

Scholey Publications (reverse chronological order) - Refereed journal articles

- in top 1% of researchers in all science disciplines based on citation indicators [\[link\]](#)
- high field impact in fields of Psychiatry, Nutrition & Dietetics, Clinical Science.

Expertscape places Scholey in

- top 0.033% of researchers in nootropics [\[4th from 12,141\]](#)
- top 0.049% in phytotherapy [\[33rd from 67,221\]](#)
- top 0.08% in caffeine [\[22nd from 27,644\]](#)

2022

290. Gauci S, Young LM, Arnoldy L, **Scholey A**, White DJ, Lassemillante A-C, Meyer D, Pipingas A (2022) *Frontiers in Nutrition, Psychology and Brain Health* Article #862475.
289. Ayre E, Benson S, Garrisson H, Cox KHM, Verster JC, **Scholey A** (2022) Effects of alcohol hangover on attentional resources during a verbal memory/psychomotor tracking dual attention task. *Psychopharmacology* In press.
288. Travica N, Ried K, Hudson IL, **Scholey A**, Pipingas A, Sali A (2022) The effects of surgery on leukocyte vitamin C concentrations: a systematic review and meta-analysis. *Pharmaceutical Sciences* In press.
287. Gauci S, Young LM, Arnoldy L, Lassemillante A-C, **Scholey A**, Pipingas A (2022) Dietary patterns in middle age: effects on concurrent neurocognition and risk of age-related cognitive decline. *Nutrition Reviews* 80, 1129-1159.
286. Travica N, Ried K, Hudson I, **Scholey A**, Pipingas A, Sali A (2021) The effects of cardiovascular and orthopaedic surgery on vitamin concentrations: a narrative review of the literature and mechanisms of action. *Critical Reviews in Food Science and Nutrition* In press.
285. Merlo A, Severeijns NR, Hendriksen PA, Benson S, **Scholey A**, Garssen J, Bruce G, Verster JC (2021) Alcohol consumption on the heaviest drinking occasion and hangovers during the first Dutch COVID-19 lockdown. *International Journal of Environmental Research and Public Health* 19, Article #4301.
284. Travica N, Ried K, Hudson IL, **Scholey A**, Pipingas A, Sali A (2022) The effects of surgery on plasma/serum vitamin C concentrations: a systematic review and meta-analysis. *British Journal of Nutrition* 127, 233-247.
283. Gauci S, Young LM, White DJ, Reddan JM, Lassemillante A-C, Meyer D, Pipingas A, **Scholey A** (2022) Diet may moderate the relationship between arterial stiffness and cognitive performance in older adults. *Journal of Alzheimer's Disease* 85, 815-828.
282. Terpstra C, Verster JC, Scholey A, Benson S (2022) Associations between Mental Resilience, Mood, Coping, Personality, and Hangover Severity. *Journal of Clinical Medicine* 11, Article # 2240.

2021

281. Bassaganya-Riera J, Berry EM, Blaak EE, Burlingame B, le Coutre J, van Eden W, El-Soheby, A, German B, Knorr D, Lacroix C, Muscaritoli M, Nieman DC, Rychlik M, **Scholey A**, Serafini M (2021) Goals in Nutrition Science 2020-2025. *Frontiers in Nutrition* 7, Article #606378.
280. Hepsomali P, Greyling A, **Scholey A**, Vauzour D (2021) Acute effects of polyphenols on human attentional processes: a systematic review and meta-analysis. *Frontiers in Neuroscience* Article #678769.
279. Coughlan G, Larsen R, Kim M, White D, Gillings R, Irvine M, **Scholey A**, Cohen N, Legido-Quigley C, Hornberger M, Minihane A-M (2021) APOE ϵ 4 alters docosahexaenoic acid associations with preclinical markers of Alzheimer disease. *Brain Communications* 3, Article #fcab085.
278. Murray M, Dordevic AL, Cox K, **Scholey A**, Ryan L, Bonham MP (2021) Twelve weeks' treatment with a polyphenol-rich seaweed extract increased HDL cholesterol with no change in other biomarkers of chronic disease risk in overweight adults: a placebo-controlled randomised trial. *Journal of Nutritional Biochemistry* 96, Article #108777.
277. Verster JC, van Rossum CJJ, **Scholey A** (2021) Unknown safety and efficacy of alcohol hangover treatments puts consumers at risk. *Addictive Behaviors* 122, Article #107029.
276. Ayre E, **Scholey A**, White D, Devilly GJ, Kaufman J, Verster JC, Allen C, Benson S (2021) the relationship between alcohol hangover severity, sleep and cognitive performance; a naturalistic study. *Journal of Clinical Medicine* 10, Article #5691.
275. Benson S, Johnson SJ, Alford C, **Scholey A**, Verster JC (2021) A cross-cultural comparison of the effects of alcohol mixed with energy drink (AMED) consumption on overall alcohol consumption and related consequences. *International Journal of Environmental Research and Public Health* 18., Article #7579.
274. Merlo A, Severeijns NR, Saah Benson S, **Scholey A**, Garssen J, Bruce G, Verster JC (2021) Mood and changes in alcohol consumption in young adults during COVID-19 lockdown: A model explaining associations with perceived immune fitness and experiencing COVID-19 symptoms. *International Journal of Environmental Research and Public Health* 18, Article #10028.
273. Tardy A-L, Bois de Fer B, Cañigüeral S, Kennedy D, **Scholey A**, Hitier S, Aran A, Pouteau E (2021) Reduced self-perception of fatigue after supplementation with Panax ginseng root extract (G115®) formulated with vitamins and minerals– An open-label study. *International Journal of Environmental Research and Public Health* 12, Article #6257.
272. Garrisson H, **Scholey A**, Ogden E, Benson S (2021) The effects of alcohol intoxication on cognitive functions critical for driving: a systematic review. *Accident Analysis and Prevention* 154, Article #106052.

271. Johnson SJ, Benson S, **Scholey A**, Alford C, Verster JC (2021) Risk-taking behavior and the consumption of alcohol mixed with energy drink. *International Journal of Environmental Research and Public Health* 18, Article #5315.
270. Verster JC, Severeijns NR, Sips ASM, Saeed HM, Benson S, **Scholey A**, Bruce G (2021) Alcohol hangover across the lifespan: impact of sex and age. *Alcohol and Alcoholism* 56, 589-598.
269. 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
268. Kiani P, **Scholey A**, Dahl TA, McMann L, Iversen JM, Verster JC (2021) In vitro assessment of the antiviral activity of ketotifen, indomethacin and naproxen, alone and in combination, against SARS-CoV-2. *Viruses* 13, Article #558.
267. van de Loo AJAE, Raasveld J, Hogewoning A, de Zeeuw R, Bosma ER, Bouwmeester NH, Lukkes M, Karen Knipping K, Mackus M, Kraneveld AD, Brookhuis KA, Garssen J, **Scholey A**, Verster JC (2021) Immune responses after heavy alcohol consumption: cytokine concentrations in hangover sensitive and hangover resistant drinkers. *Healthcare* 9, 395.
266. Benson S, **Scholey A**, Verster JC (2021) L-cysteine and the treatment of alcohol hangover: a commentary on Eriksson et al. (2020). *Alcohol and Alcoholism* 56, 628–629.
265. Verster JC, Arnoldy L, van de Loo AJAE, Kraneveld AD, Garssen J, **Scholey A** (2021) The impact of having a holiday or work in Fiji on perceived immune fitness. *Tourism and Hospitality* 2, 95-112.
264. Kiani P, Merlo A, Saeed HM, Benson S, Bruce G, Hoorn G, Kraneveld AD, van de Loo AJAE, Severeijns N, Sips A, **Scholey A**, Garssen J, Verster JC (2021) Immune fitness, and the psychosocial and health consequences of the COVID-19 pandemic lockdown in The Netherlands: methodology and design of the CLOFIT study. *European Journal of Investigation in Health, Psychology and Education* 11, 199-218.
263. Verster JC, **Scholey A**, Dahl TA, Iversen JM (2021) A comparison of the antinociceptive properties of SJP-005 and morphine in rats. *Pharmaceutics* 13, Article #243.
262. Verster JC, **Scholey A**, Dahl TA, Jacqueline M. Iversen JM (2021) Functional observation after morphine withdrawal: effects of SJP-005. *Psychopharmacology* 238, 1449–1460.
261. Travica N, Ried K, Hudson IL, **Scholey A**, Pipingas A, Sali A (2021) The effects of surgery on plasma Vitamin C concentrations and cognitive function: a protocol for a prospective, observational study. *Nutrition and Health* 27, 283–292.

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260. Verster JC, Arnoldy L, Benson S, **Scholey A**, Stock A-K (2020) The Alcohol Hangover Research Group: Ten Years of Progress in Research on the Causes, Consequences, and Treatment of the Alcohol Hangover. *Journal of Clinical Medicine* 9, Article #3670.
259. Young LM, Gauci S, **Scholey A**, White DJ, Pipingas A (2020) Self-selection bias: An essential design consideration for nutrition trials in healthy populations. *Frontiers in Nutrition* 7, Article #587983.
258. Cox KHM, White DJ, Pipingas A, Poorun K, **Scholey A** (2020) Further evidence of benefits to mood and working memory from lipidated curcumin in healthy older people: a 12-week, double-blind, placebo-controlled, partial replication study. *Nutrients* 12, article #1678.
257. Young LM, Gauci S, **Scholey A**, White DJ, Lassemillante A-C, Meyer D, Pipingas A (2020) Self-reported diet quality differentiates nutrient intake, blood nutrient status, mood, and cognition: implications for identifying nutritional neurocognitive risk factors in middle age. *Nutrients* 12, article #2964.
256. Peters R, White DJ, Cornwell BR, **Scholey A** (2020) Functional connectivity of the anterior and posterior hippocampus: differential effects of glucose in younger and older adults. *Frontiers in Aging Neuroscience* 12, article #8 [10 pages].
255. Marx W, **Scholey A**, Firth J, D’Cunha N, Lane M, Hockey M, Ashton MM, Cryan JF, O’Neil A, Naumovski N, Berk M, Dean OM, Jacka F (2020) Prebiotics, probiotics, fermented foods and cognitive outcomes: a meta-analysis of randomized controlled trials. *Neuroscience and Biobehavioral Reviews* 118, 472-484.
254. White DJ, Camfield DA, Ossoukhova A, Savage K, Le Cozannet R, Faça-Berthon P, **Scholey A** (2020) Effects of *Panax quinquefolius* (American ginseng) on the steady state visually evoked potential (SSVEP) during cognitive performance. *Human Psychopharmacology - Clinical and Experimental* Article #e2756.
253. Hepsomali P, Groeger JA, Nishihira J, **Scholey A** (2020) Effects of Oral Gamma-Aminobutyric Acid (GABA) Administration on Stress and Sleep in Humans: A Systematic Review. *Frontiers in Neuroscience* 14, 923-235.
252. Travica N, Ried K, Hudson IL, Sali A, **Scholey A**, Pipingas A (2020) The contribution of plasma and brain vitamin C on age and gender related cognitive differences: a mini-review of the literature. *Frontiers in Integrative Neuroscience* 14, Article #47.
251. Peters R, White DJ, **Scholey AB** (2020) Resting state fMRI reveals differential effects of glucose administration on central appetite signalling in young and old adults. *Journal of Psychopharmacology* 34, 304-314.
250. Stough C, **Scholey A**, Gentile-Rapinett G, Schmidt J, Goh A, Wesnes K, Kras M, Kwek K, Camfield D (2020) An evaluation of the cognitive effects of malt extract and sucrose in school-aged Malaysian children. *Bioactive Compounds in Health and Disease* 3, 179-193.

249. Benson S, Ayre E, Garrisson H, Wetherell M, **Scholey A** (2020) Alcohol hangover and multitasking: effects on mood, cognitive performance, stress reactivity and perceived effort. *Journal of Clinical Medicine* 9, article #1154.
248. **Scholey A**, Ayre E, Stock A-K, Verster J, Benson S (2020) Effects of Rapid Recovery on alcohol hangover severity: a double-blind, placebo-controlled, randomized, balanced crossover trial. *Journal of Clinical Medicine* 9, article #2175.
247. **Scholey A**, Benson S, Sela-Venter S, Mackus M, Moss M (2020) Oxygen administration and acute human cognitive enhancement: higher cognitive demand leads to a more rapid decay of transient hyperoxia. *Journal of Cognitive Enhancement* 4, 94-99.
246. van de Loo AJAE, Mackus M, Kwon O, Krishnakumar IM, Garssen J, Kraneveld A, **Scholey A**, Verster J (2020) The inflammatory response to alcohol consumption and its role in the development of alcohol hangover. *Journal of Clinical Medicine* 9, article #2081.
245. Mackus M, van de Loo AJAE, Garssen J, Kraneveld A, **Scholey A**, Verster J (2020) The role of alcohol metabolism in the pathology of alcohol hangover. *Journal of Clinical Medicine* 9, article #2913.
244. Mackus M, van de Loo AJAE, Garssen J, Kraneveld A, **Scholey A**, Verster J (2020) The association between ethanol elimination rate and hangover severity *International Journal of Environmental Research and Public Health* 17, article #4324.
243. van de Loo AJAE, Kerssemakers N, **Scholey A**, Garssen J, Kraneveld A, Joris Verster J (2020) Perceived immune fitness, individual strength, and hangover severity. *International Journal of Environmental Research and Public Health* 17, article #4039.
242. Coates A, Morgillo S, Yandell C, **Scholey A**, Hill A, Buckley J, Dyer K (2020) Effect of a 12-week almond-enriched diet on biomarkers of cardiometabolic health, mood and cognitive performance in older overweight adults. *Nutrients* 12, article #1180.
241. Terpstra C, **Scholey A**, Verster JC, Benson S (2020) Prevalence of hangover resistance according to two methods for calculating estimated blood alcohol concentration (eBAC) *Journal of Clinical Medicine* 9, article #2823.
240. Verster JC, **Scholey A**, van de Loo AJAE, Benson S, Stock A-K (2020) Updating the definition of the alcohol hangover. *Journal of Clinical Medicine* 9, article #823.
239. Kennedy G, Meyer D, Hardman RJ, Macpherson H, **Scholey AB**, Pipingas A (2020) Modelling modifiable predictors of age-related cognitive decline: Exercise, aortic stiffness and the importance of physical fitness. *Alzheimer's Disease Reports* 4, 79-89.
238. Travica N, Ried K, Pipingas A, Hudson I, Young D, **Scholey A**, Sali A (2020) The effects of knee arthroplasty on plasma Vitamin C concentrations and cognitive function: a case study. *Journal of Surgical Case Reports* 2020(5) article #rjaa111.

237. Hardman RJ, Meyer D, Kennedy G, Macpherson H, **Scholey AB**, Pipingas A (2020) Findings of a pilot study investigating the effects of Mediterranean diet and aerobic exercise on cognition in cognitively healthy older people living independently within aged care facilities: the Lifestyle Intervention in Independent Living Aged Care (LIILAC) study. *Current Developments in Nutrition* 4, article #nzaa077.
236. Peters R, White DJ, **Scholey AB** (2020) Fuel for thought? A systematic review of neuroimaging studies into glucose enhancement of cognitive performance. *Neuropsychology Review* 11, 1-17.
235. Verster JC, Dahl TA, **Scholey A**, Iversen JM (2020) The Effects of SJP-001 on alcohol hangover severity: a pilot study. *Journal of Clinical Medicine* 9, 932.
234. Tardy A-L, Pouteau E, Marquez D, Yilmaz C, **Scholey A** (2020) Vitamins and minerals for energy, fatigue and cognition: a narrative review of the biochemical and clinical evidence. *Nutrients* 12, 228-253.
233. Verster JC, van de Loo AJAE, Benson S, **Scholey A**, Stock A-K (2020) The assessment of overall hangover severity. *Journal of Clinical Medicine* 9, article #786.
232. Benson S, Verster J, **Scholey A** (2020) Consumption Patterns of Alcohol and Alcohol mixed with Energy Drinks in Australian Students and Non-Students. *Nutrients* 12, 149-160.
231. Travica N, Ried K, Hudson I, Sali A, **Scholey A**, Pipingas A (2020) Gender Differences in Plasma Vitamin C Concentrations and Cognitive Function: A Pilot Cross-Sectional Study on Healthy Adults. *Current Developments in Nutrition* 4, Article #p.nzaa038.
230. Palmer EOC, Arnoldy L, Ayre E, Benson S, Balikji S, Bruce G, Chen F, van Lawick van Pabst AE, van de Loo AJAE, van Rossum CJI, O'Neill S, **Scholey A**, Terpstra C, van Wijk M, Verster JC (2020) Proceedings of the 11th Alcohol Hangover Research Group meeting, in Nadi, Fiji. *Proceedings* 43, 1-9.
229. Verster JC, Kruisselbrink LD, Slot KA, Anogeianaki A, Adams S, Alford C, Arnoldy L, Ayre E, Balikji S, Benson S, Gillian Bruce, Lydia E Devenney, Frone MR, Gunn C, Heffernan T, Hensel KO, Hogewoning H, Johnson SJ, van Lawick van Pabst AE, van de Loo AJAE, Mackus M, Merlo A, Murphy RJL, Owen L, Palmer E, van Rossum CJI, **Scholey A**, Terpstra C, Vatsalya V, Vermeulen SA, van Wijk M, Ann-Kathrin Stock A-K (2020) Sensitivity to experiencing alcohol hangovers: reconsideration of the 0.11% blood alcohol concentration (BAC) threshold for having a hangover. *Journal of Clinical Medicine* 9, 179-185.
228. Sarris J, Byrne G, Bousman C, Cribb, L, Savage K, Holmes O, Murphy J, Macdonald P, Short A, Nazareth S, Jennings E, Thomas S, Ogden E, Chamoli S, **Scholey A**, Stough C (2020) Kava for Generalized Anxiety Disorder: A 16-Week Double-Blind, Randomized, Placebo-Controlled Study. *Australian and New Zealand Journal of Psychiatry* 54, 288-297.

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227. **Scholey A**, Benson S, Kaufman J, Terpstra C, Ayre E, Verster J, Allen C, Devilly G (2019) Effects of alcohol hangover on cognitive performance: findings from a field/internet mixed methodology study. *Journal of Clinical Medicine* 8, Article #440.
226. Verster JC, Slot K, Arnoldy L, van Lawick van Pabst A, van de Loo A, Benson S, **Scholey A** (2019) The association between alcohol hangover frequency and severity: evidence for reverse tolerance? *Journal of Clinical Medicine* 8, 1520-1533.
225. Young L, Pipingas A, White D, Gauci S, **Scholey A** (2019) A systematic review and meta-analysis of B vitamin supplementation on depressive symptoms, anxiety and stress: effects on healthy and 'at-risk' individuals. *Nutrients* 11, 2232-2250.
224. Wilod-Versprille LJFW, van de Loo AJAE, Mackus M, Arnoldy L, Sulzer TAL, Vermeulen SA, Abdulahad S, Huls H, Baars T, **Scholey A**, Kraneveld AD, Garssen J, Verster JC (2019) Development and validation of the Immune Status Questionnaire (ISQ). *International Journal of Environmental Research and Public Health* 16, Article #4743.
223. Verster JC, van de Loo A, Adams S, Stock A-K, Benson S, **Scholey A**, Alford C, Bruce G (2019) Advantages and limitations of naturalistic study designs, and their implementation in alcohol hangover research. *Journal of Clinical Medicine* 8, 2160-2169.
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220. Komanduri M, Gondalia S, **Scholey A**, Stough C (2019) The microbiome and cognitive aging: a review of mechanisms. *Psychopharmacology* 236, 1559-1571.
219. Gondalia S, Parkinson L, Stough C, **Scholey A** (2019) Gut microbiota and bipolar disorder: A review of mechanisms and potential targets for adjunctive therapy. *Psychopharmacology* 236, 1433-1443.
218. Camfield DA, Nolidin K, Savage K, Timmer J, Croft K, Fard MT, Simpson T, Downey L, **Scholey A**, Pipingas A, Deleuil S, Stough C (2019) Higher plasma levels of F2-isoprostanes are associated with slower psychomotor speed in healthy older adults. *Free Radical Research* 53, 1-10
217. Travica N, Ried K, Sali A, Hudson IL, **Scholey A**, Pipingas A (2019) Plasma vitamin C concentrations and cognitive function: a cross-sectional study. *Frontiers in Aging Neuroscience* 11, Article 72 [21 pages].
216. Cleeland C, Pipingas A, **Scholey A**, White D (2019) Neurochemical changes in the aging brain: a systematic review. *Neuroscience and Biobehavioral Reviews* 98, 306-319.

215. Benson S, Tiplady B, **Scholey A** (2019) Attentional and working memory performance following alcohol and energy drink: a randomised, double-blind, placebo-controlled, factorial design laboratory study. *PLoS One* 14, Article #e0209239 [17 pages].
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209. **Scholey A** (2018) Vitamin and mineral supplements: The importance of vitamin B status in health and wellbeing. *Australian Journal of Pharmacy* 99, 58-64.
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- allowed to return to the wheel? A review of the Substance Misuse section of the Australian national guidelines. *Internal Medicine Journal* 48, 908-915.
203. Kennedy G, Meyer D, Hardman RJ, Macpherson H, **Scholey AB**, Pipingas A (2018) Physical fitness and aortic stiffness explain the reduced cognitive performance associated with increasing age in older people. *Journal of Alzheimer's Disease* 63, 1307-1316.
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