



Institute of Psychiatry, Psychology & Neuroscience

Academic Psychiatry Divisional Digest

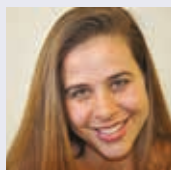
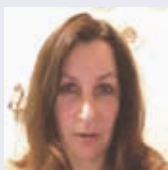
Issue 3 | September 2018

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

Any feedback for future editions would be greatly appreciated.

Editor-in-chief: Dr Jolanta Zanelli
E: jolanta.w.zanelli@kcl.ac.uk

Co-editor: Anai Sarkis
E: anai.sarkis@kcl.ac.uk



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A Fond Farewell to Tony David



Sadly for the IoPPN, Professor Anthony David is about to leave us to take up an important position at University College, London as Director and Chair of their new Institute of Mental Health. For many, this news has been difficult to take in. Tony David has been one of the leading lights at the IoPPN for almost three decades, and one of those on whom our reputation for excellence in clinical care and research rests.

Early in his career, Tony had the good sense to train in Neurology in Glasgow, and then went on to obtain an MSc in Cognitive Psychology. Consequently, he has a broader range of expertise than any other academic psychiatrist that I know. He is renowned as the UK's premier neuropsychiatrist, exemplified by his editorship of the leading textbook,

Lishman's Neuropsychiatry. But he has also researched and written intelligently about schizophrenia, insight, gulf war syndrome, neuroimaging, chronic fatigue, and depersonalisation. The depth and breadth of his scholarship was shown to all in the series of wonderful King's Public Lectures which he gave earlier this year, ranging over Oliver Sacks, the neurologist and writer, to Insight and Stigma.

The Institute's structure is built upon the idea that researchers should focus on one particular area. As Tony did not fit naturally into this structure, the IoPPN did not always utilise his talents as well as it might. Fortunately, his elevation to the position of Vice Dean in 2013 was an inspired one as his background made him uniquely qualified to understand what was needed across a broad range of the IoPPN's activities. It was also a politically astute appointment as Tony had been a stern critic of some of KCL's policies. As a poacher turned gamekeeper, Tony has done a huge amount over the last 5 years to close the gap of understanding between Institute academics and KCL management.

In addition to his own creative and meticulously carried out research, Tony is also distinguished by his ability to analyse and dissect papers. He will be much missed for example at our journal club where he habitually points out fatal flaws in papers that the rest of us have passed as methodologically sound.

Tony has an admirable clinical approach. In an age when Government policies result in many psychiatric patients seeing their consultant only rarely if at

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all, Tony's patients have been a lucky exception. He considers that every patient deserves the personal attention of their consultant. There is a caricature of neuropsychiatrists as pre-occupied with unheard-of laboratory tests or esoteric phenomenology, or both. But Tony often hones in on the personal history of the patient: their relationships, their childhood, their marital problems. The "neuro" stuff never takes precedence over a detailed and compassionate understanding of the person.

As a result, one of the hazards of junior staff working for Tony has been the diminished likelihood of getting any lunch, or indeed getting off home at a reasonable hour. Tony's insistence that an adequate understanding of a patient's problems cannot be rushed often causes interviews/ward rounds to over-run not just by one hour but by several!

Tony has an irreverent sense of humour. As a trainee psychiatrist, articles in the Maudsley Gazette – the late lamented Junior doctors rag – at times upset the Maudsley establishment (and caused me some trouble putting out fires!). More recently, during the last iteration of KCL-induced redundancies, Tony quipped that Kings' motto appeared to be "Buildings before People". His humour will missed not just in the IoPPN canteen



but especially also at the Christmas Grand Round.

Tony will be very good for UCL, and no doubt he will establish productive collaborations with the excellent cognitive psychologists and imagers there. His move is a major loss for us, mitigated only by the fact that UCL is not so far away, and that Tony hopes to facilitate co-operation between UCL and the IoPPN.

Furthermore, we cannot complain because Tony has been particularly selfless and worked more for the institution than many others. He has steadfastly supported the Journal Club and Grand Rounds and

medical student teaching, and played a key role in setting up the successful MSc in Clinical Neuropsychiatry. Tony, you have more than paid your dues to the IoPPN; thank you so much, and all the very best for the future. Lang may yer lum reek!

Sir Robin Murray
Professor of Psychiatric Research

Dr Tim Nicholson
NIHR Clinician Scientist Fellow

Dr Tom Pollak
Wellcome Trust Clinical Research Training Fellow



Tony in 1984 during Christmas show in Maudsley gym (accompanied by Simon Wessely, Glyn Lewis & Tony Maden); Moustache presumably inspired by Tony's hero that year - the European cup winning Liverpool star, and fellow famous Scottish export, Graeme Souness



"Anthony David"



"Sigmund Freud"



Graeme Souness

Translating Basic Science to Improve the Mental Health of Children and Young People

CAMHS CAG Projects Day 2018



Child and Adolescent Mental Health Clinical Academic Group (CAMHS CAG) consists of researchers and clinicians from Institute of Psychiatry, Psychology and Neuroscience, South London and Maudsley and King's Health Partners. Projects Day 2018 celebrated the diverse and broad range of research within the CAMHS CAG and consisted of 15 talks by experts from IoPPN, SLaM and KHP with a poster and live-research demonstration session. Alongside the day a Research Summaries Handbook was produced containing 104 abstracts from projects in the past 8 years.

The digital publication can be found here <https://www.kcl.ac.uk/ioppn/depts/cap/about/cags/CAMHSCAG-Projects-Day.aspx>. The day was well attended by over 150 guests consisting of administrative staff, students, early career researchers,

experienced professors and children's arity representatives.

The day was opened by Professor Sir Robert Lechler, Vice-Principal and Provost (Health) and Executive Director of King's Health Partners and Professor Ian Everall, Executive Dean of IoPPN and closing remarks from Mr Roger Paffard, Chair of Trust Board, South London and Maudsley NHS Foundation Trust.

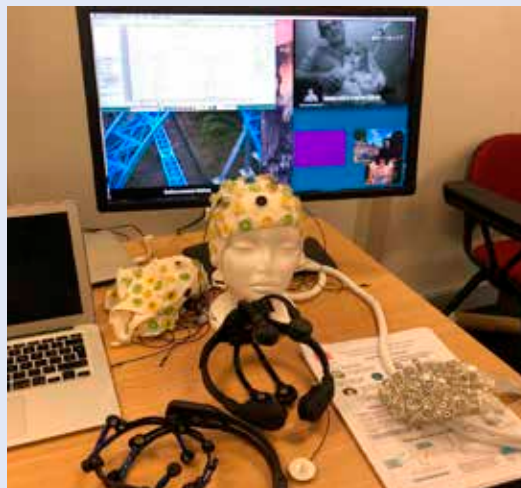
Robert Lechler said *"In a time where 1 in 10 children are affected by mental health problems, the obligation to address the mental health needs of children and young people is more pertinent than ever. I am therefore hugely excited to see how our Child and Adolescent Mental Health Clinical Academic Group is continuing to lead on translating scientific research into better mental healthcare and better patient outcomes for this group."*

Researchers and clinicians presented a diverse range of topics on child mental health, including recent findings in the area of neurodevelopmental disorders, eating disorders, obsessive-compulsive disorders, conduct disorders, childhood bullying and trauma and how the findings could influence government policy. An alternative approach utilising routinely collected electronic clinical data showed how digital innovations can provide new perspectives for research in the NHS.

Different therapeutic models were also presented, including a school and clinic-based intervention for affective disorders, personalised care approach for complex mental health, and the novel fields of therapy-genetics, which seek to predict treatment response for depression from genetic factors and non-pharmacological brain-modulation therapies, currently trialled in children with ADHD.

Roger Paffard commented *"An inspirational day that showcased Henry Maudsley's vision of researchers and clinicians collaborating to deliver real improvements in people's lives. He would have been proud of the sheer weight of outstanding research being delivered within KHP - a perfect 'paving of the way' for the exciting new centre for young people campaigning to be launched publicly at the end of the year"*

Professor Emily Simonoff, Head of Department of Child and Adolescent Psychiatry at the IoPPN concluded *"The day was a huge success in reflecting the enormous range of exciting research. The demonstrations were an excellent means of conveying many of the experimental methods we use in our research. I want to thank everyone who contributed to make the day so successful, but especially our Organizing Committee: Dr Marion Criaud, St Steve Lukito, Ms Emerald Sheldon and Ms Ashleigh Joseph-Quinn."*



NHS70 Women Leaders



PROFESSOR ULRIKE SCHMIDT

Ulrike Schmidt, Professor of Eating Disorders at the IoPPN, has been announced as one of the NHS70 Women Leaders. This recognition award for women leaders in healthcare is in celebration of the NHS turning 70 years old, and 100 years of women's suffrage. This award was presented by the Women's Leadership Academy, part of the NHS London Leadership Academy.

The award celebrates 70 outstanding women leaders in the NHS in London, as nominated by their peers and colleagues. These 70 leaders are women who are making a difference where they work, be it in the care of patients, the leadership of others, or in their own quiet way which makes an impact on colleagues.

Of her award, Professor Schmidt said, *"I am thrilled and humbled to have been chosen as one of the NHS70 Women Leaders, thanks to my brilliant colleagues from the Maudsley Eating Disorders Unit. As a European citizen who has grown up with and worked in a different health care system, I feel very passionate about our unique and precious NHS, its values and its future."*

Professor Ian Overall, Executive Dean of the IoPPN, added, *"Professor Ulrike Schmidt certainly deserves to be listed as one of the NHS70 Women Leaders as her contributions over many years in mental health, and in particular eating disorders, have been enormous. It is a richly deserved accolade and I am very proud of her fantastic work in the Institute of Psychiatry, Psychology & Neuroscience."*

Professor Schmidt has been with the IoPPN since 2001, and is Head of Section of Eating Disorders, as well as a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust. She is also a fellow of the Academy for Eating Disorders.

British Academy Fellow



PROFESSOR EDMUND SONUGA-BARKE

Congratulations to Professor Edmund Sonuga-Barke on his election to the British Academy fellowship in recognition of his work on ADHD and related neurodevelopmental disorders.

Edmund is Professor of Developmental Psychology, Psychiatry & Neuroscience in the Department of Child & Adolescent Psychiatry. He also has Visiting Chairs at Aarhus University and the University of Sussex. He is Editor-in-Chief of the Journal of Child Psychology and Psychiatry.

Of his election, Professor Sonuga-Barke, who is also a Fellow of the Academy of Medical Sciences, said, *"I feel very*

CBE in Queen's Birthday Honours 2018



PROFESSOR MATTHEW HOTOPF

Professor Matthew Hotopf, Vice Dean of Research at IoPPN and Director of the NIHR Maudsley

Biomedical Research Centre (BRC) has been awarded a CBE in the Queen's Birthday Honours for services to Psychiatric Research.

Matthew Hotopf is Professor of General Hospital Psychiatry and his research explores the interaction between mental and physical health.

He has worked extensively in areas where mental health relates to other walks of life – including military health, mental health law, and epidemiological studies on the impact of mental disorders. He is an NIHR Senior Investigator and a Fellow of the Academy of Medical Sciences.

Of his award, Professor Hotopf says, *"I am deeply honoured to receive this award. It represents the contributions of a huge number of people in my research team, the NIHR BRC at the Maudsley and the wider academic community at King's College London, working to improve the profile of mental health research and ultimately to benefit people with mental health problems."*

Professor Ian Overall, Executive Dean of the IoPPN said, *"Matthew is one of the most wonderful medical researchers of his generation, his stewardship of the BRC has been outstanding and this honour is incredibly well deserved."*

blessed to be selected by my peers into such a distinguished and celebrated fellowship. I dedicate it to my family and to all my teachers, mentors, students and colleagues – without their inspiration and support this could not have happened. My hope is that this recognition will better enable my colleagues and me to work to raise awareness of, and address, the needs of children with mental health problems and developmental disabilities. More generally, I hope in some small way to play my part in promoting the civilising influence of the scholarly values of the British Academy on the life of the nation especially during this time of upheaval, when the integrity and clarity of the arguments scholars and scientists put forward has never been more important. It remains our duty to ask difficult questions of society without fear or favour."

Edmund joins 76 world-leading academics elected from universities across the UK and around the world.

Professor Sir David Cannadine, President of the British Academy, said, *"I am delighted to welcome this year's exceptionally talented new Fellows to the Academy. Including historians and economists, neuroscientists and legal theorists, they bring a vast range of expertise, insights and experience to our most distinguished fellowship."*

World's largest autism grant



PROFESSOR DECLAN MURPHY

The largest research grant ever given for neurodevelopmental conditions has been awarded by the Innovative Medicines Initiative to an international consortium academically led by the IoPPN.

The €115 million grant, titled Autism Innovative Medicine Studies-2-Trials (AIMS-2-Trials), will increase our understanding of autism and help develop new therapies to improve health outcomes and quality of life for autistic people. More than 1 in 100 people are autistic.

In addition to the core features of autism, many autistic people struggle with co-occurring conditions such as epilepsy, anxiety and depression, and

life expectancy for autistic people can be reduced by up to 30 years. However, the causes of autism and its associated difficulties remain largely unknown and there are very few effective and autism-appropriate therapies.

AIMS-2-Trials brings together autistic people and their families, academic institutions, charities and pharmaceutical companies to study autism and provide an infrastructure for developing and testing new therapies. In line with the autism community's priorities, the consortium will also focus on why some autistic people develop additional health problems that severely impact both quality and length of life.

Professor Declan Murphy, the project academic lead and Director of the Sackler Institute for Translational Neurodevelopment at the IoPPN at King's says: *"Many autistic people face extremely poor health outcomes, yet autism research receives far less investment than other conditions which also limit life expectancy and quality of life, such as cancer or dementia. This grant will allow us to bridge the gap between basic biology and the clinic by offering personalised approaches that address problems which really impact autistic people's lives."*

Update from Professor Paola Dazzan, Vice Dean International

Dr Andrea Mechelli, from the Psychosis Studies Department, has been awarded a grant from the King's-HKU Global Partnerships Fund.

The project involves the adaptation of Urban Mind – a smartphone app developed by Dr Mechelli to measure the impact of the urban environment on mental wellbeing – into Cantonese. The English and Cantonese versions of the Urban Mind app will then be used to collect data from city dwellers in London and Hong Kong, and the results will be compared and integrated. From the perspective of urban planning and design, the results will provide a much-needed evidence-base to inform future policies aimed at improving mental wellbeing in the growing urban population. From the perspective of mental health care, the results could inform the development and roll-out of scalable interventions aimed at promoting mental wellbeing in city dwellers. For more information on this project, please see www.urbanmind.info.

Professor Nicola Fear, from Psychological Medicine Department as successful in her application to the King's Worldwide Partnership Fund.

The grant will support Nicola and Dr Marie-Louise Sharp's visit in October 2018 to Phoenix Australia – Centre for Post-traumatic Mental Health at the University of Melbourne. The visit will be an opportunity to hold workshops with the Phoenix team to solidify their recent Memorandum of Understanding and plan for joint future activities; representing UK (and King's) at several international events in Sydney to discuss the founding of an International Network for Military and Emergency Services Health Research (MESH Research Network); and to take part in events surrounding the 2018 Invictus Games in Sydney. These activities are intended to grow collaboration in research on military and emergency services mental and physical health, extend global research - creating access to other sources of grant funding and magnify research impact, and enhance the reputation of King's.

Addictions CAG “Early Career Research Prize”



The Addictions Clinical Academic Group (CAG) Early Career Research Prize winners have been announced.

“Gold Prize” was awarded to Dr Debbie Robson for her outstanding paper reporting on the impact of introduction of a smoke-free policy in an inpatient psychiatric ward environment, published in *Lancet Psychiatry* in 2017.

The “Silver Prize” was awarded to Dr Rebecca McDonald for a clutch of linked excellent papers on the development of naloxone nasal spray, two published in *Addiction* and one in *Drug & Alcohol Review* in 2017/18.

The “Bronze Prize” was awarded to Camille Goetz for her strong paper on a potential new treatment for cocaine dependence, published in *EBioMedicine* in 2018. This paper describes the theory, and also the preliminary evidence for Memory-Focused Cognitive Therapy as a potential new psychological treatment intervention for cocaine use disorder.

Professor Sir John Strang, Academic Director of the Addictions CAG and Head of Department, National Addiction Centre, said, “*Many congratulations to our three winners. We had a strong selection of applications on a wide range of research across the Addictions field.*”

The Addictions CAG provides addictions outpatient services for people across the UK. They deliver drug, alcohol and smoking cessation services in the community through GP surgeries, outpatient teams and specialist support clinics.

Promotions success for the Academic Psychiatry Division

Staff promotions are among our most exciting announcements and we are delighted that eleven staff from the Division of Academic Psychiatry have been successfully promoted in the 2017/18 academic promotion round.

Academic promotions recognise outstanding contributions to all areas of academic activity:

research, education, innovation, academic leadership and administration, national and international esteem, as well as clinical work (where applicable). Panels of experts both within

King’s and externally must attest to the quality and impact of their achievements and the titles are conferred by Professor Edward Byrne AC, President & Principal, on behalf of the College Council.

We are therefore pleased to confirm the following academics have been recognised for their outstanding contributions to the Division and King’s College London:

- Dr Grainne McAlonan has been promoted to Professor (FANS)
- Dr Andrea Mechelli has been promoted to Professor (Psychosis Studies)
- Dr Kate Tchanturia has been promoted to Professor (Psychological Medicine)
- Dr Andrea Danese has been promoted to Professor (double jump) (Child & Adol Psych / SGDP)
- Dr Gareth Owen has been promoted to Reader (Psychological Medicine)
- Dr Roland Zahn has been promoted to Reader (Psychological Medicine)
- Dr Eileen Daly has been promoted to Senior Lecturer (FANS)
- Dr Katherine Morley has been promoted to Senior Lecturer (Addictions)
- Dr Angela Hodges has been promoted to Senior Lecturer (Old Age Psychiatry)

Congratulations to the 9 colleagues who have been recognised in this year’s Academic Promotions round. The promotions take effect on the 1st September 2018.



IoPPN staff appointed as REF2021 panel members



Professor Matthew Hotopf has been appointed to Sub-Panel 4: Psychology, Psychiatry and Neuroscience for both the criteria-setting and assessment phases for REF2021, and Professor Allan Young joins for the assessment phase.

Panel members include leading researchers and individuals with expertise in the wider use and benefits of research, as well as members with an international perspective.

The REF 2021 exercise will take place in three phases. The criteria phase in

2018 will include the development of the detailed guidance and criteria for the assessment; the submissions phase in 2019-20 will include the preparation and completion of submissions by UK higher education institutions; and the assessment phase in 2020-21 will include the preparation for and consequent assessment of submissions by the expert panels.

In April the Higher Education Funding Council for England (HEFCE)’s research and knowledge exchange function moved to a newly-created council, Research England, within the new organisation UK Research and Innovation (UKRI).

ACF & ACL Bids



DR PAUL STOKES

Congratulations to the IoPPN Academic Psychiatry training leads, who have been successful in securing 4 Academic Clinical Fellow (ACF) posts and 7 Academic Clinical Lecturer (ACL) posts, awarded by NIHR, for 2019.

This is an increase of 6 posts (11 in total) compared to previous years, and a fantastic achievement, led by Dr Paul Stokes from the Centre for Affective Disorders, with support from Professor Rob Stewart, Professor Patrick Bolton, Professor Tony David, and Dr Vivian Curtis. ACF posts allow successful applicants to undertake 25% research and 75% clinical training over 3 years.

ACLs allow successful applicants to undertake 50% research and 50% clinical training over 4 years, and are geared towards those in more senior posts, who will already have completed their core training and received an MRCPsych and their PhD. The ACL builds on existing skills and by the end of this many candidates will be eligible for a senior academic post or senior fellowship.

ACFs and ACLs are awarded by the NIHR Integrated Academic Training Programme, and our success in this area is a recognition of the research and work being carried out at the IoPPN.

Details on how to apply for these will be available later this year. In the meantime, if you have any queries or would like to discuss ACFs or ACLs, please drop Dr Stokes a line.

Personal Tutors

BSc and MSc students

A new Associate Director of Academic Support is being recruited to replace the former College Senior Tutor role. This role will be based in the Social Mobility & Student Success division in the Students & Education Directorate. The role-holder will lead a service dedicated to supporting personal tutors, developing faculty-based peer-to-peer academic support programmes, and working with other colleagues leading the Curriculum 2029 changes to embed wellbeing in the curriculum.

There are key personal tutoring resources already available:

PT Portal

The Personal Tutor Portal is an intranet resource for all personal tutors. It is full of information to help with personal tutoring including briefings on student groups and essential signposting to support services. We will be working with tutors over the course of the next academic session to improve the PT Portal and welcome feedback from colleagues.

<https://internal.kcl.ac.uk/staff/help/personaltutors>

PT Dashboard

The Personal Tutor Dashboard is a part of the SITS student record system which allows you to view essential information about your tutees including their photo. The system is being used by 20% of personal tutors at this moment in time. You log in with your King's details and the system is accessed from the Personal Tutor Portal (see above).

PhD students

A new scheme is being established at the IoPPN, with 2 tutors from each department who will have a pastoral role aimed at ensuring that any personal or work-related issues can be discussed in a confidential and supportive way. It is not a mentoring or academic support role with no regular meetings, but instead tutors should be available to meet with students when they request it. There will be bespoke training and support available for tutors within the Institute.

D&I Update

Tom Weaver joins IoPPN's Core D&I Team as the new Culture, Diversity and Inclusion Lead. We are very excited to have Tom on-board who joined us from King's Widening Participation Department.



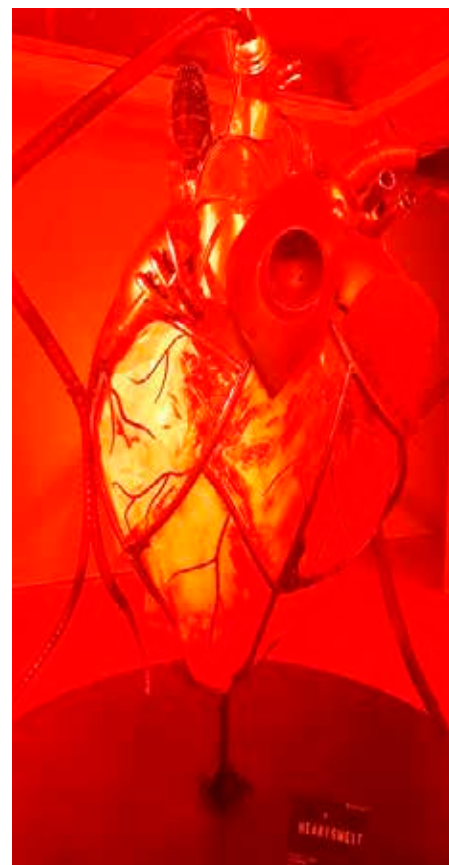
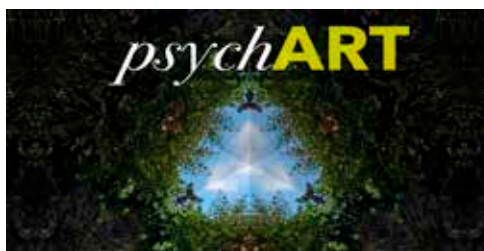
- Our new pay negotiation toolkit on IoPPN's D&I webpages was released in July. The toolkit aims to help anyone who is negotiating whether it is small like lab time or bigger aspects like pay. The toolkit will help you plan your strategy to ensure you are prepared and ready to negotiate effectively across the full range of scenarios, not just salary.
- The student discussion around race is part of on-going work to address race inequality at IoPPN through creating an inclusive environment for staff and students of all races and ethnic identities to identify how things are now and what is needed to improve them.
- Athena Swan Silver Award is on track for a November 2018 submission.
- Our carer toolkit is found: <https://internal.kcl.ac.uk/ioppn/diversity/parents-carers/parents-carers-at-the-ioppn.aspx>
- We will be celebrating Black History Month with events on every Wednesday evening in October. More details to follow once confirmed.
- We have a new Disability Champion – Abigail Russell

Arts in Mind Festival



Arts in Mind was a week-long festival celebrating innovative collaborations between researchers at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) and the creative and cultural sector. It showcases work that explores new ways to improve wellbeing and facilitate a better understanding of mental health, the brain and the mind.

The Arts in Mind festival has been produced and delivered by King's College London's Institute of Psychiatry, Psychology & Neuroscience, working with the university's specialist Culture teams, and marks the 20th anniversary of the IoPPN joining King's.



Prince Harry speaks at the 2018 Veterans' Mental Health Conference

Prince Harry attended the Veterans' Mental Health Conference at King's College London, where he gave a speech covering mental resilience and rehabilitation in the military, challenging public misconceptions about mental health among veterans, and calling for continued collaboration to support veterans as they integrate into communities.

This is the second year running the Prince has attended the annual conference, which brings together academics, charities and policy makers to network and to hear the latest research from speakers of world-class reputation.



18th Maudsley Forum

11-14 September 2018

For any enquiries about the event, please email events.ioppn@kcl.ac.uk

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