

# Dr Ananthan Ambikairajah

Neuroscientist. Educator. Science Communicator.

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## CAREER OBJECTIVE

My career objective is to work in an intellectually challenging environment that combines my passion for research, teaching and science communication, as well as enriched opportunities to be a lifelong learner.

## MISSION STATEMENT

I am determined and committed to:

- Conduct high quality research investigating genetic, environmental and lifestyle factors which influence ageing, brain health and disease, with a particular focus on dementia risk prediction and reduction as well as improving timely and accurate diagnosis.
- Enhance student motivation and engagement to promote positive learning experiences and outcomes which foster a love of learning and facilitates a journey of personal growth and self-discovery.
- Communicate science in an accessible, understandable and interesting way to spark public engagement, foster critical thinking and encourage respectful discourse.
- Integrate principles of openness and a data-centred practice, leveraging skills in statistics, including Bayesian methods, and tools such as R, Git, Linux and Artificial Intelligence, to enhance the capabilities, efficiency and impact of teaching, research, service and leadership.

## EDUCATION

**Doctor of Philosophy (PhD)** 2018 to 2022

*Australian National University - Research School of Population Health*

*Thesis - Women's brain health: disentangling the role of menopause and ageing*

**Master of Teaching (Secondary) Science Double Method Specialisation** 2016 to 2017

*University of New South Wales - School of Education*

**Bachelor of Science (Neuroscience)** 2012 to 2015

*University of New South Wales - School of Medical Science*

## CURRENT EMPLOYMENT

**Lecturer** 2021 to date

*University of Canberra - Faculty of Health, Discipline of Psychology*

## KEY RESEARCH AFFILIATIONS AND ACADEMIC APPOINTMENTS

**Research Affiliate** 2025 to date

*University of Sydney - Faculty of Science, School of Psychology*

**Centre for Ageing Research and Translation (CARAT) Core Member** 2024 to date

*University of Canberra*

**Visiting Fellow** 2022 to date

*Australian National University - College of Health and Medicine*

**Review Editor** 2023 to date

*Frontiers in Aging Neuroscience - Alzheimer's Disease and Related Dementias*

## KEY LEADERSHIP AND GOVERNANCE ROLES

**Academic Staff Representative on University Council** 2026 to date

*University of Canberra*

**Academic Staff Representative on Faculty Board** 2025 to date

*University of Canberra - Faculty of Health*

**Chair of Faculty of Health Generative Artificial Intelligence Community of Practice** 2023 to date

*University of Canberra - Faculty of Health*

## KEY PUBLIC ENGAGEMENT ROLES

**Teacher and Developer - Software, Data and Library Carpentry** 2020 to date

*The Carpentries*

**Podcast Presenter** 2018 to date

*Midnight Conversations*

## PUBLICATIONS

My PhD was awarded and conferred on the 14th of July, 2022. As of 10th October, 2025, I have published 18 papers (10 first authored), which have been cited 738 times (H-index 10, Google Scholar), one of which with a FWCI of 6.76 (average 1.96, 25% of publications in top 10% most cited publications worldwide, 83.3% Q1, 100% Q1/Q2, from 2015 to 2024, SciVal).

1. **Ambikairajah, A.**, Foxe, D., de Lange, A. M. G., Carrick, J., Cheung, S. C., Srikanth, V. K., Hwang, Y. T., Ahmed, R. M., Burrell, J. R., & Piguet, O. (2025). A Bayesian analysis of diagnostic timelines across Alzheimer's disease, frontotemporal dementia, and other neurodegenerative conditions. *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring*, 17, e70184. [doi:10.1002/dad2.70184](https://doi.org/10.1002/dad2.70184)
2. Lawlis, N. H., Cherbuin, N., **Ambikairajah, A.**, Speer, H., D'Cunha, N. M., Rattray, B., & Northey, J. M. (2025). Objective physical activity in people with young onset dementia, late onset dementia, and without dementia: A UK Biobank study. *Journal of Alzheimer's disease* [doi:10.1177/13872877251374261](https://doi.org/10.1177/13872877251374261)
3. Namsrai, T., Northey, J. M., **Ambikairajah, A.**, Ahmed, O., Alateeq, K., Oyarce, D. A. E., Burns, R., Rattray, B., & Cherbuin, N. (2025). Sleep characteristics and brain structure: A systematic review with meta-analysis. *Sleep Medicine*, 129, 316-329. [doi:10.1016/j.sleep.2025.02.028](https://doi.org/10.1016/j.sleep.2025.02.028)
4. Isbel, S., D'Cunha, N. M., Wiseman, L., Dawda, P., Kosari, S., Pearce, C., Fearon, A., Sabeti, F., Hewitt, J., Kellett, J., Naunton, M., Southwood, H., Logan, P., Subramanian, R., Chadborn, N. H., Davey, R., Bail, K., Goss, J. R., **Ambikairajah, A.**, Lincoln, M., Holloway, H., & Gibson, D. (2025). Enhancing Allied Health Care for Older People in Residential Care: The EAHOP Intervention. *Healthcare*, 13(3), 341. [doi:10.3390/healthcare13030341](https://doi.org/10.3390/healthcare13030341)
5. Alateeq, K., Walsh, E.I., **Ambikairajah, A.**, & Cherbuin, N. (2024). Association between dietary magnesium intake, inflammation, and neurodegeneration. *European Journal of Nutrition*, 1-12 [doi:10.1007/s00394-024-03383-1](https://doi.org/10.1007/s00394-024-03383-1)
6. **Ambikairajah, A.**, Khondoker, M., Morris, E., de Lange, A. M. G., Saleh, R. N. M., Minihane, A. M., & Hornberger, M. (2024). Investigating the synergistic effects of hormone replacement therapy, apolipoprotein E and age on brain health in the UK Biobank. *Human Brain Mapping*, 45(2), e26612. [doi:10.1002/hbm.26612](https://doi.org/10.1002/hbm.26612)
7. Cherbuin, N., Patel, H., Walsh, E.I., **Ambikairajah, A.**, Burns, R., Brüstle, A., & Rasmussen, L.J. (2024). Cognitive Function Is Associated with the Genetically Determined Efficiency of DNA Repair Mechanisms. *Genes*, 15, 153. [doi:10.3390/genes15020153](https://doi.org/10.3390/genes15020153)

8. Schindler, L. S., Subramaniapillai, S., **Ambikairajah, A.**, Barth, C., Crestol, A., Voldsbeek, I., Beck, D., Gurholt, T. P., Topiwala, A., Suri, S., Ebmeier, K. P., Andreassen, O. A., Draganski, B., Westlye, L. T., & de Lange, A. M. G. (2023). Cardiometabolic health across menopausal years is linked to white matter hyperintensities up to a decade later. *Frontiers in Global Women's Health*, 4 [doi:10.3389/fgwh.2023.1320640](https://doi.org/10.3389/fgwh.2023.1320640)
9. Namsrai, T., **Ambikairajah, A.** & Cherbuin, N. (2023). Poorer sleep impairs brain health at midlife. *Scientific Reports*, 13(1), 1-10. [doi:10.1038/s41598-023-27913-9](https://doi.org/10.1038/s41598-023-27913-9)
10. **Ambikairajah, A.**, Walsh, E.I., & Cherbuin, N. (2022). A review of menopause nomenclature. *Reproductive Health*, 19(1), 1-15. [doi:10.1186/s12978-022-01336-7](https://doi.org/10.1186/s12978-022-01336-7)
11. **Ambikairajah, A.**, Tabatabaei-Jafari, H., Hornberger, M., & Cherbuin, N. (2021). Age, menstruation history, and the brain. *Menopause*, 28(2), 167-174. [doi:10.1097/GME.0000000000001688](https://doi.org/10.1097/GME.0000000000001688)
12. **Ambikairajah, A.**, Ambikairajah, R., & Ambikairajah, E. (2021). The impact of improving feelings of relatedness on motivation and engagement for tertiary students. *International Journal of Mathematical Education in Science and Technology*, 52(5), 721-730. [doi:10.1080/0020739X.2019.1703149](https://doi.org/10.1080/0020739X.2019.1703149)
13. **Ambikairajah, A.**, Tabatabaei-Jafari, H., Walsh, E., Hornberger, M., & Cherbuin, N. (2020). Longitudinal changes in fat mass and the hippocampus. *Obesity*, 28(7), 1263-1269. [doi:10.1002/oby.22819](https://doi.org/10.1002/oby.22819)
14. **Ambikairajah, A.**, Walsh, E., & Cherbuin, N. (2019). Lipid profile differences during menopause: a review with meta-analysis. *Menopause*, 26(11), 1327-1333. [doi:10.1097/GME.0000000000001403](https://doi.org/10.1097/GME.0000000000001403)
15. **Ambikairajah, A.**, Walsh, E., Tabatabaei-Jafari, H., & Cherbuin, N. (2019). Fat mass changes during menopause: a metaanalysis. *American Journal of Obstetrics & Gynecology*, 221(5), 393-409. [doi:10.1016/j.ajog.2019.04.023](https://doi.org/10.1016/j.ajog.2019.04.023)
16. **Ambikairajah, A.**, & Tisdell, C. C. (2019). E-Examinations and the Student Experience Regarding Appropriateness of Assessment and Course Quality in Science and Medical Science. *Journal of Educational Technology Systems*, 47(4), 460-478. [doi:10.1177/0047239518822016](https://doi.org/10.1177/0047239518822016)
17. Low, J. K., **Ambikairajah, A.**, Shang, K., Brown, D. A., Tsai, V. W., Breit, S. N., & Karl, T. (2017). First behavioural characterisation of a knockout mouse model for the transforming growth factor (TGF)- $\beta$  superfamily cytokine, MIC-1/GDF15. *PloS one*, 12(1), e0168416. [doi:10.1371/journal.pone.0168416](https://doi.org/10.1371/journal.pone.0168416)
18. **Ambikairajah, A.**, Devenney, E., Flanagan, E., Yew, B., Mioshi, E., Kiernan, M. C., Hodges, J. R., & Hornberger, M. (2014). A visual MRI atrophy rating scale for the amyotrophic lateral sclerosis-frontotemporal dementia continuum. *Amyotrophic Lateral Sclerosis and Frontotemporal Degeneration*, 15(3-4), 226-234. [doi:10.3109/21678421.2014.880180](https://doi.org/10.3109/21678421.2014.880180)

## RESEARCH GRANTS AND AWARDS

I am the recipient of 3 competitive seed/project grant funding awards totalling \$30997, a research sabbatical fund totalling \$8078, an AGRTP scholarship totalling \$97937 and 2 other scholarships totalling \$2500. In addition, I have received 3 research presentation awards totalling \$1000 and a highly commended award for outstanding new researcher.

### Outside Studies Program

2025

*University of Canberra*

My application to undertake a research-focused Outside Studies Program (i.e., OSP) was successful, which included funds totalling \$8,078 to contribute towards OSP associated expenses. The two primary objectives of my OSP were to (1) establish a collaborative research program with FRONTIER at Brain and Mind Centre in the University of Sydney and (2) strengthen the development of my healthy ageing research program as part of the dementia stream within the Centre for Ageing Research and Translation (CARAT), via collaborations with the National Centre for Epidemiology and Population Health (NCEPH) at ANU. My OSP Seminar titled "[Stories and Statistics](#)" discusses the research I undertook during this period.

## UC ReD IGNITE Program

2024 - 2025

*University of Canberra*

I was accepted for the highly competitive UC ReD IGNITE (University of Canberra Researcher Development: Instilling Growth and Nurturing Innovation through Training and Education) Program, which includes a \$10,000 research grant to support my research program, in addition to formal mentorship and research training.

## Outstanding New Researcher Highly Commended Award

2024

*Canberra Health Annual Research Meeting (CHARM)*

I received the [Outstanding New Researcher Highly Commended Award](#) from the ACT Minister for Health. This was part of the CHARM Rising Star Awards which aimed to recognise and showcase the achievements of developing Canberra health researchers and contribute to a positive research culture which supports and acknowledges progress and development in research capacity and capability.

## Rapid Fire Research Presentation Award

2024

*University of Canberra - Faculty of Health*

I was awarded \$500 (1st place) for my research presentation titled "Genetics, hormones and brain health, the curious case of the null result".

## Faculty of Health Seed Grant

2024

*University of Canberra - Faculty of Health*

I am co-investigator B on a Faculty of Health seed grant (totalling \$14,997) led by Chief Investigator Associate Professor Aisling (Ash) Smyth titled "The feasibility, acceptability and effectiveness of a pressure-injury prevention system (PIPS) in Residential Aged Care." *Smyth, A., Bail, K., Ambikairajah, A. & McGuirk, D.*

## Nomination for Early Career Researcher Award

2024

*University of Canberra - Faculty of Health*

I received a nomination for the Early Career Researcher Award, which is awarded to an individual early career researcher who has developed a purposeful and coherent research portfolio since their PhD and whose research has achieved impact. The award recognises individuals who have shown outstanding performance in research relative to opportunity.

## Project Funds

2023 to 2024

*University of Canberra - Faculty of Health*

I was successful in receiving \$6,000 of funding from the Faculty of Health to cover the cost of a 1 year extension to access the UK Biobank dataset for the completion of an existing research project.

## Best ERA 2023 Oral Presentation by a member of the Australian Association of Gerontology

2023

*21st National Conference of Emerging Researchers in Ageing*

I was awarded a prize to the value of \$250 and a certificate as my conference presentation was considered by the judging panel to be the best oral presentation by a member of the Australian Association of Gerontology at the 21st National Conference of Emerging Researchers in Ageing.

## Rapid Fire Research Presentation Award

2023

*University of Canberra - Faculty of Health*

I was awarded \$250 (3rd place) for my research presentation titled "Genetics, hormones and brain health, the curious case of the null result".

**Complex Human Data Summer School Scholarship**

2019

*University of Melbourne*

The Complex Human Data Summer School (CHDSS) Scholarship was a one off payment, valued at \$500, which covered the cost of travel and/or accommodation. Across 6 consecutive days, the CHDSS covered topics that included programming in R, reproducibility and open science, GitHub, bayesian data analysis, best practices for running online studies, experience sampling, probabilistic models of cognition, exploratory data analysis and generalised linear models.

**Research to Impact Scholarship**

2018

*Canberra Innovation Network*

The Research to Impact Scholarship was a one off payment, valued at \$2,000, which covered the cost of 4 half-day workshops that covered areas such as (1) innovation essentials and finding market need, (2) value propositions for big impact, (3) business models, value chain and collaboration and (4) pitching for outcomes and building your pitch-deck.

**Australian Government Research Training Program Domestic Scholarship**

2018 to 2021

*Australian National University*

The Australian Government Research Training Program (AGRTP) Domestic Scholarship was a fortnightly payment leading to a sum of \$83,946, over 3 years, with an additional \$13,991 top up for 6 months. The AGRTP Fee-Offset Scholarship covers the full tuition fees for 3 years.

**TEACHING GRANTS AND AWARDS**

I am the recipient of an award for excellence in teaching totalling \$1000, in addition to 2 commendations for excellence in teaching and a nomination for excellence in tutoring. I have also received a team award for excellence in learning and teaching for indigenising the curriculum.

**Commendation for Excellence in Teaching - Student Award**

2025

*University of Canberra - Faculty of Health***Award for Excellence in Teaching - Student Award**

2024

*University of Canberra - Faculty of Health*

I received an award for excellence in teaching, which was a student nominated award. This award included \$1000 and recognises individuals who have excelled in their teaching and who have made outstanding contributions to learning and teaching at the University of Canberra.

**Commendation for Excellence in Teaching - Student Award**

2023

*University of Canberra - Faculty of Health***Excellence in Learning and Teaching Indigenising the Curriculum**

2023

*University of Canberra - Faculty of Health*

As part of the Discipline of Psychology Team, I contributed to the Indigenisation of the Psychology Curriculum through collaboration with colleagues and Indigenous Australians via a series of yarning circles.

**Nominated for the ANU Medical School Education Award for Excellence in Tutoring**

2020

*Australian National University*

## SERVICE TO UNIVERISTY

### **Academic Staff Representative on University Council**

2026 to date

Elected by University of Canberra academic staff to represent their interests on the University Council, the University's governing body established under the University of Canberra Act 1989 (ACT). The Council oversees strategic direction, academic performance, financial management, risk, and policy. In this role, I contribute an academic perspective to decision-making while supporting the Council's statutory duty to act in the best interests of the University as a whole.

*University of Canberra*

### **Low Risk Research Ethics Committee**

2025 to date

In this role, I have reviewed 2 low risk ethics applications.

### **Faculty of Health Digital Health Working Group**

2024 to date

In this role, I am responsible for contributing my GenAI knowledge and expertise to the Digital Health Working Group, which is responsible for the development of several Faculty of Health microcredentials.

*University of Canberra*

### **Faculty of Health representative for the Performance Expectations for Academic Staff (PEAS) Working Group**

2024 to date

In this role, I am responsible for representing the Faculty of Health in the revision of the Performance Expectations for Academic Staff.

*University of Canberra*

### **Chair of Faculty of Health Generative Artificial Intelligence Community of Practice**

2023 to date

In this role, I am responsible for leading the Faculty of Health in upskilling staff and students on GenAI to enhance their learning, teaching, research and professional practice, in addition to producing future ready graduates and tertiary educators. Some milestone achievements include:

- Established and grew the Community of Practice to over 50 staff members with collaborative partnerships across UTS, UNSW, Deakin University, University of Wollongong and Adelaide University.
- Conducted faculty-wide surveys (2024: 71 respondents; 2025: 75 respondents) to assess GenAI usage, needs, and expertise, tracking changes over time.
- Developed and delivered multiple GenAI training workshops for 50+ academics across all levels and disciplines, resulting in the creation of a freely accessible online version on [my website](#) and running workshops for NSW Health Education and Training (HETI).
- Organised GenAI sessions at Faculty of Health Learning and Teaching symposium (2024 and 2025) and served as invited speaker at external institutions, including UTS GenAI ENHANCE Summit in 2025.

*University of Canberra - Faculty of Health*

### **Manager of University of Canberra Chess Club on Chess.com**

2023 to date

*Chess.com*

### **Faculty of Health Running Club**

2023 to date

*University of Canberra - Faculty of Health*

### **Faculty of Health Education Committee**

2023 to 2025

*University of Canberra - Faculty of Health*

### **Courses and Units Sub-Committee (CUSC)**

2022 to 2023

*University of Canberra - Faculty of Health*

## SERVICE TO RESEARCH

### PEER REVIEW

I have peer reviewed 37 research articles (totalling 54 peer reviews). Of those, 8 reviews were for the British Medical Journal (BMJ - Q1, ranked 15/329 in general medicine) and 1 was for Neuroscience and Biobehavioural Reviews (Q1, ranked 3/115 in Cognitive Neuroscience). My peer review to publication ratio is 3:1 (Web of Science). I have also reviewed 17 honours theses since working as a Lecturer in 2021. I have also conducted an ethics review of a study protocol for the Government of South Australia Health and New South Wales Population and Health Services Research Ethics Committee.

**Review Editor** 2023 to date

*Frontiers in Aging Neuroscience - Alzheimer's Disease and Related Dementias*

**Co-chair - Rapid Fire Research** 2025

*University of Canberra - Faculty of Health*

**Abstract Reviewer for CHARM** 2025

I have peer reviewed 11 abstracts for the 2025 Canberra Health Annual Research Meeting (CHARM).

*Canberra Health Annual Research Meeting (CHARM)*

**Judge - Rapid Fire Research** 2024

*Canberra Health Annual Research Meeting (CHARM)*

**Reviewer for Education Conference Support Funding** 2024

*University of Canberra - Faculty of Health*

## SERVICE TO COMMUNITY

**Outreach and Public Engagement** 2018 to date

I regularly engage with media and my research has been covered by major media outlets including [ABC news](#), [Nine news](#), [Sydney Morning Herald](#), [Australian Financial Review](#), The Australian and ABC Radio. Links to all media outreach, including television, print, radio/podcast, in addition to invited talks, guest lectures and public speaking events can be found [here](#).

**Teacher and Developer - Software, Data and Library Carpentry** 2020 to date

*The Carpentries*

In this volunteer role, I am responsible for:

- Teaching R, shell, Git and software engineering skills to scientists and engineers at bootcamps and online sessions.
- Developing new instructional content.
- Developing and maintaining The Carpentries GitHub repositories.

**Podcast Presenter** 2018 to date

*[Midnight Conversations](#)*

Midnight Conversations is a podcast that discusses published, peer-reviewed scientific papers in an understandable and engaging way. The primary aim of the podcast is to foster a public interest in current scientific research to promote public engagement and provide a forum for critical and productive scientific discourse. As of 10th October, 2025, Midnight Conversations has 64 episodes which have accrued 8553 plays.

## CONFERENCE ORAL PRESENTATIONS

### INTERNATIONAL

1. **Ambikairajah A.**, Tisdell C. (2020). Algorithms and software - Using Maple in humanities related assessment: Exploring beyond mathematical boundaries in education. Presentation accepted for the *Maple Conference*, Online.
2. **Ambikairajah A.**, Tisdell C. (2018). The Effects of E-Examinations on Student Satisfaction Regarding Appropriateness of Assessment and Course Quality in Science and Medical Science. Presentation accepted for the *International Mobile Learning Festival*, Mobile Learning, STEM and Transdisciplinary Education, Singapore.

### NATIONAL

1. **Ambikairajah A.** (2025). Faculty of Health Generative Artificial Intelligence Community of Practice: Reflections and the Road Ahead. Invited speaker for the Faculty of Health Learning and Teaching Symposium, University of Canberra.
2. Ghiasvand S., Bagheri N., **Ambikairajah A.**, Tabatabaei-Jafari, H., Soumya M., Salvador-Carulla, L. (2025). Social & Environmental Determinants of Dementia Risk. Presentation accepted for the *Canberra Health Annual Research Meeting (CHARM)*, University of Canberra
3. Pike A., Cherbuin N., **Ambikairajah A.**, Lawlis N., Rattray B., Northey J. (2025). Physical activity intensities, cognitive function and brain volumes in men with and without prostate cancer. Presentation accepted for the *Canberra Health Annual Research Meeting (CHARM)*, University of Canberra
4. **Ambikairajah A.** (2025). Generative Artificial Intelligence at University of Canberra, Faculty of Health Community of Practice. Invited speaker for the *GenAI-ENHANCE UTS Faculty of Health Summit*, University of Technology Sydney, Sydney, Australia.
5. Lawlis N., Cherbuin N., **Ambikairajah A.**, Speer H., D'Cunha N., Rattray B., Northey J. (2024). Comparisons of objective physical activity behaviour among people with younger and late-onset dementia: A cross-sectional analysis of the UK Biobank. Presentation accepted for the *International Congress on Neuropsychiatry*, Melbourne, Australia.
6. **Ambikairajah A.**, Khondoker M., Morris E., de Lange A., Saleh R., Minihane A., Hornberger M. (2024). Investigating the Synergistic Effects of Hormone Replacement Therapy, APOE and Age on Brain Health. Presentation accepted for the *Canberra Health Annual Research Meeting (CHARM)*, University of Canberra
7. **Ambikairajah A.** (2024). Faculty of Health Generative Artificial Intelligence: Exploring usage, needs and expertise. Invited speaker for the *Faculty of Health Learning and Teaching Symposium*, University of Canberra.
8. **Ambikairajah A.**, Khondoker M., Morris E., de Lange A., Saleh R., Minihane A., Hornberger M. (2023). Investigating the Synergistic Effects of Hormone Replacement Therapy, APOE and Age on Brain Health. Presentation accepted for the *21st National Conference of Emerging Researchers in Ageing*, Online.
9. **Ambikairajah A.** (2023). Genetics, hormones and brain health - the curious case of the null result. Ask the ERA Brains Trust Presentation accepted for the *21st National Conference of Emerging Researchers in Ageing*, Online.
10. **Ambikairajah A.** (2018). Being Courageous: Exploring new approaches to improve and expand learning experiences - A Practical Framework for Courageousness in Teaching. Presentation accepted for the *Learning and Teaching Forum, Partners in Learning: Connecting Communities*, University of New South Wales, Australia.
11. **Ambikairajah A.** (2018). Being Courageous: Exploring new approaches to improve and expand learning experiences - A Practical Framework for Courageousness in Teaching. Presentation accepted

for the *Learning and Teaching Forum, Partners in Learning: Connecting Communities*, University of New South Wales, Australia.

12. **Ambikairajah A.** (2017). Inspired Learning by Inspired Teaching - Quality student relationships can predict excellence in learning and teaching. Presentation accepted for the *Learning and Teaching Forum, Educational Excellence: Transforming Futures*, University of New South Wales, Australia.

## CONFERENCE ABSTRACT AND POSTER PUBLICATIONS

### INTERNATIONAL

1. Schindler L., Subramaniapillai S., **Ambikairajah A.**, Barth C., Voldsbekk I., Beck D., Gurholt T., Topiwala A., Suri S., Ebmeier K., Draganski B., Andreassen O., Westlye L., de Lange A. (2023). Body Composition Changes Across The Menopause Transition And Their Association With White Matter Hyperintensities: A Longitudinal Study. Abstract and poster accepted for the *48th Annual Conference Psychologie & Gehirn*, University of Tübingen, Germany.
2. Cherbuin N., Namsrai T., **Ambikairajah A.** (2022). Good sleep, healthy brain, and sharp mind all dream together. Abstract and poster accepted for the *28th Annual Meeting of the Organisation for Human Brain Mapping*, OHBM, Scotland.

### NATIONAL

1. Namsrai T., **Ambikairajah A.**, Burns R., Northey J., Rattray B., Cherbuin N. (2024). Impact of Poor Sleep on Cognition Through the Years in Young, Middle, and Older Adults. Abstract and poster accepted for the *The 57th Australian Association of Gerontology Conference*, Tasmania, Australia.
2. Isbel S., Gibson D., D'Cunha N., Dawda P., Kosari S., Pearce C., Fearon A., Sabeti F., Hewitt J., Kellett J., Naunton M., Southwood H., Logan P., Subramanian R., Chadborn N., Davey R., Bail K., Goss J., **Ambikairajah A.**, Lincoln M., Wiseman L. (2024). The Enhanced Allied health for Older people in residential care (EAHOP RC) Trial. Abstract and poster accepted for the *Australian Association of Gerontology The 57th Australian Association of Gerontology Conference*, Tasmania, Australia.
3. Pike A., Cherbuin N., **Ambikairajah A.**, Lawlis N., Rattray B., Northey J. (2024). Physical activity intensities, cognition and brain volumes in men with prostate cancer. Abstract and poster accepted for the *Clinical Oncology of Australia Annual Scientific Meeting*, Queensland, Australia
4. **Ambikairajah A.**, Tisdell C. (2016). Changing how we think about teaching - A reflection of the Pilot Active Learning Spaces (PALS) initiative. Abstract accepted for the *Learning and Teaching Forum, Towards 2025: Inspiring Learning*, University of New South Wales, Sydney, Australia.

## STUDENT SUPERVISION

### PHD

1. [REDACTED] - Associate supervisor 2025 to date  
*University of Canberra*
2. [REDACTED] - Associate supervisor 2025 to date  
*University of Canberra*
3. [REDACTED] - Associate supervisor 2022 to date  
*Australian National University*
4. [REDACTED] - Associate Supervisor 2021 to date  
*Australian National University*

## MASTERS

1. [REDACTED] - Co-supervisor 2020  
*Australian National University*  
Thesis mark: 80; Final Grade Point Average: 6.69 (Distinction)

## HONOURS

1. [REDACTED] - Primary supervisor 2024  
*University of Canberra*  
Thesis Mark: 82; Final grade: 79 (Distinction Honours IIa)
2. [REDACTED] - Primary supervisor 2024  
*University of Canberra*  
Thesis Mark: 79; Final grade: 79 (Distinction Honours IIa)
3. [REDACTED] - Primary supervisor 2024  
*University of Canberra*  
Thesis Mark: 83; Final grade: 82 (Distinction Honours IIa)
4. [REDACTED] - Primary supervisor 2024  
*University of Canberra*  
Thesis Mark: 70; Final grade: 70 (Credit Honours IIb)
5. [REDACTED] - Primary supervisor 2023  
*University of Canberra*  
Thesis Mark: 91; Final grade: 91 (High Distinction Honours I)
6. [REDACTED] - Primary supervisor 2023  
*University of Canberra*  
Thesis Mark: 78; Final grade: 78 (Distinction Honours IIa)
7. [REDACTED] - Primary supervisor 2022  
*University of Canberra*  
Thesis Mark: 88; Final grade: 90 (High Distinction Honours I)  
2022 Australian Psychological Society Prize Winner
8. [REDACTED] - Primary supervisor 2022  
*University of Canberra*  
Thesis Mark: 72; Final grade: 78 (Distinction Honours IIa)
9. [REDACTED] - Primary supervisor 2022  
*University of Canberra*  
Thesis Mark: 70; Final grade: 73 (Credit Honours IIb)

## ACCREDITATION/PROFESSIONAL DEVELOPMENT

**UC Management Essentials Program** 2024

*University of Canberra*

**Working with Vulnerable People - General Registration** 2023 to 2028

*ACT*

**Higher Degree Research Supervisor** 2022 to date

*University of Canberra*

**Diploma of Educational Studies** 2013

*College of Teachers, London*

## MENTORSHIP

**Higher Education Academy Mentoring Program** 2025 to date

*University of Canberra*

In this program, I am a mentor for colleagues pursuing fellowship with the Higher Education Academy.

**Canberra Health Services Research Mentoring Program** 2024

*Canberra Health Services*

In this program, I mentored [REDACTED]. The mentorship program aims to support development of Canberra Health Services (CHS) staff to (1) increase research capability and activity, (2) develop networks in CHS and across the Australian Capital Territory and (3) improve career progression, confidence and satisfaction.

**Big Brother Scholarship Mentor** 2018 - 2021

*Ananthan Ambikairajah*

## MENTEESHIP

**Teaching Excellence Mentoring Program** 2024

In this program, I was mentored by Professor Nick Ball. The mentorship focuses on my application for the University of Canberra Teaching Excellence Award.

*University of Canberra - Faculty of Health*

**Higher Education Academy Mentoring Program** 2023 to 2025

*University of Canberra*

In this program, I was mentored by Adjunct Professorial Associate Peter Copelan. The mentorship focused primarily on my Fellowship and Senior Fellowship application submissions to the Higher Education Academy.

**Faculty of Health Mentoring Program** 2021 to present

In this program, I was mentored by Professor Douglas Boer and am currently mentored by Associate Professor Phillip Newman. The mentorship focuses on my university portfolio (i.e. research, teaching, service and engagement), in addition to opportunities for professional development and pathways for promotion.

*University of Canberra - Faculty of Health*

## FUNDRAISING AND OTHER INTERESTS

### Running

2020 to date

- Canberra Times Marathon 2024, 2025, 2026
- Sydney Marathon 2024, 2025
- Stromlo Marathon 2025
- Indigenous Marathon Reconciliation Week Fun Run (10km) 2022 to 2023
- Dementia Australia Memory Walk and Jog (10km) 2020, 2023 to date

*Total Funds Raised for Dementia Australia via Running = \$1041*

### Rock Climbing

2020 to date

### Performing Stand-up Comedian

2013 to 2018

### Bamboo Flautist

2001 to 2016

### Chess

2002 to date

### Tennis

1999 to date