

Dr Annie Ginty PhD

AXA Postdoctoral Research Fellow

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About

Dr Annie Ginty is a Research Fellow who combines multi-disciplinary techniques to provide a better understanding to the vast individual differences in biological responses to acute psychological stress and the health and behavioural outcomes associated with these reactions.

Qualifications

BSc - Neuroscience and Psychology (Allegheny College, 2009)
PhD - Behavioral Medicine (University of Birmingham, 2012)

Biography

Dr Annie Ginty was awarded a one of twenty prestigious AXA Postdoctoral Fellowships to conduct research to potentially identify a new biological marker, namely blunted stressed reactivity, of susceptibility to a range of risky behaviours, dependencies, and adverse health outcomes.

She completed her PhD in 2012 and was awarded the University of Birmingham's Ratcliffe Prize for best PhD in science. She was also selected to attend the American Psychosomatic Society's Young Investigator Colloquium in 2013.

Dr Ginty completed her undergraduate degree at Allegheny College in Meadville, Pennsylvania. She was named a Year of Health Scholar and received the American Psychosomatic Society's Young Scholar Award for her work on her undergraduate dissertation.

Postgraduate supervision

Dr Ginty is currently supervising one PhD student:

- Ryan Brindle (1st year PhD student funded by University of Birmingham Doctoral Elite scholarship)

Research

Dr Annie Ginty uses imaging tools such as fMRI and Doppler Echocardiography along with stress hormone measures (cortisol) and self-report data to examine the interactions of various systems in response to acute psychological stress. Over the last few years she has focused on those individuals with blunted cardiovascular and cortisol reactions to psychological stress. She has found that blunted reactions to stress are associated with bulimia, exercise dependence, lower cognitive ability, and greater cognitive decline. She is currently working on a study which investigates the neural stress reactions of women with bulimia to see if the dysregulation in response to stress extends to the brain. Additionally, she is leading a two-year project to determine whether blunted reactions to stress provide a marker of who will have less-than an optimal transitions to university, in terms of health behaviours and overall health.

Other activities

Dr Ginty is currently serving as a Guest Editor for a special issue on blunted cardiovascular reactivity for the *International Journal of Psychophysiology*. In 2011 she was co-organizer for the 'Cardiovascular stress reactivity: antecedents and consequences' conference. She has been an invited reviewer for a number of journals in her field including: *International Journal of Psychophysiology*; *Biological Psychology*; *Psychoneuroendocrinology*; *Stress, Anxiety, and Coping*; *Biomedical Central Public Health*; *Social Science and Medicine*; *Psychophysiology*.

Publications

Published peer-reviewed Scientific Journal Articles:

- Ginty, A.T.**, Carroll, D., Roseboom, T.J., Phillips, A.C., & de Rooij, S.R. (in press). Depression and anxiety are associated with a diagnosis of hypertension five years later in a cohort of late middle aged men and women. *Journal of Human Hypertension*.
- Carroll, D., Phillips, A.C., Der, G., Hunt, K., Bibbey, A., Benzeval, M., & **Ginty, A.T.** (in press). Low forced expiratory volume is associated with blunted cardiac reactions to acute psychological stress in a community sample of middle-aged men and women. *International Journal of Psychophysiology*.
- Ginty, A.T.**, Gianaros, P.J., Derbyshire, S.W.G., Phillips, A.C., & Carroll, D. (2013). Blunted cardiac stress reactivity relates to neural hypoactivation. *Psychophysiology*, *50*, 219-229.
- Ginty, A.T.**, Phillips, A.C., Higgs, S., Heaney, J.L.J., & Carroll, D. (2012). Disordered eating behavior is associated with blunted cortisol and cardiovascular reactions to acute psychological stress. *Psychoneuroendocrinology*, *37*, 715-724.
- Ginty, A.T.**, Phillips, A.C., Roseboom, T.J., Carroll, D., & de Rooij, S.R. (2012). Cardiovascular and cortisol reactions to acute psychological stress and cognitive ability in the Dutch Famine Birth Cohort Study. *Psychophysiology*, *49*, 391-400.
- Ginty, A.T.**, & Conklin, S.M. (2012). Preliminary evidence that acute long-chain omega-3 supplementation reduces cardiovascular reactivity to mental stress: A randomized and placebo controlled trial, *Biological Psychology*, *89*, 269-272.
- Carroll, D., **Ginty, A.T.**, Painter, R.C., Roseboom, T.J., Phillips, A.C., & de Rooij, S.R. (2012). Systolic blood pressure reactions to acute stress are associated with future hypertension status in the Dutch Famine Birth Cohort Study. *International Journal of Psychophysiology*, *85*, 270-273.

8. Carroll, D., **Ginty, A.T.**, Der, G., Hunt, K., Benzeval, M., & Phillips, A.C. (2012). Exaggerated blood pressure reactions to acute mental stress are associated with 16-year cardiovascular disease mortality. *Psychophysiology*, *49*, 1444-1448
 9. Carroll, D., Bibbey, A., Roseboom, T.J., Phillips, A.C., **Ginty, A.T.**, & deRoosij, S.R. (2012). Forced expiratory volume predicts cardiovascular and cortisol reactions to acute psychological stress seven years later. *Psychophysiology*, *49*, 866-872.
 10. **Ginty, A.T.**, Phillips, A.C., Der, G., Deary, I., & Carroll D. (2011). Heart rate reactivity is associated with future cognitive ability and cognitive change in a large community sample. *International Journal of Psychophysiology*, *82*, 167-174.
 11. **Ginty, A.T.**, Phillips, A.C., Der, G., Deary, I., & Carroll, D. (2011). Cognitive ability and simple reaction time predict cardiac reactivity in West of Scotland Twenty-07 Study, *Psychophysiology*, *48*, 1022-1027.
 12. **Ginty, A.T.** & Conklin, S.M. (2011). High perceived stress in relation to life events is associated with blunted cardiac reactivity, *Biological Psychology*, *86*, 383-385.
 13. Heaney, J.L.J., **Ginty, A.T.**, Carroll, D., & Phillips, A.C. (2011). Preliminary evidence that exercise dependence is associated with blunted cardiac and cortisol reactions to acute psychological stress. *International Journal of Psychophysiology*, *79*, 323-329.
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