University of Birmingham

Adam Bibbey

Doctoral Researcher

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About

PhD Title: Blunted Cardiovascular and Cortisol Reactions to Acute Stress

Supervisors: Dr Anna Phillips, Professor Douglas Carroll

Adam Bibbey is currently undertaking a PhD investigating blunted cardiovascular and cortisol reactions to acute stress. His work is funded via an ESRC studentship.

Qualifications

Sport and Exercise Sciences BSc (Hons) Class I. University of Birmingham, United Kingdom.

Biography

Adam Bibbey graduated from the University of Birmingham with a Sport and Exercise Science Class I (Hons) degree. During this time he received the Knapp Prize; awarded annually to the student who returns the best performance in Psychomotor Studies. He then worked for a year in business before returning to undertake his PhD.

During the first year of his PhD Adam was awarded the University of Birmingham College of Life and Environmental Sciences Small Conference Attendance Grant as well as a poster presentation prize at the University of Birmingham Graduate School Research Poster Conference, June 2012. He is also involved in a range of teaching and administration duties.

Research

Adam Bibbey is a second year doctoral researcher investigating the relationship between acute psychological stress reactivity and a range of adverse health and behavioural outcomes. His work is funded via an Economic and Social Research Council (ESRC) studentship.

His major research interests lie within the fields of Behavioural Medicine and Psychophysiology. He has a particular interest in stress reactivity, as well as disordered eating, exercise dependence and perfectionism.

His recent work focuses on the cardiovascular and cortisol responses to acute psychological stress in individuals with varying personality types (Big 5, Type D) and a range of possible dependencies (namely Internet and alcohol). His future research aims to focus upon adverse states such as disordered eating, exercise dependence, and perfectionism.

Research group memberships: University of Birmingham Behavioural Medicine Research Group.

Other activities

Teaching Duties

- Deliver seminars and lectures on the Behavioural Medicine, Statistical Methods, Research Skills and Methods, and Laboratory Practicals modules of the Sport and Exercise Sciences BSc programme.
- Postgraduate teaching assistant for undergraduate study skills support.

Memberships

- American Psychosomatic Society
- American Association for the Advancement of Science
- STEM (Science, technology, engineering and maths skills) ambassador

Administration duties

- ESRC Doctoral Training Centre Student Representative; gather feedback from ESRC colleagues at the University of Birmingham on a range of issues or proposals from the ESRC, with subsequent feedback to the ESRC.
- Chair of the Postgraduate Student-Staff Committee
- Chair of the Behavioural Medicine Research Group
- Postgraduate Ambassador for the University of Birmingham 2012-2013

Publications

Published Journal Articles

- **Bibbey, A.**, Carroll, D., Roseboom, T.J., Phillips, A.C., de Rooij, S.R. (2012). Personality and physiological reactions to acute psychological stress. *International Journal of Psychophysiology*. Ahead of print

- Carroll, D., Phillips, A.C., Der, G., Hunt, K., **Bibbey, A**., Benzeval, M., Ginty, A.T. (2012). 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*. Ahead of print
- Carroll, D., **Bibbey, A**., Roseboom, T.J., Phillips, A.C., Ginty, A.T., De Rooij, S.R. (2012). Forced expiratory volume is associated with cardiovascular and cortisol reactions to acute psychological stress. *Psychophysiology, 49*, 866-872.

Presentations given

- *Blunted Cardiovascular and Cortisol Reactions to Acute Psychological Stress*.
  Second Year Postgraduate Research Conference. University of Birmingham, December 2012.
  ESRC Birmingham-Nottingham-Warwick Doctoral Training Centre Conference. University of Nottingham, November 2012.
  2012 ESRC Doctoral Researcher cohort on behalf of the Doctoral Training Centre, University of Birmingham. November, 2012.
- *Personality, perceptions of stress, and biological responses to stress.*
  Sixth Form Psychology pupils from Edgbaston High School for Girls. November 2012.

Oral Presentations

- Second Year Postgraduate Research Conference. University of Birmingham, December 2012.
- ESRC Birmingham-Nottingham-Warwick Doctoral Training Centre Conference. University of Nottingham, November 2012.

Poster Presentations

- Graduate School Poster Conference. University of Birmingham, June 2012.
- First Year Postgraduate Research Conference. University of Birmingham, December 2011.

Organisation

College of Life and Environmental Sciences Key Challenges in Healthy Aging Workshop. University of Birmingham, October 2012.

Universitas 21 Early Career Researcher Conference: Healthy Living. University of Birmingham, December 2011.

Attendance

ESRC First Year Doctoral Training Conference. University of Sussex, September 2012.

Invited Judge

Vitae Midlands Regional Poster Conference. University of Warwick, July 2012.

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