Our laboratory focuses on understanding how body weight is regulated. We have a particular interest in understanding how energy expenditure occurs within mammals. Our work primarily focuses on thermogenesis, which is a specialised process where the body expends energy in the form of heat. Our work aims to understand how the brain regulates thermogenesis. We have a number of unique and novel models that allow us to characterise the control of body weight, food intake and energy expenditure. The metabolic neuroendocrine group has a particular interest in understanding how the following impact on energy homeostasis and weight control:

- Gender differences and the effects of sex steroids.
- Stress and the stress hormone cortisol.
- Exercise.

Research Projects

1. Sex differences in the control of thermogenesis
2. Stress, weight loss and predisposition to obesity
3. Using mitochondrial DNA to predict propensity to obesity

Selected significant publications:


