

Anna Y. Kharko

EARLY CAREER RESEARCHER · NORDeHEALTH CO-ORDINATOR · RESEARCH FELLOW

MTC-huset, Dag Hammarskjölds väg 14B, 1 tr, 752 37, Uppsala, Sweden

☎ +44 (0)7402 420406 | ✉ anna.kharko@kbh.uu.se | 🏠 annakharko.com

Education

PhD in Psychology

UNIVERSITY OF PLYMOUTH

Plymouth, UK

2016 – 2021

- Thesis Title: *The Psychology of Anxiety and Pain in Fibromyalgia*
- Supervisory Team: [Dr. Matt Roser](#), [Prof. Stephen D. Hall](#), [Prof. Paul Furlong](#)

Higher Education Academy (HEA) Fellowship

HEA & UNIVERSITY OF PLYMOUTH

Plymouth, UK

2016 – 2017

- Award: Distinction
- Masters Level Postgraduate Certificate of Teaching at Higher Education

BSc (Hons) Psychology with Certificate of Professional Experience

UNIVERSITY OF PLYMOUTH & WESTERN UNIVERSITY

Canada & UK

2012 – 2016

- Award: First Class
- 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*

Employment

Researcher & Project Co-ordinator

UPPSALA UNIVERSITY

Uppsala, Sweden

2021 – 2023

- Responsibilities: Research and project management in [NORDeHEALTH](#) and [Beyond Implementation of eHealth](#).

Research Fellow

UNIVERSITY OF PLYMOUTH

Plymouth, UK

2021

- Responsibilities: Research of digital health innovative technology as part of [EPIC](#) and [GOALD](#).

Teaching Experience

MedTech Science & Innovation PhD School

PRESENTER

Uppsala University, Sweden

2022

- Topic: Involvement of Persons with Lived & Professional Experiences in Research

Undergraduate Research Methods & Statistics Module

WORKSHOP TUTOR

University of Plymouth, UK

2016 – 2020

- Topics: quantitative & qualitative statistical methods, technical training of SPSS.

Various Undergraduate Modules

EXAMS & COURSEWORK MARKER

University of Plymouth, UK

2016 – 2021

- Responsibilities: marking various written assignments, posters, presentations, and exams across all years of the Psychology undergraduate programme, as well as biomedical undergraduates.

Skills

RESEARCH METHODS

- Observational** Online Surveys (Delphi, Cross-sectional, Longitudinal), Focus Groups
- Reviews** Network Meta-analysis (Screening, Extraction, Assessment)
- Psychophysical** Experimental Anxiety (CO₂ Model), Experimental Pain (TES)
- Neuroimaging** EEG (neuroPRAX, actiCAP), fMRI (Philips 1.5 T)
- Neurostimulation** TMS/rTMS (Magstim Ltd.), DC-STIMULATOR (neuroConn), Power1401 Box (CED Ltd.)

DATA PROCESSING & ANALYSIS

- Quantitative** Mixed-effects Modelling (Advanced), Bayesian Inference (Enthusied Novice)
- Qualitative** Delphi, Thematic Analysis
- Programming** R (Advanced), MATLAB/SPM (Novice)
- Software** BrainVoyager QX (Novice), JASP (Advanced), SPSS (Advanced), Microsoft Office/Adobe/PDF-XChange (Advanced)




OTHER

- Languages** Bulgarian (Native), Russian (Native), English (Proficient), German (Advanced), Swedish (Beginner)

Grants

- SEK 2,400,000 **CI**, Project Grant from the Swedish Research Council 2023 – 2025
- SEK 300,000 **CI**, Research Grant from Johanna Ahléns Minnesfond, Uppsala University 2022 – 2024
- £ 1,000 **PI**, HEIF Student Led Digital Health Challenge Fund, University of Plymouth 2021
- £ 2,800 **PI**, Research Grant from School of Psychology, University of Plymouth 2021
- £ 2,300 **CI**, Research Grant from School of Psychology, University of Plymouth 2019
- £ 2,000 **PI**, Equipment Grant from School of Psychology, University of Plymouth 2018

Awards

-  **Best Talk at the 2022 Medicinteknikdagarna Conference** Sweden
BY THE INTERNATIONAL FEDERATION FOR MEDICAL & BIOLOGICAL ENGINEERING 2022
- Award for Poster Presentation at the 18th World Congress on Pain 2021** Canada
BY INTERNATIONAL ASSOCIATION FOR THE STUDY OF PAIN Postponed to 2022
Awarded free registration and a travel grant to present a poster on the first study from Lab R.E.D.
-  **Best Speaker at the 11th School of Psychology Conference** Plymouth, UK
BY UNIVERSITY OF PLYMOUTH June 2019
- Shortlisted for Best Dissertation in Posters in Parliament** Palace of Westminster, London, UK
BY THE BRITISH CONFERENCE OF UNDERGRADUATE RESEARCH January 2017
Poster on dissertation research was presented at the Palace of Westminster in front of members of the British parliament.
Shortlisted for the best national undergraduate project.
-  **Best Dissertation in Neuropsychology 2016** Plymouth, UK
FROM UNIVERSITY OF PLYMOUTH July 2016
Undergraduate dissertation project on the modulation of the dorsolateral prefrontal cortex (dlPFC) through rTMS during implicit statistical learning.

Posters & Presentations

Talk	<i>The future of EHRs: do patients & healthcare professionals agree?</i> , Medicinteknikdagarna, Sweden	2022
Poster	<i>Efficacy of Antidepressants in Fibromyalgia: A Systematic Review</i> , 18 th World Congress on Pain, Canada	2022
Seminar	<i>Experimental Model of Anxiety: Overview & Application in Pain Research</i> , King's College London, UK	2021
Seminar	<i>Experimental Model of Anxiety: Overview & Application in Social Science</i> , University of Plymouth, UK	2020
Talk	<i>Introduction to Lab R.E.D.</i> , School of Psychology Conference, University of Plymouth, UK	2019
Poster	<i>Novel Approach to Measuring Temporal Summation in Fibromyalgia</i> , 17 th World Congress on Pain, USA	2018
Poster	<i>Temporal Summation & Habituation in Fibromyalgia</i> , Annual Research Event, University of Plymouth, UK	2018
Talk	<i>Temporal Profile of Pain in Fibromyalgia</i> , Aston University, UK	2017
Poster	<i>Effects of rTMS on Visual Sequential Statistical Learning in Healthy Adults</i> , Posters in Parliament, UK	2017

Select posters & presentations can be viewed [here](#).

Additional Education

26th Summer School in Social Science Methods

Lugano, Switzerland

CONTINUING PROFESSIONAL DEVELOPMENT

2022

A two-weeks intensive methodological course on structural equation modeling and natural language processing.

Health & Safety Training Courses

Plymouth, UK

SPECIALISED TRAINING

2019

Various courses pertaining to gas handling, first aid and fire safety.

CED Training in Signal Processing

Cambridge, UK

SPECIALISED TRAINING

2018

Course overview: Introduction to the proprietary software for Power1401 box Spike2 (spike sorting, graphical sequence editor, scripting syntax), as well as advanced signal sampling with external hardware such as TMS or tDCS.

Memberships & Roles

Member	The Faculty of Health, University of Plymouth Equality, Diversity, & Inclusivity , University Committee	2018 - Ongoing
Member	International Association for the Study of Pain , Professional Organisation	2018 - Ongoing
Organiser	10-Year Anniversary of Journalen , Conference	2022
Member	The British Pain Society , Professional Organisation	2018 - 2021
Organiser	Perspectives on Good Treatment, University of Basel & University of Plymouth , Symposium	2019
Organiser	The 9th School of Psychology, University of Plymouth , Conference	2017

Supervision

1.	Elise Seabrook-France , Placement Student	2021
2.	Rachael Brown , Placement Student	2021
3.	Kirralise Hansford , Lab R.E.D. Research Assistant	2019 - 2021
4.	Imogen Payne , Lab R.E.D. Research Assistant	2019 - 2020
5.	Joshua Ainslie , Placement Student & Lab R.E.D. Research Assistant	2019 - 2020
6.	Thomas Burgess , Final Year Undergraduate Project	2017
7.	Abbey Clarkson , Final Year Undergraduate Project	2016

Publications List

PUBLISHED

1. **Kharko A**, Häggglund M (2022) Nocebo effects from clinical notes: reason for action, not opposition for clinicians of patients with medically unexplained symptoms. *BMJ Journal of Medical Ethics*
IF 5.926, <http://doi.org/10.1136/jme-2022-108795>
2. Blease C, **Kharko A**, Bernstein M, Bradley C, Houston M, Walsh I, Häggglund M, DesRoches C, Mandl K (2022) Machine learning in medical education: a survey of the experiences and opinions of medical students in Ireland. *BMJ Health & Care Informatics*
IF 2.28, <http://doi.org/10.1136/bmjhci-2021-100480>
- 3* Koechlin H, **Kharko A**, Probst T, Pradela J, Buechi S, Locher C (2021) Placebo responses and their clinical implications in Fibromyalgia: A Meta-Analysis using SSRI and SNRI trials. *Frontiers in Pain Research*
<http://doi.org/10.3389/fpain.2021.750523>
4. Korwisi B, Barke B, **Kharko A**, Bruhin C, Locher C, Koechlin H (2021) Not really nice: A commentary on the recent version of NICE Guidelines [NG193] by The Pain Net. *PAIN Reports*
<http://doi.org/10.1097/PR9.0000000000000961>
5. Blease C, **Kharko A**, Häggglund M, Harcourt K, O'Neill S, Salmi L, Wachenheim D, Torous J, DesRoches CM (2021) The Benefits and Harms of Open Notes in Mental Health: A Delphi Survey of International Experts. *PLOS ONE*
IF 3.752, <http://doi.org/10.1371/journal.pone.0258056>
6. Blease C, Torous J, **Kharko A**, DesRoches CM, Harcourt K, O'Neill S, Salmi L, Wachenheim D, Häggglund M (2021) Preparing Patients and Clinicians for Open Notes in Mental Health: A Qualitative Inquiry of International Experts. *JMIR Mental Health*, 8(4):e27397
IF 6.33, <http://doi.org/10.2196/27397>
7. Blease C, **Kharko A**, Annoni M, Gaab J, Locher C (2021) Machine Learning in Clinical Psychology and Psychotherapy Education: A Mixed Methods Pilot Survey of Postgraduate Students at a Swiss University. *Frontiers in Public Health*, 9, 273.
IF 3.018, <https://doi.org/10.3389/fpubh.2021.623088>
8. Hudson M, Nicholson T, **Kharko A**, McKenzie R, Bach P (2021) Predictive Action Perception from Explicit Intention Information in Autism. *Psychonomic Bulletin & Review*, 28, 1556–1566
IF 5.536, <https://doi.org/10.3758/s13423-021-01941-w>
9. Blease C, **Kharko A**, Locher C, DesRoches CM, Mandl KD (2020) US primary care in 2029: A Delphi survey on the impact of machine learning. *PLOS ONE*, 15(10): e0239947.
IF 3.752, <https://doi.org/10.1371/journal.pone.0239947>

* All authors contributed equally.

IN REVIEW / PREPRINTS

9. Blease C, Torous J, Dong Z, Davidge G, DesRoches C, **Kharko A**, Turner A, Jones R, Häggglund M, McMillan B (2022) “Political correctness gone mad”: A Qualitative Study of GPs’ Views about Online Record Access in England. *JMIR Preprints*
<https://preprints.jmir.org/preprint/43496>
10. Blease C, **Kharko A**, Bernstein M, Bradley C, Houston M, Walsh I, Mandl K (2022) Computerization of GPs’ jobs: A Mixed Methods Survey of Final Year Medical Students in Ireland. *JMIR Preprints*
<https://preprints.jmir.org/preprint/42639>
11. **Kharko A**, Hall S, Furlong P, Roser M (2020) Continuous pain report demonstrates time delay of pain ratings in Fibromyalgia. *medRxiv*
<https://doi.org/10.1101/2020.12.28.20248780>
12. **Kharko A**, Hansford K, Furlong P, Hall S, Roser M (2020) The Anxiety and Pain of Fibromyalgia Patients during the COVID-19 Pandemic. *medRxiv*
<https://doi.org/10.1101/2020.11.24.20188011>
13. **Kharko A**, Hansford K, Klein F, Furlong P, Hall S, Roser M (2020) The role of anxiety in the perception of pain: exploring the cumulative & temporal mechanisms of hypercapnic analgesia. *bioRxiv*
<https://doi.org/10.1101/2020.10.30.357061>