

Regan Herrington

HONOURS RESEARCH



Research Focus:

Regan's honours is focused on the effects of hangover on neurocognitive performance in a variety of tasks. Regan's research is also analyzing the impacts of a heavy drinking night versus a light drinking night on overall hangover severity. In previous alcohol related research there have been limited findings surrounding the total influence of intoxication on next day testing, but much to suggest that acute effects of alcohol can severely impact performance in physical and psychomotor tasks. The influence of hangover severity as an independent variable has only been narrowly investigated in alcohol research to date. Regan also seeks to understand how effort can play a role in the outcome and overall performance of all respective subjects during each post-intoxication task. This study will help to further examine the effects alcohol can have on one's body and performance in many domains, and more specifically help us identify how hangover may affect an athlete's ability to train and compete.

About Regan:

Regan is a 4th year Kinesiology with Psychology student from Newmarket, Ontario. She has been an active member within the Kinesiology department and athletic community at Acadia as she is the Grad Representative for the AKS as well as a member of the Acadia Women's Volleyball Team. Regan also volunteers her free time with Kinderskills, the Acadia Players Association (APA), Axe Academy Volleyball Club, and has served as a Teaching Assistant for a variety of courses.



Regan hopes to continue her education in a Master's of Sports Psychology to research the influence of mental health issues on elite level athletes when she graduates from Acadia in the spring of 2019.

Supervisor: Dr. Darren Kruisselbrink