

Ryan C. Brindle

Doctoral Researcher

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

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About

PhD Title: Peripheral Physiological Mechanisms of Extreme Cardiovascular Reactivity

Supervisor: Dr Anna C. Phillips and Dr Annie T. Ginty

Ryan C. Brindle is a PhD student at the University of Birmingham, UK. His work concerns the physiological mechanisms that drive adverse cardiovascular reactions to acute mental stress.

Qualifications

BSc (Neuroscience and Psychology) Allegheny College, 2012

Biography

Ryan C. Brindle completed his undergraduate work at Allegheny College in the United States before coming to Sportex. He also worked at the Pennsylvania State University Medical Center conducting cardiovascular physiology research.

Research

Research group

- Behavioural Medicine

Research interests

- Acute Stress, Cardiovascular Reactivity, Autonomic Nervous System

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Other activities

Member of the American Psychosomatic Society and Midland Health Psychology Network

Publications

- **Brindle, R.C.** & Conklin, S.C. (2011). Daytime Sleep Accelerates Cardiovascular Recovery after Psychological Stress. *International Journal of Behavioral Medicine*, 19(1), 111-114.
- **Brindle, R.C.**, Ginty, A.T., & Conklin, S.C. (2013). Is the association between depression and blunted cardiovascular stress reactions mediated by perceptions of stress? *International Journal of Psychophysiology*, 90(1), 66-72.



