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Summary

Research interests

Keywords:

- Eating behaviour
- Motivation
- Wanting and liking
- Satiety
- Expectations
- Portion size
- fMRI
- MEG
- Brain 'reward' regions
- Individual differences

Biography

I graduated with a BA(Hons) Psychology from the University of Sheffield in 1998. I completed an MSc in Cognitive Neuroscience at Imperial College, which led to studying for a PhD at the University of Cambridge with Professor Tony Holland at the Section of Developmental Psychiatry and Professor Adrian Owen at the MRC-Cognition and Brain Sciences unit (2001-2005). My PhD was entitled "The neural basis of hunger and satiety in Prader-Willi syndrome".

Following my PhD, I moved to Cardiff University to start a post-doc with Dr Ulrich von Hecker, studying "Attentional control in sad mood" (2005-2006), funded by the ESRC. We were awarded for a one year grant from the ESRC to continue this work, applying neuroimaging techniques to the study of reasoning in depression (2006-2007).

In 2007, I then embarked on a three-year Research Fellow position funded by Wales Institute of Cognitive Neuroscience (WICN). This gave me the opportunity to work on a number of projects, both extending the work on neuroimaging of reasoning, as well as returning to the study of 'excessive motivation', using neuroimaging (fMRI & MEG) to study the motivation to eat.

I joined the Nutrition and Behaviour Unit at the University of Bristol in 2010 to investigate decisions around portion size and satiety, and then moved over to the Clinical Research and Imaging Centre (CRICBristol) in October 2011. My research has remained focussed on applying neuroimaging techniques to understand regulation of appetite and body-weight. I joined the NIHR funded Biomedical Research Unit in Nutrition, Diet & Lifestyle in Bristol in the role of Research Associate in January 2013, where I conducted a neuroimaging project to assess the impact of weight-management training on the neural control of obesity in young people.

I am now a Senior Research Associate at the NIHR Bristol Biomedical Research Centre: Nutrition theme, where I am deputy lead of the Childhood with disease workstream. I am currently working on projects using neuroimaging at CRICBristol and experimental psychological techniques to study obesity and eating behaviour, in particular mechanisms underlying the effect of slowing eating rate, and responsiveness to satiety.

Memberships

Organisations

[Bristol Medical School \(THS\)](#)

Academic staff

- [School of Clinical Sciences Academic Staff](#)
- [CRICBristol](#)

Recent publications

- Ferriday, D, Hinton, E, Bosworth, M, Fay, S, Wilkinson, L, Rogers, P & Brunstrom, J, 2019, '[Labelling a product as high satiety increases expected and actual satiety](#)'. *Nutrients*.
- Hawton, K, Ferriday, D, Rogers, P, Toner, P, Brooks, J, Holly, J, Biernacka, K, Hamilton-Shield, J & Hinton, E, 2019, '[Slow down: Behavioural and physiological effects of reducing eating rate](#)'. *Nutrients*, vol 11.
- Hinton, EC, Birch, LA, Barton, JS, Holly, JMP, Biernacka, KM, Leary, SD, Wilson, A, Byrom, OS & Hamilton-Shield, JP, 2018, '[Using neuroimaging to investigate the impact of Mandolean® training in young people with obesity: a pilot randomised controlled trial](#)'. *BMC Pediatrics*, vol 18.
- Hedge, C, Jones, JEET, Stothart, G, Frias, PR, Magee, K, Leonards, U, Hinton, EC, Andoh, J & Brooks, J, 2013, '[THE NEURAL GENERATORS OF VISUAL MISMATCH: A SHARED FRONTAL GENERATOR ACROSS MODALITIES](#)', pp. 94-94
- Wilkinson, LL, Hinton, EC, Fay, SH, Rogers, PJ & Brunstrom, JM, 2013, '[The 'variety effect' is anticipated in meal planning](#)'. *Appetite*, vol 60., pp. 175-179
- Hinton, EC, Brunstrom, JM, Fay, SH, Wilkinson, LL, Ferriday, D, Rogers, PJ & Wijk, Rd, 2013, '[Using photography in 'The Restaurant of the Future'. A useful way to assess portion selection and plate cleaning?](#)'. *Appetite*, vol 63., pp. 31-35
- Wilkinson, LL, Hinton, EC, Fay, SH, Ferriday, D, Rogers, PJ & Brunstrom, JM, 2012, '[Computer-based assessments of expected satiety predict behavioural measures of portion-size selection and food intake](#)'. *Appetite*, vol 59., pp. 933-938
- Lawrence, NS, Hinton, EC, Parkinson, JA & Lawrence, AD, 2012, '[Nucleus accumbens response to food cues predicts subsequent snack consumption in women and increased body mass index in those with reduced self-control](#)'. *NeuroImage*, vol 63., pp. 415-422
- Brunstrom, JM, Burn, J, Sell, NR, Collingwood, JM, Rogers, PJ, Wilkinson, LL, Hinton, EC, Maynard, OM & Ferriday, D, 2012, '[Episodic memory and appetite regulation in humans](#)'. *PLoS ONE*, vol 7.
- Brunstrom, J, Brown, S, Hinton, E, Rogers, P & Fay, S, 2012, '[Expected satiety' changes hunger and fullness in the post-meal interval](#)'. *Appetite*, vol 56., pp. 310 - 315

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