

Stough Publications (reverse chronological order) - Refereed journal articles

1. McPhee, G, Downey, L.A., Stough, C. (2021). Neurotrophins as a reliable biomarker for brain function, structure and cognition: A systematic review and meta-analysis. *Neurobiology of Learning and Memory*, 175, 107298
2. Savage, K., Kingshott, D., Gubko, A., Three, A.W., Burjawi, T., Croft, K., Sarris, J., & Stough, C. (In Press) The relationship between oxidative stress and anxiety in a healthy Older population. *Experimental Aging Research*
3. McPhee, G., Downey, L.A., Wesnes, K., & Stough, C. (2021). The Neurocognitive Effects of Bacopa monnieri and Cognitive Training on Markers of Brain Microstructure in Healthy Older Adults, *Frontiers in Aging Neuroscience*, 13, 638109
4. Ong S, Bondonno NP, Downey LA, Scholey A, Smith MA, Stough C, Blekkenhorst LC, Woodman R, Croft K, Hodgson JM, Bondonno CP (2021) Effects of chewing gum on nitric oxide metabolism, markers of cardiovascular health and neurocognitive performance after a nitrate-rich meal. *Journal of the American College of Nutrition* DOI: 10.1080/07315724.2020.1869119
5. Stough, C., Scholey, A., Gentile-Rapinett, G., Schimdt, J., Goh, A., Wesnes, K., Kras, M., Kuek, C., & Camfield, D. (2020), An evaluation of the cognitive effects of malt extract and sucrose in school-aged Malaysian children. *Bioactive Compounds in Health and Disease*, 3, No 10.
6. Petrov, K., Hayley, A., Catchlove, S., Savage, K., & Stough, C. (In press). Is poor self-rated sleep quality associated with elevated systematic inflammation in healthy elderly participants? *Mechanisms of Ageing and Development*
7. Ji, J., Flavel, M., Yang, X., Chen, O.C.Y., Downely, L., Stough, C., & Kitchen, B. (2020). A polyphenol rich sugarcane extract as a modulator for inflammation and neurological disorders. *PharmaNutrition*, 12, 100187.
8. Fard, M.T., Cribb, L.T., Nolidin, K., Savage, K., Wesnes, K. & Stough, C. (2020). Is there a relationship between low-grade systemic inflammation and cognition in healthy people aged 60-75 years? *Behavioural Brain Research*, 383, 112502
9. McCarthy, S.A., Ford, T.C., Lomas, J.E., Stough, C (2020). Subclinical autistic traits mediate the relationship between emotional intelligence and resiliency in adolescents. *Personality and Individual Differences*, 158, 109845.
10. Sarris, J., Murphy, J., Stough, C., Mischoulon, D., Bousman et al. (2020). S-Adenosylmethionine (SAME) monotherapy for depression: an 8 week double-blind , randomized controlled trial. *Psychopharmacology*, 237, 209-218.
11. Hayley, A., Green, M., Keane, M., Kostakis, P., Shehabi, Y., Stough, C.K.K., & Downey, L.A. (2020) Accuracy of the Securetek Drug Wipe 6s Ketamine device in detecting acute and residual salivary ketamine following a stepwiseIntravenous treatment protocol. *Journal of the Canadian Society of Forensic Science*, 53, 1-12.
12. Sarris, J., Byrne, G., Bousman, C.A., Cribb, L., Teschke, R., Savage, K.M., Holmes, O., Murphy, J., Macdonald, P., Short, A., Nazareth, S, Jennings, E., Thomas, S., Ogden, E., Xing, Chamoli, S., Scholey, A., & Stough, C. (In Press). Kava for generalized Anxiety Disorder: A 16-Week Double-Blind, Randomized -Controlled Study. *Psychopharmacology*,

13. Simpson, T., Kure, C., & **Stough, C.** (2019). Evaluating the mechanisms and efficacy of Pycnogenol for cognitive and brain health in the elderly. *Frontiers in Pharmacology (ethnopharmacology)*. doi: 10.3389/fphar.2019.00694
14. Hayley, A., Hart, C., O'Malley, K., Stough, C., & Downey, L.A. (2019). Risky driving behaviours among stimulant drug users and the role of aggression: findings from a national survey. *Addiction*, 114, 2187-2196.
15. Tan, B., Rosenfeldt, F., Ruchong, O., & Stough, C. (2019). Evidence and mechanisms for statin-induced cognitive decline. *Expert Review of Clinical Pharmacology*, 12 (5), 397-406.
16. Gondalia, S., Parkinson, L., Stough, C., & Scholey, A. (2019). Gut microbiota and bipolar disorder: A review of relationships and potential as an adjunct therapy. *Psychopharmacology*, 236, 1433-1443.
17. Scerri, B., Downey, L.A., & Stough, C. (In Press). Technology in adolescence: Does screen time reduce emotional intelligence and empathy in adolescents?
18. Ford, T.C., Downey, L.A., Zwalf, O., McPhee, G., Stough, C., & Parrott, A. (In press). Computerized multi-tasking affects subjective but not objective stress markers in Ecstasy/MDMA users. *Frontiers in Psychiatry*,
19. Turner, K., & Stough, C. (2020). Pre-service teachers and emotional intelligence: A Scoping Review. *The Australian Education Researcher*, 47, 283-305.
20. Fard, M.T., Savage, K., & Stough, C. (Submitted). Is there a relation between systematic inflammation and cognition? A systematic review.
21. Komanduri, M., Gondalia, S., Scholey, A., & Stough, C. (2019). The microbiome and cognitive ageing: a review of mechanisms. *Psychopharmacology*, 236, 1559-1571
22. Downey, L.A., Simpson, N.A., Ford, T.C., McPhee, G., Suo, C., Myers, S., Oliver, C., & Stough, C. (2019). Increased posterior cingulate functional connectivity following 6-month high-dose B-Vitamin supplementation: A Randomized, double-blind, placebo-controlled trial. *Front. Nutr. - Neuroenergetics, Nutrition and Brain Health*, 6, 156.
23. Van der Burg, K.P., Firth, J., Cribb, L., Karmacosca, D., Mischoulon, D., Byrne, G.J., Bousman, C., Stough, C., Murphy, J., Oliver, G., Berk, M., Ng, C., Sarris, J. (In press, Sept 10, 2019). EPA and DHA as markers of nutraceutical treatment response in Major Depressive Disorder. *European Journal of Nutrition*,
24. Camfield, D.A., Nolidin, K., Savage, K., Timmer, J., Croft, K., Simpson, T., Downey, L., Scholey, A., Pipingas, A., Deleuil, S., & Stough, C. (2019). Higher plasma levels of F2-Isoprostanes are associated with slower psychomotor speed in healthy older adults. *Free Radical Research*, 53, 3-38.
25. Droppert, K., Downey, L., Lomas, J., Bunnett, E.R., Simmons, N., Wheaton, A., Nield, C., & Stough, C. (2019). Differentiating the contributions of emotional intelligence and resiliency on male adolescent scholastic performance. *Personality and Individual Differences*, 145, 75-81.
26. Weeks, P., Hayley, A., & Stough, C. (2019). Do individual differences in state and trait anxiety predict sleep difficulties in healthy older adults? *Personality and Individual Differences*, 144, 141-146.
27. Silberstein, R., Camfield, D.A., Nield, G., & Stough, C., (2019). Gender differences in parieto-frontal brain functional connectivity correlates of creativity. *Brain and Behaviour*, 9, e01196.
28. Stough, C., Pipingas, A., Camfield, D., Nolidin, K., Savage, K., Deleuil, S., & Scholey, A. (2019). Increases in total cholesterol, and low-density lipoprotein associated with

- decreased cognitive performance in health elderly adults. *Metabolic Brain Disease*, 34, 477-484.
29. Sarris, J. Byrne, G.J., Stough, C., Bousman, C., Mischoulon, D., Murphy, J., MacDonald, P., Adams, L., Nazareth, S. Oliver, G., Cribb, L., Savage, K., Menon, R., Chamolim S., Berk, M., Ng, C. (2019). Nutraceuticals for Major Depressive Disorder- More is Not Merrier: an 8-week double-blind, randomized, controlled trial. *Journal of Affective Disorders*, 245, 1007-1015.
 30. Simpson, T., Deleuil, S., Echeverria, N., Komanduri, M, Macpherson, H., Suo, C., Gondalia, S., Fard, M.T., Pipingas, A., Scholey, A., & Stough, C. (2019). The Australian Research Council Longevity Intervention (ARCLI) study protocol (ANZCTR12611000487910) Addendum: Neuroimaging and Gut Microbiota Protocol. *BMC Nutrition*, 18 (1), 1.
 31. Stough, C., Nankivell, M., Camfield, D., Perry, N., Pipingas, A., Macpherson, H., Wesnes, K., Ou, R., Hare, D., DeHaan, J., Head, G., Lansjoen, P., Langsjoen, A., Tan, B., Pase, M., King, R., Roswell, R., Rathner, Y., Cooke, M., & Rosenfeldt, F. (2019). CoQ₁₀ and Cognition a review and study protocol for a 90-day randomized controlled trial investigating the cognitive effects of Ubiquinol in the healthy elderly. *Frontiers in Aging Neuroscience*, 11 (May), 103
 32. Sharp, A., Downey, L.A., & Stough, C. (Submitted). Differentiating the Relative Contributions of Emotional Intelligence, Personality and Grit as Predictors of Work Engagement, *International Journal of Selection and Assessment*.
 33. Fard, M.T., & Stough, C. (2019). A review and hypothesized model of the mechanisms that underpin the relationship between inflammation and cognition in the elderly. *Frontiers in Aging Neuroscience*. Published 13 March 2019. Volume 11, No 96. doi: 10.3389/fnagi.2019.00056
 34. Foster, B, Stough, C. Lomas, J.E., & Downey, L.A. (2018). Does Emotional Intelligence Mediate the Relationship Between Mindfulness and Anxiety and Depression in Adolescents? *Frontiers in Psychology (Emotion Section)*, 9, 02463.
 35. Ford, T.C., Downey, L.A., Simpson, T., McPhee, G., Oliver, C., & Stough, C. (2018). The effect of high-dose-Vitamin-B multivitamin supplement on the relationship between brain metabolism and blood biomarkers of oxidative stress: A randomized controlled trial. *Nutrients*, 10, 1860.
 36. Robinson, A.C., Downey, L.A., Gord, T.C., Lomas, J.E., & Stough, C. (2019). Green Teens: Investigating the Role of Emotional Intelligence in Adolescent Environmentalism. *Personality and Individual Differences*, 138, 224-230
 37. McPhee, G. M., Downey, L. A., & Stough, C. (2019). Effects of sustained cognitive activity on white matter microstructure and cognitive outcomes in healthy middle-aged adults: A systematic review. *Ageing Research Reviews*, 51, 35-47.
 38. Teal, C, Downey, L.A., Lomas, J.E, Ford, T.C., Bunnett, E.R., & Stough, C. (2019). The Role of Dispositional Mindfulness and Emotional Intelligence in Adolescent Males. *Mindfulness*, 10, 159-167. <https://doi.org/10.1007/s12671-018-0962-8>
 39. Sarris, J., Byrne, G.J., Bousman, C., Stough, C., Murphy, J., MacDonald, P., Adams, L., Nazareth, S. Oliver, G., Cribb, L., Savage, K., Menon, R., Chamoli, S., Berk, M., Ng, C., Mischoul, D. (2018). [Adjunctive S-adenosylmethionine \(SAME\) in treating non-remittent major depressive disorder: An 8-week double-blind, randomized, controlled trial](#). *European Neuropsychopharmacology*, 29(10), 1126-1136

40. Ford, T.C., Simpson, T., McPhee, G, Stough, C. & Downey, L.A. (2018). Trait and state anxiety is associated with working memory related parietal BOLD signal. *Psychiatry Research Neuroimaging*, **278**, 92-97.
41. Ogden, E., Verster, J.C., Hayley, A.C., Downey, L.A., Hocking, B., Stough, C.K., Scholey, A., & Bonomo, Y. (2018). When should the driver with a history of substance misuse be allowed to return to the wheel? A review of the substance misuse section of the Australian national guidelines. *Internal Medicine Journal*, **48**, 908-915.
42. Hayley, A.C., Green, M., Downey, L.A., Stough, C.K.K., Keane, M., Shiferaw, B., Kostakis, & Shehabi, Y. (2018). The acute and residual effects of escalating, analgesic-range doses of ketamine on driving performance: A simulator study. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, **86**, 83-88.
43. Haley, A., Downey, L.A., Hansen, G., Houlden, R. & Stough, C.K.K. (2018). Detection of delta-9-tetrahydrocannabinol (THC) in oral fluid, blood and urine following oral consumption of low-content THC hemp oil. *Forensic Science International*, **284**, 101-106.
44. Downey, L.A., Simpson, T., Timmer, J., Nolidin, K., Croft, K., Wesnes, K.A., Scholey, A Deleuil, S., Stough, C. (2018). Impaired verbal episodic memory in healthy older adults is marked by increased F2-Isoprostanes. *Prostaglandins, Leukotrienes and Essential Fatty Acids*, **129**, 32-37.
45. Savage, K., Firth, J., Stough, C., & Sarris, J. (2018). GABA-Modulating Phytomedicines for Anxiety: A Systematic Review of Preclinical and Clinical Evidence. *Phytotherapy Research*, **32**, 3-18.
46. Hayley, A. C., Stough, C., & Downey, L.A. (2017). DSM-5 Tobacco Use Disorder and Sleep Disturbance: Findings from the National Epidemiological Survey on Alcohol and related Conditions III (NESARC-III). *Substance Use and Misuse*, **52**, 1859-1970.
47. Hayley, A.C., Stough, C., & Downey, L.A. (2017). DSM-5 cannabis use disorder, substance use and DSM-5 specific substance-use disorders: Evaluating comorbidity in a population-based sample. *European Neuropsychopharmacology*, **27**, 732-743.
48. Bradbury, J., Myers, S., Brooks, L., Meyer, B., Peake, J., Sinclair, A. & **Stough, C.**, (2017). Chronic psychological stress was not ameliorated by Omega 3Eicosapentaenoic Acid (EPA). *Frontiers in Pharmacology*, **8**, No 551.
49. Mitra-Gangully, T., Kalita, S., Bhushan, S., Stough, C., Kean, J., Wang, N., Sethi, V., & Khadilkar, A. (2017). A randomized double blind study assessing changes in cognitive function in Indian school children receiving combination of bacopa monnieri and micronutrient supplementation versus placebo. *Frontiers in Pharmacology*, **8** no 678.
50. Lloyd, J., Bunnett, E., Lomas, J., Downey, L.A., & Stough, C. (In review) The Development of a combination self-report and ability based Emotional Intelligence measure for pre-adolescent children. *Frontiers in Educational Psychology*
51. Hayley, A.C., Ridder, B.D., Stough, C., Ford, T.C., & Downey, L.A. (2017). Emotional Intelligence and risky driving behaviour in adults. *Transportation Research Part F: Traffic Psychology and Behaviour*, **49**, 124-131.
52. Qualter, P. and Davis, Sarah K. and Keefer, K.V. and Parker, J.D.A. and Saklofske, D.H. and Wigelsworth, M. and Simmons, N. and Stough, C. (2017) *Emotional Competency in Education: Core Concepts and Applications*. In: No. 12: The Role of Competence Beliefs in Teaching and Learning. *British Journal of Educational*

- Psychology Monograph Series II: Psychological Aspects of Education – Current Trends. British Psychological Society, Leicester, pp. 51-79. ISBN 978-1-85433-752-8
53. [Hayley, A.C.](#), [Downey, L.A.](#), [Stough, C.](#), Siversten, B., [Knapstad, M.](#), & [Øverland, S.](#) (2017). Social and emotional loneliness and self-reported difficulty initiating and maintaining sleep (DIMS) in a sample of Norwegian university student. *Scandinavian Journal of Psychology*, **58**, 91-99.
 54. Steiner, G.Z., Yeung, A., Liu, J.X., Camfield, D.A., Blasio, F.M., Pipingas, A., Scholey, A.B., **Stough, C.** & Chang, D.H. (2016). The effect of Sailuotong (SLT) on neurocognitive and cardiovascular function in healthy adults: A randomized, double blind placebo controlled crossover pilot trial. *BMC Alternative Medicine*, 16:15.
 55. Kean, J.D., Downey, L.A., & **Stough, C.** (2016). A systematic review of the Ayurvedic medicinal herb *Bacopa monnieri* in child and adolescent populations. *Complementary Therapies in Medicine*, **29**, 56-62.
 56. McPhee, G.M., Downey, L.A., Noble, A., & **Stough, C.** (2016). Cognitive training and *Bacopa monnieri*: evidence for a combined intervention to alleviate age associated cognitive decline. *Medical Hypotheses*, **95**, 71-76.
 57. Kure C, Timmer J and Stough C (2017) The Immunomodulatory Effects of Plant Extracts and Plant Secondary Metabolites on Chronic Neuroinflammation and Cognitive Aging: A Mechanistic and Empirical Review. *Front. Pharmacol.* 8:117. doi: 10.3389/fphar.2017.00117
 58. Kean, J.D., Sarris, J., Scholey, A., Silberstein, R., Downey, L.A., & **Stough, C.** (2017). Reduced inattention and hyperactivity and improved cognition after marine oil extract (PCSO-524®) supplementation in children and adolescents with clinical and sub-clinical symptoms of Attention Deficit Hyperactivity Disorder (ADHD): A randomised, double-blind, placebo-controlled trial. *Psychopharmacology*, **234(3)**, 403-420.
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 62. Telles, J., Agarwal, S., Monagle, J., King, R., **Stough, C.**, Downey, L.A. (2016). Driving impairment due to propofol at effect site concentrations relevant after short propofol-only sedation. *Anaesthesia and Intensive Care*, **44(6)**, 696-703.
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66. Pipingas A, Sinclair A, Croft KD, Januszewski AS, Jenkins AJ, Mori TA, Cockerell, R, Grima NA, **Stough C**, Scholey A, Myers SP, Sali A, Pase MP (2015) Fish oil and multivitamin supplementation reduces oxidative stress but not inflammation in healthy older adults: A randomized controlled trial. *Journal of Functional Foods*, **19**, 949-957.
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71. Pase, M.P., Grima, N., Cockerell, R., **Stough, C.**, Scholey, A., Sali, A., & Pipingas, A. (2015). The Effects of long chain Omega-3 fish oils and multivitamins on cognitive and cardiovascular function: A Randomized, Controlled Clinical Trial. *Journal of the American College of Nutrition*, **34**, 21-31.
72. Macpherson, H., Robertson, B., Sunram-Lea, S., **Stough, C.**, Kennedy, D., & Scholey, A. (2015). Glucose administration and cognitive function: differential effects of age and effort during a dual task paradigm in younger and older adults. *Psychopharmacology*, **232**, 1135-1142.
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