Visiting Professor Graham Finlayson
School of Psychology, Faculty of Medicine & Health, University of Leeds, United Kingdom

Principal investigator: Senior Researcher, MD, PhD Kristine Færch, Steno Diabetes Center Copenhagen

Biography: Graham Finlayson is a psychologist and Professor in Psychobiology in the School of Psychology, Faculty of Medicine & Health, University of Leeds, UK. His training includes positions at New York Obesity Centre at Columbia University, Nestlé Research Centre in Lausanne and a Caledonian Futures Research Fellowship in Glasgow. His research expertise focus on understanding what underpins control of human appetite and why people overeat. His recent research involves examining psychological and behavioural parameters of food reward in relation to physiological and metabolic parameters during energy deficit. He has published over 100 peer-reviewed research papers with +4,500 total citations.

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Title of project: Investigation of the role of food reward and other behavioral aspects of appetite within the field of (pre-)diabetes research.

Short Abstract

Current prevention and treatment of obesity and type 2 diabetes (T2D) include energy restricted diets and increased levels of physical activity, but adherence to such strategies is difficult, and maintenance is challenging for most individuals. Timing of food intake and fasting periods affect the circadian rhythms of metabolic organs, and experimental data from animal studies suggest promising effects of time-restricted eating (TRE) on weight loss, glucose regulation, appetite and energy level. The overall purpose of this Visiting Professorship is to transfer knowledge and implement methodologies to investigate the role of food reward and other behavioral aspects of appetite within the field of (pre-)diabetes research.

Long Abstract

Current prevention and treatment of obesity and type 2 diabetes (T2D) include energy restricted diets and increased levels of physical activity, but adherence to such strategies is difficult, and maintenance is challenging for most individuals. Timing of food intake and fasting periods affect the circadian rhythms of metabolic organs, and experimental data from animal studies suggest promising effects of time-restricted eating (TRE) on weight loss, glucose regulation, appetite and energy level. The overall purpose of this Visiting Professorship is to transfer knowledge and implement methodologies to investigate the role of food reward and other behavioral aspects of appetite within the field of (pre-)diabetes research. This will be achieved through collaboration with principal investigator, Dr Kristine Færch (KF), at Steno Diabetes Center Copenhagen and her research group on the RESET trial and adjacent research

projects described in this research plan. The specific aims of this visiting professorship are to gain novel insight into: 1) diurnal patterns of food reward and the impact of TRE on these patterns; 2) how behavioral aspects of food choice and intake, including food reward, change with diurnal alignment of food intake and whether these possible changes are associated with changes in appetite regulating hormones and gastric emptying. The international collaborations between GF and Danish research groups in the field of diabetes will introduce important interdisciplinary collaborations that will form the basis for novel interventions, which are likely to be more feasible than previous and current interventions in promoting weight loss and preventing T2D. Furthermore, it will include collaboration through an industrial PhD student, Hanne Pedersen, who is employed at the Danish company, iMotions A/S, co-supervised by Pr Finlayson.