



Institute of Psychiatry, Psychology & Neuroscience

# Academic Psychiatry Divisional Digest

Issue 2 | March 2018

Welcome to the second edition of the Academic Psychiatry Divisional Digest. Thank you for all your numerous contributions.

Any feedback for future editions would be greatly appreciated.

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## Research Excellence Framework 2021

We are now just past the midpoint between REF 2014 and REF 2021. More than anything, our division needs to prepare with confidence for the next exercise. Here is the latest local guidance.

### Background – from RAE to REF

The four UK higher education funding bodies (including HEFCE) allocate about £2 billion per year of research funding to UK universities.

To distribute funds selectively on the basis of quality, the funding bodies assess universities' research through a periodic exercise. This was previously known as the Research Assessment Exercise (RAE), and was last conducted in 2008. The 2014 Research Excellence Framework (REF) replaced the RAE (a key difference being the introduction of Research Impact as an assessment element). It assessed the quality and impact of UK universities' research in all disciplines and the results were used to allocate research funding from 2015-16.

Panels, Subpanels and UoAs: There are 4 main panels. Under those are the subpanels that each cover a Unit of Assessment (UoA) – there were 36 UoAs in REF2014, and there will be minor tweaks in REF2021 that won't impact IoPPN, resulting in 34 UoAs. **Main Panel A** is the one that is relevant to IoPPN.

1	Clinical Medicine
2	Public Health, Health Services and Primary Care
3	Allied Health Professions, Dentistry, Nursing and Pharmacy
4	Psychology, Psychiatry and Neuroscience
5	Biological Sciences
6	Agriculture, Veterinary and Food Science

Main Panel A

Each subpanel produces an overall quality profile for that UoA, which shows the proportion of research activity judged by the panels to have met each of the four starred quality levels defined (in REF2014) as:

4*	Quality that is world-leading in terms of originality, significance and rigour.
3*	Quality that is internationally excellent in terms of originality, significance and rigour but which falls short of the highest standards of excellence.
2*	Quality that is recognised internationally in terms of originality, significance and rigour.
1*	Quality that is recognised nationally in terms of originality, significance and rigour.
Unclassified	Quality that falls below the standard of nationally recognised work. Or work which does not meet the published definition of research for the purposes of this assessment.

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## New Vice Dean of Research, IoPPN



PROFESSOR MATTHEW HOTOPF

Matthew Hotopf has been appointed Vice Dean of Research at IoPPN.

Matthew will support the Executive Dean by providing academic leadership of, and strategic direction to the IoPPN's research agenda, with the aim of fostering research excellence, innovation and the development of impact. He will represent the IoPPN's research both externally and within King's.

The Vice Dean of Research will be responsible for providing leadership and management of research activities in the faculty, including preparation for the next Research Excellence Framework with Vice Principal (Research) and setting our objectives to support the ambition of King's Vision 2029. Matthew will also coordinate large funding calls for mental health.

Matthew said: "I'm honoured to take up this role of Vice Dean of Research at IoPPN and excited to work with you all to develop our research strategy and prepare for the REF. These activities are more important than ever: research funders have finally woken up to the importance of mental and neurological disorders - and our basic, translational and implementation sciences provide real opportunities to change the lives of people with these conditions."

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The overall quality profile awarded to each submission is derived from a sub-profile for each of three elements of the assessment, the quality of research outputs (65% in REF2014; 60% in REF2021); the impact of research (20% in REF2014; 25% in REF2021) and research environment (15% in REF2014 and REF2021).

### Moving towards REF 2021 – the Stern Review and consultation

Lord Stern was tasked to lead an independent review to make recommendations on the future operation of the Research Excellence Framework (REF), which was published in July 2016: <https://www.gov.uk/government/publications/research-excellence-framework-review>

There then followed a consultation which officially closed in March 2017 <http://www.hefce.ac.uk/rsrch/refconsultation/>

### Initial decisions on REF2021

A letter from HEFCE to Heads of HEIs dated 31 August 2017, which sets out the initial decisions on the REF: [http://www.hefce.ac.uk/media/HEFCE.2014/Content/Pubs/Independentresearch/2017/REF.201701/REF2017\\_01.pdf](http://www.hefce.ac.uk/media/HEFCE.2014/Content/Pubs/Independentresearch/2017/REF.201701/REF2017_01.pdf)

The initial decisions letter includes the following key points:

◊ The assessment of research impact will now equate to 25% of a unit's quality profile, rather than 20%.

◊ The extra 5% accounted for by impact is taken from outputs, which now account for 60% of the quality profile. The split is therefore: Outputs (60%), Impact (25%), Environment (15%).

◊ There will no longer be an impact template, but information on impact support will be incorporated into environment statements.

◊ Impacts that were submitted as case studies in 2014 can also be submitted in 2021, but will need to show evidence of additional impact.

In November 2017 HEFCE published: **REF 2021 Decisions on staff and outputs:** [http://www.ref.ac.uk/media/ref.2021/downloads/REF%202017\\_04%20Decisions.pdf](http://www.ref.ac.uk/media/ref.2021/downloads/REF%202017_04%20Decisions.pdf)

The key points were:

- Return all staff with significant responsibility for research (at least 0.2 FTE)
- Census date 31 July 2020
- 1-5 outputs per staff member, average 2.5
- Portability of outputs - submitted by both the employer and the originating institution when output was generated
- Open access – at least within 3 months of publication (exception policy)
- Impact (25%) – case studies: 1 plus 1 per 15 staff up to 105, then 1 per 50

**Professor Matthew Hotopf**  
Vice Dean of Research, IoPPN

**Dr Gill Dale**  
Director of Research Quality

1-Jan-00	1-Aug-13	1-Jan-14					31-Jul-20	31-Aug-20	30-Sep-20	31-Oct-20	30-Nov-20	31-Dec-20
							CENSUS					
							Research Underpinning Impact					
							Impact					
							Publication Outputs					
							Research Enviroment?					
							Research Income					
							Research Doctoral Degree?					

Initial sketch of the expected time line for REF2021 (by GD).

## Partnership with Kangning Hospital in Shenzhen, China



In November 2017, Paola Dazzan, Professor of Neurobiology of Psychosis and Vice Dean International, visited Shenzhen, a vibrant city in the south of China together with our Executive Dean, Professor Ian Everall, and the Vice Principal International, Professor Funmi Olonisakin.

The city is home to the Shenzhen Hospital Authority and the Shenzhen Kangning Hospital, a large psychiatric hospital. On this occasion, a Memorandum of Understanding was signed between King's College London and Kangning Hospital. This was also an opportunity to strengthen the relationship with the Institute of Psychiatry, Psychology and Neuroscience (IoPPN), and a joint application has since been submitted to the Shenzhen City Government to support a partnership that will involve joint education, training and research activities.

## Arts in Mind at the IoPPN

Arts in Mind is a celebration of innovative collaborations between academics at the Institute of Psychiatry, Psychology & Neuroscience and the creative and cultural sector. The week-long festival is a positive commemoration of the 20<sup>th</sup> anniversary of the IoPPN joining King's College London, and showcase work that tests new ways to improve welfare and facilitate better understanding of mental health, the brain and the mind.

A wide variety of events including exhibitions, performances, screenings and workshops will address, among other topics, psychological wellbeing in HIV and in pregnancy, the experience of depression, identity in brain damage, patterns of worry and social anxiety, psychedelic music and images as mood enhancers, an exploration of auditory disturbances in serious mental illness and the affinity between the structure of the brain and the landscape of the city.

Arts in Mind is supported by the Institute of Psychiatry, Psychology & Neuroscience, the Cultural Institute and Cultural Programming at King's College London.



Arts in Mind events will take place on and around the IoPPN campus at Denmark Hill, Monday 4<sup>th</sup> – Sunday 10<sup>th</sup> June

2018. A detailed festival programme will be released in Spring 2018.



### The Duchess of Cambridge visits IoPPN



The Duchess of Cambridge visited the Maurice Wohl Clinical Neuroscience Institute at King's College London to find out more about the Institute of Psychiatry, Psychology & Neuroscience's (IoPPN) pioneering "bench to bedside" perinatal mental health research and to meet leading scientists in the area.

The Duchess was shown to a laboratory, where she met Professors Paola Dazzan and Carmine Pariante and discussed key biological research in perinatal mental health from the IoPPN, and showed The Duchess equipment and techniques used in the lab.

Following this, Dr. Chiara Nosarti talked about her research on the long-term effects of prematurity on brain development and mental health. Professor Ian Everall, Executive Dean, King's IoPPN said: "The Institute is the best in the world for academic research in this area and our co-location with South London and Maudsley is globally unique. The Maurice Wohl Clinical Neuroscience Institute is one of the largest clinical research facilities focusing on the brain from its very earliest stages of development through to end of life conditions. We are honoured The Duchess of Cambridge visited us to find out more about our ground breaking work."

Professor Carmine Pariante added: "We are delighted to have been able to show The Duchess of Cambridge the breadth of our research and that of our colleagues in perinatal mental health, and to share our ambition to improve the lives of mothers with mental health issues and their babies."



### Highly Cited Researchers 2017

Five academics from the Division of Academic Psychiatry are ranked among the world's leading scientific minds, according to the 2017 Thomson Reuters Highly Cited Researchers list.

- Dag Aarsland, *Professor of Old Age Psychiatry*
- Paolo Fusar-Poli, *Reader in Psychosis Studies*
- Philip McGuire, *Professor of Psychiatry & Cognitive Neuroscience*
- Ann McNeil, *Professor of Addictions*
- Sir Robin Murray, *Professor of Psychiatric Research*

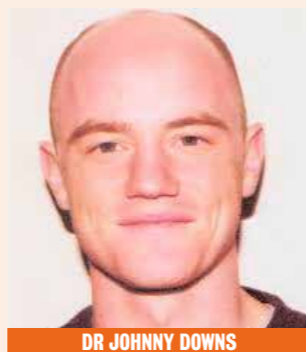
Around three thousand researchers earned this distinction by writing the greatest number of reports officially designated by Essential Science Indicators as Highly Cited Papers — ranking among the top 1 per cent most cited for their subject field and year of publication, earning them the mark of exceptional impact.

For further information about the Highly Cited list, please visit <https://clarivate.com/hcr/>



DR KELLY DIEDERER

Kelly recently joined the Psychosis Studies Department as a lecturer. She is a co-module leader for the MSc in Mental Health Studies and she supports the MSc in Early Interventions in Psychosis. She is particularly interested in the extent to which alterations in brain and behaviour are common across different psychiatric conditions, and whether we can develop more precise disease markers for individual patients. To this end, Kelly collaborates with experts in different psychiatric conditions at the University of Cambridge, Durham and East Anglia. Kelly's research portfolio includes behavioural task design, computational modelling, neuroimaging and psychosis.



DR JOHNNY DOWNS

Johnny is a Peggy Pollak Fellow in Developmental Psychiatry at the Department of Child & Adolescent Psychiatry. His research focuses on the (re)use of digital information for epidemiological studies examining risks factors and outcomes for childhood neurodevelopmental disorders. His work focuses on four main areas – patient portals to enhance patient reported outcomes, natural language processing to refine the data extracted from free-text electronic records, data-linkage to integrate non-health data into clinical record analysis, and the integration remote monitoring technology into clinical care.

### Oliver Howes awarded "Academic Researcher of the Year" by the Royal College of Psychiatrists



Academic Researcher of the Year (2017) at the Royal College of Psychiatrists Awards.

Professor Oliver Howes is a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust, where, amongst other things, he runs a service for people with refractory psychoses.

Professor Howes said, "It's a great honour to be recognised by the Royal College of Psychiatrists in this way. My research usually involves lots of people so this award is also testament to the many fantastic students and colleagues at King's and the Maudsley who have helped with my studies. I am very grateful to them and the people who nominated me for their

inspiration and support over the years. Most importantly I'd like to thank the patients who motivate and take part in our studies."

The review panel said, "Professor Oliver Howes has an outstanding track-record of research and scholarship. Through using positron emission tomography and magnetic resonance imaging, his work has significantly contributed to our understanding of dopaminergic and glutamatergic function in psychotic disorders. Professor Howes is a committed clinician and has developed guidelines to improve clinical management. He also mentors a number of trainees in developing their careers."

Oliver Howes, Professor of Molecular Psychiatry at the Psychosis Studies Department, Institute of Psychiatry, Psychology & Neuroscience, and the London Institute of Medical Sciences, Imperial College London, was named R N Jajoo Memorial



### Carmine Pariante awarded Distinguished Investigator Grant

We are pleased to announce that Professor Carmine Pariante has been awarded a Distinguished Investigator Grant by Brain Behavior, he is one of 17 scientists recognised worldwide and one of only four awardees from outside North America. The award recipients were selected by the Brain & Behavior Research Foundation's Scientific Council, which is composed of 176 leading experts across disciplines in brain and behaviour research, including two Nobel Laureates.

This one-year grants are seeking new potential targets for understanding and treating a wide range of neuropsychiatric disorders that affect one in five people, including depression, post-traumatic

stress disorder (PTSD), eating disorders, schizophrenia, and psychosis.

Professor Pariante is at the forefront of research on inflammation and mental health, with more than 50 papers published specifically on this subject in the last 10 years.

His research proposal, "Who are the Depressed Patients That Have Increased Inflammation? A Study in 150,000 Participants from the UK", uses UK Biobank, a unique database of 155,000 people, to study major depression. The investigators use biological and psychological measures to examine relationships among depression, early and adult stressors, and immune measure.

Professor Matthew Hotopf and Professor Cathryn Lewis, also at the IoPPN, will work with Professor Pariante on the project.



PROFESSOR CARMINE PARIANTE



## 56<sup>th</sup> Maudsley Debate - Mental Health Act (MHA)

The 56<sup>th</sup> Maudsley Debate took place on the 22nd November 2017, with the motion “This house believes that fundamental reform of the Mental Health Act (MHA) is required to reduce discrimination and unnecessary detention”.

The audience vote before the debate showed a clear preference for MHA reform and something of a mountain to climb for the opposition to the motion: 124 voted for the motion, 41 against and 63 abstained. This leaning was mirrored in the twitter poll, which showed 74% for the motion versus 26% against.

Chairing the debate was Professor Tony David, who introduced the speakers and the motion. Proposing the motion was George Szmukler, emeritus Professor of Psychiatry and Society and long-time critic of the risk-based mental health legislation. He used a hypothetical scenario to illustrate his argument that the MHA “mental disorder + risk” schema amounts to discrimination against people with mental illness because it fails to adequately respect autonomy when compared to “physical” disorders. He then launched a critique on a what he argued was a further discrimination intrinsic to the MHA, preventative detention. It would be preferable, he proposed, to move to a capacity-based legislation that applied equally across society.

Opening for the opposition was Scott Weich, Professor of Mental Health at the University of Sheffield and former lecturer at the IOP (as was), with an interest in psychiatric epidemiology and public mental health. He acknowledged Prof Szmukler’s concerns about coercion and raised the problem of over-representation



of minority groups in detained mental health patients. However, he expressed concern about the recently commissioned review of the MHA, suggesting that the law is not the problem and changing it will not solve the underlying issue of under-resourcing. He argued a capacity-based legislation sounds attractive in theory but has grave dangers if applied in the real world and could leave some vulnerable people without the care they need.

Sitting alongside Professor Szmukler was the Right Honourable Norman Lamb, Liberal Democrat MP for North Norfolk and mental health campaigner. He suggested that the important issue of under-resourcing of mental health services was entirely separate from the motion of this debate. He argued that current legislation needs fundamental review from human rights, equality and justice perspectives. The law discriminates against people with mental illness in that there is no mention of mental capacity and the current legal standards for detention are ill-defined, he said. He used the ‘nearest relative’ clause as an example of how the act is out of date with modern, personalised care.

Speaking last in opposition was Professor Annie Bartlett, a Consultant and Reader in Forensic Psychiatry at St George’s University. She light-heartedly acknowledged her role as the “pantomime villain” in this debate as a forensic

psychiatrist, who might be expected to be enthusiastic about expansion of secure services, she quickly clarified that she is not, however, and described these trends as failures in clinical care and remembered a time when there was reluctance among forensic psychiatrists to use the MHA, preferring instead to work with patients to maintain their liberty. She suggested that coercion is intrinsically undesirable and affects relationships between patients and professionals. She described numerous shortfalls in the use of the MHA and the alarming rise in the rates of compulsion. However, she argued that the priority should not be to change the law (a very difficult task) but to focus on improving the patient experience. In other words, she said “to get our house in order not attempt to build a new one”. She warned of the potential harm that a change in the law could do by letting the very ill but capacious go untreated and the very small number that might be dangerous walk the street.

Following a wide-ranging and robust Q&A session and closing speeches, the audience voted on the motion. The result showed a surprisingly decisive swing towards the opposition speakers: 96 voted for the motion, 115 against and 23 abstentions.

**Dr Matthew Hartley**  
*Psychiatry trainee, South London and Maudsley NHS Foundation Trust*

## 18<sup>th</sup> Paul Janssen Lecture

### *Trajectories of brain change in psychosis: “risk” or “resilience”?*

This year the topic of the Institute of Psychiatry, Psychology & Neuroscience’s (IoPPN) annual Paul Janssen Lecture was “Trajectories of brain change in psychosis: “risk” or “resilience”?”

The Paul Janssen Lecture has been a regular feature of the academic calendar at the IoPPN for nearly 20 years. Lecturers are chosen on the basis of their global eminence in the field of neuroscience with a focus on schizophrenia.

The annual lecture is named in honour of Belgian pharmacologist Paul Janssen (1926–2003) noted for discovering various drugs important to psychiatry, such as haloperidol, and for founding the company Janssen. Each year, support for the conference is provided by Janssen in honour of the pioneering work of our founder, which guides our credo to this day.

The lecture was opened by Professor Anthony David, Consultant Neuropsychiatrist at the Trust and Professor of Cognitive Neuropsychiatry at the IoPPN. We were also honoured to be joined by Christos Pantelis, NHMRC Senior Principal Research Fellow, Foundation Professor of Neuropsychiatry and Scientific Director of the Melbourne Neuropsychiatry Centre at The University of Melbourne and Melbourne Health. He holds an Honorary Professorial Fellow position at the Florey Institute for Neuroscience & Mental Health and heads the Adult Mental Health Rehabilitation Unit at Sunshine Hospital. He is an Honorary Adjunct Professor in

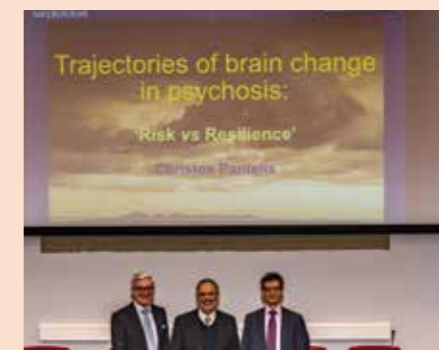


the Centre for Neural Engineering (CfNE), Department of Electrical and Electronic Engineering at University of Melbourne.

In his lecture Professor Pantelis discussed schizophrenia within a brain maturational context. Mapping developmental trajectories from early childhood is a key approach to shed light on neurobiology and to improve novel treatment strategies. Professor Pantelis offered the audience a passionate overview of the cerebral changes involved in the different stages of schizophrenia, comparing the less pronounced changes in the early phases of the illness to the more dramatic ones associated with chronicity and dynamic brain “swelling” between relapses and remissions. As the onset of the illness impacts on brain maturational trajectories, different interactions between the age of illness onset and the nature of the abnormality were outlined during the talk.

Several research approaches were presented, such as the neuroimaging mapping of structural changes in the hippocampus, ventricles and grey and white matter; PET studies showing how microglial activation impacts on symptom severity before the onset; genome wide association studies identifying a number of genes conferring risk, including those involved in the immune system.

An interaction between risk and protective factors was described, and Professor Pantelis highlighted the findings of the “Adolescent Development Study” in Melbourne,



**PROFESSOR CHRISTOS PANTELIS**

which found that greater neighborhood disadvantages were associated with increased thickening in temporal lobes. This association was moderated by positive maternal behavior that played as a resilient factor.

A promising attempt to modify altered maturational trajectories uses animal models; these are based on findings in patients, and offer great translational value. It is hoped, that through the strong bilateral relationship between bedside and bench, it may be possible to develop novel treatments which target core symptoms of schizophrenia, such as cognitive deficits and negative symptoms. One promising possibility in this regard, is represented by the combination of M1 receptor positive allosteric modulator with the anti-psychotic agents clozapine or aripiprazole that improves chemically induced spatial memory in susceptible mice in Y-maze test.

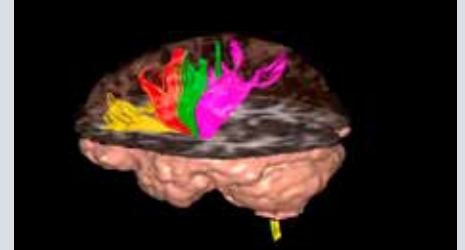
**Dr Andrea De Micheli**  
*BRC Research Coordinator & PhD Student*





## Professor Marco Catani & Professor Edmund Sonuga-Barke Inaugural Lectures

Inaugural lectures are a distinguished and important part of the Institute of Psychiatry, Psychology & Neuroscience and have a scholastic tradition. On the 6<sup>th</sup> December, Marco Catani gave his inaugural lecture entitled “From rejections to connections”. The lecture chaired by Professor Anthony David and was ended with a vote of thanks from Professor Steve Williams.



On the 1<sup>st</sup> February, Edmund Sonuga-Barke gave his inaugural lecture entitled “Attention Deficit/Hyperactivity Disorder as Delay Aversion: The Curious Evolution of an Unlikely Idea”. The lecture was chaired by Professor Anthony David and ended with a vote of thanks from Professor Eric Taylor.



### King's Lecture Series Professor Anthony David *Fighting Stigma in Mental Health – and losing*

Surveys which show that around 1 in 4 people may suffer from mental illness have been used in recent anti-stigma campaigns to normalise psychiatric disorder. However, does it trivialise, not normalise, and add to stigma? Professor David is joined by a panel with diverse perspectives: from personal experience and charities to media and academia. With the audience's help they will explore innovative solutions to combat stigma.

Members of the panel will include: Isabel Hardman – journalist; Alistair Campbell - former political adviser; Sue Baker - who runs the charity Time to Change; Professor Graham Thornicroft – expert in stigma and will be chaired by Professor Sir Simon Wessely.

**The final lecture from the series will be held on  
Wednesday 7<sup>th</sup> March from 18.00 at Safra Lecture Theatre, Strand Campus**



## 18<sup>th</sup> Maudsley Forum

### 11–14 September 2018

*For any enquiries about the event, please email [events.ioppn@kcl.ac.uk](mailto:events.ioppn@kcl.ac.uk)*

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