post-graduate Medical Centre, Brighton.
80. Wellcome Foundation, Beckenham.
81. Sleep, Arousal and Performance: Problems and Promises, Cambridge.
82. Nestle Research, Vevey, Switzerland.
83. Institute of Technology, University of Sussex.
84. British Association for the Advancement of Science, Swansea.
85. Assessing Cognitive Efficiency in Drug Development, Royal Society of Medicine.

86. Applied Psychopharmacology, Institute of Psychiatry, London.
87. Post-graduate Medical Centre, Brighton.
- 1991 88. Royal Society of Medicine.
89. Departmental Seminar, School of Psychology, University of Wales College of Cardiff.
90. Ergonomics Society Annual Conference, Southampton.
91. British Feeding and Drinking Group, Sheffield.
92. Neuroscience of HIV Infection, Padua.
93. British Association of Psychopharmacology, York.
94. International Conference on Memory, Lancaster.
95. Cognitive Section, British Psychological Society, Oxford.
96. Festschrift for Dr Donald Broadbent, Oxford.
97. Psychology and Food, Welsh Branch BPS, Cardiff.
98. Workshop on nutritional influences on mood and performance efficiency. AFRC Institute of Food Research, Reading.
99. Westcare Research Group, Bristol.
100. Chronic Fatigue Syndrome Workshop, Bristol University.
- 1992 101. Procter & Gamble, Egham.
102. British Feeding & Drinking Group, Reading.
103. Nutrition Society, Reading.
104. Health & Safety Executive Human Factors Meeting, Buxton.
105. German Medical Psychology Conference, Mainz.
106. Stress and adaptation, Amsterdam.
107. Department of Psychology, University College Swansea.
108. Department of Psychology, University of Bristol.
109. British Association for the Advancement of Science, Southampton.
110. Department of Psychology, University of Bristol.
111. Department of Psychology, University of Birmingham.
112. P.E.C., Zurich.
113. British Psychological Society, London Conference.
- 1993 114. BPS SIG HIV/AIDS, London.
115. British Psychological Society Annual Conference, Blackpool.
116. M.E. Association, Carmarthen.
117. Seventh International Caffeine Workshop, Santorini.
118. Noise and Man '93, Nice.
119. A.S.I.C., Montpelier.
120. Procter and Gamble, Cincinnati.
121. International Life Sciences Institute, Washington.
- 1994 122. British Feeding and Drinking Group, Leeds.
123. International meeting on chronic fatigue syndrome, Dublin.
124. European Psychosomatic Society, Gent.
125. British Sleep Society, Bristol.
126. British Psychological Society Psychobiology Section.
127. British Psychological Society Health Psychology Section.
128. Vigilance, Nancy, France.
129. Noise and Sleep, Holland.
130. Health effects of noise, Stockholm.
131. Chronic Fatigue Syndrome, Cardiff.
132. Chronic fatigue syndrome, Dyffryn centre.
133. Special developmental populations, Bristol.
- 1995 134. British Feeding and Drinking Group, Swansea.
135. ARISE, Amsterdam.
136. Oxford M.E. branch.
137. Link workshop, IFR, Reading.
138. Healthy Body, Healthy Mind. Wellcome Foundation.
139. P.E.C., Paris.
140. Unilever, Sharnbrook.

141. The School Breakfast. Nappa, California.
142. Procter & Gamble, Cincinnati.
143. Procter & Gamble, Egham.
144. B.P.S. Psychobiology Annual Meeting.
145. H.S.E., Llandudno.
146. International CFS Conference, Brussels.
147. Inaugural lecture, Bristol.
148. Institute of child health, Bristol.
- 1996 149. Bristol Sleep Interest Group.
150. Neurobehavioural effects of solvents, Health & Safety Executive.
151. Department of Psychology, University of Leeds.
152. Mood and Well-being, MRC/Unilever seminar
153. Department of Psychology, University of Cardiff.
154. University of Bristol.
155. Royal College of Pathologists.
156. Procter & Gamble, Prague.
157. Ramsay Society Talk, London.
158. Mars, Slough.
159. Unilever, Chester.
160. NTC, Dusseldorf.
- 1997 161. BPS, Edinburgh.
162. BPS, Edinburgh.
163. British Feeding and Drinking Group, Dundee.
164. D.O.H./D.O.E. Noise meeting, Leicester.
165. I.C.B.E.N., Budapest.
166. I.U.N.A., Breakfast meeting, Kildare Club.
167. P.E.C., Paris
168. Mood and Food, Glasgow
169. Link, I.F.R.
- 1998 170. Sports & Exercise Sciences, University of Birmingham
171. Psychology Department, University of Birmingham
172. Link dissemination meeting, Chipping Campden Food Association
173. University of Bath
174. European Science Foundation, Strasbourg
175. Kellogg's/ Hoffmann La Roche meeting, Basel
176. British Nutrition Foundation, London.
177. Procter & Gamble Ltd, Egham.
178. Breakfast symposium, Sydney.
179. Breakfast symposium, Melbourne.
180. Breakfast symposium, Stockholm.
181. Breakfast symposium, Copenhagen.
182. ESRC Stress Seminar, London.
183. GMB Stress conference, Nottingham
184. HSE Workshop, Malvern.
185. Noise '98, Sydney
186. Australian Nutrition Society, Adelaide
187. University of Tasmania
- 1999 188. Procter & Gamble, Egham.
189. Department of Experimental Psychology, University of Bristol.
190. Department of Transport, London.
191. National Institute of Health, Washington.
192. School of Psychology, Cardiff
193. Department of Psychology, Exeter
194. Safety & Health at Work, London.
195. American Chemical Society, Anaheim.
196. Occupational Health, Manchester.
197. Stress conference, London.

198. Seafarers International Research Centre, First Symposium. Cardiff.
  199. ASIC, Helsinki.
  200. Environmental and Occupational Health, Gothenberg
  201. NACO, Loughborough
  202. Neurosciences Group, Glasgow
- 2000
203. Stress 2000, London
  204. University of Tasmania.
  205. Fourth International conference on fatigue in transport. Perth, W.Australia
  206. D.E.T.R, Aircraft noise at night meeting, London
  207. Department of Health, Noise and Health meeting, London
  208. Sleepy driver, sleepy pilot, Stockholm.
  209. International Congress of psychology, Stockholm.
  210. Inter-Noise 2000, Nice.
  211. Nutrition and Behaviour: methodological issues. Nottingham.
  212. Psychology Department, University of Wales College of Swansea.
  213. Kellogg's, Manchester
  214. Stress at work, London
- 2001
215. Occupational health offshore, Aberdeen
  216. Noise pollution and health, Cambridge.
  217. Ergonomics Annual Conference, Cirencester.
  218. Third review meeting on noise and health research programmes, MRC Institute for Environment and Health, Leicester.
  219. XIX Colloquium, A.S.I.C., Trieste.
  220. Tenth European Congress on work and Organizational Psychology, Prague.
  221. Stress at work, London.
  222. Caffeine workshop, Unilever, London.
  223. S.I.R.C., 2<sup>nd</sup> Symposium.
  224. HSE Biomarkers meeting, Manchester.
  225. Inter-Noise 2001, The Hague.
  226. 17<sup>th</sup> ICA, Rome
  227. Kellogg's, Manchester
  228. Offshore safety, Leith International Conference
  229. Psychopharmacology Unit Seminar, University of Bristol.
  230. Maritime Medical Meeting, DETR.
  231. Stress at work, EEF Bristol
- 2002
232. Nutrition Society, London.
  233. British Feeding and Drinking Group, University of Sussex.
  234. ILSI, Europe, Brussels.
  235. Fatigue 2002
  236. Orafit Scientific Advisory Group, London.
  237. Kellogg's, Manchester.
  238. Physiological Effects of Coffee, London.
  239. British Association for Psychopharmacology, Cambridge.
  240. Institute for the Scientific Investigation of Coffee, London.
  241. Environmental Noise Solutions, NOPHER, Cambridge.
  242. Internoise 2002, Dearborn, Illinois.
  243. Kellogg's, Battle Creek.
  244. BPS Psychobiology Section.
  245. World Congress on Stress, Edinburgh.
  246. Rank Prize Symposium on Nutrition and Brain Function and Development.
  247. Kellogg's, Manchester
  248. International Society for the Advancement of Respiratory Psychophysiology, Washington.
  249. South East Wales Occupational Health Group, Cardiff.
  250. Noise and Health, London.

- 251.SIRC Cardiff
- 2003
  - 252.International Conference Transport Fatigue, Freemantle
  - 253.Work, Stress and Health. APA, NIOSH: Toronto
  - 254.Ergonomics 2003. Edinburgh.
  - 255.International Congress on Noise as a Public Health Problem. Rotterdam.
  - 256.International Scientific Association for Probiotics and Prebiotics. Henley
  - 257.Caffeine meeting, Chicago.
  - 258.Nestle research, Switzerland.
  - 259.Call Centre Initiative, Cardiff
  - 260.ACAS, Cardiff,
  - 261.CIMA, Swansea
  - 262. 4<sup>th</sup> Nutrition and Health Conference, London.
- 2004
  - 263.Orafti, Paris.
  - 264. 5<sup>th</sup> Framework Noise and Health, Brussels
  - 265. Home Office, Drugs at Work.
  - 266. Maastricht, ESF meeting
  - 267.IOSH, Cardiff.
  - 268.Inter-Noise 2004, Prague
  - 269.NHS Joint Professional Forum: The Masterclass series: CFS/ME. Cardiff.
  - 270.USARIEM, Natick, USA
  - 271.ILSI, Washington
  - 272.Unilever, Theanine meeting.
- 2005
  - 273.Nestle Research, Lausanne.
  - 274.8<sup>th</sup> International Conference Maritime Health, Croatia.
  - 275.NUMAST Conference, Harrogate.
  - 276. University of Southampton.
  - 277.Transport fatigue, Seattle.
  - 278. Wrigley's, Chicago
  - 279.Kellogg's, Manchester
  - 280.MCA, Southampton
  - 281.ITF, London
  - 282.Unilever, Cheshire
- 2006
  - 283.IOSH Annual Conference, London.
  - 284.Masterfoods, Well-being meeting, Amsterdam.
  - 285.Ergonomics Society Annual Conference, Cambridge.
  - 286.Wrigley's Scientific Institute, London.
- 2007
  - 287. IMO, London.
  - 288. 9<sup>th</sup> International Conference Maritime Health Association, Esbjerg, Denmark.
  - 289. Noise at Work 2007, Lille, France.
  - 290. China Youth Concentration School Headmasters seminar, Hong Kong.
  - 291. Wrigley's Scientific Institute, Chicago.
  - 292. Maritime Safety and Health, Nyburg, Denmark.
  - 293. International Symposium on Maritime Safety, Security and Environmental Protection. Athens, Greece.
- 2008
  - 294. Framework 7 Noise Meeting, London.
  - 295. An update on stress at work. CWERC seminar.
  - 296. Kellogg's, Manchester.
  - 297. ONS well-being meeting, Cardiff.
  - 298. Ergonomics Society Conference, Nottingham.
  - 299. CWERC(1) Seminar, Cardiff.

- 300. Nutritional Neuroscience Seminar, Cardiff.
- 301. CWERC(2) Seminar. Cardiff.
- 303. Procter & Gamble, Egham.
- 302. CWERC(3) Seminar Cardiff
- 301. Seafarers' fatigue and technology at sea. Cardiff.
- 302. Quaker Oats Symposium, Chicago.
- 303. Wrigley Scientific Institute, Chicago
- 304. Food and the Brain. Cardiff.
- 305. MCA, London.
- 306. IOSH, Leicester.
- 307. Freeways, Bristol.
- 308. DRINC, London.
- 309. WHO, Madrid.
- 310. Wales Mental Health, Cardiff.
- 311. Stress at Work, WAG.
- 312. Kellogg's, Manchester.
- 313. CWERC, Cardiff.
- 314. Wrigley's, Chicago

## 2009

- 315. Aston University.
- 316. Cognitive Fatigue, Atlanta.
- 317. Teachers Support Network, London.
- 318. Food and Behaviour, Cardiff.
- 319. Maritime Medicine, Gydnia
- 320. Work and well-being network, Cardiff University.
- 321. SIRC symposium, Cardiff University.
- 322. National Employment and Health Innovations Network, Cardiff
- 323. MCA, Southampton.
- 324. Well-being through work, Cardiff.
- 325. Dutch Dredgers, Gouda.
- 326. ENNAH, London.
- 327. Connect Assist, Nantgarw.
- 328. HEAG, London.
- 329. Environmental Noise and Health, Cardiff.

## 2010

- 330. GSK meeting, Cardiff.
- 331. Dutch Dredgers, Gouda.
- 332. Health and Well-being at Work, Birmingham.
- 333. Well-being Wales Network
- 334. InterNoise 2010, Lisbon.
- 335. International Association for Dental Research, Barcelona.
- 336. WSI Chicago.

## 2011

- 337. All Wales Mental Health Network, Cardiff.
- 338. Murdoch University, Perth.
- 339. Association of Aviation Medical Examiners, Heathrow.
- 340. British Feeding and Drinking Group, Belfast.
- 341. Institute of Ergonomics and Human Factors, Stoke Rochford.
- 342. WISERD, Swansea
- 343. ENNAH, Brussels
- 344. TK Foundation, London.
- 345. ICBEN, London
- 346. European Congress of Psychology, Istanbul.
- 347. British Society for Oral and Dental Research, Sheffield.
- 348. Welsh Branch BPS, Glyndwyr University.

349. UK Behavioural Medicine Society, Stirling.
- 2012
350. MCA HEAG meeting, Southampton.
351. Spotlight on Social Sciences, Cardiff.
352. Ergonomics Society Annual Conference, Blackpool.
353. Bevan Foundation, Cardiff.
354. Wellbeing at Work 2012, Manchester.
355. Wellbeing in Wales, Cardiff.
356. P&O, RMT, Dover.
- 2013
357. CASCADE meeting, Kiel, Germany
358. Roehampton Institute.
359. Health and well-being at work, NEC Birmingham.
360. Ergonomics Society, Cambridge.
361. Work, Stress and Health, Los Angeles.
362. International Behavioral Neuroscience Society, Dublin.
363. Host Microbiome Interactions in Health and Disease, Wellcome Trust, Cambridge.
364. WISERD, University of Glamorgan.
365. IOM conference on potential health hazards associated with caffeine, Washington.
366. British Psychological Society Psychobiology Section meeting.
367. CASCADE meeting, BMT, Teddington.
368. XV National Congress of the Clinical Psychology Section of the Associazione Italiana di Psicologia, Naples.
369. British Society for Oral and Dental Research, Bath.
- 2014
370. Active Operational Management, Reading.
371. University College Cork.
372. Fatigue at work symposium, Warwick University.
373. Cardiff Scientific Society.
374. CASCADE, Kiel.
375. British Feeding and Drinking Group, Dubrovnik.
376. EAOHP, London.
377. Sodexo, London.
378. Cardiff Business School Research Fair.
379. Maudesley Learning: Mental Health and Work.
379. Department of Health, London.
380. Wellbeing Connect Cardiff.
381. Work and Depression, IWP, Sheffield.
382. IADR, Dubrovnik.
383. Novartis, Amsterdam.
384. Office of Rail Regulation, Shrewsbury.
385. 3rd Iberoamerican Congress of Health Psychology, Seville.
386. 7th International and 12th National Congress of Clinical Psychology, Seville.
- 2015
387. ILSI, Phoenix, Arizona.
388. MHRA, London.
388. CIPD, Southampton
389. Health & Wellbeing at Work, NEC.
390. IEHF 2014, Daventry.
391. Quality of Life, New York.
392. University of Naples
393. Dortmund, Sound Acoustics For Employees (SAFE)
- 2016
394. Arriva Trains Wales, Cardiff.
395. Orangebox, Treforest.
396. Tillery Valley Foods, Cwmillery.
397. IEHF 2015, Daventry.

- 398. RNLI, Poole.
- 399. Wellbeing and Work, Amsterdam.
- 400. Wiserd, Swansea.
- 401. Church & Dwight, New York.
- 402. Pioneers, London.
- 402. ICTTP, Brisbane.
- 404. RNLI, Poole.
- 403. BPS Psychobiology Conference.
- 404. ITF, London.
- 405. RSSB, London.

#### 2017

- 406. RNLI, Poole
- 407. RMT, Doncaster.
- 408. EHF Annual Conference, Staverton.
- 409. Waterloo Foundation, Cardiff.
- 410. University of Naples.
- 411. Positive Psychology and Well-being, Hangzhou, China.
- 412. H-Workload, Dublin.
- 413. ICBEN, Zurich.
- 414. Arriva Trains, Birmingham
- 415. RSM Neurobiology of fatigue, Chicheley House.
- 416. ARIOPS, Northampton.
- 417. Arriva Trains, Cardiff.
- 418. Sodexo, London.
- 419. Arriva Trains, Birmingham.
- 420. RNLI, Poole.
- 421. RSSB, London.

#### 2018

- 422. DWP, London.
- 423. UK Healthcare Text Analytics Conference, Manchester, UK
- 424. International Conference on Occupational Health and Safety
- 425. CIEHF Annual Conference, Birmingham.
- 426. Psychological Society of Ireland.
- 427. University of Kent
- 428. 5<sup>th</sup> International Conference on Positive Psychology and Well-being, China.
- 428. BPS Psychobiology Conference, Windermere
- 429. Prague.
- 430. H-Workload2. Amsterdam.
- 431. Oxford.
- 432. Croatia.
- 433. Bristol: BBSRC DTP students
- 434. Istanbul: DETAM.
- 435. Oxford Medistress

#### 2019

- 436. College of Radiologists.
- 437. British Feeding and Drinking group, Swansea.
- 438. CIEHF Annual Conference, Stratford.
- 439. GW4, Bath
- 440. 6th International Conference on Positive Psychology and Well-being, Kunming, China.
- 441. Drug Science Symposium, University College London
- 441. BPS Psychobiology Conference, Windermere.
- 442. H-Workload3, Rome.
- 443. GW4 meeting, Bristol Zoo
- 444. Fatigue Group, Transport for Wales.

#### 2020

- 445. EFFORT, Vienna
- 446. CIEHF Annual Conference.



447. H-Workload 2020, Granada.

2021

448. EHF, London

449. ICBEN, Stockholm

450. Ogilvy, Paris.

451. Biomesip-21, Granada

452. Procter & Gamble: VICK meeting.

453. H-Workload, Dublin

2022

454. EU Summit, P&G, Frankfurt.

2023

455. EU Summit, P&G, Frankfurt.

2024

456. Chuckling Goat, SAB.

457. The Waterloo Foundation.

458. EU Summit, P&G, Frankfurt.

2025

459. Euronaise, Malaga

460. Chuckling Goat, SAB

463. ASIC, Lisbon.

## Papers refereed

### 2001

#### Journal

#### Title

- |   |   |
|---|---|
| 1. Life Sciences  | Low frequency noise enhances cortisol levels during task performance stress   |
| 2. Brain, Behavior and Immunity                         | The effects of a typhoid fever vaccine on cognition: Impairment to attentional processes  |
| 3. Human Psychopharmacology: Clinical and Experimental  | Memory and attention functions in middle-aged and elderly subjects are unaffected by caffeine withdrawal or a low acute dose of caffeine.                 |
| 4. Psychopharmacology                                   | Influence of caffeine, cold and exercise on multiple choice reaction time.  |
| 5. Applied Cognitive Psychology                         | Effects of continuous task performance within and over tasks.   |
| 6. Applied Cognitive Psychology                         | Irrelevant speech and indoor lighting: effects on cognitive performance and self-reported affect.   |
| 7. International Journal of Food Science and Nutrition. | Breakfast quality differences among children and adolescents in Croatia.  |
| 8. Physiology & Behavior                                | The influence of breakfast and a snack on memory and mood.  |
| 9. Psychopharmacology.                                  | An evaluation of caffeine on mood, memory and information processing in healthy volunteers without caffeine abstinence.                                   |
| 10. Human Psychopharmacology: Clinical and Experimental | Sex differences in time estimation are abolished by moderate but not high doses of caffeine.  |
| 11. American Journal of Clinical Nutrition              | Carbohydrate administration during a day of sustained aerobic activity improves vigilance, as assessed by a novel ambulatory monitoring device, and mood. |
| 12. Human Psychopharmacology: Clinical and Experimental | Interactions between alcohol in relation to psychomotor speed and accuracy.   |
| 13. Pharmacology, Biochemistry and Behavior             | Memory and attention functions in middle-aged and elderly subjects are unaffected by caffeine withdrawal or a low acute dose of caffeine.                 |
| 14. Applied Cognitive Psychology                        | Classroom experiments on the effects of different noise sources and soundlevels on long-term recall and recognition in children                           |

### 2002

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|--|--|
| 15. Appetite                             | Chocolate eating in experimentally induced sadness and joy.  |
| 16. Psychological Reports                | Simultaneous multiple stressors in the environment.  |
| 17. British Journal of Health Psychology | Predicting the short-term course of fatigue symptoms: Does adjustment of habitual coping strategies matter ? |
| 18. Human Psychopharmacology:            | Caffeine consumption and time estimation   |

## Clinical and Experimental

- |  |   |
|--|---|
| 19. Nutritional Neuroscience:                            | A rapid effect of caffeine  |
| 20. British Journal of Psychology                        | Time of day effects across cognitive domains in young and older adults.                             |
| 21. International Journal of Food Science and Nutrition  | Urban-rural comparison of nutrient intakes among children   |
| 22. Human Psychopharmacology: Clinical and Experimental: | The effect of caffeine on prospective and retrospective duration judgements                         |
| 23. Appetite   | Effects of iron and vitamin A on indices of cognitive function of anaemic Tanzanian school children |

## 2003

- |   |  |
|---|--|
| 24. Psychoneuroendocrinology                            | The cognitive activation theory of stress  |
| 25. Journal of Psychopharmacology                       | The effects of habitual caffeine use on cognitive change: a longitudinal perspective                                 |
| 26. Noise and Health                                    | Noise and Mental Performance: Studies on Individual Differences  |
| 27. Psychological Reports                               | Sexual Frequency and salivary immunoglobulin A (IgA)   |
| 28. British Journal of Psychology                       | Older people's well-being as a function of employment, retirement, environmental characteristics and role preference |
| 29. Appetite  | The effects of dietary lifestyle and breakfast consumption on mood.  |
| 30. International Journal of Food Science and Nutrition | Food intake in boarding schools  |
| 31. Journal of Epidemiology and community health        | Caffeine consumption and sleep duration in a middle-aged working French population.                                  |
| 32. Journal of Psychosomatic Research                   | Interferon and depression.   |
| 33. Work & Stress                                       | How to measure quantitative demands at work ? Results from a National Danish study.                                  |
| 34. Journal of Psychopharmacology                       | The effects of practice on measures of psychomotor performance and cognitive function.                               |
| 35. Psychological Reports                               | Differential effects of laughter on allergen-specific immunoglobulin and neutrophin levels in tears                  |
| 36. Psychological Reports                               | The Big Five and Quality Control Pharmacy Tasks: Personality and Error Detection Accuracy.                           |

## 2004

- |                              |  |
|------------------------------|--|
| 37. Nutritional Neuroscience | The effect of a unique nutritional supplement on memory and cognitive function: a randomised clinical trial. |
|------------------------------|--|

38. Occupational and Environmental Medicine	The role of lay beliefs about stress as an effect modifier between exposure to psychosocial workplace risk factors and perceived job stress.
39. Occupational and Environmental Medicine	Impacts of occupational stress and other psychosocial factors on musculoskeletal pain among Chinese offshore oil installation workers.
40. Journal of Psychopharmacology	Effects of placebo caffeine and caffeine on arousal, well-being and reaction time.
41. Psychopharmacology	Effects of caffeine and caffeine withdrawal on mood and cognitive performance degraded by sleep restriction.
42. Nutritional Neuroscience	Mood and cognitive performance effects of energy drink constituents: caffeine, glucose and carbonation.
43. Noise and Health	Effect of noise control on working conditions and perceived noise annoyance – A case study in a painting department.
44. British Journal of Nutrition	Is coffee a functional food?
45. British Journal of Health Psychology	Self-consciousness, psychological distress, coping and negative cognitions in Irritable Bowel Syndrome.
46. Biological Psychiatry	Changes in cognition, mood , body composition and stress hormones induced by acute stress.
47. Human Psychopharmacology	Effect of caffeine on prospective duration judgements of various intervals depends on task difficulty.
48. Occupational and Environmental Medicine	Subjective symptoms, sleeping problems and cognitive performance in subjects living near mobile phone base stations.
49. British Journal of Health Psychology	Triggering anti-smoking advice by GPs.
50. Psychopharmacology	The effect of caffeine on cognitive task performance and motor fatigue
51. Brain Research Bulletin	A low protein diet alters rat behaviour and neurotransmission in normothermic and hyperthermic environments.
52. Human Psychopharmacology	The effects of caffeine and expectancy on attention and memory.

## 2005

53. Journal of Applied Social Psychology	Cognitive effects of noise on children.
54. Noise and Health	Effects of domestic appliance noise on mental tasks relevant to a house.
55. Psychopharmacology.	Effects of caffeine on performance and mood: withdrawal reversal is the most plausible explanation.
56. Journal of Psychopharmacology.	Effects of ethanol and promethazine on awareness of errors and judgements of performance.

57. International Journal of Operations and Production Management	The effects of lean production on worker job stress.
58. Journal of Psychopharmacology	A double-blind, placebo-controlled, multi-dose evaluation of the acute behavioural effects of guarana in humans.
<b>2006</b>	
59. Public Health Nutrition	Is breakfast consumption related to mental distress and academic performance in adolescents ?
60. Journal of Studies on Alcohol	The next day effects of a normal nights drinking and an additional stressor on memory and psychomotor performance.
61. Family Medicine	Epidemiology of fatigue
62. Nutritional Neuroscience	Glucose tolerance, carbohydrate and fibre.
63. Journal of Psychopharmacology	Caffeine craving questionnaire.
64. Nutrition Bulletin	Achieving scientific consensus in nutrition and behaviour research
<b>2007</b>	
65. Psychopharmacology	Sensitivity to change in cognitive performance and mood measures of energy and fatigue in response to morning caffeine alone or in combination with carbohydrate.
66. Aviation Space and Environmental Medicine	CX717 during simulated shiftwork.
67. Appetite	Immediate mood effects of chocolate
68. Le Travail Humain	Stressors-strain relationships on health care professionals
69. Human Psychopharmacology	Cognitive and mood measure sensitivity
70. Nutrition	Effects of oral administration of caffeine and D-ribose on mental fatigue.
71. Psychological Reports	Salivary alpha amylase levels under conditions of extreme examination stress.
72. Occupational and Environmental Medicine	Multiple work-related accidents: tracing the role of hearing status and noise exposure.
<b>2008</b>	
73. Psychopharmacology	Caffeine and oculography
74. International Journal of Operations And Productivity	Gender, lean production and stress
75. Physiology & Behaviour	GI, Glycaemic load and cognition.
76. Institute of Medicine of the National Academies	Dietary supplement use by military personnel.

77. Psychopharmacology	Caffeine, subjective fatigue and calculation ability.
78. Aviation, Space & Environmental Medicine	5-HT <sub>3</sub> Antagonists for the treatment of seasickness.
79. Journal of Psychopharmacology	Glucose and prospective memory
80. Neuropsychobiology	Caffeine and letter transformation performance.
81. Neuroscience and Biobehavioral Reviews	Caffeine use in children
82. Physiology & Behavior	Glycaemic load, cognition and mood.
<b>2009</b>	
83. European Journal of Work and Organizational Psychology	Psychosocial working conditions and immigrant workers.
84. Ergonomics	Music, Noise, Introversion-Extraversion.
85. Journal of Psychopharmacology	Scopolamine.
86. Stress and Health.	Bullying, cardiovascular disease and reported health.
87. Public Health Nutrition	Coffee and depression.
88. BMJ Learning	Long term sickness and incapacity for work.
89. International Maritime Health	Alcohol and nicotine dependence in French seamen.
90. Psychopharmacology	Tea and mood.
91. Journal of Psychopharmacology	Caffeine and quercetin.
92. British Journal of Nutrition	Mood and tea
93. Journal of Psychopharmacology	Real world memory deficits in drug users
94. Appetite	Caffeine and expectancy.
95. Journal of Psychopharmacology.	Ginseng, mood and working memory.
96. Journal of Alzheimer's Disease	Caffeine, Cognition and Socio-economic status
97. Noise and Health	Night-time aircraft noise and children's cognition
98. Noise and Health	Road traffic and aircraft noise and children's episodic memory
<b>2010</b>	
99. Human Psychopharmacology	Caffeine, plasma levels and cognition.
100. Journal of Psychopharmacology	Sage extract and cognition.
101. Journal of Psychopharmacology	Cereboost and neurocognitive function.

102. American Journal of Industrial Medicine	Work stress and the common cold.
103. Human Psychopharmacology	Caffeine and the stroop task.
104. Anxiety, Stress and Coping	Cognitive intervention reducing music performance anxiety.
105. International Maritime Health	Psychosocial factors in offshore drilling.
106. Nutritional Neuroscience	Caffeine, sleepiness and driving performance.
107. Archives of Oral Biology	Chewing gum and spatial task ability
108. Journal of Psychopharmacology	Gender and steroid hormones: adolescents and caffeine
109. Appetite	Chewing gum, cognitive performance and individual differences.
110. Psychopharmacology	Caffeine and cerebral blood flow
111. Psychological Bulletin	Noise and performance
112. International Maritime Health	Psychosocial workload and strain in the Swedish Merchant Fleet
113. Journal of Nutrition, Health and Aging	Polysaccharides and well-being.
114. Occupational and Environmental Medicine	Long term immunological effects of TCDD
115. Journal of Epidemiology and Community Health.	Stress and preventative measures for influenza.
116. International Journal of Environmental Research and Public Health.	Community noise, blood pressure, stress, urban school children in India.
117. British Journal of Nutrition.	Dairy constituents and neurocognitive health in aging.
118. Appetite	Black tea and attention.
119. Physiology & Behavior	Energy drink and the post-lunch dip.
120. British Journal of Nutrition	Hydration and cognition.
121. Journal of Psychopharmacology	Ecstasy and everyday cognitive problems.
122. BMC Psychiatry	Arabic version of perceived stress scale.
123. Psychoneuroendocrinology	Positive emotion and cardiovascular functioning.
124. Appetite	Time on task and chewing gum
125. International Maritime Health	Perceived learning and situational awareness
126. Journal of Psychopharmacology	Chlorogenic acid.
127. Noise Control Engineering Journal	Aircraft noise and behaviour of rats

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|---|-------------------------------------|
| 128. Journal of Nutrition, Health and Aging | Tea, inhibitory control and ageing. |
| 129. Neuropsychobiology                     | Caffeine and Stroop performance.    |

## 2011

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|---|---|
| 130. Mind, Brain and Education                            | Chewing gum and cognition.                  |
| 131. Appetite   | Cognitive advantages of chewing gum.        |
| 132. Nutritional Neuroscience                             | Chewing gum and social stress.              |
| 133. Physiology & Behavior                                | Caffeine and Theobromine.                   |
| 134. Human Psychopharmacology                             | Caffeine and inhibitory control.            |
| 135. British Journal of Nutrition.                        | Tea at work.                                |
| 136. Physiology & Behavior                                | Chewing gum and alertness.                  |
| 137. Acta Odontologica Scandinavica                       | Chewing gum and heart rate variability.     |
| 138. Journal of International Neuropsychological Society. | Caffeine and cognition in HIV+ individuals. |
| 139. Psychopharmacology                                   | Coffee and prolonged driving.               |
| 140. Psychopharmacology                                   | Caffeine, exertion and pain.                |
| 141. Physiology and Behavior                              | Caffeine, exercise and mood                 |
| 142. Oral Diseases  | Masticatory performance and stress.         |

## 2012

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|--|---|
| 143. Acta Acustica                         | Interference of performance by high speed train noise and speech. |
| 144. Journal of Psychopharmacology.        | Caffeine counteracts chlorpheniramine.                            |
| 145. Journal of Psychopharmacology.        | Biomathematical model of caffeine.                                |
| 146. Psychopharmacology.                   | Effects of constituents of energy drinks.                         |
| 147. Nutrition Research & Reviews.         | Behavioural effects of caffeinated plants.                        |
| 148. Occupational & Environmental Medicine | Seafaring – a changing and hazardous occupation.                  |
| 149. Noise & Health                        | Noise, Performance and Behavior.                                  |
| 150. Physiology & Behavior                 | Breakfast type and cognition.                                     |
| 151. Neuropharmacology                     | Glucose and recognition memory.                                   |
| 152. Neuropsychology                       | Cognition and CFS.  |



153. Psychopharmacology	Caffeine and enhanced attention.
154. International Maritime Health	Cultural differences in emotional intelligence.
155. Industrial Health	Job satisfaction and mental health.
156. Nutritional Neuroscience	Chewing gum and attention.
157. Appetite	Chewing gum and food intake.
158. Appetite	Chewing gum and acute stress.
159. International Journal of Environmental Research and Public Health.	Quiet areas and health.
160. PlosOne	Rhesus negative, smoking, age, personality, health and Intelligence.
161. Journal of Psychopharmacology	Fructose, glucose and executive functioning.
162. International Maritime Health	Heart rate variability and attention/working memory.
<b>2013</b>	
163. International Maritime Health	Attitudes of Senegalese sailors to HIV/Aids
164. Safety Science	Fatigue and grounding: A Bayesian Network modelling approach.
165. Neuropsychology	Cognitive deficits in CFS.
166. British Journal of Nutrition	Meat and children's test performance.
167. International Maritime Health	Situational awareness.
168. International Maritime Health	Work environment and wellbeing in the maritime industry.
169. PlosOne	Caffeine and coincidence anticipation timing.
170. Nutritional Neuroscience	Caffeine, choline and memory.
171. Journal of Human Nutrition and Dietetics	Suitability of caffeinated drinks for children.
172. British Journal of Nutrition	Role of 5-HTTLPR, neuroticism and acute stress in appetite and energy intake.
173. Appetite	Chewing gum and recovery from real-life stress.
174. Frontiers in Human Neuroscience.	The role of meals and meal type in cognitive function.
175. Journal of Psychopharmacology.	Cocoa, sustained attention and mood.
176. African Journal of Business Management	Psychological empowerment and occupational stress.

177. Stress and Health	Adolescent stress questionnaire.
178. Brain, Behavior and Immunity	Neurocognitive disturbances during infection.
179. Occupational and Environmental Health.	Mental health, psychotropic drugs and accidents.
180. BMC Psychiatry	Caffeine and schizophrenia.
181. Applied Ergonomics.	Job quality and bus drivers.
182. Brain, Behavior and Immunity.	Cognitive and affective disorders in autoimmune thyroiditis.

## 2014

183. PlosOne	Acute hyperammonaemia, caffeine and vigilance.
184. Journal of Psychopharmacology	MDMA, methylphenidate and social cognition.
185. Biomed Research International	Caffeine and haemodialysis patients
186. Psychoneuroendocrinology	Subjective wellbeing and biological function.
187. Nutritional Neuroscience	Caffeine, cognitive performance, children.
188. Journal of Studies on Alcohol and Drugs	Caffeinated and de-caffeinated beverages and mood and cognitive performance.
189. American Journal of Human Biology	Sickness behaviour.
190. Psychological Medicine	Common mental health problems in the military.
191. Pediatrics	Adolescent caffeine use.
192. Journal of Psychopharmacology.	Caffeine withdrawal.
193. Journal of Psychopharmacology.	Caffeine, sleep and age.
194. PlosOne	Caffeine and attention.
195. Nutritional Neuroscience	Chewing gum and stress.
196. Human Psychopharmacology	Time-release caffeine, metabolism and performance.
197. Psychopharmacology.	Caffeine and performance in sleep deprived volunteers.
198. BMC Public Health.	Well being and mental health.
199. International Journal of Environmental Research and Public Health	Diet and resilience.
200. Social Behavior and Personality.	Activation and extraversion.
201. Appetite	Caffeine, theanine and cognition.

202. International Journal of Occupational and Environmental Health. Demands, control, burnout, intention to leave.
203. Journal of Clinical Psychopharmacology. Caffeine, smoking, neurocognition, schizophrenia.
204. Safety Science. Stress and hospital injuries.
205. Journal of Psychopharmacology. Caffeine and insomnia.
- 2015**
206. Journal of Psychopharmacology. Caffeine, sleep and age.
207. British Journal of Nutrition Breakfast, exercise, mood and cognition.
208. Science of the Total Environment. Noise sensitivity and future risk of illness and mortality.
209. Mobile Media & Communication Individual differences in sensitivity to mobile phone noise.
210. Theory & Psychology Collective coping and the social construction of stress.
211. Current Medical Research & Opinion. Coughs, colds, productivity, absenteeism and everyday life.
212. Human Psychopharmacology Decision making, nicotine and caffeine.
213. International Journal of Occupational and Environmental Health Demands and decision latitude.
214. International Journal of Maritime Health. Job satisfaction in Croatian seafarers.
215. Psychopharmacology. Habitual caffeine use and performance
216. Saudi Medical Journal. Effect of fatty food on mood of children in Saudi Arabia.
217. Journal of Developmental & Behavioral Pediatrics. Breakfast intake and psychiatric disease.
218. Journal of Psychopharmacology Placebo caffeine, withdrawal and cravings.
219. Journal of Psychopharmacology. Age-related norms from the CDR battery.
220. Applied Ergonomics. Age and sleep offshore.
221. International Journal of Maritime Health. Wellbeing of maritime pilots.

## 2016

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| 222. British Journal of Nutrition      | Lunch and children's cognitive performance.      |
| 223. Journal of Psychopharmacology     | Low dose of caffeine and attention.              |
| 224. Journal of Psychopharmacology     | Red Bull, Cognition and Mood.                    |
| 225. Journal of Rail and Rapid Transit | Rail worker fatigue                              |
| 226. Journal of Psychopharmacology     | Adenosine function                               |
| 227. Journal of Psychopharmacology.    | Developmental study of caffeine and risk taking. |
| 228. Appetite                          | Breakfast and depressive mood.                   |
| 229. Psychological Reports.            | Wellbeing of students.                           |
| 230. Journal of Psychopharmacology.    | Caffeine and insomnia.                           |
| 231. Brain, Behavior & Immunity.       | Microbiota and well-being.                       |
| 232. Journal of Psychopharmacology     | Empathy and MDMA.                                |
| 233. Physiology & Behavior             | Stair walking, caffeine, mood and performance.   |
| 234. PlosOne                           | Coping and shiftwork.                            |

**2017**

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| 235. Food and Chemical Toxicology.   | Caffeine and Health.  |
| 236. Journal of Psychopharmacology.  | Caffeine and perceived contrast.                                    |
| 237. European Journal of Nutrition.  | Glycogen and cognition.   |
| 238. Journal of Psychiatry and Mental Health                                 | Positive Psychology and Burnout                                     |
| 239. Biological Psychology.  | Nitric oxide, VEGF, Cold Symptoms and Stress.                       |
| 240. Sage Open Medicine  | Job satisfaction in mental health professionals.                    |
| 241. Psychological Reports.  | The Portuguese Arousal Pre-Disposition Scale.                       |
| 242. Physiology and Behavior   | Glycaemic index, caffeine and driving.                              |
| 243. Journal of Psychopharmacology.  | Expectancy, caffeine withdrawal and caffeine.                       |
| 244. Plos One  | Chewing gum, stress, anxiety and depression.                        |
| 245. International Maritime Health   | Hardiness and insomnia.   |
| 246. International Journal of<br>Environmental Research and<br>Public Health | Job demands, emotional symptoms in an Asian<br>electronics factory. |
| 247. Physiology & Behavior   | Mastication and sustained attention.                                |

248. International Maritime Health	Psychological capital and accidents.
249. Psychopharmacology	Caffeine and reaction time.
250. International Journal of Environmental Research and Public Health	Sales workers, stress and depression in Korea.
251. International Maritime Health	Fishing and fatigue.
252. Journal of Psychopharmacology	Carbohydrates and caffeine
253. Current Topics in Nutraceutical Research	Oats and appetite
254. Acta Odontologica Scandinavica	Chewing gum, mental health, academic attainment.
<b>2018</b>	
255. Neuropsychopharmacology	Caffeine in the cholinergic system.
256. Aerospace Medicine and human	Sleepiness and alertness management.
257. Plos One	Chewing gum and mental health.
258. International Maritime Health	Boredom at Sea
259. Plos One	Stress in professional drivers
260. Archives of Women's Mental Health	Stress and fMRI
261. Plos One	Energy drinks and alcohol.
262. Journal of Psychopharmacology	Olfaction and addiction.
263. Journal of Psychopharmacology	Rosemary water and behaviour.
264. Applied Cognitive Psychology	Chewing gum and studying
265. Journal of Psychopharmacology	Dose expectancies and caffeine withdrawal
266. Journal of Cognitive Enhancement	Coffeeberry and alertness
267. Pharmacology, Biochemistry and Behavior	Caffeine and diurnal variation in cognition

## 2019

268. Journal of Psychopharmacology	Prebiotic and cognition of children
269. Behavioral Sciences	Occupational stress syndrome
270. Journal of Psychopharmacology	Energy drinks, gateway to drug use
271. Archives of Environmental and Occupational Health	Stress in civil servants
272. International Journal of Environmental Research and Public Health	A single item of stress
273. International Maritime Health	Insomnia in Fishermen
274. Learning and Individual Differences	Personality, engagement and stress of university staff
275. Applied Cognitive Psychology	Noise and prospective memory.
276. Sleep	Caffeine, sleep and shift work
277. Journal of Psychopharmacology	Caffeine and reading
278. H-Workload 3	Workload in the infantry
279. H-Workload 3	Resilience and workload during air force operations
280. Plos-One	Text based measures of life satisfaction.
281. Psychopharmacology	Caffeine, exercise and working memory
282. International Maritime Health	Burnout and life satisfaction in Turkish Seafarers.
283. Journal of Psychopharmacology	Caffeine use disorder, wellbeing and ADHD.
284. IBRO	Caffeine and exercise
285. Behavioural Sciences	Personality and cognitive states of students.
286. Nutritional Neuroscience	Plant based diet and cognition.
287. Experimental and Clinical Psychopharmacology.	Caffeine and sustained attention of adolescents.
288. Behavioural Sciences	Individual Response to Stressors and Efficiency in Project Activities
289. Acoustics Bulletin	Psychological reactions to sound.

## 2020

290. Human Factors	Different types of noise and cognitive performance.
291. Physiology & Behavior	Caffeine and polyphenols.

292. Heliyon	Multi-dimensional wellbeing scale.
293. European Reviews of Applied Psychology	Pharmacists, mental toughness and cognitive failures.
294. Behavioral Sciences	Music and coping
295. Pediatrics Research	Exercise and cognition of children.
296. Journal of Advanced Transportation	Mental factors and train dispatcher performance.
297. Behavioral Sciences	CBT and Q fever
298. H-Workload 2020	Communication and teamwork in air traffic controllers.
299. H-Workload 2020	Interaction between software development teams.
300. International Maritime Health	Perceptions of Mobbing by Turkish seamen.
301. Human Factors	Fatigue in train dispatchers.
302. Journal of Psychopharmacology	Lorazepam and saccades
303. International Maritime Health	Seafarers' Wellbeing and COVID-19
304. Mechanisms of Ageing and Development	Sleep and inflammation.
305. African Health Sciences	Black tea, caffeine and depression.
306. Journal of Clinical and Translational Research	Cerebellum and children
307. International Maritime Health.	Work profile of maritime pilots.
308. Molecular Psychiatry	Stress and COVID
309. International Maritime Health.	Objective and subjective measures of stress in seafarers.
310. BMC Geriatrics	Life style, feelings and cognition of the elderly during COVID.

## 2021

311. International Maritime Health	Seafarers, social media and anxiety and depression.
312. Behavioral Science	A review of mass child trauma.

313. Journal of Clinical and Translational Research	Phytonutrients and cognition.
314. International Maritime Health	Anxiety and fear of seafarers during COVID.
315. Behavioral Sciences.	Problematic use of smartphones.
316. Psychopharmacology	Caffeine and Parkinson's disease.
317. BMC Geriatrics	CMV, immune responses, depression and cognition in the elderly.
318. Behavioral Sciences	The role of personal values in relationship to risk intelligence: evidence from a multi-mediation model.
319. Journal of Psychopharmacology	Caffeine and treatment of depression.
320. Applied Ergonomics	Sleep of rail crew.
320. H-Workload 21	Radical Connectionism.
321. H-Workload 21	A novel parabolic model of instructional efficiency grounded on ideal mental workload and performance.
322. Behavioral Sciences	Middle management and remote working.
323. Behavioral Sciences	Covid-19, mental health and indigenous populations.
324. Archives of Clinical Psychiatry.	Stress and chewing gum.
325. British Medical Bulletin	Fatigue and driving accidents at work.
326. Behavioral Sciences	Stress, immune status and decision making during COVID.
327. Journal of Psychopharmacology	Cocoa flavonoids, mood and cognition.
328. Behavioral Sciences	Depression and suicide in a geriatric population.
329. Behavioral Sciences	Women and violence
330. Behavioral Sciences	Innovation at work.
331. Behavioral Sciences	Stressful life experiences and grief.
332. Journal of Psychopharmacology.	Herbal extracts and stress.
333. Behavioral Sciences	Family adjustment to nursing home admission.
334. Behavioral Sciences	Work innovation.
335. Behavioral Sciences.	Covid and negative emotions of students.



**2022**

336. Journal of Cognitive Psychology	ADHD, chewing gum and attention.
337. International Maritime Health	A Psychosocial Scale for Seafarers.
338. Current Psychology	Stress and wellbeing in the British Police.
339. Journal of Psychopharmacology	Caffeine withdrawal and open label decaffeinated coffee.
340. Behavioral Sciences.	Workplace social courage.
341. Behavioral Sciences	Susceptibility to COVID.
342. Behavioral Sciences	Health of oncology healthcare professionals.
343. PlosOne	COVID and wellbeing of health professionals.
344. Social Sciences	Coffee at work.
345. Behavioral Sciences	Psychological capital and fear of losing job during COVID.
346. Behavioral Sciences	Health of emergency unit staff.
347. Behavioral Sciences	OCD and gaming.
348. Behavioral Sciences	Abusive supervision and creativity.
349. Behavioral Sciences	Vulnerability to disease and teacher satisfaction.
350. Behavioral Sciences	Attitudes and innovation at work.
351. Behavioral Sciences	Social determinants of voice outcomes.
352. Journal of Psychopharmacology	Schizophrenia, caffeine and sensory gating.
353. Behavioral Sciences	Lawyer wellbeing and employer values.
354. Behavioral Sciences	Religiosity, Social norms and entrepreneurship.
355. Food Chemical Toxicology	Coffee and mortality.
356. Behavioral Sciences	Life satisfaction and customer satisfaction.
357. Social Sciences	Coffee at work
358. International Maritime Health	Cognition of fishermen
359. International Maritime Health	Quality of life of ferry crew
360. Behavioral Sciences	EU stress, distress and innovation.

361.Behavioral Sciences	Predicting Mini-Mental scores from speech.
362.Behavioral Sciences	Burnout in cardiologists.
363.Behavioral Sciences.	Dynamics of management learning.
364.Applied Ergonomics	Procedures, stress and operator performance.
365.Behavioral Sciences	Social media and fertility intentions in China.
366.International Maritime Health	Mental health of seafarers in Pandemics.
367.International Maritime Health	Safety training in the oil industry and anxiety.
368.Behavioral Sciences.	Self-leadership, innovation, informal leadership and social capital.
369.Behavioral Sciences	Curiosity.
370.Heliyon	Workload of surgeons.
371.Behavioral Sciences	Organisational tightness and work engagement.
372.Behavioral Sciences	Work engagement.
373.Behavioral Sciences	Effects of home services on health.
374.Behavioral Sciences.	Organisational factors in healthcare.
375.Behavioral Sciences.	Customer engagement in virtual brand consumers.

## 2023

376.International Maritime Health	Personality, rank and stress of maritime engineers.
377.Behavioral Sciences	Transformation change and digitisation.
378.Behavioral Sciences	Organisational prosocial behaviour.
379.Behavioral Sciences	Psychological factors and mental health during the pandemic.
380.Behavioral Sciences	Covid preventative measures before and after the vaccine.
381.Behavioral Sciences	Work flexibility in Generation Z.
382.Behavioral Sciences	Self-esteem, stress and alcohol
383.Behavioral Sciences	Burnout in healthcare
384.International Maritime Health	Resilience and emotional adaptation.
385.Drugs in Context	Herbs used in Ayurveda and Jamu

386. Behavioral Sciences	Pain perception of dancers
387. Behavioral Sciences	Calling orientation.
388. Behavioral Sciences	Entrepreneurship
389. Aerospace Medicine and Human Performance	Caffeine, extended wakefulness and the performance of pilots.
390. Behavioral Sciences	Emotional intelligence and workload of teachers during COVID.
391. Behavioral Sciences	Teachers' wellbeing.
392. Behavioral Sciences	Stress perception and social network use.
393. Behavioral Sciences	University tenure and pandemic stress.
394. Behavioral Sciences	Time pressure, cost and prosocial behavior.
395. Behavioral Sciences	Stress and eczema in healthcare professionals.
396. Behavioral Sciences	Teacher burnout and disengagement of parents.
397. Behavioral Sciences	Effort and quality of life of the elderly after Covid.
398. Behavioral Sciences	Transformational leader style and team wellbeing.
399. Behavioral Sciences	Occupational risks, quality of life and sensory sensitivity.
400. Behavioral Sciences	Secondary smoking, oral health and anxiety.
401. Behavioral Sciences	Pro-environmental behaviour of employees.
402. Behavioral Sciences	Personality and Job satisfaction.
403. Behavioral Sciences	Preventative measures before and after COVID.
404. Behavioral Sciences	Pro-environmental behaviour.
405. Behavioral Sciences	Teachers' leadership style and wellbeing.
406. Behavioral Sciences	Stress, social media use and fear of losing out.
407. Behavioral Sciences	Job demands and turnover.
408. Behavioral Sciences	Consecutive shifts in nursing.
409. Behavioral Sciences	Job demands and turnover in prison officers.
410. Behavioral Sciences	Mental health and aggression in women.
411. Behavioral Sciences	Social support, work-life balance and effectiveness of female managers.
412. Behavioral Sciences	Emotional labour in sports organisations.
413. International Maritime Health	Burnout in coastal fishermen.

414. International Maritime Health	Screening for depression in research vessel crew
415. Behavioral Science	Mental health of staff caring for those with Covid.
416. Inquiry	Wellbeing and working conditions of seafarers.
417. Behavioral Sciences	Tolerance of stereotypes.
<b>2024</b>	
418. European Journal of Psychology Open	Affect and driving behaviour: mediation by perceived stress and driving anger.
419. Behavioral sciences.	A review of the illness management and recovery scale.
419. Behavioral Sciences	Stereotype of tolerance.
420. Behavioral Sciences	Compete or co-operate.
421. Journal of Psychopharmacology	Genetics, habitual caffeine use and cognition.
422. Behavioral Sciences	AI, health beliefs and vaccine uptake during COVID.
423. Behavioral Sciences.	Mask wearing and voice behaviour.
424. International Maritime Health	Wellbeing and Food onboard
425. Behavioral Sciences	Emotional labour and wellbeing of firefighters
426. International Maritime Health	Aggression, psychological violence and sexual harassment in seafarers
427. Behavioral Sciences	Moderating effect of wellbeing on job crafting and retention.
428. Behavioral Sciences	Compassion matters.
429. Behavioral Sciences	From stress to screen.
430. Behavioral Sciences	Social responsibility and safety.
431. Behavioral Sciences	Proactive personality and career growth
432. Behavioral Sciences.	Crafting a job: the role of leadership.
433. Behavioral Sciences	Union and management leadership and job satisfaction.
434. Behavioral Sciences	Music and stress relief.
435. PsyCh	Stress, anxiety and depression: A network analysis.
436. International Maritime Health	Quantum computing and maritime mental health.
437. Behavioral Sciences	Nursing students, conflict, violence and the brain drain.

438. International Maritime Health	Impact of extreme events on seafarers: The Ukraine war
439. Behavioral Sciences	Organisational and individual wellbeing.
440. Behavioral Sciences	ESG and wellbeing at work.
441. International Maritime Health	Health, QOL, and productivity among commercial fishermen.
442. Behavioral Sciences	Workplace sedentary behaviour intervention.
443. Behavioral Sciences	Inclusive leadership and citizenship behaviour
444. Behavioral Sciences	Internet use and job satisfaction.
445. International Maritime Health	The job stress scale and Malaysian seafarers.
446. Behavioral Sciences	Burnout in Chinese teachers.
447. Behavioral Sciences	Empowering leadership and counter productive work behaviors.
448. Behavioral Sciences	Continuous mental health scale.
449. International Maritime Health	Maritime Safety: Sleep and Fatigue.
450. Behavioral Sciences	Physical environment, construction industry and job satisfaction.
451. Behavioral Sciences	Sleep quality and job satisfaction
452. Behavioral Sciences	AI and well-being.

## 2025

453. Behavioral Sciences	Affective Commitment via Positive Psychological Capital and Job Crafting
454. Behavioral Sciences	Psychological flexibility in everyday life during post-surgical recovery.
455. Behavioral Sciences	Primary process practice of thinking.
456. Behavioral Sciences	Electronic performance monitoring
457. Behavioral Sciences	Amoral management.
458. International Maritime Health	Mental health services for seafarers during COVID
459. International Maritime Health	Seafarers' anxiety and depression during COVID
460. Behavioral Sciences	Occupational health, gender and sexuality.
461. Behavioral Sciences	Social support and job involvement.
462. Behavioral Sciences	Primary process thinking

463. International Maritime Health	Seafarers' access to mental health
464. International Maritime Health	Seafarers' anxiety and depression during COVID.
465. Journal of Psychopharmacology	Caffeine and anxiety/panic attacks.
466. Behavioral Sciences	Resilience and empathy of dental students.
467. Behavioral Sciences	AI efficacy, self-efficacy and anxiety.
468. Behavioral Sciences	Job stress and intention to leave.
469. Behavioral Sciences	Stress and leadership quality.
470. Behavioral Sciences	Job strain and unethical behavior.
471. Behavioral Sciences	Abusive behavior and performance.
472. Behavioral Sciences	Flow and innovation.
473. Behavioral Sciences	Identity and teacher-student relationships.
474. International Maritime Health	Psychiatry in maritime medicine.
475. Behavioral Sciences	COVID, Depression and Emergency Medicine.
476. Behavioral Sciences	Stress in paramedics.
477. International Maritime Health	Burnout in seafarers: A systematic review.
478. Behavioral Sciences	Retirement achievement planning and mental health.
479. Behavioral Sciences	Narcissism and Entrepreneurial Well-Being.
480. Behavioral Sciences	Job stress and retention.
481. Behavioral Sciences	Family to work conflict.
482. Behavioral Sciences	Psychological safety, bullying and engagement.
483. Behavioral Sciences	Green transformational leadership.
484. Behavioral Sciences	Fair treatment and job satisfaction.
485. Behavioral Sciences	Narcissism and entrepreneurial wellbeing.
486. Behavioral Sciences	Attitude Dissimilarity and Perceived Status Conflict.
487. Behavioral Sciences	Autistic Experiences with Food-related Disorders.
488. Behavioral Sciences	AI and the future of work.

## GRANT APPLICATIONS REFEREED

### 2001

Sponsor	Title
1.MRC	Work-Stress, Health and Health Services
2.The Linbury Trust	A case-control study of the prevalence, incidence, predictions and associations of general practitioners' records of fatigue symptoms and syndromes in the year following infectious mononucleosis.
3.BBSRC	The effects of chronic tea intake on stress reactivity, platelets and vascular function.
4. The Wellcome Trust	Psychosocial factors and variation in immune response to vaccination.

### 2002

5. The Wellcome Trust	Influence of acute caffeine ingestion on intellectual performance and middle cerebral artery blood velocity in children aged 7 to 10 years.
6. BBSRC	The role of stress in mediating dieting related impairments in cognition.
7. BBSRC	Memory for recent eating and its role in appetite

### 2004

8. MRC	Pharmacological fMRI of psychological stress in humans.
9. Social Science Research Council, The Netherlands	The impact of prototypes and behavioural willingness on health risk and health-promoting behaviour: Adolescents and (un)healthy eating.

### 2005

10. National Programme on Forensic Mental Health, R & D	An evaluation of staffing aspects of high security DSPD Units
11. National Programme on Forensic Mental Health, R & D	Work place stress in the DSPD estate.

### 2006

12. St Bartholomew's and Royal London Charitable Foundation.	Cytokine responses to exercise and activity in chronic fatigue syndrome: proof of principle study.
13. Bank of Sweden Tercentenary Foundation.	Learning and memory in children and young people.

### 2007

14. BBSRC	Hydration status and cognitive performance.
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15. BBSRC Cognitive and mood effects of omega 3 fatty acids on children

**2008**

16. BBSRC Conditioning liking for fruit.

17. BBSRC Breakfast and weight loss.

18. Wellcome Noise and improved cognition in children.

19. BBSRC Fasting and energy balance.

**2009**

19. Royal Pharmaceutical Society.

20. US Army Natick Soldier Center

**2010**

21. ZonMW TOP Meditation, stress, attention and memory

22. NIHR Aggression and criminality in UK military

**2011**

23. MRC Understanding the pathogenesis of autonomic dysfunction in chronic fatigue syndrome and its relationship with cognitive impairment.

**2012**

24. American Institute for Biological Sciences A nutritional product for alertness and cognition.

25. ESRC Thriving in higher education?

26. ESRC Rapporteur Can groups stave off fatigue?

27. ESRC Rapporteur Psychological adjustment and insomnia.

**2013**

28. ESRC LLHW Extending Working Lives. Developing frameworks.

29. MRC LLHW Extending Working Lives. Transitions, interventions.

30. BBSRC Mechanisms linking breakfast to human health.

31. ESRC ORA Recovery from work.

32. ESRC Medicinal education in the context of sleepiness/drowsiness.

33. Netherlands Organisation for Scientific Research Satiation, Mastication, Attention and Reward.

34. FWO (Belgium) Computational modelling of effects of noise on



attention, memory and learning.

**2014**

35. Netherlands Organisation for Scientific Research (NOW) Gumballs in the classroom.

36. Research Foundation Flanders. Distraction from learning by unrelated auditory events.

**2015**

37. Research Foundation Flanders. Field analysis of neurological and behavioral response to sound and its application in Parkinson's disease.

38. NIHR. Defining best Management for Adults with Chronic Rhinosinusitis: the MACRO Programme.

**2018**

39. Polish Roadmap of Research Institutes.

**2024**

40. Sharaj University

**2025**

41. The Waterloo Foundation – Free school meals and behaviour.

#### **THESES EXAMINED (since 2000)**

1. R.Moore. University of Sheffield. Food, Mood and Physiology.
2. M.Baker. University of Wales. Associations between sleep and personality variables.
3. L. Bunting . Cardiff University. Help seeking behaviour in the context of fertility.
4. M.Tombs. Cardiff University. Motivation to learn.
5. P. Kennedy. University College Cork. IBS and cognition.
6. S. Benson, Swinburne University of Technology.
7. L. Brookie, Otago, Fruit/Vegetable intake and mental wellbeing.
8. S.Baker, Cardiff University
9. K. Duggan, Edge Hill University
10. Y.Kotera, University of Derby
11. E. Fernandez, University of Granada.
12. M. Toribio-Mateas, Middlesex University.
13. C. Mona, Rhodes University.
14. Catie Chun Wan Lai, MacQuarie University.

#### **UNIVERSITY OF WALES REPRESENTATIVE**

Selection committee, Chair in Health Psychology, Bangor.

#### **REFEREE FOR PERSONAL CHAIRS**

University of Westminster.

University of Leeds.

University of Georgia

American University, Washington.

## **EDITORSHIPS**

### **2002**

Associate Editor, British Journal of Health Psychology

### **2004**

Associate Editor, Noise and Health

### **2009**

Associate Editor, Current topics in Nutraceutical Research

Associate Editor, Nutritional Neuroscience.

Editorial Board: International Maritime Health.

### **2010**

Editorial Board: Behavioral Sciences

### **2013**

Associate Editor, Frontiers in Eating Behaviour.

### **2016**

Editorial Board, Journal of Clinical and Translational Research

## **SCIENTIFIC ADVISORY BOARD**

Chuckling Goat, 2023 –

TRL Driver attention and fatigue, 2024 -

## **Current/recent post-graduate students**

### *Past students*

S.Hall Behavioural effects of acute and chronic viral illnesses. Funded by MRC. PhD awarded 1993.

R.Flynn (deceased) Psychosocial models of well-being . Funded by MRC. PhD awarded 1993.

M.Savory. Naturally-occurring colds and influenza: studies of performance efficiency. MPhil. awarded 1991.

A.Maben. The effect of low doses of caffeine, sugar and aspartame on human physiology, mood and performance. MPhil. awarded 1992.

S.Jahal. Stress, health and the influence of psychosocial factors. Funded by MRC. PhD awarded 1995.

E.Dafeeah. Psychosocial factors and health. Funded by Sudanese government. PhD awarded 1998.

I.Ertoren. Cross cultural studies of stress. Funded by Turkish government. PhD awarded 1997.

P.Patel Stress and health-related behaviours. Funded by U. Bristol. PhD awarded 1998

F.Khan Stress and allergy. Funded by industry. PhD awarded 1998.

G. Rees. The influence of psychosocial factors on susceptibility to and the pathogenesis of upper respiratory tract infections. MSc, U. Bristol, 1998.

C.Brice. Caffeine consumption and the role of central noradrenaline. Funded by ESRC. PhD awarded 1999.

S.Hayward. Evaluation of stress management. Funded by U.Bristol. PhD awarded 1999.

E.O'Connor. Heat and performance. Funded by D.E.R.A. PhD awarded 1999.

S. Hewlett. Values and personal impact in arthritis. Funded by Arthritis and Rheumatism Research Council. PhD awarded 2000.

D.Nguyen-van-Tam. Caffeine and memory. Funded by ESRC. PhD awarded 2002.

B.Wellens, Combined effects of Occupational Stress. Funded by HSE. PhD awarded 2004.

S.Sivell. Combined effects of Occupational Health Hazards. Funded by HSE. MPhil awarded 2004

P.Hewlett, Effects of caffeine and macronutrient variation on mood and cognitive performance. Funded by Cardiff University. PhD awarded 2004.

S.Faulkner, Part-time PG, Psychosocial factors and herpes viruses. Funded by U.Glamorgan. PhD awarded 2005.

K.Chaplin. BBSRC CASE studentship (with Kelloggs). Breakfast cereal, snacks, mood, cognition and health. Awarded 2008.

G.Mark. 2008. The relationship between workplace stress, and job characteristics, individual differences, and mental health. PhD Thesis, Cardiff University. <http://orca.cardiff.ac.uk/id/eprint/54730>

R.McNamara, Part-time PG. Combined and selective effects of environmental and psychosocial workplace hazards : associations with health and well-being in public sector employees Funded by Cardiff University. Awarded 2009.

- M.Thomas (by publication). Exploring the beliefs and underlying functional deficits associated with chronic fatigue syndrome and the identification of predictors of recovery and successful illness management. Awarded 2009.
- S.Kingdom, Part-time PG, Stress in the Coastguard. Self-funded. Awarded 2011.
- A.P Allen. Chewing gum and stress. Part funded by Wrigley Science Institute. Awarded 2013.  
<http://orca.cf.ac.uk/47731/2/2013Allenphd.pdf>
- I.G. Johnson. Oral health and emotion. Joint with Dental School. Awarded 2014.  
[http://www.cardiff.ac.uk/dentl/contactsandpeople/academicstaff/f-i/johnson-ilona-dr-publications\\_new.html](http://www.cardiff.ac.uk/dentl/contactsandpeople/academicstaff/f-i/johnson-ilona-dr-publications_new.html)
- K. Webb. Management of common mental health problems in primary care. School of Psychology. Awarded 2014. <http://orca-mwe.cf.ac.uk/66867/>
- G.Williams. Researching and developing mental health and wellbeing assessment tools for supporting employees and employers in Wales. KESS studentship with ConnectAssist. Awarded 2015.  
<http://orca.cf.ac.uk/71443/1/2015williamsphd.pdf>
- M.I. Ahmad (deceased). Individual and organisational factors and wellbeing at work. Funded by National University of Malaysia.
- J. Galvin. A multi-method approach to researching stress and mental health in two groups of healthcare students: nursing students and trainee clinical psychologists. School of Psychology, Cardiff University. Awarded 2016. <http://orca-mwe.cf.ac.uk/98616/>
- G.Richards. Caffeinated energy drink use in adolescents and young adults: associations with mental health, academic performance, and problem behaviour. Waterloo Foundation/School of Psychology. Awarded 2016. <http://orca-mwe.cf.ac.uk/96262/>
- J.Fonberg. Objectivism and Subjectivism: Variation in Domain-Life Satisfaction Relationships and Values. Self-funded. Awarded 2017. <http://orca-mwe.cf.ac.uk/id/eprint/102407>
- K. Nelson. Behind the frontlines: occupational stress and well-being in Jamaican police officers. Commonwealth Studentship. Awarded 2017. <http://orca-mwe.cf.ac.uk/99877/>
- H.Alheneidi. The influence of information overload and problematic Internet use on adults wellbeing. Self-funded. Awarded 2019. <https://orca.cardiff.ac.uk/121873/>
- J. Fan. An investigation of rail crew fatigue and wellbeing.. Self-funded. Awarded 2019.  
<https://orca.cardiff.ac.uk/121126/>
- M. Evans. The development and validity of an objective indicator of fatigue for frontline safety critical workers. ESRC/Arriva Trains Wales. Awarded 2019. <https://orca.cardiff.ac.uk/125317/2/2019evansphd.pdf>
- Norshaffika Izzaty Binta Zaiedy Nor. Relapse prevention, personal variables and transfer climate in training wellbeing. Funded by National University of Malaysia. Awarded 2020.  
<https://orca.cardiff.ac.uk/133434/>
- E. Alharbi. Away from home: A mixed-methods study of well-being of international students in the UK. PhD Thesis, Cardiff University.2020. <https://orca.cardiff.ac.uk/140561/>
- O. Omosehin. Culture and well-being: a comparative study. Self-funded. Awarded 2021.  
<https://orca.cardiff.ac.uk/145892/>

J.Langer. The impact of the physical office environment on occupant wellbeing.KESS2 (with Orangebox).  
Awarded 2021. <https://orca.cardiff.ac.uk/144731/>

L Bowen. Behavioural aspects of safer transport. ESRC 2017-2023. Awarded 2024.

S. Almobayed. Health Related Behaviours, Autistic and ADHD traits, and Well-being in Students. . Saudi Arabian Government. 2020-2025. Awarded 2025.

*Current Students:*

Japnoor Garcha. Wellbeing and autism. Self-funded. 2021 –

Devangi Lunia. Well-being, sleep and autism. Self-funded. 2023-

Ezgi Mansuroğlu. Exploring the technostress-wellbeing relationship in the maritime industry: A comparative analysis of transformational leadership and Hofstede's cultural dimensions. Turkish Government. 2024-

*Supervision of Students in other institutions*

H.Mcfarlane. Stress at work (Cardiff Metropolitan student), 2023.

R.Capasso, University of Naples. Awarded PhD 2015

F. Vallone. University of Naples. Awarded PhD 2016

J. Zhang. Central China Normal University. 2021.

**Research Groups:**

Director, Centre for Occupational and Health Psychology

Co-ordinator, Wellbeing Connect.