

Dr Amanda Daley

Senior Lecturer and NIHR Senior Research Fellow

Primary Care Clinical Sciences

Contact details

Email a.daley@bham.ac.uk (<mailto:a.daley@bham.ac.uk>)

Primary Care Clinical Sciences
School of Health and Population Sciences
College of Medical and Dental Sciences
University of Birmingham
Edgbaston
Birmingham, B15 2TT



About

Amanda Daley is a Senior Lecturer and holds a NIHR Senior Research Fellowship (2008-2014) award focused on physical activity and health, particularly women's health. She is the principal investigator on several ongoing trials that are examining the effectiveness of physical activity and weight control interventions. She is also an applicant on several other funded trials in these areas. Amanda leads a programme of work on the health benefits of physical activity in primary care and community settings. She has published extensively in the field of physical activity and health. Amanda is panel member for the NIHR/RfPB West Midlands Regional Funding Committee and an Editorial Board member of the Journal The Physician and Sports Medicine.

Teaching

Teaching Programmes

- [Medicine and Surgery MBChB \(undergraduate/courses/med/medicine.aspx\)](#) years 1, 2 and 3

Postgraduate supervision

Amanda currently supervises several PhDs in the area of physical activity and health and weight management.

Research

RESEARCH THEMES

Clinical trials, primary care and physical activity and health

Other activities

- RfPB West Midlands Regional Funding Committee, Panel Member 2010-2012
- External Examiner, St Georges, London, Intercalated programme – 2011-2013

Publications

Daley AJ, Stokes-Lampard H, Wilson S, Rees M, Roalfe A, MacArthur C. What women want? Exercise preferences of menopausal women. *Maturitas* 2011; 68:174-178.

Daley A, Stokes-Lampard H, MacArthur C. Exercise for vasomotor menopausal symptoms. *Cochrane Database of Systematic Reviews* 2007, Issue 4. Art. No.: CD006108. DOI: 10.1002/14651858.CD006108.pub2.

Jolly K, Daley AJ, Adab P, Lewis A, Denly J, beech J, Aveyard P. Arandomised controlled trial to compare a range of commercial or primary care led weight reduction programmes with a minimal intervention control for weight loss in obesity: the Lighten Up trial. *BMC Public Health* 2010, 10:439.

Blakey H, Chisholm C, Dear F, Harris B, Hartwell R, Daley AJ (corresponding author), Jolly CB. Is exercise associated with primary dysmenorrhoea in young women? *British Journal of Obstetrics and Gynaecology* 2010;117:222-224.

Parson A, Daley AJ, Begh R, Aveyard P. Does continued smoking after a diagnosis of lung cancer influence prognosis? A systematic review of observational studies with meta-analysis. *BMJ* 2010;340:b5569.

Daley AJ. Can exer-gaming contribute to improving physical activity levels and other health outcomes in children? *Pediatrics* 2009;124;763-771.

Daley AJ, Jolly K, MacArthur C. The effectiveness of exercise in the management of postnatal depression: Systematic review and meta-analysis. *Family Practice* 2009;26:154-162.

Daley AJ. Exercise and depression: Review of reviews. *Journal of Clinical Psychology in Medical Settings* 2008;15:140-147.

