



Institute of Psychiatry, Psychology & Neuroscience

Academic Psychiatry

Divisional Digest

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Welcome to the fourth 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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Welcome from our Vice Dean



PROFESSOR ALLAN YOUNG

In a New Year it is instructive to look both backwards and forwards. Looking back, it was in August 2018 when I took over from Professor Tony David as Interim Vice Dean and since then it has been a very eventful period for our Division of Academic Psychiatry. Looking forward we have many plans and potential developments for the near future.

The departure of Professor David to pastures new at UCL was a major event and although we will greatly miss him (and wish him all the best for his future) we are looking forward to appointing a new Chair in Neuropsychiatry. I am pleased to say that this process is progressing well and we have a strong field of applicants including some outstanding international clinician scientists - we hope to make an appointment in the spring.

Highlights of this year past included visits from the Duchess of Cambridge (showing her interest in our pioneering perinatal mental health research) and Prince Harry, for his second time attending and speaking at the Veteran's Mental Health Conference.

Other key news included the Schizophrenia International Research

Society (SIRS) announcement that Professor Paola Dazzan has been elected as Secretary and the International Society for Affective Disorders (ISAD) announcing Professor Tony Cleare will continue as Treasurer (I became immediate Past-President of ISAD in September). Professor Matthew Hotopf was honoured with a CBE and Professor Ulrike Schmidt was announced as one of the NHS70 Women Leaders; Dr Valeria Mondelli was recognised as one of the winners of the Medical Research Foundation's 2018 Emerging Leaders Prize, and finally nine from our division out of 27 researchers and academics from King's College have been named in the 2018 Clarivate Analytics Highly Cited Researchers List. Also, in the Division nine staff have been successful in the 2018 academic promotions round. They comprise of four Professors, two Readers and three Senior Lecturers. All have been recognised for achievements in research, education, clinical excellence and innovation.

We remain fully committed to excellent education and first class, internationally leading research. Last year we have been awarded seven grants of over £1 million each, totalling a staggering £60 million (*Principal Investigators are: Professor Declan Murphy, Professor Paola Dazzan, Professor Allan Young, Professor Dag Aarland, Professor Robert Stewart, Dr Sagnik Bhattacharyya and Dr Paul Stokes*).

For my own part, I can only state that becoming Interim Vice Dean has been a privilege and has made clear to me the excellence, commitment and high levels of achievement of colleagues throughout the Division. Thank you all for your hard work and outstanding contributions.

Professor Allan Young
Interim Vice Dean
Division of Academic Psychiatry

Final report of the Mental Health Act Review accepted by Government



PROFESSOR SIR SIMON WESSELY

The Independent Review of the Mental Health Act, chaired by Professor Sir Simon Wessely, has published its final report and the Government has committed to bring forward legislative changes in line with the Review's recommendations.

In October 2017, Prime Minister Theresa May commissioned Professor Sir Wessely to chair the Review in response to increasing numbers of people being detained under the Act, with the aspiration to reduce the number of compulsory detentions.

The Review recommends changes to the Mental Health Act such that:

- People's wishes and preferences should carry far more legal weight;
- Action should be taken for people from ethnic minority communities, children and young people, people in the criminal justice system, and those with a learning disability, autism, or both;
- The use of compulsion should be targeted and justifications should be transparent;
- Services should be modernised as well as the law;

Over 50 focus groups and over 1,500 survey responses from service users and carers were incorporated to inform the Review's recommendations, as well as over 150 responses from professionals and organisations.

The Review was set up to look not just at legislation, but also how the law interacts with services, good practice and the wider care system. The main theme of the Review is that the patient's voice should be heard louder and should carry more weight than has been the case in the past.

The Government has committed to introduce new legislation to reform the Mental Health Act and is accepting two of the Review's recommendations.

Sir Simon Wessely
Regius Professor of Psychiatry

KCMHR partners with Phoenix Australia

Researchers from the King's Centre of Military Health Research (KCMHR) at King's College London and Phoenix Australia - Centre for Post-traumatic Mental Health at the University of Melbourne have begun a new partnership on military health and wellbeing. Representatives from KCMHR officially signed a Memorandum of Understanding with Phoenix Australia that develops the research partnership between the two institutions. Professor Nicola Fear, Co-Director of KCMHR and Dr Marie-Louise Sharp, Senior Research Associate at KCMHR were supported by a grant from the King's Worldwide Partnership Fund to solidify the relationship through workshops held in October 2018.

The Australia trip also saw Professor Fear and Dr Sharp presenting at the Australasian Military Medicine Conference in Canberra and taking part in research events around the Invictus Games, such as the Warrior Care Symposium, the Australian Department of Veterans Affairs – Families and Invictus Forums and finally at the Five Eyes, Centres of Excellence Conference in Sydney.



The programme brought together ministers and academics from allied countries to share evidence and extend collaboration on the topics of suicide, engagement and pathways to care, and interventions for mental health and wellbeing in the Armed Forces.

Professor Fear and the UK Ministry of Defence presented to Ministers detailing the impact in the UK of collaboration between research and policy.

Ministers signed a joint Statement of Intent that acknowledged the benefits of working together, named the KCMHR "ADVANCE" study as a good example of collaborative research, and stated their intention to explore cooperative actions to collaborate on strategies that recognise, support and care for the defence and veteran communities and their families.

Dr Marie-Louise Sharp
Senior Research Associate

Increase in PTSD among UK veterans who served in Afghanistan and Iraq

Research from King's Centre for Military Health Research featured in the headlines in October 2018; findings suggested an increase in post-traumatic stress disorder (PTSD) among the UK's Armed Forces in the last ten years.

The latest results from one of the largest ongoing studies of this kind in the UK revealed that in the earlier phases of the research (2004-2006 and 2007-2009) PTSD rates were at 4%, whereas in the later phases of the study (2014-2016), PTSD rates were at 6%. This increase

in PTSD was mainly seen among those who served in Iraq or Afghanistan and subsequently left the military.

The rate of PTSD among these veterans was 9%, compared with veterans who did not deploy to Iraq or Afghanistan. Further, 17% of veterans who were deployed in a combat role reported symptoms of probable PTSD, compared with 6% in a support role. On the other hand, findings suggested that levels of alcohol misuse decreased from 15% in 2004-2006 to 10% in 2014-2016.

These findings were widely picked up in the media, such as the Guardian, BBC News and CNN. Find the complete press release here: <https://www.kcl.ac.uk/ioppn/news/records/2018/october/increase-in-probable-ptsd-among-british-military-veterans.aspx>

Dr Sharon Stevelink
Lecturer in Epidemiology



Fasudil, a potential repositionable drug for Alzheimer's disease

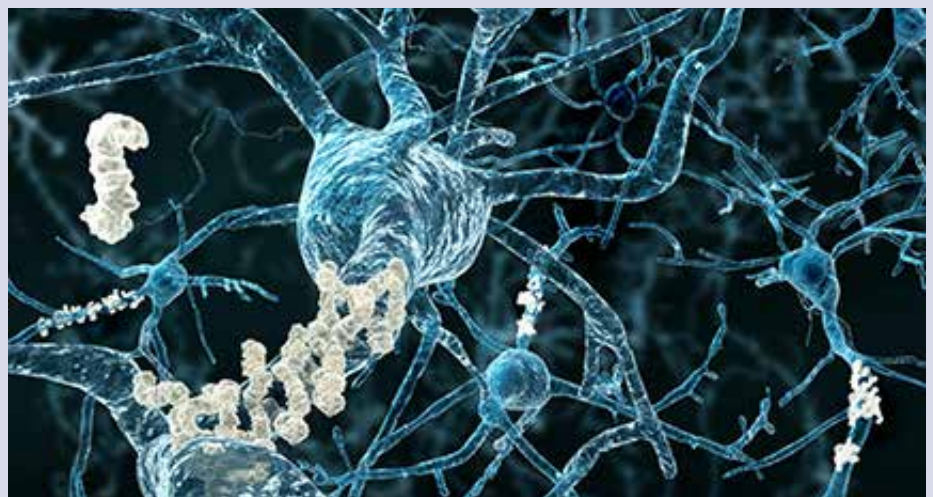
Researchers in Old Age Psychiatry have discovered a positive feedback loop that drives the neurodegeneration seen in Alzheimer's disease. The excessive production of beta-amyloid is strongly linked to the development of Alzheimer's disease but many drugs targeting beta-amyloid itself have failed in clinical trials. Beta-amyloid attacks and destroys synapses – the connections between nerve cells in the brain – resulting in a slow and protracted decline in cognitive ability.

In the study, published in *Translational Psychiatry*, researchers found that as beta-amyloid attacks these connections it drives the nerve cell to make more beta-amyloid. They propose that attempting to "mop-up" beta-amyloid may be a futile endeavour unless every molecule were blocked from attacking synapses. "We show that a positive feedback loop exists in which beta-amyloid drives its own production. Once this feedback loop gets out of control it is too late for drugs which target beta-amyloid to be effective, this could explain why so many Alzheimer's drug trials have failed" says senior author Dr Killick.

The team suggest that targeting the feedback loop would be a better way to halt the progression of Alzheimer's disease, as it would break the vicious cycle of synapse loss and beta-amyloid production. "We may already be in a position to block the loop with a drug called fasudil which is currently prescribed in Japan and China for stroke" said Dr Killick. "We have convincingly shown that fasudil can protect synapses and memory in animal models of Alzheimer's, and at the same time reduces the amount of beta-amyloid in the brain."

The team are now seeking funding to run a clinical trial of fasudil in people with early stage Alzheimer's disease to determine if it can slow down or even halt cognitive decline. Professor Dag Aarsland, Head of Old Age Psychiatry, added "fasudil is "a safe drug" and enters the brain in sufficient quantity to potentially be an effective treatment. We now need to move this forward to a clinical trial in people with early stage Alzheimer's disease as soon as possible."

Dr Richard Killick
Lecturer



Understanding Down syndrome opens door to Alzheimer's prevention trials



Clinical trials for preventing Alzheimer's disease in people with Down syndrome may soon be possible thanks to new research from King's College London. The researchers found changes in memory and attention are the earliest signs of Alzheimer's in Down syndrome, and these changes start in the early 40s.

Around 1 in 1000 people born in the UK have Down syndrome, a genetic condition caused by having an extra copy of chromosome 21. The extra chromosome includes a gene which controls the production of the protein beta-amyloid which collects in plaques in the brains of people with Alzheimer's. All adults over

35 with Down syndrome consequently develop beta-amyloid plaques and can be considered in the early stages of Alzheimer's disease and experience cognitive decline at a much younger age than the general population. Yet people with Down syndrome have been largely excluded from clinical trials due to a lack of reliable data on how the disease progresses.

The new study, published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, is the largest in-depth study of cognitive abilities in people with Down syndrome worldwide, including 312 adults from diverse backgrounds. The findings pave the way for prevention trials by identifying the best age for treatments to be given, which symptoms to focus on and how many participants would need to take part in trials.

Another study by the same research group, recently published in *JAMA Neurology*, showed the huge impact that Alzheimer's has on people with

Down syndrome. The researchers found dementia is now the likely underlying cause of death in more than 70% of adults with Down syndrome aged over 35 years.

Professor Strydom, the senior researcher on both new studies, says: "Our findings highlight the urgency to identify treatments to delay or prevent Alzheimer's disease in Down syndrome individuals. Now that all the pieces are in place, we are working with colleagues in research centres across Europe to set up a clinical trials network called the H21 Consortium to test treatments to prevent Alzheimer's in adults with Down syndrome in the next few years."

The research was carried out by the LonDownS Consortium, a multidisciplinary team funded by the Wellcome Trust and MRC whose research with adults is based at UCL and the IoPPN.

Dr Andre Strydom
Professor of Intellectual Disabilities

RADAR-CNS Study at the New Scientist Live

The Remote Assessment of Disease and Relapse in Central Nervous Systems (RADAR-CNS) study is an international, collaborative programme exploring the potential of smart phones and wearable technologies in monitoring several conditions.

A branch of the study (headed by Professor Matthew Hotopf) is currently recruiting at the Psychological Medicine Department.

In September 2018 we presented our work at the New Scientist Live event. Spanning four days at the Excel London, the event housed 40,000 attendees and over 100 exhibitors, showcasing a range of innovations in science, technology, engineering and mathematics (STEM) fields. Visitors to the RADAR stand were able to try out the different devices used in the study, and see their live data projected onto a screen. Younger members of the public also played gamified

cognitive tests used as part of the major depressive disorder branch of the study to assess changes in attention, memory and decision-making over time.

Representing RADAR-CNS at the event was an engaging and inspirational experience, and allowed us to share our passion for the future of healthcare with an exciting range of people.



Misperceptions about vaping common among UK smokers

Research from the Addictions Department finds smokers and ex-smokers in the UK overestimate the harm from vaping, with fewer than 6 out of 10 accurately believing that e-cigarettes are less harmful than tobacco cigarettes. Misperceptions appear to be on the increase and are particularly strong in smokers and those who have never tried vaping. The Cancer Research UK-funded study, published in the journal *Addiction*, used an online Ipsos Mori survey of 1720 UK smokers and ex-smokers to assess knowledge about nicotine and perceptions of the relative harms of smoking, e-cigarettes and nicotine replacement therapy (NRT).



Lead researcher Dr Leonie Brose said “Tobacco cigarettes kill over half of those who smoke long-term, yet very few people know that nicotine is not the direct cause of smoking-related death and disease. We found those people who think nicotine is to blame for harms from smoking are more likely to think e-cigarettes and NRT are just as bad as smoking.”

When asked about the relative harms of e-cigarettes and tobacco cigarettes only 57.3% correctly said vaping was less harmful than smoking, while 21.8% said

equally harmful, 3.3% said more harmful and 17.6% didn't know. For NRT, 63.4% said it was less harmful than smoking. Previous research from the same team suggests the proportion of people with accurate knowledge is dropping: in 2012, 66.6% said vaping was less dangerous than smoking, with 60.4% in 2014 and 57.3% in 2017. At the same time, the proportion of people who think smoking and vaping are equally harmful is rising, from 9% in 2012 to 16.9% in 2014 and 21.8% in 2017.

While efforts were made to make sure participants represented different demographics, the authors note that the results may not fully represent the general smoking population. Knowledge about nicotine was particularly poor, with nearly nine out of ten misattributing a greater portion of the risk in smoking to nicotine, and nearly four out of ten wrongly believing nicotine is what causes cancer from smoking.

Smokers who have never vaped were more likely to have misperceptions about nicotine and the relative harm of e-cigarettes and NRT compared with tobacco cigarettes. On the other hand, smokers who had tried vaping or were regular vapers were more likely to say that a very small portion of the health risk in cigarettes comes from nicotine. Previous research by the same team found that smokers who perceived vaping to be less harmful than smoking were more likely to try e-cigarettes. The researchers are planning a study to see if it is possible to change smokers' behaviour by correcting their misperceptions about nicotine, smoking and vaping.

Welcome to the Division

Sophie is joining the IoPPN as the Business Manager for the Addictions and Old Age Psychiatry Departments. She has ten years' experience at UCL and has led the Professional Services teams of two departments in the Faculty of Engineering. Her expertise is in reviewing and improving processes to make systems more efficient and support growth. Sophie has a Masters in Linguistics from Aix-Marseille University and an MA in Arts Policy & Management from Birkbeck College.



SOPHIE LO

D&I Update



DR KELLY DIEDERER

Race Equality

February is an important month for race equality as the King's 2015 Bronze Race Equality Charter (REC) is up for renewal. The REC recognises an institution's commitment to improve the representation, progression and success of minority ethnic staff and students within higher education. In preparation of the renewal, the IoPPN D&I core team, led by Dr Renee Romeo, completed a Faculty Engagement Pack, outlining the IoPPN's contributions and engagements to race equality. Successes include the establishment of Race Equality Champion positions, outreach, hosting discussions, training and events around race for staff and creating race-related videos to further discussion about race.

In February, publicly funded higher education institutions (HEIs) are also expected to respond to an inquiry launched by the Equality and Human Rights Commission (EHRC) to investigate racial harassment at HEIs. The EHRC wants to examine responses from staff and students who have experienced, witnessed or contributed to racial harassment from September 2015 onwards.

In other business:

- The D&I Core team and writing group are working to renew the IoPPN Athena Swan Silver Award
- A group led by Dr Alex Dregan has provided a report on shared parental leave at the IoPPN
- It was clarified that the Bullying & Harassment Working Group is a separate group, chaired by Sarah Byford, that falls under the remit of the Dean's Office
- Several of the D&I Working Groups are open to join.

Dr Kelly Diederer
Lecturer & Psychosis D&I Representative

Updates from Vice Dean Research



PROFESSOR MATTHEW HOTOPF

Firstly, a huge thanks to the many of you who have volunteered to join the REF reading group. We are a long way into the process of benchmarking and scoring our outputs and I've had the privilege to read many of these – it's clear we have an amazing and diverse community of researchers here. I have had to rely on many colleagues with specific expertise as many of our outputs go way over my head. Over the next year we are going to need to keep on calling on people to help us rate outputs, and so we are also asking for more volunteers to help with this.

Secondly, a few people have asked how we can, as a faculty, get the best out of our outputs. We have just under two years of publishing to go for outputs to

be eligible for REF so this is the time to push out your big papers. I realise we're all constantly being asked to prioritise multiple things at once (particularly teaching hours and research income). So what might you consider doing?

- For REF less is more – if at all possible, publish fewer, bigger papers.
- Be collegiate – there may be people in your research groups and departments who (for all sorts of understandable reasons) are light on publications – can you offer roles in producing papers to justify authorship? The REF is not about individuals – it's about the faculty as a whole – so please support colleagues, particularly ECRs.
- Get papers out. The REF is absolutely explicit that the journal a paper is published in is not a proxy for quality. So whilst we all hanker after getting into the top journal in our fields, this doesn't matter for REF purposes – and sometimes a paper published in an open-source journal which can be got out quickly gets more citations.
- Make sure your paper is on PURE: as soon as it's accepted upload the final submitted version onto PURE. Always. Please. To be eligible for submission to REF2021 journal articles accepted for publication after 1 April 2016 need to be made open access by depositing full-text papers into an online repository (such as PURE) within three months of acceptance (the date when the publisher notifies the

author). Full details are on the King's Library pages. The Library Services team are available to support this process at openaccess@kcl.ac.uk or on 020 7848 7298.

- Publicise your work: Our comms team have limited capacity: if it's not a paper they can press-release consider your own campaign to publicise – tweet it, send it to leaders in the field – don't let your hard work languish in obscurity!
- Define your role: If you are submitting papers which have multiple authors (above 10), then we will be likely to have to justify what your contribution was for REF. Particularly if you're not first or senior author, you need to be clear about what it is you have contributed. If it's in a journal with a contributor's statement try to consider how you can make your contribution substantial (e.g. not just contributing data from another project). Consider ways to spread the glory – like joint first or senior authorship.

Finally (for now), we are also working on impacts and environment. Gill Dale and Sally Marlow are visiting departments and asking for potential case studies – do keep sending these in. For environment, I am keen that we support best practice when it comes to open science. Where possible, pre-register protocols and analytic plans.

Professor Matthew Hotopf
Vice Dean Research

Updates from Vice Dean International

We continue to work intensively on the next steps of the Sanming Project, funded last year by the Shenzhen Municipal Government. As part of this project, we partner with the Shenzhen Kangning Hospital to provide clinical and research training for the mental health and research workforce in order to build state-of-the-art public, research-oriented, mental health services in Shenzhen. As part of this initiative a group of senior clinicians visited the IoPPN in September and described their visit as “an eye-opening experience.” They were excited about the potential clinical and research work that could be conducted together.

In March and April 2019 some of our academics, including Professor Robert Stewart, Professor Dag Aarland, Professor Sir Robin Murray and Dr Marta Di Forti will visit Shenzhen to provide clinical and research supervision and training in the areas of Old Age Psychiatry and Psychosis.



We will also continue to work with leading Universities in China on psychiatric research and training, including Peking University, Beijing Normal University, Shanghai Jiaotong University, Sichuan University, Zhejiang University and Wenzhou Medical University.

Watch this space!

Professor Paola Dazzan
Vice Dean International

Centre for CNS Therapeutics



ERIC LYNCH

After 25 years in the pharmaceutical industry Eric Lynch has joined the team in the cCNSt as Head of Strategic Operations. He has previously worked with Merck Serona as Head of Strategic Partnerships UK and Ireland, the specialist area being MS. Prior to that he was Head of Public Affairs Europe for Sunovion Pharmaceuticals. Eric also worked on the antipsychotic Amisulpride which gave him the opportunity to develop close symbiotic relationships with the IoPPN. All his experience has been working with neuroscience and CNS with an emphasis on schizophrenia and bipolar disorder globally.

Over the past few months he has held meetings within mental health and neuroscience departments in the IoPPN and SLaM to expand his role across KHP and to develop the cCNSt strategy for industry engagement, together with Professor Sukhi Shergill, Clinical Director of cCNSt. This will include a website and blog to incorporate high level opinions coming through IoPPN/SLaM on relevant issues/news. They are endeavouring to set up a network for academics to engage with industry through one-to-one meetings and educational days where key researchers can present their latest research. They believe it is vitally important that the cCNSt is used as a conduit of developing relationships internally and externally. If you already have a relationship with a particular pharma company, they would be able to assist you in developing this.

The areas of developing strategic relationships are - Neuroimaging, Addictions, Affective Disorders, Psychosis, Old Age, Digital Development and Neuroscience (Epilepsy, Parkinsons, Motor Neurone, MS & Pain)

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Highly Cited Researchers 2018

Clarivate Analytics recently published the annual *Highly Cited Researchers* list. The list recognises world-class researchers selected for their exceptional research performance, demonstrated by production of multiple highly cited papers that rank in the top 1% by citations for field and year in *Web of Science*.

King's College London has 27 entries in this year's list, nine from the Division of Academic Psychiatry.

Addictions

- Professor Ann McNeill

Child & Adolescent Psychiatry

- Professor Edmund Sonuga-Barke

Psychological Medicine

- Professor Carmine Pariante

Psychosis Studies

- Professor Sir Robin Murray
- Professor Philip McGuire
- Dr Paolo Fusar-Poli
- Dr Joaquim Radua (*Visiting Research Associate*)
- Professor David Mataix-Cols (*Visiting Senior Research Fellow*)
- Professor Jim Van Os (*Visiting Professor of Psychiatric Epidemiology*)



Professor Hotopf receives CBE at Buckingham Palace

Professor Matthew Hotopf has been awarded a CBE for services to Psychiatric Research. He received the CBE from His Royal Highness the Prince of Wales at an investiture ceremony at Buckingham Palace.



Dr Paul Stokes appointed to government drugs advisory panel



Dr Stokes has been appointed as a new member of the Advisory Council for the Misuse of Drugs (ACMD), the body which makes recommendations to government on the control of dangerous or otherwise harmful drugs.

A further six experts were appointed including Professor David Taylor, Director of Pharmacy and Pathology at the Maudsley Hospital, and Professor of Psychopharmacology at King's College London. The new appointees have expertise covering pharmacology, pharmacy, and health economics have been recruited to help deliver the ACMD's ongoing work. The three-year appointments were approved by Home Secretary Sajid Javid.

Arts in Mind Festival



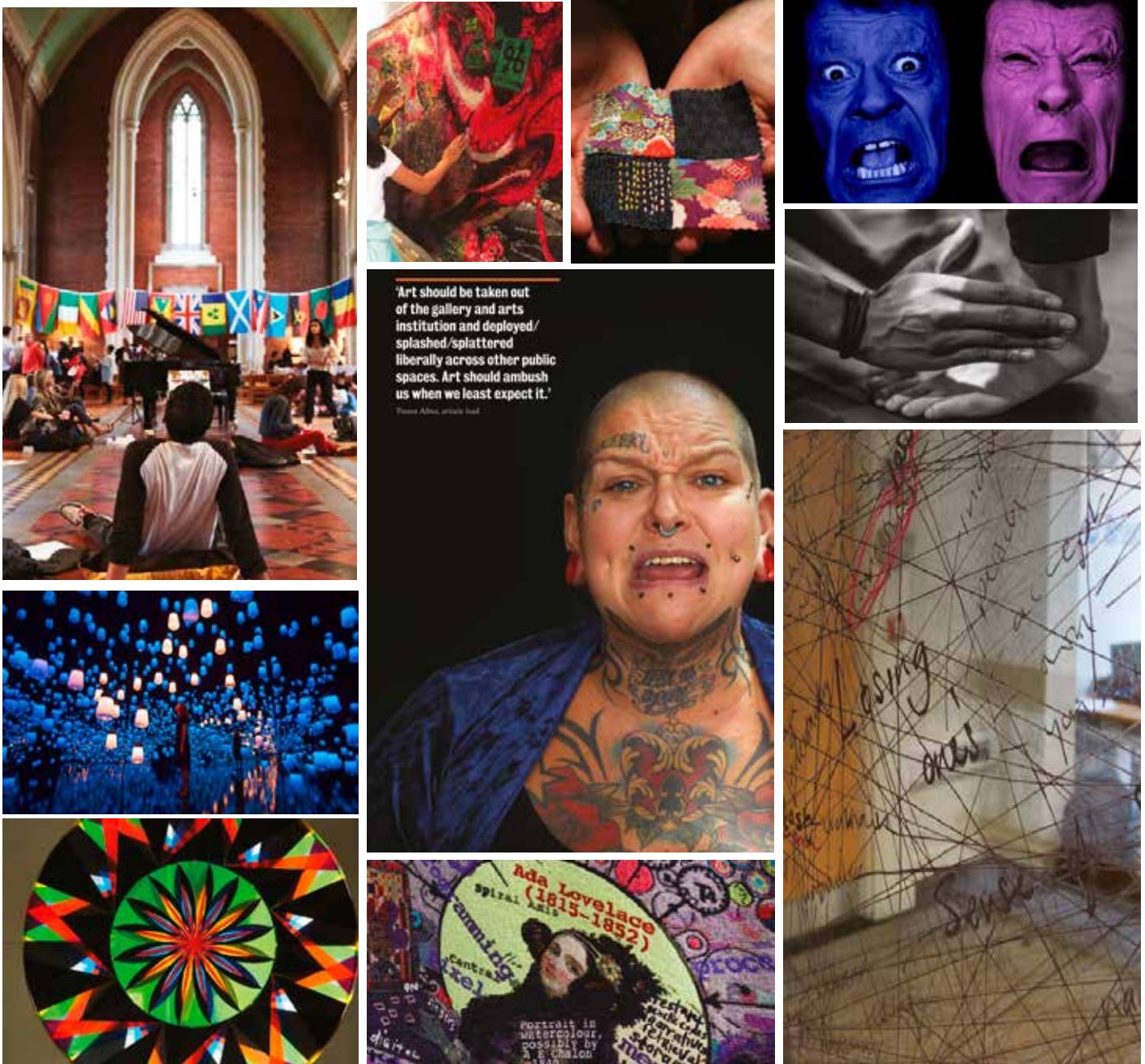
King's College London [Arts in Mind Festival report](#) was launched at an event at Science Gallery London. The event brought together community mental health practitioners and academics from King's, alongside artists and performers.

The publication celebrates and showcases Arts in Mind Festival and summarises the many ways in which the event explored health interventions that can improve wellbeing and bring about a better understanding of mental health, the brain and the mind.

Arts in Mind Festival celebrated the 20th anniversary of the IoPPN joining King's College London through creative collaborations between artists and the Faculty's world-leading psychiatrists, psychologists and neuroscientists. During the festival, topics as diverse as psychological wellbeing in pregnancy, prolonged tactile deprivation, and aural and visual mood enhancers were explored.

Speaking at the event Professor Patrick Leman said, "At King's and IoPPN the links between arts and science are increasingly open. Arts in Mind Festival is just the start."

Professor Anthony David, former Vice Dean for Academic Psychiatry at IoPPN and now Director of Sackler Chair of the UCL Institute of Mental Health added, "Arts and mind, these two huge concepts, found new ways of talking to each other through the Arts in Mind Festival. This report celebrates its tangible and concrete legacy."



'Art should be taken out of the gallery and arts institution and deployed/splashed/splattered liberally across other public spaces. Art should ambush us when we least expect it.'

Thomas Alloin, artist lead

Ada Lovelace (1815-1852)
Portrait in watercolour, possibly by A. E. Chalon