

## Dr Anna Phillips Ph.D, M.Sc, B.Sc. (Hons.)

Reader in Behavioural Medicine

**[School of Sport, Exercise and Rehabilitation Sciences \(/schools/sport-exercise/index.aspx\)](/schools/sport-exercise/index.aspx)**

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### About



[\(/university/colleges/les/research-gallery/anna-phillips.aspx\)](/university/colleges/les/research-gallery/anna-phillips.aspx) Dr Anna C. Phillips is an internationally renowned researcher and Health Psychologist working in Psychoneuroimmunology and Psychophysiology. She has conducted award winning work on stress and vaccination response across the life course.

### Feedback and office hours

Tuesday 3.30-5.30pm Office hours

### Qualifications

- BSc (Hons) Psychology, 1998. Birmingham
- MSc Health Psychology, 2002. Staffordshire
- PhD Sport & Exercise Sciences, 2005. Birmingham
- PGCert in Learning and Teaching in Higher Education. Passed with recommendation of excellence and special commendation, 2008. Birmingham

Dr Anna Phillips' PhD in the School of Sport, Exercise and Rehabilitation Sciences at Birmingham examined the impact of psychosocial and physiological variables on the response to medical vaccinations in young and older adults, and received the Life and Health Sciences Ratcliffe Prize.

### Biography

Dr Anna Phillips was appointed as a research associate during her PhD at the University of Birmingham, and undertook post-doctoral research for one year following her PhD with Prof Douglas Carroll. She then went on to win a prestigious 5-year RCUK Roberts Fellowship which is a fast-track fellowship that segues into a lectureship following its completion. On completion of the fellowship in 2011 she was promoted to Senior Research Fellow, and then again to Reader in Behavioural Medicine in 2012.

She received the Herbert Weiner Early Career Award 2010 from the American Psychosomatic Society - one of only two UK scientists to ever win this award. The award is made in recognition of importance and sophistication of research for this career stage.

Dr Phillips also won the Neal Miller Early Career Award from the Academy of Behavioral Medicine Research 2010 - a very prestigious award to research. In 2011 Dr Phillips became the inaugural winner of the award for outstanding contributions to research from the British Psychological Society Division of Health Psychology.

Dr Phillips is also a Birmingham hero. [See Dr Anna Phillips' Birmingham hero profile \(/research/heroes/staff/anna-phillips.aspx\)](/research/heroes/staff/anna-phillips.aspx).

### Teaching

At the School of Sport and Exercise Sciences: Module organiser for Behavioural Medicine 3rd year module; 3rd year Project Supervisor; Postgraduate statistics training; Postgraduate teaching mentor.

Elsewhere: Lecturer in PNI and Statistics for the BMedSci Biology of Ageing Course; 3rd year Project Supervisor for BMedSci students; Visiting lecturer on Health Psychology MSc courses nationally and internationally.

### Postgraduate supervision

Five completed (2008, 2011, 2012, 2014). Five current students and two post-doctoral research fellows. All are funded via EU and Research Councils projects or scholarships. These are working on various aspects of stress, ageing and immunity, or physiological responses to acute stress.

### Doctoral research

**PhD title** Psychosocial Factors, Reactivity and the Antibody Response to Vaccination

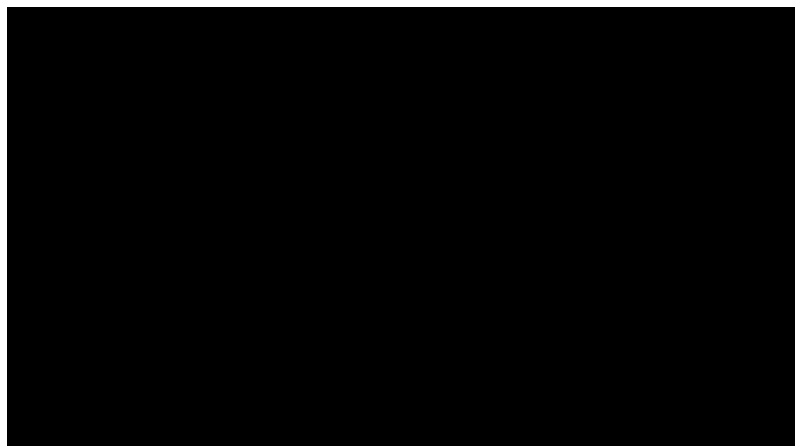
### Research

Dr Anna Phillips is a Reader in Behavioural Medicine and Health Psychologist working in the areas of Psychoneuroimmunology, Cardiovascular Psychophysiology, and Behavioural Medicine. She publishes in and reviews for many journals in these fields and is also Associate Editor for both *Psychophysiology* and the *International Journal*

*of Psychophysiology*. She is particularly interested in the impact of stress on health via interactions between the neuroendocrine and immune systems. She is currently investigating the impact of psychosocial factors (stress, bereavement, caregiving, depression) and physiological factors (cortisol, DHEA, cardiovascular reactivity, fitness) on various immune indices (vaccination response, neutrophil function, sIgA) and health in both young and older adult populations, including patients with hip fracture and caregivers.

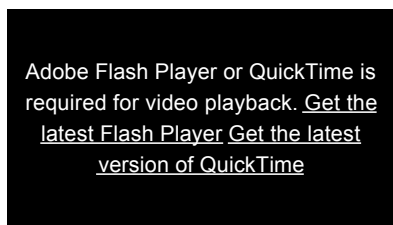
Dr Anna Phillips currently has funding from: the New Dynamics of Ageing Research Councils UK; Lifelong Health and Wellbeing Research Councils UK, and the European Commission. She also has collaborations with Psychology, Public Health, and various departments in the Medical School at Birmingham. Externally she has collaborations with the University of Glasgow, University of Edinburgh, University of Southampton; University College London, National University of Ireland, and University of Oklahoma.

In the video below Dr Phillips describes, in 60 seconds, her research into how stress and depression affects the immune system.

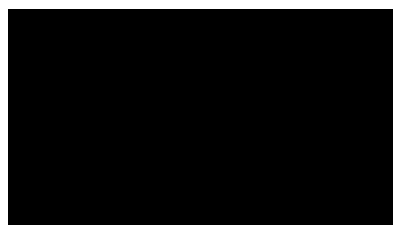


**[Video transcript here \(http://www.birmingham.ac.uk/university/colleges/les/research-gallery/anna-phillips.aspx\)](http://www.birmingham.ac.uk/university/colleges/les/research-gallery/anna-phillips.aspx)**

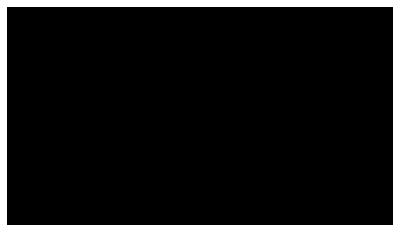
#### Other videos from Dr Anna Phillips



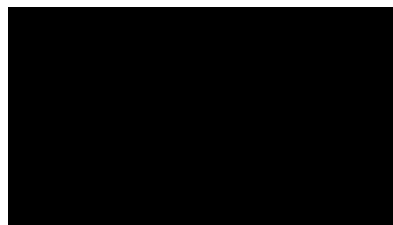
Depression after hip fracture hinders recovery



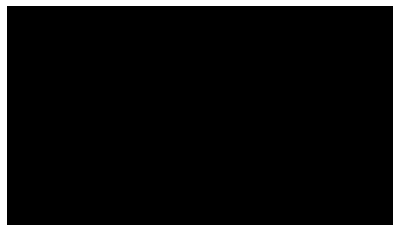
Dr Anna Phillips talks to IdeasLab



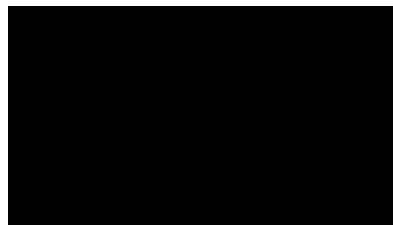
Hip fracture, depression and the immune system



The effects of stress of care giving on immunity



AgeWell Conference 2010



Dr Anna Phillips - Birmingham Hero

#### Podcast

**[Listen to Dr Anna Phillips' podcast 'How stress affects our immune systems' \(MP3 - 17.1MB\). \(\(Audio/news/anna-phillips-stress.mp3\)](#)**

#### Other activities

- Programme Committee Member for American Psychosomatic Society Conference
- Associate Editor Encyclopedia of Behavioural Medicine
- Associate Editor for the journal Psychophysiology, past Associate Editor for International Journal of Psychophysiology
- Chair of the University of Birmingham Universitas 21 Interest Group
- Athena SWAN Lead and Equality and Diversity Champion for the School
- Healthy Ageing theme lead

## Publications

### Research Publications:

135 (including 4 pedagogical publications, 22 books/chapters/other, and 5 publications in press, below)

**BOLD**= entered in REF. \* = entered in RAE.

### Research publications accepted/in press: 5 all peer-reviewed

1. Heaney, J.L.J., Carroll, D., & Phillips, A.C., (in press). Physical Activity, Life Events Stress, Cortisol, and DHEA in Older Adults: Preliminary Findings that Physical Activity May Buffer Against the Negative Effects of Stress. *Journal of Aging and Physical Activity*, IF 2.09 [http://dx.doi.org/](http://dx.doi.org/http://journals.humankinetics.com/japa-in-press/japa-in-press/physical-activity-life-events-stress-cortisol-and-dhea-in-older-adults-preliminary-findings-that-physical-activity-may-buffer-against-the-negative-effects-of-stress) (<http://journals.humankinetics.com/japa-in-press/japa-in-press/physical-activity-life-events-stress-cortisol-and-dhea-in-older-adults-preliminary-findings-that-physical-activity-may-buffer-against-the-negative-effects-of-stress>)
2. Vitlic, A., Phillips, A.C., Gallagher, S., Carroll, D., Lord, J.M., Oliver, C., & Moss, P. (in press). Anti-cytomegalovirus antibody titres are not associated with caregiving burden in younger caregivers, but do relate to negative health behaviours. *British Journal of Health Psychology*, IF 2.7 <http://dx.doi.org/10.1111/bjhp.12092> (<http://dx.doi.org/10.1111/bjhp.12092>)
3. Gallagher, S., Phillips, A.C., Lee, H., & Carroll, D. (in press). The association between spirituality and depression in parents caring for children with developmental disabilities: social support and/or last resort. *Journal of Religion and Health*, IF 0.77 <http://dx.doi.org/10.1007/s10943-014-9839-x> (<http://dx.doi.org/10.1007/s10943-014-9839-x>)
4. Phillips, A.C., & Vitlic, A. (in press). Stress, coping and resilience in an ageing population. In L. Riby. *Handbook of Gerontology Research Methods: Understanding Successful Aging*, Abingdon UK: Routledge Psychology Press.
5. Brindle, R., Ginty, A., Phillips, A.C., & Carroll, D. (in press). A tale of two mechanisms: A meta-analytic approach toward understanding the autonomic basis of cardiovascular reactivity to acute psychological stress. *Psychophysiology*, IF 3.26 <http://dx.doi.org/10.1111/psyp.12248> (<http://dx.doi.org/10.1111/psyp.12248>)

### Peer-reviewed Scientific Journal Articles: 104

1. Vitlic, A., Khanfer, R., Lord, J.M., Carroll, D. & Phillips, A.C. (in press). Bereavement reduces neutrophil oxidative burst only in older adults: Role of the HPA axis and immunosenescence. *Immunity and Ageing*, 11, 13. IF 2.32 <http://dx.doi.org/10.1186/1742-4933-11-13> (<http://dx.doi.org/10.1186/1742-4933-11-13>)
2. Chan, W., Jones, D., Bosch, J.A., McTernan, P.G., Inston, N., Moore, S., Kaur, O., Phillips, A.C. & Borrows, R. (in press). Hypervolemia and blood pressure in prevalent kidney transplant recipients. *Transplantation*, 98, 320–327. IF 3.78 <http://dx.doi.org/10.1097/TP.000000000000066> (<http://dx.doi.org/10.1097/TP.000000000000066>)
3. Vitlic, A., Lord, J.M. & Phillips, A.C. (2014). Stress, ageing and their influence on functional, cellular and molecular aspects of the immune system. *Age*, 36, 1169–1185. IF 4.08 <http://dx.doi.org/10.1007/s11357-014-9631-6> (<http://dx.doi.org/10.1007/s11357-014-9631-6>)
4. Papini, C., Nakamura, P., Zorzetto, L., Thompson, J.L., Kokubun, E., & Phillips, A.C. (2014). The effect of a community-based primary health care exercise program on inflammatory biomarkers and hormones levels. *Mediators of Inflammation*, 2014, 7 pages IF 2.42 <http://dx.doi.org/10.1155/2014/185707> (<http://dx.doi.org/10.1155/2014/185707>)
5. Ginty, A.T., Jones, A., Carroll, D., Roseboom, T.J., Phillips, A.C., Painter, R., & de Rooij, S.R. (2014). Neuroendocrine, cardiovascular, and autonomic reactions to acute psychological stress are blunted in smokers. *Psychoneuroendocrinology*, 48, 87–97. IF 5.93 <http://dx.doi.org/10.1016/j.psyneuen.2014.05.023> (<http://dx.doi.org/10.1016/j.psyneuen.2014.05.023>)
6. Duggal, N.A., Beswetherick, A., Upton, J., Hampson, P., Phillips, A.C., & Lord, J.M. (2014). Depressive symptoms in hip fracture patients are associated with reduced monocyte superoxide production. *Experimental Gerontology*, 54, 27–34. IF 3.71 <http://dx.doi.org/10.1016/j.exger.2014.01.028> (<http://dx.doi.org/10.1016/j.exger.2014.01.028>)
7. Chan, W., Bosch, J.A., Jones, D., McTernan, P.G., Phillips, A.C., & Borrows, R. (2014). Obesity in kidney transplantation. *Journal of Renal Nutrition*, 24, 1–12. IF 1.57. <http://dx.doi.org/10.1053/j.jrn.2013.09.002> (<http://dx.doi.org/10.1053/j.jrn.2013.09.002>)
8. Duggal, N.A., Upton, J., Phillips, A.C., Sapey, E., & Lord, J.M. (2013). An age-related numerical and functional deficit in CD19+CD24hiCD38hi B cells is associated with an increase in systemic autoimmunity. *Ageing Cell*, 12, 873–881. IF 5.71 <http://dx.doi.org/10.1111/accel.12114> (<http://dx.doi.org/10.1111/accel.12114>)
9. Chan, W.L.W., Bosch, J.A., Jones, D., Kaur, O., McLean, A., McTernan, P.G., Harper, L., Phillips, A.C., Borrows, R. (2013). Predictors and consequences of fatigue in prevalent kidney transplant patients. *Transplantation*, 96, 987–994. IF 3.78 <http://dx.doi.org/10.1097/TP.0b013e3182a2e88b> (<http://dx.doi.org/10.1097/TP.0b013e3182a2e88b>)
10. Phillips, A.C., Ginty, A.T., & Hughes, B.M. (2013, invited special issue). The other side of the coin: Blunted cardiovascular and cortisol reactivity are associated with negative health outcomes. *International Journal of Psychophysiology*, 90, 1–7. IF 2.14 <http://dx.doi.org/10.1016/j.ijpsycho.2013.02.002> (<http://dx.doi.org/10.1016/j.ijpsycho.2013.02.002>)
11. Carroll, D., Phillips, A.C., Der, G., Hunt, K., Bibbey, A., Ginty, A.T., & Benzeval, M. (2013, invited special issue). 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*, 90, 17–20. IF 2.14 <http://dx.doi.org/10.1016/j.ijpsycho.2012.10.005> (<http://dx.doi.org/10.1016/j.ijpsycho.2012.10.005>)
12. Bibbey, A., Carroll, D., Roseboom, T.J., Phillips, A.C., & de Rooij, S.R. (2013). Personality and physiological reactions to acute psychological stress. *International Journal of Psychophysiology*, 90, 28–36. IF:2.14 <http://dx.doi.org/10.1016/j.ijpsycho.2012.10.018> (<http://dx.doi.org/10.1016/j.ijpsycho.2012.10.018>)
13. Duggal, N.A., Upton, J., Phillips, A.C., & Lord, J.M. (2013). Depression is associated with reduced neutrophil function in hip fracture patients. *Brain, Behavior & Immunity*, 33, 173–182. IF 5.69 <http://dx.doi.org/10.1016/j.bbi.2013.07.004> (<http://dx.doi.org/10.1016/j.bbi.2013.07.004>)
14. Phillips, A.C., Upton, J., Arora Duggal, N., & Lord, J.M. (2013). Depression following hip fracture is associated with increased physical frailty in older adults: the role of the cortisol: dehydroepiandrosterone sulphate ratio. *BMC Geriatrics*, 13, 60. <http://dx.doi.org/10.1186/1471-2318-13-60> (<http://dx.doi.org/10.1186/1471-2318-13-60>)
15. Phillips, A.C., Robertson, T., Carroll, D., Der, G., Shiels, P.G., McGlynn, L., & Benzeval, M. (2013). Do symptoms of depression predict telomere length? Evidence from the West of Scotland Twenty-07 Study. *Psychosomatic Medicine*, 75, 288–296. IF 3.97 <http://dx.doi.org/10.1097/PSY.0b013e318289e6b5> (<http://dx.doi.org/10.1097/PSY.0b013e318289e6b5>)
16. Heaney, J.L.J., Carroll, D., & Phillips, A.C., (2013). DHEA, DHEAS and cortisol responses to acute exercise in older adults in relation to exercise training status and sex. *Age*, 35, 395–405. IF 6.28 <http://dx.doi.org/10.1007/s11357-011-9345-y> (<http://dx.doi.org/10.1007/s11357-011-9345-y>)
17. 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. IF 3.29 <http://dx.doi.org/10.1111/psyp.12017> (<http://dx.doi.org/10.1111/psyp.12017>)
18. Ginty, A.T., Carroll, D., Roseboom, T.J., Phillips, A.C., & de Rooij, S.R. (2013). Depression and anxiety are associated with hypertension five years later in a cohort of late middle aged men and women. *Journal of Human Hypertension*, 27, 187–190. IF 2.80 <http://dx.doi.org/10.1038/jhh.2012.18> (<http://dx.doi.org/10.1038/jhh.2012.18>)
19. Bartlett, D., Firth, C.M., Phillips, A.C., Moss, P., Baylis, D., Syddall, H., Sayer, A.A., Cooper, C. & Lord, J.M. (2012). The age-related increase in low grade systemic inflammation (Inflammaging) is not driven by Cytomegalovirus infection. *Ageing Cell*, 11, 912–915. IF 7.15 <http://dx.doi.org/10.1111/j.1474-9726.2012.00849.x> (<http://dx.doi.org/10.1111/j.1474-9726.2012.00849.x>)
20. Phillips, A.C., Jiang, C.Q., Thomas, G.N., Lin, J.M., Yue, X.J., Cheng, K.K., Jin, Y.L., Zhang, W.S., & Lam, T.H. (2012). White blood cell subsets are associated with carotid intima-media thickness and pulse wave velocity: the Guangzhou Biobank Cohort Study. *Journal of Human Hypertension*, 26, 485–492. IF 2.29 <http://dx.doi.org/10.1038/jhh.2011.58> (<http://dx.doi.org/10.1038/jhh.2011.58>)

21. Khanfer, R., Lord, J.M., Carroll, D., & Phillips, A.C. (2012). Reduced neutrophil superoxide production among healthy older adults. *International Journal of Psychophysiology*, 86, 238-244. IF 2.74 <http://dx.doi.org/10.1016/j.ijpsycho.2012.09.013> (<http://dx.doi.org/10.1016/j.ijpsycho.2012.09.013>)
22. Carroll, D., Ginty, A.T., Der, G., Hunt, K., Benzeval, M. & Phillips, A.C. (2012). Increased blood pressure reactions to acute mental stress are associated with 16-year cardiovascular disease mortality. *Psychophysiology*, 49, 1444-1448. IF 3.29 <http://dx.doi.org/10.1111/j.1469-8986.2012.01463.x>
23. Phillips, A.C., Roseboom, T., Carroll, D., de Rooij, S. (2012). Cardiovascular and cortisol reactions to acute psychological stress and adiposity: Cross-sectional and prospective associations in the Dutch Famine Birth Cohort Study. *Psychosomatic Medicine*, 74, 699-710. IF 4.69 <http://dx.doi.org/10.1097/PSY.0b013e31825e3b91> (<http://dx.doi.org/10.1097/psy.0b013e31825e3b91>)
24. 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. IF 2.74 <http://dx.doi.org/10.1016/j.ijpsycho.2012.04.001> (<http://dx.doi.org/10.1016/j.ijpsycho.2012.04.001>)
25. Carroll, D., Bibbey, A., Roseboom, T., Phillips, A.C., Ginty, A.T., de Rooij, S. (2012). Forced expiratory volume is associated with cardiovascular and cortisol reactions to acute psychological stress. *Psychophysiology*, 49, 866-872. IF 3.29 <http://dx.doi.org/10.1111/j.1469-8986.2012.01361.x> (<http://dx.doi.org/10.1111/j.1469-8986.2012.01361.x>)
26. Khanfer, R., Wallace, G., Keane, P.A., & Phillips, A.C. (2012). Uveitis and psychological stress. *The Journal of the American Society of Ophthalmic Registered Nurses: Insight*, 37, 11-16.
27. Heaney, J.L.J., Phillips, A.C., & Carroll, D. (2012). Ageing, health behaviours and the diurnal rhythm and awakening response of salivary cortisol. *Experimental Aging Research*, 38, 295-314. IF 1.45 <http://dx.doi.org/10.1080/0361073X.2012.672134> (<http://dx.doi.org/10.1080/0361073x.2012.672134>)
28. Phillips, A.C., Gale, C.R., & Batty, G.D. (2012). Sex hormones and cause-specific mortality in the male veterans: The Vietnam Experience Study. *Quarterly Journal of Medicine*, 105, 241-246. IF 2.63 <http://dx.doi.org/10.1093/qjmed/hcr204> (<http://dx.doi.org/10.1093/qjmed/hcr204>)
29. Ginty, A.T., Phillips, A.C., Higgs, S., Heaney, J.L.J., Carroll, D. (2012). Disordered eating behaviour is associated with blunted cortisol and cardiovascular reactions to acute psychological stress. *Psychoneuroendocrinology*, 37, 715-724. IF 5.81 <http://dx.doi.org/10.1016/j.psyneuen.2011.09.004> (<http://dx.doi.org/10.1016/j.psyneuen.2011.09.004>)
30. 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. IF 3.29 <http://dx.doi.org/10.1111/j.1469-8986.2011.01316.x> (<http://dx.doi.org/10.1111/j.1469-8986.2011.01316.x>)
31. Heaney, J.L.J., Carroll, D., & Phillips, A.C. (2012). Ageing, physical function, and the diurnal rhythms of cortisol and dehydroepiandrosterone. *Psychoneuroendocrinology*, 37, 341-349. IF 5.81 <http://dx.doi.org/10.1016/j.psyneuen.2011.07.001> (<http://dx.doi.org/10.1016/j.psyneuen.2011.07.001>)
32. Ginty, A.T., Phillips, A.C., Der, G., Deary, I.J., & 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. IF 2.14 <http://dx.doi.org/10.1016/j.ijpsycho.2011.08.004> (<http://dx.doi.org/10.1016/j.ijpsycho.2011.08.004>)
33. Carroll, D., Phillips, A.C., Der, G., Hunt, K., & Benzeval, M. (2011). Blood pressure reactions to acute mental stress and future blood pressure status: Data from the 12-year follow-up of the West of Scotland Study. *Psychosomatic Medicine*, 73, 737-742. IF 3.97 <http://dx.doi.org/10.1097/PSY.0b013e3182359808> (<http://dx.doi.org/10.1097/psy.0b013e3182359808>)
34. Carroll, D., Phillips, A.C., Gale, C.R., & Batty, G.D. (2011). Generalized Anxiety Disorder is Associated with Reduced Lung Function in the Vietnam Experience Study. *Psychosomatic Medicine*, 73, 716-720. IF 3.97 <http://dx.doi.org/10.1097/PSY.0b013e31822ff9e8> (<http://dx.doi.org/10.1097/psy.0b013e31822ff9e8>)
35. Phillips, A.C. (2011, invited Review). Psychosocial effects on vaccination response. *Social & Personality Compass (Health Section)*, 5, 621-633. IF 4.09 <http://dx.doi.org/10.1111/j.1751-9004.2011.00378.x> (<http://dx.doi.org/10.1111/j.1751-9004.2011.00378.x>)
36. Phillips, A.C., Der, G., Shipton, D., & Benzeval, M. (2011). Prospective associations between cardiovascular reactions to acute psychological stress and change in physical disability in a large community sample. *International Journal of Psychophysiology*, 81, 332-337. IF 2.14 <http://dx.doi.org/10.1016/j.ijpsycho.2011.08.002> (<http://dx.doi.org/10.1016/j.ijpsycho.2011.08.002>)
37. Khanfer, R., Lord, J.M., & Phillips, A.C., (2011). Neutrophil function and cortisol:DHEAS ratio in bereaved older adults. *Brain, Behavior & Immunity*, 25, 1182-1186. IF 4.72 <http://dx.doi.org/10.1016/j.bbi.2011.03.008> (<http://dx.doi.org/10.1016/j.bbi.2011.03.008>)
38. Carroll, D., Batty, G.D., Mortensen, L.H., Deary, I.J., & Phillips, A.C. (2011). Low cognitive ability in early adulthood is associated with reduced lung function in middle age: The Vietnam Experience Study. *Thorax*, 66, 884-888. IF 6.53 <http://dx.doi.org/10.1136/thoraxjnl-2011-200104> (<http://dx.doi.org/10.1136/thoraxjnl-2011-200104>)
39. Phillips, A.C. (2011). Psychosocial variables and vaccination: a life course approach. *International Journal of Biology and Biomedical Engineering*, 5, 24-31. <http://www.naun.org/multimedia/NAUN/bio/20-236.pdf> (<http://www.naun.org/multimedia/NAUN/bio/20-236.pdf>)
40. Phillips, A.C. (2011). Psychosocial variables and vaccination: A life course approach. *Recent Researches in Sociology, Financing, Environment & Health Sciences*, 5, 32-41.
41. Phillips, A.C. (2011, invited paper). Blunted as well as exaggerated cardiovascular reactivity to stress is associated with negative health outcomes. *Japanese Psychological Research*, 53, 177-192. IF 0.33 <http://dx.doi.org/10.1111/j.1468-5884.2011.00464.x> (<http://dx.doi.org/10.1111/j.1468-5884.2011.00464.x>)
42. Carroll, D., Phillips, A.C., Gale, C.R., Lord, J.M., Arlt, W., & Batty, G.D. (2011). Cortisol, dehydroepiandrosterone-sulphate, their ratio, and hypertension: evidence of associations in male veterans from the Vietnam Experience Study. *Journal of Human Hypertension*, 25, 418-424. IF 2.29 <http://dx.doi.org/10.1038/jhh.2011.6> (<http://dx.doi.org/10.1038/jhh.2011.6>)
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Items published prior to my PhD are not ISI listed

#### Books, Book Chapters, and Other Publications: 22 all peer-reviewed

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## Expertise

Stress and health - particularly immune effects of stress; cardiovascular reactivity to acute stress; ageing and effects of stress; stress and other psychological factors and vaccination response

## Media experience

Anna is regularly interviewed on national and regional media about her research as well as more general issues relating to ageing research. She has been featured as part of the [Birmingham Heroes](http://www.birmingham.ac.uk/heroes) (<http://www.birmingham.ac.uk/heroes>) campaign in the ageing and health theme.

## Related media experts

- [Professor Janet Lord](http://www.birmingham.ac.uk/staff/profiles/iandi/lord-janet.aspx) ([/staff/profiles/iandi/lord-janet.aspx](http://www.birmingham.ac.uk/staff/profiles/iandi/lord-janet.aspx))

Alternative contact number available for this expert: [contact the press office](http://www.birmingham.ac.uk/news/contacts/index.aspx) (<http://www.birmingham.ac.uk/news/contacts/index.aspx>)

