

Associate Professor Alice Theadom

BSc (Hons) Essex (UK), MSc (Hons) Surrey (UK), PhD AUT (NZ), MNZPSS, MIHP

Research specialisation: Psychological impact of illness and injury, Concussion and traumatic brain injury, neuromuscular conditions, chronic pain and epidemiology

Experience: Deputy Director of the National Institute for Stroke and Applied Neuroscience. Registered psychologist, with over 15 years experience. Attracted \$5million in research funding. H Index of 14. Published >70 peer-reviewed articles in high impact journals including the Lancet, Lancet Neurology, Journal of Neurotrauma, Psychosomatic Medicine and the European Journal of Neurology. In 2016, received the GV Goddard Early Career Award in Applied Psychology in 2016 and the Research Excellence Award from the Health Research Council of New Zealand as an Emerging Researcher (AUT).



Research overview: Focus on exploring the experience and impact of neurological illness and injury on people's lives and testing novel treatments to improve how people adjust. Particular interest in the role of sleep and fatigue on recovery. Experienced in both qualitative and quantitative research methods.

Postgraduate supervision: One doctoral student and 9 masters students supervised to completion. Currently supervising 6 PhD students and 3 masters students. Topics have included awareness of concussion in rugby, noise sensitivity, depression, sleep and exercise following traumatic brain injury, the application of mindfulness and guided relaxation to improve recovery and work productivity in people with neuromuscular conditions.

Research publications: 73 peer reviewed journal articles, 4 book chapters and >100 conference abstracts. Example publications include;

- **Theadom A**, Starkey N, Jones K, et al. Sleep difficulties and their impact on recovery following mild traumatic brain injury in children. *Brain Injury*. 2016;30(10):1243-8.
- **Theadom, A**. Rowland V, Levack W, et al. Exploring the experience of sleep and fatigue in male and female adults over the two years following traumatic brain injury; a qualitative descriptive study. *BMJOpen*, 2016, 6(4), doi:10.1136/bmjopen-2015-010453.
- **Theadom A**, Parag V, Dowell A, et al. Persistent problems one year following mild traumatic brain injury. *British Journal of General Practice*, 2016, 66(642), e16-23. IF: 2.4
- **Theadom A**, Cropley M, Parmar P, et al. Sleep difficulties one year following mild traumatic brain injury in a population-based study. *Sleep Medicine*, 2015, 16(8), 926-932.
- **Theadom A**, Parmar P, Jones K, et al. Frequency and impact of recurrent traumatic brain injury in a population-based sample. *Journal of Neurotrauma*, 2015, 32(10), 674-681.
- Lagolago W, **Theadom A**, Fairburn-Dunlop P, et al. (2015). Traumatic brain injury within Pacific people of New Zealand. *New Zealand Medical Journal*, 128 (1142), 29-38.
- **Theadom A**, Starkey N, Dowell T, Hume P, Kahan M, McPherson K, Feigin V. Sports-related brain injury in the general population: an epidemiological study. *Journal of Science and Medicine in Sport*, 2014, 17(6), 591-596.
- **Theadom A**, Mahon S, Barker-Collo S, McPherson K, Rush E, Vandal A, Feigin V. Enzogenol for memory improvement in mild traumatic brain injury: a pilot placebo-controlled randomised clinical trial. *European Journal of Neurology*. 2013, 20(8), 1135-1144.
- Feigin VF, **Theadom A**, Barker-Collo S, Starkey NJ, McPherson K, Kahan M, Dowell A, Brown P, Parag V, Kydd R, Jones K, Jones A, Ameratunga S on behalf of the BIONIC Study Group. Incidence of traumatic brain injury in New Zealand: a population-based study. *The Lancet Neurology*, 2013, 12(1), 53 – 64.

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