

**Lancaster University  
Centre for Ageing Research**

**Summaries of Research Interests**

**Updated October 2024**

## Contents

DR FARAZ AHMED.....	3
PROFESSOR SARAH ALLINSON .....	5
DR GAVIN BROOKES.....	6
DR SUE BROUGHTON .....	7
DR DAVID CLANCY .....	9
DR DANNI COLLINGRIDGE MOORE.....	10
PROFESSOR TREVOR J. CRAWFORD .....	12
DR NEIL DAWSON .....	13
PROFESSOR PETER J DIGGLE.....	14
DR FIONA ECCLES.....	15
DR AMY GADOUD .....	16
DR CHRIS GAFFNEY .....	17
DR HANNAH JARVIS.....	21
PROFESSOR CEU MATEUS .....	23
PROFESSOR PETER MCCLINTOCK.....	25
PROFESSOR PAUL RAYSON.....	27
PROFESSOR JASON ROTHMAN.....	28
DR YAKUBU SALIFU.....	29
PROFESSOR JANE SIMPSON .....	30
DR KATE SLADE .....	31
PROFESSOR ANETA STEFANOVSKA.....	32
DR CAROLINE SWARBRICK .....	33
DR DAVID TOD .....	34
PROFESSOR EMMANUEL TSEKLEVES .....	35
DR QIAN XIONG .....	36

## Dr Faraz Ahmed

### Lecturer in Health Inequalities, Division of Health Research

[More Information](#)

Faraz is currently a Lecturer in Health Inequalities at Lancaster University and the Director of Studies (Taught Programmes) in the Division of Health Research. Following his Medical Research Council PhD studentship at the Institute of Public Health (University of Cambridge), he joined the Lancaster Dementia Research Team as a Senior Research Associate, working within the national Neighbourhoods and Dementia Programme.

Faraz is a Public Health researcher, with extensive experience in international health and working with minority ethnic communities in the UK. Prior to starting his research at the Institute of Public Health (University of Cambridge), he was working as a Research Fellow at the University of York. He has a strong interest in addressing inequalities in health. His previous experience includes public-private partnerships in increasing TB case- detection among poor and disadvantaged groups, health systems evaluation, and developing and evaluating health promotion programmes for minority ethnic groups.

#### Research Overview/Interests

My research interests focus on patient experience, dementia, equity and health services research. During my education and research, I have worked on a number of mixed methods projects. In addition to receiving training in mixed-methods research at the University of Cambridge during my PhD, I have also received training in qualitative research methods short course from the University of Oxford. The qualitative research method course provided training in conducting qualitative research and various analytical techniques. In my doctoral study, I have specifically used thematic analysis for my qualitative data, and developed a number of mixed-effect regression models to analyse my quantitative data.

#### Selected Papers:

- Arnold, R., **Ahmed, F.**, Clarke, A., Quinn, N., Beenstock, J. and Holland, P. (2023) The Relationship between Parental Adverse Childhood Experiences and the Health, Wellbeing, and Development Outcomes of their Children: A Systematic Review. *Public Health*, pp.S0033-3506(23)00113-0
- Reeves, D., Holland, F., Morbey, H., Hann, M., **Ahmed, F.**, Davies, L., Keady, J., Leroi, I., & Reilly, S. (2023). Retrospective study of more than 5 million emergency admissions to hospitals in England: Epidemiology and outcomes for people with dementia. *PLOS ONE*, 18(3), e0281158.
- Harding, A., Morbey, H., **Ahmed, F.**, Opdebeeck, C., Elvish, R., Leroi, I., Williamson, P. R., Keady, J., & S.T. Reilly (2021). A Core Outcome Set for Nonpharmacological Community-Based Interventions for People Living With Dementia at Home: A Systematic Review of Outcome Measurement Instruments. *The Gerontologist*, 61(8), e435–e448. <https://doi.org/10.1093/geront/gnaa071>
- **Ahmed, F.**, Morbey, H., Harding, A., Reeves, D., Swarbrick, C., Davies, L., Hann, M., Holland, F., Elvish, R., Leroi, I., Burrow, S., Burns, A., Keady, J., and Reilly, S. (2020). Developing the evidence base for evaluating dementia training in NHS hospitals (DEMTRAIN): a mixed-methods study protocol. *BMJ Open*, 10(1), <https://doi.org/10.1136/bmjopen-2019-030739>
- Dodd, A.L., Reilly, S., **Ahmed, F.** and C. Thomas (2020) Chapter 1. Critical Appraisal – how to examine and evaluate the research evidence. In: Walshe, C. and S. Brearley (2020) *Handbook of Theory and Methods in Applied Health Research*. Edward Elgar Publishing Ltd.
- Burt, J., Campbell, J., Abel, G., Aboulghate, A., **Ahmed, F.**, et al. (2017) Improving patient experience in primary care: a multimethod programme of research on the measurement and improvement of patient experience. *NIHR Programme Grants for Applied Research*, 5 (9). [\[Free full text\]](#)
- **Ahmed, F.**, G.A. Abel, C.E. Lloyd, J. Burt, and M. Roland (2015) Does the availability of a South Asian language in practices improve reports of doctor-patient communication from South Asian patients? Cross sectional analysis of a national patient survey in English general

practices. *BMC Family Practice*. 16(1). [\[Free full text\]](#)

- **Ahmed, F.**, J. Burt, and M. Roland (2014) Measuring Patient Experience: Concepts and Methods. *The Patient - Patient-Centered Outcomes Research*, 7(3) pp. 235-241. [\[Free full text\]](#)
- Saunders, C.L., G.A. Abel, A. El Turabi, **F. Ahmed**, and G. Lyratzopoulos (2013) Accuracy of routinely recorded ethnic group information compared with self-reported ethnicity: evidence from the English Cancer Patient Experience survey. *BMJ Open*, 3(6) [\[Free full text\]](#)

## Professor Sarah Allinson

### Professor of Genome Stability and Cancer, Division of Biomedical and Life Sciences

[More Information](#)

Since joining Lancaster University, my research activities have been directed towards understanding the processes by which our cells protect themselves from DNA damage. Damage to the DNA in our cells occurs continuously throughout our lifetimes. However, if it remains unrepaired, this damage can cause the accumulation of mutations which are implicated in cancer and other aging-related diseases. Understanding how cells tackle the problem of accurately repairing DNA damage, and how these defensive mechanisms can become compromised, is a major focus of my research.

#### **Biological Effects of Ultraviolet Radiation**

Exposure to UV radiation, from either sunlight or the recreational use of sunbeds, is the primary cause of skin cancer, cases of which have risen more than four-fold over the past 40 years. While the effects of short wavelength UV (UVB) are relatively well-understood, the effects of longer wavelength UV (UVA) are less well-studied. UVA is the major UV component of the sun's radiation that reaches the earth's surface and also comprises 99% of the output from sunbeds. UVA is able to generate DNA-reactive free radicals in the skin and these have been implicated in the cancer-causing effects of UVA. Free radical damage, together with its ability to penetrate deep into the dermal layers of the skin, also underlies the well-established link between UVA and skin photoaging, the effects of which are quite distinct from normal chronological aging.

Much of my recent work has been aimed at understanding **how the DNA damage response is activated in skin cells after exposure to UV**. For example we have shown that unexposed cells located adjacent to UVA-exposed cells activate the DNA damage response via the so-called 'bystander effect'. This suggests a mechanism by which UV damage might further propagate into the deeper layers of the skin, with implications for both skin cancer and photoaging.

This work has been supported by Boots UK Ltd, North West Cancer Research and The Dowager Countess Eleanor Peel Trust.

#### **Medical Applications of Cold Atmospheric Plasma**

Plasma is often defined as the fourth state of matter and consists of a gas in which energy has pulled electrons away from atoms and molecules to form ions, such as occurs in lightning. The growing field of plasma medicine uses devices that produce plasmas at room/body temperature to treat various medical conditions, such as diabetic foot ulcers (DFUs) and, potentially, cancer. Working in collaboration with Professor Rob Short of the Materials Science Institute, my laboratory is studying the effects of plasmas on human skin cells and cancer cells. We hope to identify the most effective way of treating wounds, including DFUs, with plasma devices, while minimising any potential negative effects. We are also investigating whether plasmas can be used to treat skin cancer. This work is currently supported by the Engineering and Physical Sciences Research Council.

## Dr Gavin Brookes

### UKRI Future Leader Fellow, Linguistics and English Language

[More Information](#)

Gavin is a UKRI Future Leader Fellow working in the Department of Linguistics and English Language at Lancaster University. As a linguist, Gavin is interested in the ways in which language but also images are used to represent illnesses and other health-related phenomena and our experiences and understandings of them. In 2021, Gavin was awarded a grant of approximately £1 million for his UKRI Future Leaders Fellowship project, titled 'Public Discourses of Dementia: Challenging Stigma and Promoting Personhood' ([Promising future leader receives £1 million to examine language about dementia | Lancaster University](#)). The four-year project, starting in January 2022, will examine how dementia, people with it, and their relatives and carers are represented in contemporary media, for example in the context of the press, public health campaigns, commercial stock images, and charity campaigns.

#### Recent Publications on Dementia and Ageing:

- Brookes, G., Putland, E. and Harvey, K. (2021). 'Multimodality: An analysis of dementia representation in charity campaigns'. In: G. Brookes and D. Hunt (Eds.), *Analysing Health Communication: Discourse Approaches*. Basingstoke: Palgrave Macmillan. In Press.
- Harvey, K. and Brookes, G. (2019). Looking through dementia: what do commercial stock images tell us about aging and cognitive decline? *Qualitative Health Research*, 29(7), 987-1003.
- Lampropoulou, S., Koleva, K., Harvey, K., Brookes, G. (2019). Linguistic approaches. In: J. Billington (Ed.), *Reading and Mental Health*. Basingstoke: Palgrave Macmillan, pp. 241-263.
- Brookes, G., Harvey, K., Chadborn, N. and Denning, T. (2018). "Our biggest killer": multimodal discourse representations of dementia in the British press. *Social Semiotics*, 28(3), 371-395.

More broadly, Gavin's research to-date has addressed topics such as dementia, mental health, chronic illness, and patient feedback on healthcare experiences. Gavin tends to adopt a corpus linguistic methodology which involves using specialist computer programs to analyse vast collections of textual data (i.e. typically millions and sometimes billions of words).

#### Other Recent Publications:

- Brookes, G. and Baker, P. (2021). *Obesity in the News: Language and Representation in the Press*. Cambridge: Cambridge University Press.
- Brookes, G. and Hunt, D. (2021). *Analysing Health Communication: Discourse Approaches*. Basingstoke: Palgrave Macmillan.
- Hunt, D. and Brookes, G. (2020). *Corpus, Discourse and Mental Health*. London: Bloomsbury.

## Dr Sue Broughton

### Senior Lecturer, Division of Biomedical and Life Sciences

[More Information](#)

#### Investigating the Role of Diet and Insulin/IGF-like Signalling in Brain Ageing

Improvements in healthcare and lifestyle in many countries have resulted in increased health and life expectancy. The downside is that more people are now living long enough to experience the diseases and loss of physical and mental function that come with ageing. Therapeutic interventions that can improve health and function at older ages are thus much needed in our ageing society. A major breakthrough in research into the biology of ageing has been the discovery that it is possible to extend the normal lifespan of laboratory model organisms such as yeast, the fruit fly, the nematode worm and the mouse. Encouragingly these long-lived animals appear to remain healthy for longer than normal animals. The regulation of lifespan in these very different kinds of organisms has been found to involve similar mechanisms, opening up the use of the much simpler and shorter-lived invertebrate organisms (worms and flies) to understand human ageing. In particular, diet and the cellular nutrient sensing signalling pathways, Insulin/IGF-like and TOR, have been found to be very important in regulating lifespan and healthspan. However, although neuronal function and cognition is key to human well-being it remains under-studied in the context of ageing. My research aims to understand how the brain ages and to determine if behavioural health can be improved at older ages by lifespan extending reductions in diet or insulin signalling.

I carry out my research in the fruit fly, *Drosophila melanogaster*, because it is a principal invertebrate model organism of both ageing and behavioural research. The fly performs complex behaviours controlled by the brain which decline with age as they do in humans. Moreover, the fly's brain has similarities to those of mammals and has been used to study neurodegenerative diseases producing important results that are directly applicable to humans. My research involves genetically manipulating genes under different dietary conditions and determining the effects on brain ageing. An exploratory walking behaviour is used as a measure of brain function throughout the life of the flies to determine functional effects on brain ageing. I have shown that both dietary restriction and reduced insulin signalling in the brain of flies do not benefit the normal age-related decline of exploratory walking behaviour despite extending lifespan. Moreover, different neuronal subtypes play discrete roles in lifespan and behavioural declines with serotonergic neurons mediating the beneficial effect of reduced insulin signalling on lifespan. My research has the exciting prospect of providing a greater understanding of the molecular processes underlying brain ageing and elucidating how insulin signalling alterations that are otherwise beneficial can impede behavioural function. In this way I aim to identify therapeutic regimens to improve neuromuscular/behavioural system ageing in humans.

#### Selected Publications:

- Dravec, N, Shaw, T., Davies, I., Brown, C., Ormerod, L., Vu, G., Walker, T., Taank, T., Shirras, A., & **Broughton, S.**, (2022) Reduced Insulin Signalling Targeted to Serotonergic Neurons but Not Other Neuronal Subtypes Extends Lifespan in *Drosophila melanogaster*. *Frontiers in Aging Neuroscience*. 14: p893444
- Partial Inhibition of RNA Polymerase I Promotes Animal Health and Longevity (2020) Martinez Corrales, G., Filer, D., Wenz, K. C., Rogan, A., Phillips, G., Li, M., Feseha, Y., **Broughton, S.** & Alic, N. *Cell Reports*. 30, 6, p. 1661-1669.
- Glover Z., Hodges M.D., Dravec N., Cameron J., Asquith H., Shirras A. and **Broughton S.J.** (2019) Loss of Angiotensin-converting Enzyme-related (ACER) Peptidase Disrupts Behavioural and Metabolic Responses to Diet in *Drosophila melanogaster*. *J. Exp. Biol.* 222, doi:10.1242/jeb.194332
- Liao S, **Broughton S** and Nässel DR (2017) Behavioral Senescence and Aging-Related Changes in Motor Neurons and Brain Neuromodulator Levels Are Ameliorated by Lifespan-Extending Reproductive Dormancy in *Drosophila*. *Front. Cell. Neurosci.* 11:111. doi: 10.3389/fncel.2017.00111
- M.Z.B. Haji Ismail, M.D. Hodges, M. Boylan, R. Achall, A.D. Shirras & **S.J Broughton** (2015) The

*Drosophila* Insulin Receptor Independently Modulates Lifespan and Locomotor Senescence. PLoS ONE 10(5): e0125312. doi:10.1371/journal.pone.0125312.

- N. Alic, J. M. Tullet, T. Niccoli, **S. Broughton**, M. P. Hoddinott, C. Slack, D. Gems, and L. Partridge. (2014) Cell-Nonautonomous Effects of dFOXO/DAF-16 in Aging. Cell Rep 6(4):608-16.



## Dr David Clancy

### Lecturer, Division of Biomedical and Life Sciences

[More Information](#)

**Keywords:** Ageing, genetics, Drosophila, mitochondria

**Genetics and biology of ageing.** Ageing is the process which increases the chance of death over time. Because fundamental causes of ageing at the level of molecules within cells are similar across species, I do a lot of my work (though not all) using a model organism, the fruit fly *Drosophila melanogaster*. As a living subject of research it has many benefits: short generation time and lifespan, easy to breed in large numbers, comprehensive and well established genetic manipulation techniques, no ethics considerations, and essential similarities with humans at biochemical, cellular and genetic levels.

**Seeking genes which modulate the ageing process.** I have been selecting for extreme longevity in flies in order to discover new genes for longevity-assurance. Altering their expression can then identify possible anti-ageing targets for drug treatment.

**Measuring biochemical damage and testing its relevance to ageing.** This process of damage is mitigated by our genetic makeup, which helps explain the huge variation in lifespan we see across species. Currently the lab is measuring the effects of deletions in the DNA of mitochondria, cell components which make energy as well as a host of other critical functions. These measures may provide useful biomarkers of ageing, to indicate risk of age-related disease, or to monitor efficacy of treatments.

**Seeking novel antibiotics and antivirals from an insect source.** We have demonstrated antibiotic and anti-viral (SARS-CoV2) activity from fractions isolated from fruit flies. We are also testing these for activity against a panel of cancer cell lines.

#### Selected Publications

- Nagarajan-Radha, V, Aitkenhead, I, **Clancy, DJ**, Chown, SL and Dowling, DK (2019) Sex-specific effects of mitochondrial haplotype on metabolic rate in *Drosophila melanogaster* support predictions of the Mother's Curse hypothesis. *Philosophical Transactions of the Royal Society* (in press).
- Drummond, E, Short, E and **Clancy, D** (2019) Mitonuclear gene X environment effects on lifespan and health: How common, how big? *Mitochondrion*. **49**: 12-18 .
- Wolff JN, Camus MF, **Clancy DJ**, Dowling DK (2016) Complete mitochondrial genome sequences of thirteen globally sourced strains of fruit fly (*Drosophila melanogaster*) form a powerful model for mitochondrial research. *Mitochondrial DNA*. **28**:1-3.
- **Clancy, DJ** and Birdsall, J (2013) Flies, worms and the Free Radical Theory of Ageing *Ageing Research Reviews* **12**: 404-12.
- Koudounas, S, Green, EW and **Clancy, DJ** (2012) Reliability and variability of sleep and activity as biomarkers of ageing in *Drosophila* *Biogerontology*, **13**: 489-99.
- Camus MF, **Clancy DJ**, Dowling DK (2012) Mitochondria, Maternal Inheritance, and Male Aging *Current Biology* **22**: 1717-21.

# Dr Danni Collingridge Moore

## Research Fellow, Division of Health Research

[More Information](#)

**Keywords:** Long term care, end of life care, care homes, COVID-19, palliative care

I am a Research Fellow based at the International Observatory on End of Life Care, with over ten years' experience working in health research and project management. My research interests focus on care homes, social and health care and end of life care for ageing populations. I am a mixed method researcher, conducting systematic and scoping reviews, randomised controlled trials, epidemiological studies and evaluations, specifically among older populations in health care settings.

I am the inaugural Dowager Countess Eleanor Peel Trust Sir Robert Boyd Fellow, a three-year post-doctoral fellowship. The fellowship was awarded to my project titled 'Living and dying in care homes during the COVID-19 pandemic: what worked well and why?' The three-stage project includes a scoping review of policy recommendations issued during the pandemic, case studies of care homes that performed relatively well or poorly during the pandemic, in terms of infections, outbreaks and hospital admissions, and a transparent expert consultation.

During the COVID-19 pandemic, I was seconded to the Cabinet Office as a subject matter expert on adult social care. I co-ordinated the sourcing, analysis and presentation of health data on the COVID-19 dashboard, providing forecasting assessments to identify likely COVID-19 scenarios and potential indicator metrics. My role included preparing briefing notes to provide wider situational awareness on key issues, including deaths in domiciliary care and risk factors for COVID-19 outbreaks in care homes. I engaged with wider stakeholders including NHS, PHE, DHSC and the British Army to locate and access new data sources to add to the COVID-19 dashboard. I managed a team of SEO/HEOs to ensure data presented was relevant, timely and meaningful. I was awarded an MBE in the 2022 New Year's Honours' list for my work during this time.

In my first role at IOELC, I coordinated the England arm of the EU funded PACE (Comparing the effectiveness of palliative care for elderly people in care homes in Europe) programme of research. The role involved four work programmes; overseeing the implementation of a cross sectional, mortality follow back study of fifty care homes in England, managing a cluster randomised controlled trial of 12 care homes, implementing the PACE Steps to Success intervention, including conducting interviews and focus groups to evaluate the implementation of the intervention; supporting the refinement and launch of the PACE Steps to Success intervention, a free to use resource for care homes, translated into six languages; and conducting a scoping review of strategies for the implementation of palliative care education and organizational interventions in care homes. I also supported an expert user group at the World Research Congress of the EAPC in Bern, Switzerland, to discuss the findings from the scoping review, which informed the recommendations of the EAPC White Paper on Palliative Care Implementation in Long-Term Care Facilities. In 2019, I was involved in the development of a MOOC titled "Improving Palliative Care in Care Homes for Older People", which attracted over 1000 students internationally in its launch year (2019).

# Natalie Cotterell

## Senior Research Associate, Division of Health Research

[More Information](#)

**Keywords:** Ageing inequalities, loneliness, care homes, COVID-19, co-research methodologies

I am a multi-disciplinary researcher with extensive experience of working in health research. I currently work part-time in two Senior Research Associate roles: one of the projects I am working on is funded by a DCEPT Sir Robert Boyd fellowship and is titled 'Living and dying in care homes during the COVID-19 pandemic: what worked well and why?'; and in the other role I work as part of the NIHR Policy Research Unit in Palliative and End of Life Care. The research I am involved in mainly uses qualitative methodologies.

I completed my PhD at the University of Manchester in 2022 which focused on exploring the drivers, experiences, and ways of coping with loneliness among ethnically and sexually minoritised older people using qualitative co-research methods.

My main research interests focus on healthy ageing and developing and promoting co-research methodologies. During my education and research, I have worked on a number of qualitative, quantitative, and mixed-methods projects which have included using thematic analysis, documentary analysis, IPA, and multiple regression analysis.

## Professor Trevor J. Crawford

### Reader of Neuropsychology, Department of Psychology & Centre for Aging Research

[More Information](#)

**Keywords:** Alzheimer's Disease, Parkinson's Disease, Eye-tracking, Attention, Cognitive Impairment

#### **A new diagnostic marker for Alzheimer's Disease (AD)**

Dementia is a worldwide problem, largely associated with the ageing process although it can occur in younger people where it is more likely to have a genetic component. There are many forms of dementia, Alzheimer's being one of them. Because we are currently living in a time when people are living far longer than they have done previously, more people are being diagnosed with Alzheimer's and the incidence is likely to rise considerably. However, it only affects a smallish proportion of the population and there is increasing hope on the horizon.

Recently I attended the Alzheimer's Research UK 2023 conference in Aberdeen, where there was excitement that increasing momentum of neurobiological extensive research will reveal the fundamental mechanisms of the disease in the near future. However, we are still lacking effective diagnostic tools. Currently, the most reliable ones are a brain scan or a lumbar puncture, both of which are invasive, expensive procedures and carry risks. The alternative, at present, is psychological testing but in all of these cases, it is likely that the disease is well-developed before symptoms manifest and therefore these tests come rather late in the day.

What is required is a diagnostic tool which would detect changes in the brain at a much earlier stage which is where our current research comes in. We are using an eye-tracking technique to try and determine whether it is possible via a special eye test to determine whether such changes are taking place. The research is still on-going with people who have a diagnosis of Alzheimer's, older healthy people and also younger people as a comparison. Our recent findings are promising and suggest that this method might be able to detect these changes. If so, this would be a relatively cheap, non-invasive test which could be given along with a routine eye test anywhere in the world and would be a major breakthrough, enabling new treatments to be targeted at an early stage in the course of the disease. We are also beginning to explore effective ways to monitor changes in cognition while people during everyday activities, such as watching films or TV. A further project is investigating how we might be able to improve memory in older adults and people with dementia by using movements of the eyes to stimulate the brain.

#### **Selected publications**

- [Wilcockson, T, Mardanbegi, D, Xia, B, Taylor, S, Sawyer, P, Gellersen, H, Leroi, I, Killick, R & Crawford, T](#) 2019, 'Abnormalities of saccadic eye movements in dementia due to Alzheimer's disease and mild cognitive impairment', *Aging*, vol. 11, no. 15, pp. 5389-5398. <https://doi.org/10.18632/aging.102118>
- [Readman, M., Polden, M., Gibbs, M., Wareing, L., & Crawford, T.](#) (2021). [The Potential of Naturalistic Eye Movement tasks in the Diagnosis of Alzheimer's Disease: A Review.](#) *Brain Sciences*, 11(11), [1503]. <https://doi.org/10.3390/brainsci11111503>
- [Polden, M., & Crawford, T.](#) (2022). [On the Effect of Bilateral Eye Movements on Memory Retrieval in Ageing and Dementia.](#) *Brain Sciences*, 2022(12), [1299]. <https://doi.org/10.3390/brainsci12101299>

## Dr Neil Dawson

### Senior Lecturer, Division of Biomedical and Life Sciences

[More Information](#)

**Keywords:** Cognition, Neurodevelopmental Disorders, Schizophrenia, Autism, Alzheimer's Disease

My research is focused on understanding the biological mechanisms of ageing and how these contribute to brain and cognitive ageing in particular. In addition, much of my research is focused on understanding the mechanisms of Alzheimer's disease, the contribution of ageing to this disorder and in developing new interventions that might benefit people with Dementia. I'm also interested in how the genes underlying neurodevelopmental disorders, such as Autism and Schizophrenia, modulate the ageing to contribute to accelerated ageing in these populations.

Research in my lab is currently funded by the UKRI-MRC, Alzheimer's Research UK (ARUK), The Dowager Countess Eleanor Peal Trust, FCT-Portugal and Defying Dementia.

#### Selected Recent Publications

- Hughes R, Whittingham-Dowd J, Clapcote S, Broughton S, **Dawson N** (2022). Altered medial prefrontal cortex and dorsal raphe activity predict genotype and correlate with abnormal learning behaviour in a mouse model of autism-associated 2p16.3 deletion. *Autism Research* 15 : 614-627.
- Owens L, Bracewell J, Benedetto A, **Dawson N**, Gaffney C, Parkin E (2022). BACE1 overexpression reduces SH-SY5Y cell viability through a mechanism distinct from Amyloid- $\beta$  peptide accumulation: Beta prime mediated competitive depletion of sA $\beta$ PP $\alpha$ . *Journal of Alzheimer's Disease* 83 : 1201- 1220.
- Tanquero SR, Mouro FM, Ferreira CB, Freitas CF, Fonseca-Gomes J, Simões do Couto F, Sebastião AM, **Dawson N\***, Diógenes MJ\* (2021). Sustained NMDA receptor hypofunction impairs brain- derived neurotrophic factor signalling in the PFC, but not in the hippocampus, and disturbs PFC- dependent cognition in mice. *Journal of Psychopharmacology* 35:730-743. \*equal senior author contribution
- Mitchell EJ, Thomson RL, Bristow GC, **Dawson N\***, Pratt JA\*, Morris BJ\* (2020). Drug-responsive autism phenotypes in the 16p11.2 deletion mouse model: a central role for gene-environment interactions. *Scientific Reports* 10:12303. \*equal senior author contribution
- Bristow GC, Thomson DM, Openshaw RL, Mitchell EJ, Pratt JA\*, **Dawson N\***, Morris BJ\* (2020). 16p11 duplication disrupts hippocampal-orbitofrontal-amygdala connectivity, revealing a neural circuit endophenotype for schizophrenia. *Cell Reports* 31:107536. \*equal senior author contribution.
- Hughes R, Whittingham-Dowd J, Simmons RE, Clapcote SJ, Broughton SJ, **Dawson N** (2020). Ketamine restores thalamic-prefrontal cortex functional connectivity in a mouse model of neurodevelopmental disorder associated 2p16.3 deletion. *Cerebral Cortex* 30:2358-2371.

# Professor Peter J Diggle

## Distinguished Professor, CHICAS, Lancaster Medical School

[More Information](#)

**Keywords:** Statistics; spatial epidemiology

My research is in the development of statistical methods for spatial and longitudinal data analysis, motivated by applications in the Biomedical and population health sciences. As such, it is generically rather than specifically relevant to the work of the Centre for Ageing Research. I am happy to be a first point of contact for members of the Centre who feel that the research would benefit from the use of statistical methods for the design and/or analysis of studies involving the collection of spatially and/or longitudinally referenced data.

### Selected Publications

- Diggle, P.J., Heagerty, P., Liang, K.Y. and Zeger, S.L. (2002). Analysis of Longitudinal Data (second edition). Oxford: Oxford University Press.
- Diggle, P.J. and Chetwynd, A.G. (2011). Statistics and Scientific Method: an Introduction for Students and Researchers. Oxford: Oxford University Press.
- Diggle, P.J. (2013). Statistical Analysis of Spatial and Spatio-Temporal Point Patterns (3rd edition) Boca Raton: CRC Press
- Diggle, P.J. and Giorgi, E. (2019). Model-based Geostatistics: Methods and Applications in Global Public Health. Boca Raton: CRC Press

## Dr Fiona Eccles

### Senior Lecturer on the Doctorate in Clinical Psychology, part of the Division for Health Research

[More Information](#)

My research interests are in the cognitive, emotional and social aspects of neurological conditions, with a particular focus on neurodegenerative conditions such as Parkinson's and Huntington's disease and other similar movement disorders such as dystonia. I am interested in the everyday experience of people living with these conditions and in developing psychological therapies to help people (and their relatives) live well and reduce psychological distress.

#### Recent Projects

- Investigating the impact of the covid-19 pandemic on people affected by Parkinson's in the UK. This study is funded by UKRI/ESRC and conducted jointly with Parkinson's UK. (PI: Jane Simpson) This study is now in the writing up phase.
- Guide-HD: Guided self-help for anxiety among Huntington's disease gene expansion carriers: a randomised controlled feasibility trial (PI: Maria Dale). This study is currently recruiting.

#### Selected Publications

- Eccles, F., Sowter, N., Spokes, T., Zarotti, N., & Simpson, J. (2023). Stigma, self-compassion, and psychological distress among people with Parkinson's. *Disability and Rehabilitation*, 45(3), 425-433. <https://doi.org/10.1080/09638288.2022.2037743>
- Dale, M., Wood, A., Zarotti, N., Eccles, F., Gunn, S., Kiani, R., Mobley, A., Robertson, N., & Simpson, J. (2022). Using a Clinical Formulation to Understand Psychological Distress in People Affected by Huntington's Disease: A Descriptive, Evidence-Based Model. *Journal of Personalized Medicine*, 12(8), [1222]. <https://doi.org/10.3390/jpm12081222>
- Zarotti, N., Eccles, F., Broyd, A., Longinotti, C., Mobley, A., & Simpson, J. (2022). Third wave cognitive behavioural therapies for people with multiple sclerosis: a scoping review. *Disability and Rehabilitation*. <https://doi.org/10.1080/09638288.2022.2069292>
- Anestis, E., Eccles, F., Fletcher, I., Triliva, S., & Simpson, J. (2022). Healthcare professionals' involvement in breaking bad news to newly diagnosed patients with motor neurodegenerative conditions: a qualitative study. *Disability and Rehabilitation*, 44(25), 7877-7890. <https://doi.org/10.1080/09638288.2021.2002436>
- Simpson, J., Zarotti, N., Varey, S., Anestis, E., Holland, C., Murray, C., & Eccles, F. J. R. (2022). 'It's a double whammy': A qualitative study of illness uncertainty in individuals with Parkinson's disease in the context of COVID-19. *Chronic Illness*, 18(4), 860-873. <https://doi.org/10.1177/17423953211043101>
- Wieringa, G., Dale, M., & Eccles, F. (2021). Adjusting to living with Parkinson's disease; a meta-ethnography of qualitative research. *Disability and Rehabilitation*. <https://doi.org/10.1080/09638288.2021.1981467> Wieringa, G., Dale, M., & Eccles, F. (2022). The experience of a sample of individuals in the United Kingdom living in the pre-manifest stage of Huntington's disease: an interpretative phenomenological analysis. *Journal of Genetic Counseling*, 31(2), 375-387. <https://doi.org/10.1002/jgc4.1497>
- Eccles, F., Craufurd, D., Smith, A., Davies, R., Glenny, K., Homberger, M., Rose, L., Theed, R., Peeren, S., Rogers, D., Skitt, Z., Zarotti, N., & Simpson, J. (2021). Experiences of mindfulness-based cognitive therapy for premanifest Huntington's disease. *Journal of Huntington's disease*, 10(2), 277-291. <https://doi.org/10.3233/JHD-210471>
- Anestis, E., Eccles, F., Fletcher, I., & Simpson, J. (2021). Neurologists' current practice and perspectives on communicating the diagnosis of a motor neurodegenerative condition: a UK survey. *BMC Neurology*, 21, [34]. <https://doi.org/10.1186/s12883-021-02062-6>
- Zarotti, N., Dale, M., Eccles, F., & Simpson, J. (2020). Psychological Interventions for People with Huntington's Disease: A Call to Arms. *Journal of Huntington's disease*, 9(3), 231-243. <https://doi.org/10.3233/JHD-200418>

## Dr Amy Gadoud

### **Senior Clinical Lecturer, Lancaster Medical School**

[More Information](#)

Amy Gadoud is a Senior Lecturer in Palliative Medicine at Lancaster Medical School where she is NIHR Integrated Clinical Academic Training Lead. She works with colleagues in the International Observatory on End of Life Care, Lancaster University. Her main research interest is ensuring equality in access to palliative care using a range of research methods from analysing large datasets to qualitative studies.

In 2024 she was appointed the first national palliative care lead for the NIHR Research Delivery Network.

She works clinically as an Honorary Community Consultant in Palliative Medicine at Trinity Hospice and Blackpool Teaching Hospitals NHS Foundation Trust.



# Dr Chris Gaffney

## Senior Lecturer in Integrative Physiology, Lancaster Medical School

[More Information](#)

**Keywords:** Physiology; muscle metabolism; exercise physiology; glycaemic control; surgery; skeletal muscle; immobilisation; ageing

My research seeks to understand the basic physiology and metabolism (chemical reactions) that underpin disease, health, and athletic performance. My research encompasses molecular work using cells and the model organism *C. elegans*, through to human-based trials. My current work investigates the impact and mechanisms of physiological stress imparted by ageing, surgery, and spaceflight or ground-based analogues. Chris is a Reviewing Editor with Scientific Reports and a member of the European College of Sports Science (ECSS) Reviewing Panel.

Chris' lab currently comprises of 7 PhD/MD students and 3 MSc by Research students, and his work is funded by UKRI, NIHR, and charities.

### Selected Recent Publications

- Vintila, A.R., Slade, L., Cooke, M., Willis, C.R.G., Torregrossa, R., Rahman, M., Anupom, T., Vanapalli, S.A., [Gaffney, C.J.\\*](#), Gharahdaghi, N., Szabo, C., Szewczyk, N.J., Whiteman, M., Etheridge, T. (2023). Mitochondrial sulfide promotes life span and health span through distinct mechanisms in developing versus adult treated *Caenorhabditis elegans*. PNAS, 120, 32
- Yasar, Z., Ross, M., [Gaffney, C.\\*](#), Postlethwaite, R., Wilson, R., Hayes, L. (2023). Aerobically trained older adults show impaired resting, but preserved exercise-induced circulating progenitor cell count, which was not improved by sprint interval training. Pflügers Archiv - European Journal of Physiology, 10.1007/s00424-022- 02785-6.
- Owens, L., Bracewell, J., Benedetto, A., Dawson, N., [Gaffney, C.\\*](#), Parkin, E. (2022). BACE1 Overexpression Reduces SH-SY5Y Cell Viability Through a Mechanism Distinct from Amyloid- $\beta$  Peptide Accumulation: Beta Prime-Mediated Competitive Depletion of sA $\beta$ PP $\alpha$ . Journal of Alzheimer's Disease. 86, 3, p. 1201-1220.
- Wrench, E., Rattley, K., Lambert, J., Killick, R., Hayes, L., Lauder, R., [Gaffney, C\\*](#) (2022). There is no dose–response relationship between the amount of exercise and improvement in HbA1c in interventions over 12 weeks in patients with type 2 diabetes: a meta-analysis and meta-regression. Acta Diabetologica, 59(11):1399- 1415.

# Dr Andrew Harding

## Lecturer in Health Inequalities, Faculty of Health and Medicine

[More information](#)

**Keywords:** Ageing; mixed economy of welfare; access to care and support; information-giving; dementia; housing; care/nursing homes; Core outcome sets; Qualitative; Realist methodology

Andrew's main research interest concerns how older people navigate, access and engage with health and social care provision, mostly in the context of mixed economies of welfare and in a policy context that positions people as consumers of services where increased levels of agency are required. He is also interested in exploring inequalities in these areas. Within these areas, Andrew has made theoretical and empirical contributions to the literature on information-giving, specialist housing, dementia, care and nursing homes. Andrew has expertise in realist methodology and is on the editorial board of BMC Geriatrics and PLOS One.

### Key publications:

- Collingridge Moore, D., Garner, A., Cotterell, N., **Harding, A. J. E.**, & Preston, N. (2024). Long term care facilities in England during the COVID-19 pandemic-a scoping review of guidelines, policy and recommendations. *BMC Geriatrics*, 24(1), Article 394. <https://doi.org/10.1186/s12877-024-04867-9>
- Giebel, C., Watson, J., Dickinson, J., Gabbay, M., Halpin, K., **Harding, A.**, & Swarbrick, C. (2024). Do people with dementia and carers get what they need? Barriers in social care and carers needs assessments. *Dementia*, 23(4), 550-566. <https://doi.org/10.1177/14713012241237673>
- Brazil, K., Walshe, C., Doherty, J., **Harding, A.**, Preston, N., Bavelaar, L., Cornally, N., Di Giulio, P., Gonella, S., Hartigan, I., Henderson, C., Kaasalainen, S., Loucka, M., Sussman, T., Vlckova, K., & van der Steen, J. T. (2024). Implementation of an advance care planning intervention in nursing homes: an international multiple case study. *The Gerontologist*, Article gnae007. Advance online publication. <https://doi.org/10.1093/geront/gnae007>
- **Harding, A.** (2023). Older people, information-giving and active agency practices in health, social care and housing: Theory, evidence and reflections. *Ageing and Society*, 43(12), 2758 - 2770. <https://doi.org/10.1017/S0144686X21001884>
- Cousins, E., Preston, N., Doherty, J., Varey, S., **Harding, A.**, Adrienne, M., Harrison Dening, K., Finucane, A., Carter, G., Mitchell, G., & Brazil, K. (2022). Implementing and evaluating online advance care planning training in UK nursing homes during COVID-19: findings from the Necessary Discussions multi-site case study project. *BMC Geriatrics*, 22, [419]. <https://doi.org/10.1186/s12877-022-03099-z>
- **Harding, A.**, & Reilly, S. (2021). Dementia trials, outcomes, and outcome measurement instruments for people living with dementia and family carers – considerations on how to improve the “gold standard”. *International Psychogeriatrics*, 33, 4, 327-330. <https://doi.org/10.1017/S1041610220003749>
- **Harding, A.J.E.**, Morbey, H., Ahmed, F., et al (2020) Core outcome set for nonpharmacological community- based interventions for people living with dementia at home: A Systematic Review of Outcome Measurement Instruments. *The Gerontologist*. <https://doi.org/10.1093/geront/gnaa071>
- Reilly, S.T., **Harding, A.J.E.**, Morbey, H. et al (2020) What is important to people with dementia living at home? A set of core outcome items for use in the evaluation of non-pharmacological community-based health and social care interventions. *Age and Ageing*, afaa015, <https://doi.org/10.1093/ageing/afaa015>
- **Harding, A.J.E.**, Hean, S., Parker, J and Hemingway, A. (2020) “It can’t really be answered in an information pack...”: A realist evaluation of a telephone housing options service for older people. *Social Policy and Society*, 19, 3, 361-378 doi:10.1017/S1474746419000472.
- **Harding, A.J.E.**, Parker, J., Hean, S. & Hemingway, A. (2018) Supply-side review of the UK specialist housing market and why it is failing older people. *Housing, Care and Support*, 21 (2), 41-50 <https://doi.org/10.1108/HCS-05-2018-0006>

## Professor Carol Holland

### Professor in Ageing, Division of Health Research and Director of C4AR

[More Information](#)

Carol is a psychologist focusing on applied impacts of cognitive and health psychology of ageing. She works across disciplines and sectors, bringing together a range of expertise in projects addressing challenges of ageing. She has interests in reduction of risk factors for frailty, cognitive decline and dementia. She is currently President of the British Society of Gerontology, the national learned society representing researchers in ageing. She supervises a range of PhD students in topics related to ageing and dementia.

#### Research Overview and Interests

Carol has several ongoing or recently completed projects focusing on frailty:

- The Cognitive Frailty Interdisciplinary Network (CFIN) which brings together researchers, clinicians, third sector organisations, business and older people themselves to examine suitable targets for intervention to prevent, delay or reverse this conjunction of physical frailty with cognitive impairment. If readers are interested in this network, please go to [Home - CFIN \(ukanet.org.uk\)](http://Home-CFIN.ukanet.org.uk) for more information.
- Global Partnership awards linking the above interdisciplinary networks to colleagues in Europe, North America and South Asia.
- The EU funded project FOCUS, which aimed to critically reduce the impact of frailty in Europe by developing methodologies and tools focusing on early diagnosis, screening and management of frailty. Our work has demonstrated that frailty can be addressed even in the very old with significant frailty, and our qualitative work with a range of stakeholders has shown the roles of psychological resilience, lifestyle health behaviour and social support in preventing the worst outcomes.

#### Other current and recent research includes:

- The evaluation of an NHS funded project on Smart tools to support medication adherence, working with Lancashire and South Cumbria ICB and Lancashire County Council.
- A new national Dementia Network Plus project focusing on impacts of dementia in the workplace for those living with early dementias themselves and those caring for people with dementia.
- Evaluation of Singing social interventions for people living with Dementia and their carers ("Lyrics and Lunch").
- Examination of the role of involvement in religious activities in trajectories of cognitive frailty and dementia.
- Holistic examination of risk factors of cognitive frailty in India using data from the Longitudinal Ageing Study of India (LASI).
- Examination of the cognitive profiles of people with cognitive frailty and their relation to eventual dementia in data from the English Longitudinal Study of Ageing (ELSA).
- The Evaluation of Sport England funded Together an Active Future (TaAF), physical activity promotion programme, which examined factors that facilitated or impeded implementation of interventions in the different contexts and communities of East Lancashire.

#### Selected Publications:

- Holland, C., Dravec, N., Owens, L., ....Broughton, S. (2024) [Understanding exogenous factors and biological mechanisms for cognitive frailty: a multidisciplinary scoping review](#). medRxiv, 2024.01. 18.24301491
- Fowler Davis, S., Benkowitz, C., Holland, C, Gow, A.J. Clarke,C. (2024) A Scoping Review on the Opportunities for Social Engagement and Cognitive Frailty in Older Adults. *Public Health Reviews*, <https://doi.org/10.3389/phrs.2024.1606494>
- Fothergill, L., Holland, C., Latham, Y., Hayes, N. (2024) [Understanding the Value of a Proactive Telecare System in Supporting Older Adults' Independence at Home: Qualitative Interview](#)

[Study Among Key Interest Groups](#). *Journal of Medical Internet Research* 25, e47997  
[doi:10.2196/47997](https://doi.org/10.2196/47997)

- Balki, E., Hayes, N., Holland, C. (2023) [Use and acceptance of digital communication technology by older adults for social connectedness during the COVID-19 pandemic: mixed methods study](#), *Journal of Medical Internet Research* 25, e41535
- Balki E, Hayes N, Holland C (2022) Effectiveness of technology interventions in addressing social isolation and loneliness in older adults: systematic umbrella review. *JMIR Ageing* **5(4)**, [doi:10.2196/40125](https://doi.org/10.2196/40125)
- Garner IW, Varey S, Navarro-Pardo E, Marr C, Holland C (2022) An observational cohort study of longitudinal impacts on frailty and well-being of COVID-19 lockdowns in older adults in England and Spain. *Health and Social Care in the community*, <https://doi.org/10.1111/hsc.13735>
- O'Donnell E, Holland C, Swarbrick, C (2022) Strategies used by care home staff to manage behaviour that challenges in dementia: A systematic review of qualitative studies *International Journal of Nursing Studies*, 104260, <https://doi.org/10.1016/j.ijnurstu.2022.104260>
- Garner I, Burgess A & Holland C (2020) Developing and Validating the Community-Oriented Frailty Index (COM- FI) *Archives of Gerontology and Geriatrics*, 91. 104232 <https://doi.org/10.1016/j.archger.2020.104232>
- Garner I, **Holland C.** (2020) Age friendliness of living environments from the older person's viewpoint: development of the age-friendly environment assessment tool, *Age and Ageing* <https://doi.org/10.1093/ageing/afz146>

## Dr Hannah Jarvis

### Lecturer in Sports and Exercise Science, Lancaster Medical School

[More Information](#)

**Keywords:** Biomechanics, Stroke, Rehabilitation, Amputees, Mixed Methods

My research aims to understand how a disease or injury affects our ability to walk, specifically biomechanics, gait and gait analysis, stroke, amputees, complex trauma and how we can develop better more informed rehabilitation programmes for people with these conditions.

#### **Stroke:**

Highlights of the research papers I have published include a publication in the leading stroke research journal "Stroke" (Jarvis et al 2019) which was reported by the BBC (<http://www.bbc.co.uk/news/uk-wales-50168047>) for its potential clinical impact and novelty regarding the use of a threshold walking speed to predict return to employment post-stroke. I am the first person to report gait patterns of young stroke survivors (Jarvis et al 2021) am a member and co-author of a leading Cochrane review team evaluating research evidence on physical activity after stroke (Saunders et al 2020). I am a registered stakeholder for NICE guidelines for Stroke Rehabilitation, and I contribute and advise on research outcomes to be included in the current re-iteration of those NICE guidelines. Key grants and ongoing projects from my stroke research include:

£44,816.00 Sir Halley Stewart Trust (2022). To measure how stroke survivors walk indoors and outdoors  
£8000.00 HEE NIHR integrated clinical academic programme internship (2022). This in partnership with a clinician from the Northern Care Alliance for a research project investigating barriers and facilitators to outdoor exercise for young stroke survivors.

£99,916.00 Stroke Research Innovation Education Fund (2021). This is a pioneering project I lead called WALKEasy (Walk Easy After Young Stroke) which is the first to collect and investigate the relationship between biomechanical, neuromuscular, vascular, cognitive, neurological, and demographic data in young stroke survivors when they walk.

£95,215.00 Brecon Beacons National Park (2019). I am the Director of Studies for a PhD project investigating the effect of outdoor rehabilitation on quality of life and walking performance after stroke.

£88,106.00 Stroke Research Innovation Education Fund (2018). This project reported metabolic cost and walking speed of young stroke survivors.

#### **Amputees:**

I worked in collaboration with the Ministry of Defence (2013- 2016) where I was based at the Defence Medical rehabilitation Centre Headley Court. I am the first person to report gait patterns of UK military personal injured from blast trauma (amputation and limb salvage) from conflicts in Afghanistan and Iraq. This includes key papers Jarvis et al 2017 (Archives of Physical Medicine and Rehabilitation Impact factor: 2.697) which reported efficiency, temporal and spatial parameters of amputees walking, and in Jarvis et al 2020 (Annals of Physical Medicine and Rehabilitation 2020 (Impact Factor 5.393) joint kinematics and kinetics of amputees. In 2021, with colleagues from Imperial College London, University of Birmingham and the Ministry of Defence I was awarded the prestigious "Excellence in Clinical Science Award" from Wiley publishing for a paper (Ding et al 2019, Journal of Orthopedic Research (Impact Factor 3.494) reporting risk factors to osteoarthritis in amputees which was published. The research outcomes from these and other papers I have published informed the Chilcot enquiry, NHS guidelines and future care of injured military personnel. have delivered invited presentations at the Blast Centre - Imperial College London, NATO (North Atlantic Treaty Organisation) and the Defence Science Equipment and Innovation showcasing my ability to present my research to a wide range of audiences.

Outside of academia I have competed to international level at mountain running and represented Wales 21 times.

## Dr Jemma Kerns

### Senior Lecturer, Lancaster Medical School

[More Information](#)

**Keywords:** Osteoporosis, osteoarthritis, diagnostics, laser based (Raman) spectroscopy

I am a senior lecturer and director of research at Lancaster Medical School. I joined Lancaster as a Lecturer 2014, and have built, and lead, a research group on bone biology and spectroscopic diagnostic development. I lead a project funded by EPSRC on osteoporosis, seeking to develop new ways to measure and monitor bone health.

My research is largely pre-translational and my primary goal is to translate laser-based spectroscopy as a clinical tool to have a positive impact through improving patient health and wellbeing by enabling detection of pre-clinical biochemical changes that are indicative of disease e.g., bone diseases and cancer. I lead collaborative projects with multiple NHS Trusts, locally and nationally. My research aligns with the Faculty of Health and Medicine theme of Ageing and I co-lead the LMS Experimental Medicine research group.

I am a senior spectroscopist certified by the Society for Applied Spectroscopy, a Fellow of the Royal Society of Chemistry and have recently joined the Versus Arthritis College of Experts.

## Professor Ceu Mateus

### Professor in Health Economics, Division of Health Research

[More Information](#)

**Keywords:** Health economics, quality of life, costs, equity

Céu Mateus is a Professor in Health Economics in the Division of Health Research. She holds a PhD in Public Health-Health Economics from the National School of Public Health, Nova University of Lisbon in Portugal, an MSc in European Social Policy Analysis from Bath University in the UK, and graduated in Economics from ISEG – Lisbon School of Economics and Management, Lisbon University in Portugal. She has over 25 years of experience in research and has developed her expertise around economic evaluation of health technologies and interventions, efficiency measurement, equity, and quality of life with many applications of those topics to elderly populations. She has been involved in several scientific associations in the field of health care such as PCSI, EuHEA and the Portuguese Chapter of ISPOR. She works across disciplines and sectors, bringing together a range of expertise in projects addressing challenges of ageing.

#### Relevant projects

- Mobile Health Biometrics to Enhance Exercise and Physical Activity Adherence in T2D Manchester Macmillan Supportive and Palliative Care Programme
- Testing New Models of Care: An Evaluation of the Lancashire and Cumbria Innovation Alliance NHS Test Bed

#### Selected Publications

- **Healthcare use and healthcare costs for patients with advanced cancer; the international ACTION cluster-randomised trial on advance care planning.** Korfage, I.J., Polinder, S., Preston, N., van Delden, J.J.M., Geraerds, A., Dunleavy, L., Faes, K., Miccinesi, G., Carreras, G., Arnfeldt, C., Kars, M.C., Lippi, G., Lunder, U., Mateus, C., Pollock, K., Deliens, L., Groenvold, M., van der Heide, A., Rietjens, J. 15/11/2022 In: Palliative Medicine.
- **Systematic voiding programme in adults with urinary incontinence following acute stroke: the ICONS-II RCT.** Watkins, C., Tishkovskaya, S., Brown, C., Sutton, C., Garcia, Y.S., Forshaw, D., Prescott, G., Thomas, L., Roffe, C., Booth, J., Bennett, K., Roe, B., Hollingsworth, B., Mateus, C., Britt, D., Panton, C. 31/07/2022 In: Health Technology Assessment. 26, 31, p. 1-88. 88 p.
- **Self-efficacy of older people using technology to self-manage COPD, hypertension, heart failure or dementia at home: An overview of systematic reviews.** Chalfont, G., Mateus, C., Varey, S., Milligan, C. 30/09/2021 In: The Gerontologist. 61, 6, p. e318-e334. 16 p.
- **Identifying the Main Predictors of Length of Care in Social Care in Portugal.** Lopes, H., Guerreiro, G., Esquível, M., Mateus, C. 31/08/2021 In: Portuguese Journal of Public Health. 39, 1, p. 21-35. 15 p.
- **The role of combinatorial health technologies in supporting older people with long-term conditions: Responsibilisation or co-management of healthcare?** Varey, S., Dixon, M., Hernandez Huerta, A., Mateus, C., Palmer, T., Milligan, C. 1/01/2021 In: Social Science and Medicine. 269, 11 p.
- **Identifying the long-term care beneficiaries differences between risk factors of nursing homes and community-based services admissions.** Lopes, H., Mateus, C., Rosati, N. 1/10/2020 In: Aging Clinical and Experimental Research. 32, p. 2099– 2110. 12 p.
- **Impact of long term care and mortality risk in community care and nursing homes populations** Lopes, H., Mateus, C., Rosati, N. 05/2018 In: Archives of Gerontology and Geriatrics. 76, p. 160-168. 9 p.
- **Ten Years since the 2006 Creation of the Portuguese National Network for Long-Term Care: Achievements and Challenges.** Lopes, H., Mateus, C., Hernández-Quevedo, C.

03/2018 In: Health Policy. 122, 3, p. 210-216. 7 p.

- **Gender disparities in health and healthcare: results from the Portuguese National Health Interview Survey.** Perelman, J., Fernandes, A., Mateus, C. 12/2012 In: Cadernos de Saúde Pública. 28, 12, p. 2339-2348. 10 p.
- **Health-economic burden of Parkinson's disease in Portugal: a cohort study.** Reese, J.P., Winter, Y., Rosa, M.M., Rodrigues e Silva, A.M., von Campenhausen, S., Freire, R., Caixeiro Mateus, C., Balzer-Geldsetzer, M., Boetzel, K., Oertel, W.H., Dodel, R., Sampaio, C. 1/03/2011 In: Revista de neurologia. 52, 5, p. 264-274. 11 p.
- **Costs of illness and care in Parkinson's disease: an evaluation in six countries.** von Campenhausen, S., Winter, Y., Rodrigues e Silva, A., Sampaio, C., Ruzicka, E., Barone, P., Poewe, W., Guekht, A., Mateus, C., Pfeiffer, K., Berger, K., Skoupa, J., Bötzel, K., Geiger-Gritsch, S., Siebert, U., Balzer-Geldsetzer, M., Oertel, W.H., Dodel, R., Reese, J.P. 02/2011 In: European Neuropsychopharmacology. 21, 2, p. 180-191. 12 p.
- **Gender equity in treatment for cardiac heart disease in Portugal.** Perelman, J., Caixeiro Mateus, C., Fernandes, A. 07/2010 In: Social Science and Medicine. 71, 1, p. 25-29. 5 p.



# Professor Peter McClintock

## Research Professor Emeritus, Department of Physics

[More Information](#)

**Keywords:** Nonlinear dynamics; noise; stochastic; cardiovascular system; brain; ageing; biological ion channels

My research, with collaborators, is in nonlinear dynamics and stochastic processes, and particularly their applications to biological systems. I work closely with Aneta Stefanovska (*q.v.*) in relation to projects on human physiology and ageing.

### Selected publications

- P V E McClintock and L B Kish (ed.) *The Random and Fluctuating World: Celebrating Two Decades of Fluctuation and Noise Letters*, World Scientific, Singapore, 2022 .
- A Stefanovska and P V E McClintock (ed.), *Physics of Biological Oscillators: New Insights into Non- Equilibrium and Non-Autonomous Systems*, Springer, Cham, 2021.
- P V E McClintock and D G Luchinsky (eds.) *Physics of Ionic Conduction in Narrow Biological and Artificial Channels*, MDPI, Basel, 2021.
- M L Barabash, W A T Gibby, C Guardiani, A Smolyanitsky, D G Luchinsky, and P V E McClintock, "Origin and control of ionic hydration patterns in nanopores", *Communications Materials* **2**, 65 (2021).
- W A T Gibby, M L Barabash, C Guardiani, D G Luchinsky, and P V E McClintock, "Physics of selective conduction and point mutation in biological ion channels", *Physical Review Letters* **126**, 218102 (2021).
- Y A Abdulhameed, P V E McClintock, and A Stefanovska, "Race-specific differences in the phase coherence between blood flow and oxygenation: A simultaneous NIRS, white light spectroscopy and LDF study", *Journal of Biophotonics* **13**, e201960131 (2020).
- A Fedorenko, I Kh Kaufman, W A T Gibby, M L Barabash, D G Luchinsky, S K Roberts, and P V E McClintock, "Coulomb blockade and the determinants of selectivity in the NaChBac bacterial sodium channel", *Biochimica et Biophysica Acta (BBA) - Biomembranes* **1862**, 183301 (2020).
- Y A Abdulhameed, G Lancaster, P V E McClintock, and A Stefanovska, "On the suitability of laser- Doppler flowmetry for capturing microvascular blood flow dynamics from darkly pigmented skin", *Physiological Measurement* **40**, 074005 (2019).
- T Stankovski, T Pereira, P V E McClintock, and A Stefanovska, "Coupling functions: universal insights into dynamical interaction mechanisms", *Reviews of Modern Physics* **89** , 045001 (2017).
- V Ticcinelli, T Stankovski, D Iatsenko, A Bernjak, A E Bradbury, A R Gallagher, P B M Clarkson, P V E McClintock, and A Stefanovska, "Coherence and coupling functions reveal microvascular impairment in treated hypertension", *Frontiers in Physiology* **8**, 749 (2017).
- T Stankovski, S Petkoski, J Raeder, A F Smith, P V E McClintock, and A Stefanovska, "Alterations in the coupling functions between cortical and cardio-respiratory oscillations due to anaesthesia with propofol and sevoflurane", *Philosophical Transactions of the Royal Society A* **374**, 20150186 (2016). I Kh Kaufman, P V E McClintock and R S Eisenberg, "Coulomb blockade model of permeation and selectivity in biological ion channels", *New Journal of Physics* **17**, 083021 (2015).

# Professor Chris Plack

## Department of Psychology

[More Information](#)

As we age, hearing ability declines, and most people over the age of 60 experience some difficulties with their hearing. For many people this can result in social isolation and a substantial reduction in quality of life. Hearing loss is associated with dementia, although a causative association has not yet been established.

I have broad interests in the physiology and psychology of normal and impaired hearing. Most recently, I have been investigating neural hearing deficits that are not detectable by standard clinical tests, but which may nevertheless impact on real-world listening ability. I am also investigating the links between hearing loss and neurodegenerative diseases.

### Selected publications

- Readman, M.R., Wan, F., Fairman, I., Linkenauer, S.A., Crawford, T.J., and Plack, C.J. (2023). "Is hearing loss a risk factor for idiopathic Parkinson's Disease? An English Longitudinal Study of Ageing analysis," *Brain Sci.* 13, 1196.
- Slade, K., Davies, R., Pennington, C.R., Plack, C.J., and Nuttall, H.E. (2023). "The impact of age and psychosocial factors on cognitive and auditory outcomes during the COVID-19 pandemic," *J. Speech Lang. Hear. Res.* 66, 3689-3695.
- Slade, K., Reilly, J.H., Jablonska, K., Smith, E., Hayes, L.D., Plack, C.J., and Nuttall, H.E. (2022). "The impact of age-related hearing loss on structural anatomy: A meta-analysis," *Front. Neurol.* 13, 950997.
- Shehabi, A., Prendergast, G., and Plack, C.J. (2022). "The relative and combined effects of noise exposure and aging on auditory peripheral neural deafferentation: A narrative review," *Front. Aging Neurosci.* 14, 877588.
- Shehabi, A., Prendergast, G., Guest, H., and Plack, C.J. (2022). "The effect of lifetime noise exposure and aging on speech-perception-in-noise ability and self-reported hearing symptoms: An online study," *Front. Aging Neurosci.* 14, 890010.
- Littlejohn, J., Venneri, A., Marsden, A. and Plack, C.J. (2021). "Self-reported hearing difficulties are associated with loneliness, depression and cognitive dysfunction during the COVID-19 pandemic," *Int. J. Audiol.* 61, 97- 101.
- Carcagno, S., and Plack, C.J. (2021). "Effects of age on psychophysical measures of auditory temporal processing and speech reception at low and high levels," *Hear. Res.* 400, 108117.
- Slade, K., Plack, C.J., and Nuttall, H.E. (2020). "The effects of age-related hearing loss on the brain and cognitive function," *Trends Neurosci.* 43, 810-821.
- Bones, O., and Plack C.J. (2015). "Losing the music: Aging affects the perception and subcortical neural representation of musical harmony," *J. Neurosci.* 35, 4071-4080.
- King, A., Hopkins, K., and Plack, C.J. (2014). "The effects of age and hearing loss on interaural phase difference discrimination," *J. Acoust. Soc. Am.* 135, 342-351.
- Marmel, F., Linley, D., Carlyon, R.P., Gockel, H.E., Hopkins, K., and Plack, C.J. (2013). "Subcortical neural synchrony and absolute thresholds predict frequency discrimination independently," *J. Ass. Res. Otolaryngol.* 14, 757-766.

## Professor Paul Rayson

### Director of UCREL and Professor in Natural Language Processing, School of Computing and Communications

[More Information](#)

I am director of the UCREL research centre and a Professor in the School of Computing and Communications, in the Infolab21 building at Lancaster University in Lancaster, UK. A long term focus of my work is the application of semantic-based NLP in extreme circumstances where language is noisy e.g. in historical, learner, speech, email, txt and other CMC varieties. My applied research is in the areas of mental health, dementia detection, online child protection, cyber security, learner dictionaries, and text mining of historical corpora and annual financial reports. I was a founding co-investigator of the five-year ESRC Centre for Corpus Approaches to Social Science (CASS) which is designed to bring the corpus approach to bear on a range of social sciences. I'm also a member of the multidisciplinary centre Security Lancaster, and Lancaster Digital Humanities, and the Data Science Institute.

#### Relevant projects:

Metaphor in end-of-life care (MELC) <http://ucrel.lancs.ac.uk/melc/>  
SAMS (Software Architecture for Mental health Self management) <http://ucrel.lancs.ac.uk/sams/>  
4D project <https://4dpicture.eu/>

#### Selected Publications:

- Jagfeld, G., Lobban, F., Rayson, P., & Jones, S. (2021). Understanding who uses Reddit: Profiling individuals with a self-reported bipolar disorder diagnosis. In Proceedings of the Seventh Workshop on Computational Linguistics and Clinical Psychology: Improving Access. DOI : 10.18653/v1/2021.clpsych-1.1
- Semino, E., Demjen, Z., Demmen, J., Koller, V., Payne, S., Hardie, A., & Rayson, P. (2017). The online use of Violence and Journey metaphors by patients with cancer, as compared with health professionals: a mixed methods study. *BMJ Supportive and Palliative Care*, 7(1), 60-66. DOI: 10.1136/bmjspcare-2014-000785
- Demmen, J. E., Semino, E., Demjen, Z., Koller, V., Hardie, A., Rayson, P., & Payne, S. (2015). A computer-assisted study of the use of violence metaphors for cancer and end of life by patients, family carers and health professionals. *International Journal of Corpus Linguistics*, 20(2), 205-231. DOI: 10.1075/ijcl.20.2.03dem
- Gledson, A., Asfiandy, D., Mellor, J., Omer Faraj Ba-Dhfari, T., Stringer, G., Couth, S., ... Sawyer, P. H. (2016). Combining mouse and keyboard events with higher level desktop actions to detect mild cognitive impairment. In *Healthcare Informatics (ICHI), 2016 IEEE International Conference on*. IEEE. DOI: 10.1109/ICHI.2016.22
- Bull, C. N., Asfiandy, D., Gledson, A., Mellor, J., Couth, S., Stringer, G., ... Sawyer, P. H. (2016). Combining data mining and text mining for detection of early stage dementia: the SAMS framework. In *Resources and Processing of linguistic and extra-linguistic Data from people with various forms of cognitive/psychiatric impairments (RaPID '16) workshop: Proceedings of the 10th International Conference on Language Resources and Evaluation (LREC '16)*. (pp. 35-40). European Language Resources Association (ELRA).
- Sawyer, P., Sutcliffe, A., Rayson, P., & Bull, C. (2015). Dementia and social sustainability: challenges for software engineering. In *Software Engineering (ICSE), 2015 IEEE/ACM 37th IEEE International Conference on (Volume:2)* . (pp. 527-530). IEEE. DOI: 10.1109/ICSE.2015.188
- Sutcliffe, A., Rayson, P., Bull, C., & Sawyer, P. (2014). Discovering affect-laden requirements to achieve system acceptance. In *22nd IEEE International Requirements Engineering Conference (RE'14)*. (pp. 173-182). IEEE. DOI: 10.1109/RE.2014.6912259

## Professor Jason Rothman

### Professor in Psycholinguistics and Cognitive Science, Linguistics and English Language

[More information](#)

Jason Rothman's empirical work spans language acquisition, linguistic processing and language-associated links to brain and cognitive behavioral changes across the lifespan, especially in various bi-/multilingual populations. A major and unifying focus of Prof. Rothman's research program is to better understand the relative contribution of individual differences in engagement and experience with bi-/multilingualism (e.g. degree and context of language usage patterns, the quantity and quality of language exposure, age of acquisition/learning, proficiency), be them in language learning competence/attainment, how the mind/brain processes language specifically and/or indeed how the brain and its cognitive systems structurally and functionally adapt to meet an individual's needs.

At present, a critical mass of research shows, at least under conditions of active multilingual language engagement and/or over the cognitively demanding process of additional language learning itself, the juggling of more than one language in a single mind can have consequences for various domains of cognition and the brain structures and networks that subserve them. The leading hypotheses for these effects link them to the (degree of) demands placed on cognitive-processing systems needed to manage more than one language effectively. If so, bilingualism has all the hallmarks of a potential cognitive reserve (CR) and brain reserve. Furthermore, if on the right track, bilingualism as a naturally occurring life experience (where it already exists) and potentially creating it where it did not organically emerge, i.e. language learning as a cognitive intervention, can be important ingredients for healthy cognitive aging as well as contributors for staving off (behavioral) symptoms of age-related typical and/or pathological neurodegeneration. Prof. Rothman's research group has made significant contributions to this line of reasoning and its empirical record.

#### Selected relevant work

- Rebuschat, P.; Ge, C.; Lee, Y.W.; Correia, S.; **Rothman, J.** (in press, 2025) Statistical learning of foreign language words in younger and older adults. *Bilingualism: Language and Cognition*
- Pereira Soares, S.M., Prystauka, Y., DeLuca, V., Poch, C. & **Rothman, J.** (2024). Brain Correlates of Attentional Load Processing Reflect Degree of Bilingual
- Engagement: Evidence from EEG. *NeuroImage*.  
<https://www.sciencedirect.com/science/article/pii/S1053811924002830>
- Voits, T., DeLuca, V., Hao, J., Elin, K., Abutalebi, J., Duñabetia, J.A., Berglund, G., Gabrielsen, A., Rook, J., Thomsen, H.K., Waagen, P., **Rothman, J.** (2024) [Degree of multilingual engagement modulates resting state oscillatory activity across the lifespan](#). *Neurobiology of Aging*.  
<https://www.sciencedirect.com/science/article/pii/S0197458024000812>
- **Rothman, J.** (2024). Harnessing the bilingual descent down the mountain of life: Charting novel paths for Cognitive and Brain Reserves research. *Bilingualism: Language and Cognition*  
[doi:10.1017/S1366728924000026](https://doi.org/10.1017/S1366728924000026)
- Voits, T., **Rothman, J.**, Calabria, M., Robson, H., Aguirre, N., Cattaneo, G., Costumero, V., Hernández, M., Juncadella Puig, M., Marín Marín, L., Suades, A., Costa, A. & Pliatsikas C. (2023) Hippocampal adaptations in Mild Cognitive Impairment patients are modulated by bilingual language experiences. *Bilingualism: Language and Cognition* <https://doi.org/10.1017/S1366728923000354>
- Pereira Soares, S.M., DeLuca, V., Prystauka, Y. & **Rothman, J.** (2022). Type of bilingualism conditions individual differences in the oscillatory dynamics of inhibitory control. *Frontiers in Human Neuroscience*, 2022 July 28;16:910910 [10.3389/fnhum.2022.910910](https://doi.org/10.3389/fnhum.2022.910910)
- Gallo, F., DeLuca, V., Prystauka, Y., Voits, T., **Rothman, J.** & Abutalebi, J. (2022). Bilingualism and healthy aging: implications for (delaying) neurocognitive decline. *Frontiers in Human Neuroscience*, 22, <https://doi.org/10.3389/fnhum.2022.819105>
- Voits, T., Robson, H., **Rothman, J.** & Pliatsikas, C. (2022). The effects of bilingualism on the structure of the hippocampus and its relationship to memory performance in ageing bilinguals. *Brain Structure and Function*, 1-16, <https://doi.org/10.1007/s00429-021-02436-z>
- Voits T., Pliatsikas C., Robson H., & **Rothman J.** (2020) Beyond Alzheimer's Disease: Can bilingualism be a more generalized protective factor in neurodegeneration? *Neuropsychologia* Volume 147, October 2020, 107593, <https://doi.org/10.1016/j.neuropsychologia.2020.107593>

# Dr Yakubu Salifu

## Lecturer, Division of Health Research

[More Information](#)

**Keywords:** Palliative care, qualitative research, cancer, health inequality, care of older adults

Yakubu is currently a Lecturer in Palliative Care at Lancaster University, following his brief role as Research Associate at the University of Nottingham, where he completed his PhD in Nursing Studies. Yakubu is a module lead for Palliative Care module and co-convenor for Ethics in Biomedicine course, based within the BLS. He has been involved in an EU funded project called [Mypal](#) that explored the use of technology (health apps) in monitoring the health outcomes of patients with malignancies. You may also want to read about the Mypal newsletter he edited <https://mypal-project.eu/newsletter-05/>. Yakubu's research working is making significant impact. For example, his research is a foundation for the formation of a charity in Ghana called [COMPASS Ghana](#), where he is the Chief Executive Officer.

His research interest falls under mainly palliative care/managing care at the end of life for adults and older adults. Additionally, Yakubu is interested in palliative care around health and social policy for vulnerable people, including the aged, who have challenges in accessing care especially in resource-poor settings. This involves how policy and professional interventions address the challenges of patients and families in dealing with long term chronic conditions. Yakubu's mainly methodological interests are the use of qualitative methods (individual, dyad, and focus group interviews), and has received further training in Qualitative research methodologies at University of Alberta in Canada.

### Selected Publications:

- Payne, S., **Salifu, Y.**, Begovic, D., & Greenwood, A. (2022). The European MyPal study: Developing digital health for adults and children with cancer.
- **Salifu, Y.**, Almack, K., & Caswell, G. (2021). 'My wife is my doctor at home': A qualitative study exploring the challenges of home-based palliative care in a resource-poor setting. *Palliative Medicine*, 35(1), 97–108. <https://doi.org/10.1177/0269216320951107>
- Bentley, A., Morgan, T., **Salifu, Y.**, & Walshe, C. (2021). Exploring the experiences of **living with Lewy body dementia**: An integrative review. *Journal of Advanced Nursing*, 00, 1– 14. <https://doi.org/10.1111/jan.14932>
- Bentley, A., **Salifu, Y.**, & Walshe, C. (2021). Applying an Analytical Process to Longitudinal Narrative Interviews With Couples Living and Dying With Lewy Body Dementia. *International Journal of Qualitative Methods*, 20, 16094069211060653.
- Abboah-Offei, M., **Salifu, Y.**, Adewale, B., Bayuo, J., Ofosu-Poku, R., & Opare-Lokko, E. B. A. (2021). A rapid review of the use of face mask in preventing the spread of COVID-19. *International journal of nursing studies advances*, 3, 100013. <https://pubmed.ncbi.nlm.nih.gov/33313575/>
- Bayuo, J., Anago, E. K., Agyei, F. B., **Salifu, Y.**, Kyei Baffour, P., & Atta Poku, C. (2021). "Resuscitate and Push": End-of-Life Care Experiences of Healthcare Staff in the Emergency Department—A Hermeneutic Phenomenological Study. *Journal of Palliative Care*, 08258597211050740. <https://journals.sagepub.com/doi/abs/10.1177/08258597211050740>
- Sillian, S. D., **Salifu, Y.**, Saad, R., & Preston, N. (2021). How is Dignity Understood and Preserved in Patients with Palliative Needs in the Middle East? An Integrative Review. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8285813/>

# Professor Jane Simpson

## Professor of the Psychology of Neurodegenerative Conditions, Division of Health Research

[More Information](#)

### Introduction

My research relates to understanding psychological outcomes in people with adult-onset long-term health conditions, particularly neurodegenerative diseases. My research has mainly focused on people with Parkinson's disease, Huntington's disease (HD) and dementia. My interest in psychological outcomes includes the quantitative predictors of outcomes such as low mood and quality of life, qualitative research on the experience of general and specific aspects of particular conditions and the relevance of therapeutic approaches to improve well-being, including mindfulness interventions.

A psychological approach to understanding well-being and psychological distress in people with neurodegenerative conditions is a relatively new and unexplored area in many illnesses – with the exception of dementia where innovative approaches have emphasised the importance of a biopsychosocial approach. Elsewhere, explanations for psychological distress have tended to be biological (as opposed to psychological) and relate to the other neurobiological changes. Similarly therapeutic options have traditionally been around medication rather than psychological therapy

### Current projects

- Parkinson's and COVID: funded by UKRI.
- Control in people with Parkinson's disease. Rolling programme of work funded by Parkinson's UK.
- Creating clinical guidance for people with neurodegenerative conditions. British Psychological Society.
- Guided self-help interventions for people with Huntington's. Funded by Gossweiler Foundation.

### Selected Publications

- Simpson, J., Eccles, F.J.R., & Zarotti, N. (2021). *Psychological interventions for people with Huntington's disease, motor neuron disease, Parkinson's disease and multiple sclerosis: evidence-based guidance*. Leicester: BPS.
- [Zarotti, N., Eccles, F.J.R., .... Simpson, J. \(2021\)](#). Psychological interventions for people with motor neuron disease: a scoping review. *Amyotrophic Lateral Sclerosis and Frontotemporal Degeneration*, 22(1-2),1-11. doi: 10.1080/21678421.2020.1788094
- Anestis, E., Eccles, F. J., Fletcher, I., & Simpson, J. (2021). Neurologists' current practice and perspectives on communicating the diagnosis of a motor neurodegenerative condition: a UK survey. *BMC Neurology*, 21, 1-9.
- [Gregg, J., Simpson, J., & Perez Algorta, G. \(2021\)](#). What is the relationship between people with dementia and their caregiver's illness perceptions post diagnosis and the impact on help seeking behaviour? A systematic review. *Dementia: the International Journal of Social Research and Practice*.
- [Leigh, N., Simpson, J., & Eccles, F.J.R. \(2021\)](#). Does a lack of social support and perceived stigma influence the relationship between motor neurone disease related stress and psychological distress? *British Journal of Health Psychology*, 26, 289-306.
- Zarotti, N., Eccles, F.J.R., .... Simpson, J. (2021). Psychological interventions for people with Parkinson's disease in the early 2020s: Where do we stand? *Psychology and Psychotherapy: Theory, Research and Practice*, 94, 760–79.
- Simpson, J., Zarotti, N., ... Eccles, F.J.R. (in press). It's a double whammy': A qualitative study of illness uncertainty in individuals with Parkinson's Disease in the context of COVID-19. *Chronic Illness*.

## Dr Kate Slade

### Lecturer, Lancaster Medical School

[More Information](#)

I am a Lecturer in Psychology in the Sport and Exercise Science team within Lancaster Medical School. My research interests are in the psychophysiological and neural consequences of ageing, and hearing loss. In previous work I have sought to understand how excessive effort needed for listening, often experienced by people with hearing loss, is reflected in the body's physiological responses. In my current research, I collaborate with Dr Nuttall's Neuroscience of Speech and Action laboratory, to investigate the brain areas involved with speech processing and how these may be affected by age-related hearing loss using neuroscientific methods. We also explore the relationship between hearing loss, mental health, and cognitive decline, and how health inequalities may contribute to hearing loss in later life. Understanding the broad neural, physiological, and psychological impacts of hearing loss helps to shed light on the relationship between hearing ability and healthy ageing.

Instagram: @katedoingscience

Twitter/X: @kateslade94

#### Selected Publications:

- **Slade, K.**, Beat, A., Taylor, J., Plack, C., & Nuttall, H.E. (2024). The effect of motor resource suppression on speech perception in noise in younger and older listeners: an online study. *Psychon Bull Rev*, 31, 389-400.
- **Slade K.**, Davies R., Pennington, C.R., Plack C.J., & Nuttall H.E. (2023). The impact of age and psychosocial factors on cognitive and auditory outcomes during the COVID-19 pandemic. *J Speech Lang Hear Res*, 66(9), 3689-3695.
- **Slade, K.**, Reilly, J.H., Jablonska, K., Smith, E., Hayes, L.D., Plack, C.J., & Nuttall, H.E. (2022). The impact of age-related hearing loss on structural neuroanatomy: A meta-analysis. *Front Neuro*, 13, 950997.
- Ogden, R. S., Dobbins, C., **Slade, K.**, McIntyre, J., & Fairclough, S. (2022). The psychophysiological mechanisms of real-world time experience. *Sci Rep*, 12(1), 12890.
- **Slade, K.**, Kramer, S. E., Fairclough, S., & Richter, M. (2021). Effortful listening: Sympathetic activity varies as a function of listening demand, but parasympathetic activity does not. *Hear Res*, 410, 108348.
- **Slade, K.**, Plack, C. J., & Nuttall, H. E. (2020). The effects of age-related hearing loss on the brain and cognitive function. *Trends Neurosc*, 43(10), 810–821.

# Professor Aneta Stefanovska

## Professor of Biomedical Physics, Physics Department

[More Information](#)

**Keywords:** Nonlinear dynamics, non-autonomous dynamics, coupled oscillators, ageing, cell energy metabolism, endothelium

I study ageing through how things **function**, rather than through how they look, or what is their **structure**. For the study of function I develop theories and methods for non-autonomous, finite-time oscillatory dynamics. These are systems that have clock-like behaviour. When left alone these clocks can be very precise, but when there are two or more clocks then, due to interactions, they may mutually modulate each other's frequencies and amplitudes. The resultant time-variation of frequencies and amplitudes, leads to complex behaviour that looks chaotic or noisy. Although a great deal is known about autonomous oscillatory systems, much less is known about the non-autonomous case. With my collaborators I am pioneering theories and algorithms to extract useful and deterministic information, mainly by following the ridges in time of the variable frequencies, and extracting information about the strengths of mutual couplings. Some of the algorithms that we have developed are available as the toolbox MODA (Multiscale Oscillatory Dynamics Analysis), written in MatLab and Python.

One of the main areas where I apply the new theories and algorithms is living systems. Nature abounds with clocks, and so does our body. Two well-known clocks are those of the heart beating and breathing. But there are many more oscillatory processes in our body, like the metabolic processes, or brain waves. So, by simultaneously recording activities in our body, we can then extract information of how healthy the clocks are and how well they mutually interact. Diseases, or ageing can be perceived as states when the interactions change.

To learn about these changes, I work in close collaboration with biologists, physiologists and clinicians, and have been involved in studies of anaesthesia, malaria, cancer, hypertension, dementia, and ageing. I am particularly interested in oscillations resulting from endothelial reactivity and cell energy metabolism. Metabolic changes affect all oscillatory processes, as it is they that provide energy for all of the clocks in our body. One of my current projects is on how neuronal and cardiovascular oscillations and couplings change with ageing, Alzheimer's and Huntington's diseases.

### Selected Publications

- M Morris, S Yamazaki, **A Stefanovska** (2022) Multiscale time-resolved analysis reveals remaining behavioral rhythms in mice without canonical circadian clocks, *Journal of Biological Rhythms* **37** (3), 310-328
- J Newman, A Pidde, **A Stefanovska** (2021) Defining the wavelet bispectrum, *Applied and Computational Harmonic Analysis* **51**:171-224
- **A Stefanovska**, PVE McClintock, Eds, (2021) *Physics of Biological Oscillators: New Insights into Non-Equilibrium and Non-Autonomous Systems*, Springer
- JR Adams, **A Stefanovska** (2021) Modeling cell energy metabolism as weighted networks of non-autonomous oscillators, *Frontiers in Physiology* **11**: 613183
- G Lancaster, D Iatsenko, A Pidde, V Ticcinelli, **A Stefanovska** (2018) Surrogate data for hypothesis testing of physical systems, *Physics Reports* **748**: 1-60
- LS Cox, PA Mason, MC Bagley, D Steinsaltz, **A Stefanovska**, A Bernjak, PVE McClintock, AC Phillips, J Upton, JE Latimer, T Davis (2014) *Understanding ageing: biological and social perspectives*. in The new science of ageing, pp 25-75 Policy Press, Bristol



## Dr Caroline Swarbrick

### Senior Lecturer in Ageing, Division of Health Research

[More Information](#)

**Keywords:** Dementia; participatory; co-research; qualitative

My research interests focus on dementia, broadly ranging the trajectory from diagnosis to end of life. With a social science background, I am driving forward a research programme working in partnership with people living with dementia and care partners to develop a collaborative research agenda using creative methods and a co-operative inquiry methodology. We have recently completed our five-year ESRC/NIHR Neighbourhoods and Dementia Study, which produced a suite of films and an animation focusing on the effects of urban regeneration, incorporating reminiscence and life story. I organise the Centre for Ageing Research seminar series and currently supervise 15 PhD students.

#### Selected Publications:

- Dowlen, R., Keady, J., Milligan, C., **Swarbrick, C.**, Ponsillo, N., Geddes, L. & Riley, B. In the moment with music: an exploration of the embodied and sensory experiences of people living with dementia during improvised music-making. *Ageing & Society*, 2021, First View, DOI: 10.1017/S0144686X21000210.
- **Swarbrick, C.**, Open Doors, Riley, C., Khetani, B. & Keady J. Reflections on the ethics of co- research alongside people living with dementia: a co-operative inquiry. SAGE Research Methods Cases – Health and Medicine, Part 1, 2020
- Calvert, L., Keady, J., Khetani, B., Riley, C., Open Doors Research Group & **Swarbrick, C.** '... This is my home and my neighbourhood with my very good and not so good memories': The story of autobiographical place-making and a recent life with dementia. *Dementia*, 2020, 19(1): 111-128. doi: 10.1177/1471301219873524
- McWilliams, L., **Swarbrick, C.**, Yorke, J., Burgess, L., Farrell, C., Grande, G., Bellhouse, S. & Keady, J. Bridging the Divide: The adjustment and decision-making experiences of people with dementia living with a recent diagnosis of cancer and its impact on family carers. *Ageing and Society*, 2020, 40 (5), 944-965.
- Morbey, H., Harding, A., **Swarbrick, C.**, Ahmed, F., Elvish, R., Keady, J., Williamson, P.R. & Reilly, S. Involving people living with dementia in research: an accessible modified Delphi survey for core outcome set development. *Trials*, 2019, 20:12, doi.org/10.1186/s13063-018- 3069-6
- **Swarbrick, C.**, Sampson, E. & Keady, J. Notes from the hospital bedside: Reflections on researcher roles and responsibilities at the end of life in dementia. *Quality in Ageing and Older Adults*, 2017, 18(3): 201-211, doi: 10.1108/QAOA-09-2016-0038
- **Swarbrick, C.M.**, Open Doors, EDUCATE, Davis, K. and Keady, J. Visioning change: Co-producing a model of involvement and engagement in research. *Dementia: the international journal of social research and practice (Innovative Practice)*, 2016, published on-line first: doi: 10.1177/1471301216674559

## Dr David Tod

### Lecturer, Lancaster Medical School

[More Information](#)

David's research focuses on applied psychology in exercise, physical activity, and sporting contexts, with an interest in how to enhance the delivery of applied psychology interventions to ensure that people engaging in physical activity, exercise, and sport find their participation meaningful and rewarding. He also conducts research on the interactions between people's self-perceptions and their engagement in exercise, physical activity, and sport, along with how these change with aging. David also has expertise in qualitative research and systematic reviewing.

Select recent publications:

- Edwards, C., Molnár, G., & Tod, D. (2022). Searching for ontological security: women's experiences leading to high drive for muscularity. *Qualitative Research in Sport, Exercise and Health*, 14(4), 609-627.
- Lange-Smith, S., Cabot, J., Coffee, P., Gunnell, K., & Tod, D. (2023). The efficacy of psychological skills training for enhancing performance in sport: a review of reviews. *International Journal of Sport and Exercise Psychology*, 1-18.
- Tod, D., Booth, A., & Smith, B. (2022). Critical appraisal. *International Review of Sport and Exercise Psychology*, 15(1), 52-72.
- Tod, D., Pullinger, S., & Lafferty, M. (2022). A systematic review of the qualitative research examining stakeholders' perceptions of the characteristics of helpful sport and exercise psychology practitioners. *International Review of Sport and Exercise Psychology*, 1-25.

# Professor Emmanuel Tsekleves

## Professor in Global Health Design Innovation, LICA; Director of the Future Cities Research Institute, Lancaster University

[More Information](#)

**Keywords:** Design for health, wellbeing, ageing well

I lead research at the intersection of design, health, wellbeing and technology. My research is driven by life's mission to show there is always an alternative way of doing things, so that together we can change our world.

How I conduct research:

Take the unconventional perspective – see challenges from a different angle and open up to doing things in a different way;

Push the boundaries – innovation lies in the boundaries of disciplines. Push and live outside of the boundaries every day;

Learn something from everyone – be open to the ideas and points of views of others; they all have something to teach us;

Take a global perspective and do what is right – always do what is globally, environmentally, socially and ethically good;

Find the positive in everything – when things look like they are going wrong, look for what's going right; Take action – take action today even if it is imperfect.

What I do:

- Driven by the UN's Sustainable Development Goals, my research focuses on tackling community health challenges across the world. Examples of this include:
  - working on understanding how to best clean the home for preventing infection caused by dust at homes in Ghana ([DustBunny](#) project);
  - developing health and care policies for senior citizens in Malaysia through creative ways ([ProtoPolicyAsia](#)),
  - engaging local communities and stakeholders on water, sanitation and hygiene initiatives in Angola and Cameroon via an international network ([WASHable](#));
  - engaging schoolchildren and students in Ghana and Nigeria in co-developing show labs, that showcase the benefits of turning waste to electric energy that can power their school ([ACTUATE](#));
  - developing new seafood products for senior citizens across Europe and influencing policy ([SeaFoodAge](#)).
- Conduct cross-disciplinary research by always working with the recipients of health interventions aimed at improving the quality of life and wellbeing of people into old age, including people with chronic health problems (i.e. Dementia, Parkinson's, Stroke). – see the [SODA](#) and [Ageing Playfully](#) projects.
- Explore how creative ways, such as speculative design enable citizens and governments engage in policy agenda setting on health and ageing in developed and developing nations – see the [ProtoPolicy](#) and [ImaginAging](#) projects.
- Generate public interest and attract media attention of national press, such as the [Daily Mail](#), [Daily Mirror](#), [The Times](#), the [Daily Mail](#), [Discovery News](#) and several other international online media outlets. Blog regularly for [The Guardian](#) and [The Conversation](#) on the design and use of technology in Health.

## Dr Qian Xiong

### Lecturer in Ageing, Division of Health Research

[More Information](#)

**Keywords:** Migration and mortality, social determinants of health and well-being, life course, gender, ethnicity and race, social relationships, carers' experience, quantitative research methods

My academic background is in Sociology and Demography. I am a quantitative researcher by training and have expertise in demographic and statistical methods. I had experience in researching fertility, migration, sexuality, ethnicity and residential segregation. Now I aim at developing relevant fields in Gerontology, including residential segregation, urbanisation and migration, gender and ethnic inequalities in ageing and dementia care.

I am interested in these research areas: (1) global ageing issues and cross-country studies, particularly researching on the demographic dynamics (especially migration, mortality and residential segregation) of population ageing; (2) the impact of social, demographic and environmental determinants on health and wellbeing in later life from the life course perspective; (3) intervention studies for delaying frailty and promoting healthy and active ageing across the life course; (4) the carers' experience of caring for older adults with dementia in different cultures; (5) integrated health and social care delivery for supporting older people living independently at home.

I have led a small project on the cultural understanding of dementia and the caring experiences for older people with dementia in China, funded by Global Challenge Internal Seed Corn Grant 2018, Lancaster University Research Committee. I collaborated on studies on the efficacy of musical therapy and Tai Chi exercise for older people with dementia in China. I collaborated on a project on comparing healthy and active ageing outcomes between China, South Korea and EU countries. I have published journal papers using large-scale social surveys data, official statistics and small clinical trial data.

I currently supervise MSc and PhD students whose projects span over areas of informal caregiving for people with dementia, early life experience and loneliness, Covid-19 transmissions among healthcare workers and patients, dry age-related macular degeneration and the relationship-based domiciliary care and loneliness of older people.