BRENDAN EGAN, PHD

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CURRENT POSITION

2016-present: Associate Professor of Sport and Exercise Physiology
School of Health and Human Performance, Dublin City University, Ireland

2019-present: Visiting Research Scientist
Florida Institute for Human & Machine Cognition, Pensacola, FL USA

EDUCATION & EMPLOYMENT

2011-2016: Lecturer in Exercise Metabolism
School of Public Health, Physiotherapy & Sports Science, University College Dublin, Ireland

2013-2015: Professional Diploma University Teaching & Learning
University College Dublin, Ireland

2011-2014: Visiting Researcher
Department of Molecular Medicine & Surgery, Karolinska Institute, Sweden

2008-2011: Post-doctoral Fellow, Integrative Physiology
Section of Integrative Physiology, Departments of Molecular Medicine & Surgery, and Physiology & Pharmacology, Karolinska Institute, Sweden

2004-2008: PhD (Human physiology and exercise metabolism)
School of Health & Human Performance, Dublin City University, Ireland

2003-2004: MSc Sport and Exercise Nutrition
School of Sport & Exercise Sciences, Loughborough University, UK

1999-2003: BSc Sport and Exercise Science
Department of Physical Education & Sport Sciences, University of Limerick, Ireland

RESEARCH METRICS

Career (SciVal)	Publications:	112
	Citations:	5496
	Field-Weighted Citation Impact:	1.87
	h-index:	30
	Q1/Q2/Q3/Q4:	77.5%/17.1%/3.6%/1.8%
Mentoring	PhD students to completion	13
	Post-doctoral Fellows	5

RELEVANT PEER-REVIEWED PUBLICATIONS

1. Brady AJ, Moynagh MB, Devenney S, **Egan B** (2025). Advanced Footwear Technology, But Not Acute Ingestion of a Ketone Monoester, Improves Running Economy in Middle- and Long-Distance Runners. *Medicine & Science in Sports & Exercise* 57(7):1559-1569. *DOI*: 10.1249/MSS.0000000000003682
2. McClure TS, Buxton JD, **Egan B**, Plank E, Isles M, Ault DL, Prins PJ, Koutnik AP (2025). Multisystem impact of altering acid load of ingested exogenous ketone supplements at rest in young healthy adults. *American Journal of Physiology: Regulatory, Integrative and Comparative Physiology* 328(3):R386-R395. *DOI*: 10.1152/ajpregu.00057.2024
3. McClure TS, Phillips J, Kernagis D, Coleman K, Chappe E, Cutter, GR, **Egan B**, Norell T, Stubbs BJ, Bamman MM, Koutnik AP (2024). Ketone monoester attenuates oxygen desaturation

during weighted ruck exercise under acute hypoxic exposure but does not impact cognitive performance. *Experimental Physiology* 109(10):1768-1781. *DOI*: 10.1113/EP091789

4. McClure TS, Phillips J, Koutnik AP, Coleman K, Chappe E, Cutter, GR, **Egan B**, Norell T, Stubbs BJ, Bamman MM, Kernagis D (2024). Ketone monoester attenuates declines in cognitive performance and oxygen saturation during acute severe hypoxic exposure under resting conditions. *Experimental Physiology* 109(10):1672-1682. *DOI*:10.1113/EP091794
5. Waldman HS, O'Neal EK, Barker GA, Witt CR, Lara DA, Huber AK, Forsythe VN, Koutnik AP, D'Agostino DP, Staiano W, **Egan B** (2024). A Ketone Monoester with Carbohydrate Improves Cognitive Measures Post-Exercise, but not Performance in Trained Females. *Medicine & Science in Sports & Exercise* 56(4):725-736. *DOI*: 10.1249/MSS.0000000000003352
6. Brady AJ, **Egan B** (2024). Acute Ingestion of a Ketone Monoester without Co-Ingestion of Carbohydrate Improves Running Economy in Male Endurance Runners. *Medicine & Science in Sports & Exercise* 56(1):134-142. *DOI*: 10.1249/MSS.0000000000003278
7. Waldman H, O'Neal E, Barker G, Witt C, Lara D, Huber K, Forsythe V, Koutnik A, D'Agostino D. Staiano W, **Egan B** (2023). No Benefit of Ingesting a Low-Dose Ketone Monoester Supplement on Markers of Cognitive Performance in Females. *Journal of Cognitive Enhancement* 7:193-202. *DOI*: 10.1007/s41465-023-00275-w
8. Evans M, McClure TS, Koutnik AP, **Egan B** (2022). Exogenous Ketone Supplements in Athletic Contexts: Past, Present, and Future. *Sports Medicine* 52(Suppl 1):25-67. *DOI*: 10.1007/s40279-022-01756-2
9. Waldman HS, Bryant AR, Shepherd BD, **Egan B**, McAllister MJ (2022). No effect of a ketone monoester on markers of stress and performance in a live-burn, search and rescue in firefighters. *Journal of Strength and Conditioning Research* 36(3):763-771. *DOI*: 10.1519/JSC.0000000000004194
10. Poff AM, Koutnik AP, **Egan B** (2020). Nutritional Ketosis with Ketogenic Diets or Exogenous Ketones: Features, Convergence, and Divergence. *Current Sports Medicine Reports*. 19(7):251-259. *DOI*: 10.1249/JSR.0000000000000732
11. Waldman HS, Shepherd BD, **Egan B**, McAllister MJ (2020). Exogenous Ketone Salts Do Not Improve Cognitive Performance During a Dual-Stress Challenge. *International Journal of Sport Nutrition & Exercise Metabolism* 30(2):120-127 *DOI*: 10.1123/ijsnem.2019-0122
12. Evans M, McSwiney FT, Brady AJ, **Egan B** (2019). No benefit of ingestion of a ketone monoester supplement on 10-km running performance. *Medicine & Science in Sports & Exercise* 51(12):2506-2515 *DOI*: 10.1249/MSS.0000000000002065
13. Evans M, **Egan B** (2018). Intermittent Running and Cognitive Performance after Ketone Ester Ingestion. *Medicine & Science in Sports & Exercise* 50(11):2330-2338. *DOI*: 10.1249/MSS.0000000000001700
14. Evans M, Cogan KE, **Egan B** (2017). Metabolism of ketone bodies during exercise and training: is there a physiological basis for exogenous supplementation? *Journal of Physiology* 595(9):2857-2871. *DOI*: 10.1113/JP273185

PROFESSIONAL MEMBERSHIPS

The Physiological Society: Ordinary member

European Association for the Study of Diabetes (EASD): Individual member

American College of Sports Medicine (ACSM): Member

Irish Endocrine Society (IES): Member

Professional in Nutrition for Exercise Science (PINES): Member