

Anna Y. Kharko

PH.D. CANDIDATE IN CHRONIC PAIN · FOUNDER OF LAB R.E.D.

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Publications

- **KHARKO A.Y.**, Klein F.B., Hall, S.D., Roser, M.E. (In Preparation) Effects of 7.5% CO₂ Inhalation on State Anxiety and Continuous Pain Ratings in Fibromyalgia.
- **KHARKO A.Y.**, Hansford K., Klein F.B., Hall, S.D., Roser, M.E. (In Preparation) Effects of 7.5% CO₂ Inhalation on State Anxiety and Continuous Pain Ratings in Healthy Adults.
- **KHARKO A.Y.**, Roser, M.E., Hall, S.D., Furlong, P. (In Preparation) Altered Temporal Summation in Fibromyalgia Measured through Continuous Pain Ratings in Response to TES.
- **KHARKO A.Y.**, Roser, M.E. (In Preparation) MRI-Guided rTMS to Prefrontal Lateral Cortex Promotes Implicit Statistical Learning in Healthy Adults.

Education

PhD in Chronic Pain

UNIVERSITY OF PLYMOUTH

Plymouth, UK

2016 – Ongoing

- Title: The Role of Acute Anxiety on the Temporal Profile of Pain in Healthy Adults and Fibromyalgia Patients
- Supervisory Team: [Dr. Matt Roser](#), [Prof. Stephen D. Hall](#)

Fellow of HEA

HIGHER EDUCATION ACADEMY

Plymouth, UK

2016 – 2017

- Masters Level Postgraduate Certificate in Academic Practice

BSc (Hons) Psychology with Certificate of Professional Experience

UNIVERSITY OF PLYMOUTH

Canada & UK

2012 – 2016

- Awarded First Class Degree
- 2nd Year: Exchange Year at Western University, London, ON, Canada
- 3rd Year: Professional Placement at University of Plymouth, UK
- Dissertation Title: *Effects of rTMS on Visual Sequential Statistical Learning in Healthy Adults*

Research Experience

COLLABORATIONS

Collaboration with University of Basel, Harvard Medical School, & Consiglio Nazionale delle Ricerche (CNR)

USA, Switzerland, & Italy

RESEARCHER

2020 - Ongoing

- PI: [Dr. Marco Annoni](#)
- Project: Machine Learning & Mental Health Care: Opinions of Swiss University Students.
- Responsibilities: survey design and distribution, data management.

Internal Collaboration within the School of Psychology

UK

RESEARCHER

2020 - Ongoing

- PI: [Dr. Jaysan Charlesford](#)
- Project: Effects of 7.5% CO₂-induced state anxiety on disgust.
- Responsibilities: student supervision, gas administration.

Collaboration with Harvard Medical School & University of Basel

USA & Switzerland

RESEARCHER

2019 - Ongoing

- PI: Dr. Charlotte Blease
- Project: Delphi project on the opinions of world experts in artificial intelligence about the future of the field.
- Responsibilities: recruitment and study delivery.

Collaboration with University Hospitals Plymouth NHS Trust & University of Basel

Switzerland & UK

RESEARCHER

2019 - Ongoing

- PI: Dr. Cosima Locher
- Project: Qualitative investigation of the illness narrative in fibromyalgia.
- Responsibilities: organisation and conduction of group interviews with patients, transcription and data analysis.

Internal Collaboration within the School of Psychology

UK

CO-PI

2019 - Ongoing

- Co-PI: Dr. Tara Zaksait, Dr. Alaistar Smith, Dr. Matt Roser, Prof. Stephen Hall
- Project: Effects of 7.5% CO₂-induced state anxiety on spatial memory of visual stimuli.
- Responsibilities: survey design and distribution, data management.

Chronic Primary Pain Network (C.P.P. Network)

Switzerland, Germany, UK

REVIEWER

2018 - Ongoing

- PIs: Dr. Cosima Locher, Dr. Helen Koechlin
- Project: Meta-analysis on interventions used for treatment of pain in CPP conditions.
- Responsibilities: abstracts and full-text review, lead on data extraction.

POSTGRADUATE

Laboratory for Respiratory Experimental Designs (Lab R.E.D.)

UK

FOUNDER & RESEARCHER

2018 - Ongoing

- Responsible for the establishment of the lab: from ethical approval to equipment purchasing.
- Author of the Lab R.E.D. Safety Report
- Responsibilities: training of new lab members, research supervision, health and safety compliance.

PhD Research

UK

PI

2016 - Ongoing

- Research areas: Experimental anxiety, acute pain, temporal summation, fibromyalgia.
- Aim: To research the effects of anxiety on pain in healthy adults and patients with fibromyalgia.
- Completion date: October 2020

UNDERGRADUATE

Motor Control Lab, University of Plymouth

Plymouth, UK

RESEARCH ASSISTANT

2015 - 2016

- PI: Dr. Edward Rhodes
- Project: Investigation of cortical oscillations involved in simple motor action preparation.
- Responsibilities: assistance in EEG, TMS and TACS studies.

The Neuropsychology of Reasoning Project, University of Plymouth

Plymouth & Exeter, UK

RESEARCH ASSISTANT

2014 - 2015

- PI: Dr. Matt Roser
- Project: Multi-methodological neuroimaging and neurostimulation investigation of the cortical network involved in conditional and syllogistic reasoning.
- Responsibilities: EEG, fMRI and MRI-guided TMS studies run, including recruitment, testing, data pre-processing for full analysis, data management.

Professional Placement in the School of Psychology, University of Plymouth

Plymouth, UK

RESEARCH ASSISTANT

2014 - 2015

- Pls: Dr. Matt Roser, Associate Prof. Patric Bach, Dr. Matthew Hudson
- Project 1: Complex spatial visual learning in male adults.
- Project 2: The effect of 3D stereoscopic vision on motor affordances in healthy adults.
- Project 3: Motor affordances in adults on the autistic spectrum disorder.
- Responsibilities: studies preparation, run and analysis, delivery of cognitive tests and use of proprietary equipment.

Wills Lab, University of Plymouth

Plymouth, UK

RESEARCH ASSISTANT

2012 - 2013

- Pls: Prof. Andy Wills
- Project: Longitudinal study on categorisation.
- Responsibilities: abstracts and full-text review, data extraction.

Teaching Experience

Undergraduate Research Methods & Statistics Course

Plymouth, UK

WORKSHOP TUTOR

2016 - 2018

- Taught statistical methods to Psychology undergraduate students.

Introductory Course to Psychological Research

Plymouth, UK

WORKSHOP TUTOR

2016 - Ongoing

- Teaching & supervision of undergraduate biomedical students.

Various Undergraduate Courses

Plymouth, UK

EXAMS & COURSEWORK MARKER

2016 - Ongoing

- Responsible for marking various written assignments, verbal poster presentations, and exams across all years of the Psychology undergraduate programme.

Awards

Best Speaker Award at the 11th School of Psychology Conference

Plymouth, UK

FROM UNIVERSITY OF PLYMOUTH

June 2019

Talk on the implementation of the CO₂ Model within the School, overview of literature, best practices and Lab R.E.D.'s experience.

Shortlisted for Best Dissertation in Posters in Parliament

London, UK

FROM BCUR

January 2017

Poster on dissertation research was presented at the Palace of Westminster in front of members of the parliament. Dissertation was shortlisted for best national undergraduate project.

Award for Best Dissertation in Neuropsychology 2016

Plymouth, UK

FROM UNIVERSITY OF PLYMOUTH

July 2016

Dean's Award for Academic Excellence

Plymouth, UK

FROM UNIVERSITY OF PLYMOUTH

July 2016

Students with excellent

Additional Education

Emergency First Aid at Work Level 3

Plymouth, UK

SPECIALISED TRAINING

2019

Internet course in AIClass - now Udacity. Advanced Track (score 89.9%).

Gas Handling Course

SPECIALISED TRAINING

Internet course in AIClass - now Udacity. Advanced Track (score 89.9%).

On-line

2019

CED Training in Signal Processing

SPECIALISED TRAINING

Additional course in Departamento de Biofísica, Universidade Federal do Rio Grande do Sul. Grade awarded: A. Duration 45 hours.

Cambridge, UK

2018

Skills

Computer Proficiency SPSS, JASP, MATLAB, R, BrainVoyager QX, LaTeX

Neuroimaging Equipment EEG (neuroPRAX, actiCAP), fMRI (Philips 1.5 T)

Neurostimulation Equipment TMS (Magstim Ltd.), DC-STIMULATOR (neuroConn), Power1401 Box (CED Ltd.)

Other Equipment TES (Digitimer Ltd.)

Languages Bulgarian (Native), Russian (Native), English (Proficient, TOEFL 111 Score), German (Advanced)

Research Grants

£ 2,300 **Co-PI**, Study Grant from School of Psychology, University of Plymouth

2019

£ 1,900 **PI**, Equipment Grant from School of Psychology, University of Plymouth

2018