



Institute of Psychiatry, Psychology & Neuroscience

Academic Psychiatry **Divisional Digest**

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Welcome to the fifth 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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Better care needed for people displaying first symptoms of bipolar disorder



Better care and more research into treatments for people experiencing a first manic episode are urgently needed, according to researchers at the NIHR Maudsley Biomedical Research Centre.

The study, published today in *The Lancet Psychiatry* by a team of international experts, describes patchy and inconsistent care, widespread failure to detect bipolar disorder early enough, and a lack of guidance on how to treat people experiencing mania for the first time.

The researchers reviewed current evidence to illustrate the prevalence and health burden of bipolar disorder, the typical progression of illness, evidence for a range of interventions and the content of international guidelines.

Calling for clearer treatment guidelines and targeted care within existing services, they describe how people experiencing first episode mania have been overlooked by health services, despite evidence for effective treatments. They say that care is inconsistent and that few trials have examined interventions specifically for people who have had a first manic episode.

People with bipolar disorder are 50 times more likely to self-harm compared to the general population, and at least 12 times more likely to take their own

lives (higher than the rate for people with schizophrenia). The World Health Organization's Global Burden of Disease ranked bipolar disorder as the fourth leading cause of overall disease burden in people aged 10 to 24. Analyses suggest that almost 50% of people present with symptoms before the age of 21, and a recent review of 27 studies suggested an average delay of almost six years between first symptoms of bipolar disorder and targeted treatment.

This new study highlights a lack of high-quality evidence for interventions in first episode mania, as well as gaps in guidelines on how to treat people experiencing mania for the first time.

Dr Sameer Jauhar, Consultant Psychiatrist for people experiencing first episode psychosis, commented: "Bipolar illness can have serious effects on the health of a young person, their family and society in general. By identifying people who have had a first episode, and offering them appropriate treatment at an early stage, we can help them get on with their lives and prevent relapses."

"As a Consultant Psychiatrist, this is something I see again and again. People who are identified early and get effective treatment quickly are able to avoid further episodes and achieve extraordinary things, while others who the system doesn't serve so well can get stuck for years. Another

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DR SAMEER JAUHAR

really important factor is research – we need long-term studies to help guide future treatments and make sure we keep people well in the longer term.”

Simon Kitchen, CEO of Bipolar UK, commented: “Bipolar UK supports thousands of people affected by bipolar disorder each year. First episode mania can have a devastating impact on people living with bipolar and their families. During the mania they might have racked up massive debts, damaged their careers and relationships with reckless behaviour or engaged in promiscuous activities that make them feel embarrassed. Post mania requires rebuilding and often coming to terms with a life-changing diagnosis. It is vital that people are not left to go through this process alone.”

The paper includes a first-person account from John* who experienced symptoms of bipolar disorder for the first time at age 16. John comments: “My struggles with mental health began at age 14 when I started to experience some symptoms of depression. However, it was when I started to develop episodes of hypomania at 16 that things really began getting out of hand. These episodes came as a shock to everyone around me. I had seemingly boundless energy levels and became convinced that I could run a successful business alongside school. I wasn’t sleeping, had a constant need to pace and was very frustrated. My behaviour began to alienate everyone around me. Further episodes followed and I began engaging in risky behaviour. The doctors failed to diagnose me properly at this point because they failed to take a proper history of my mental health. All in all, it took four years from my first symptoms to the point when I started getting the treatment I really needed. Now, three years later, I am managing to study and work at the same time and am able to enjoy my life.”

**Name has been changed.*

Anyone wanting support or advice about Bipolar Disorder can visit:
www.bipolaruk.org

Did Leonardo da Vinci have ADHD?



Professor Marco Catani suggests the best explanation for Leonardo da Vinci's inability to finish his works is that the great artist may have had Attention Deficit and Hyperactivity Disorder.

Leonardo da Vinci produced some of the world's most iconic art, but historical accounts of his work practices and behaviour show that he struggled to complete projects. Drawing on these accounts, Professor Catani lays out the evidence supporting his hypothesis that, as well as explaining his chronic procrastination, ADHD could have been a factor in Leonardo's extraordinary creativity and achievements across the arts and sciences. He says “While impossible to make a post-mortem diagnosis for someone who lived 500 years ago, I am confident that ADHD is the most convincing and scientifically plausible hypothesis to explain Leonardo's difficulty in finishing his works. Historical records show Leonardo spent excessive time planning projects but lacked perseverance. ADHD could explain aspects of Leonardo's temperament and his strange mercurial genius.”

ADHD is a behavioural disorder characterised by continuous procrastination, the inability to complete tasks, mind-wandering and a restlessness of the body and mind. While most commonly recognised in childhood, it is increasingly being diagnosed among adults including university students and people with successful careers.

Leonardo's difficulties with sticking to tasks were pervasive from childhood. Accounts from biographers and contemporaries show Leonardo was constantly on the go, often jumping from task to task. Like many of those suffering with ADHD, he slept very little and

worked continuously night and day by alternating rapid cycles of short naps and time awake.

Alongside reports of erratic behaviour and incomplete projects from fellow artists and patrons, including Pope Leone X, there is indirect evidence to suggest that Leonardo's brain was organised differently compared to average. He was left-handed and likely to be both dyslexic and have a dominance for language in the right-hand side of his brain, all of which are common among people with ADHD. Perhaps the most distinctive and yet disruptive side of Leonardo's mind was his voracious curiosity, which both propelled his creativity and also distracted him.

Professor Catani suggests ADHD can have positive effects, for example mind-wandering can fuel creativity and originality. However, while beneficial in the initial stages of the creative process, the same traits can be a hindrance when interest shifts to something else.

“There is a prevailing misconception that ADHD is typical of misbehaving children with low intelligence, destined for a troubled life. On the contrary, most of the adults I see in my clinic report having been bright, intuitive children but develop symptoms of anxiety and depression later in life for having failed to achieve their potential.”

“It is incredible that Leonardo considered himself as someone who had failed in life. I hope that the case of Leonardo shows that ADHD is not linked to low IQ or lack of creativity but rather the difficulty of capitalising on natural talents. I hope that Leonardo's legacy can help us to change some of the stigma around ADHD.”

Cognitive decline after onset of psychosis varies across cognitive functions



Patients with schizophrenia and related psychotic disorders continue to experience cognitive decline for years after illness onset (AESOP study published in *AJP* in Advance).

“While large deficits in processing speed are already apparent at the first episode [of psychosis], deficits in verbal knowledge and memory continue to increase,” wrote Dr Jolanta Zanelli from the Department of Psychosis Studies. Understanding these differences can help guide cognitive remediation therapy in patients, the authors noted.

These findings were based on data collected as part of the Aetiology and Ethnicity in Schizophrenia and Other Psychoses (AESOP) study - a study that tracked changes in cognitive function in patients following a new diagnosis of psychosis. The study included 187 adults with first-episode psychosis or another psychotic disorder (for example, psychotic depression or persistent delusional disorder) who sought care in southeast London, Nottingham, or Bristol, and 177 healthy controls. All study participants were given a series of neuropsychological tests at enrolment and about 10 years later. Full 10-year data was available for 106 patients and 103 controls.

The baseline data showed that all patients with psychosis performed worse on tests measuring intellectual ability (IQ) as well as specific cognitive functions compared to controls, and patients with schizophrenia showing the greatest impairment. Approximately 10 years later, patients with schizophrenia showed worsening IQ, memory, and verbal skills compared with controls; their processing speed and visual-spatial memory did

not decline. In contrast, patients with another psychotic disorder did not exhibit continued IQ decline compared with controls and only worsened in certain memory functions.

Schizophrenia patients with severe symptoms at baseline showed greater cognitive decline over time than patients with mild or moderate symptoms; there was no evidence for an association between symptom severity and cognitive changes among patients with other psychoses. “While this subgroup was small (21% of the overall group), the magnitude of decline in the memory domain was large. Thus, this finding points to a potential subgroup of schizophrenia patients who may greatly benefit from being specifically targeted for cognitive remediation,” Zanelli and colleagues wrote.

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<https://ajp.psychiatryonline.org/doi/pdf/10.1176/appi.ajp.2019.18091088>

Ten percent of hospital inpatients are alcohol dependent

A review of evidence by researchers at the Addictions Department has found high levels of alcohol dependence among hospital inpatients. The researchers estimate one in five patients in the UK hospital system uses alcohol harmfully, and one in ten is alcohol dependent.

The systematic review and meta-analysis, published in the journal *Addiction*, provides the first robust estimates of alcohol-related conditions among UK hospital inpatients by pooling the results of 124 earlier studies, covering a total of 1,657,614 participants.

Experts have assumed that the prevalence of alcohol-related conditions is higher in hospital inpatients compared with the general population, but until now we have not had reliable estimates of the true extent of these conditions. The review suggests harmful alcohol use is ten times higher in hospital inpatients, and alcohol dependence is eight times

higher, compared with the UK general population.

Lead researcher Dr Emmert Roberts, from the Addictions Department says: “Many doctors are aware that alcohol-related conditions are common among hospital inpatients, but our results suggest the problem is much bigger than anecdotally assumed. Dedicated inpatient alcohol care teams are needed to ensure this widespread problem is being addressed, particularly in the context of diminishing numbers of specialist community alcohol services in the UK.”

The review also found that harmful use of alcohol is most prevalent in mental health inpatient units and alcohol dependence is found most commonly in patients attending accident and emergency departments.

Alcohol-related conditions are estimated to cost the NHS approximately £3.5 billion per year, and without in-



hospital screening many alcohol-related conditions may be missed and not receive appropriate treatment.

The researchers say accurate prevalence estimates are vital to inform policy makers of the scale of the problem and are particularly timely given the UK government’s development of a new alcohol strategy and the NHS 10-year plan, which includes funding allocations to combat alcohol-related conditions.

Promotion Success for the Division of Academic Psychiatry

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 2018/19 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:

Promoted to Professor:

- Dr Sagnik Bhattacharyya (Psychosis Studies)
- Dr Gail Gilchrist (Addictions)
- Dr Stephani Hatch (Psychological Medicine)
- Dr James MacCabe (Psychosis Studies)
- Dr Chiara Nosarti (Psychosis Studies)

Promoted to Reader:

- Dr Nigel Blackwood (FANS)
- Dr Deirdre MacManus (FANS)
- Dr Valeria Mondelli (Psychological Medicine)
- Dr Dennis Ougrin (Child & Adolescent Psychiatry)
- Dr Paul Stokes (Psychological Medicine)

Promoted to Senior Lecturer:

- Dr Teresa D'Oliveira (Psychosis Studies)

The promotions take effect from 1st September 2019.

Dr Gemma Modinos named SIRS 2019 Rising Star



The Schizophrenia International Research Society has named Gemma Modinos as a 2019 Rising Star. Previous awards included a NARSAD Young Investigator Award in 2013 to examine interactions between neurophysiology and neurochemistry within emotion-related neural circuitry in schizotypy and a KCL Prize Fellowship in 2016 which facilitated her transition to independence.

Shortly after she received a Wellcome Trust & Royal Society Sir Henry Dale Fellowship enabling the start of her own lab at the IoPPN. The lab combines multimodal neuroimaging methods in humans and animal models to ask questions about the interactions between neurochemistry, neurophysiology and neuroanatomy in the development of psychosis, with a focus on brain circuits involved in emotional processing.

Gemma is also Honorary Senior Lecturer the IoPPN, and Visiting Scholar at Professor Anthony A. Grace's lab at the University of Pittsburgh (USA). She chairs the ENIGMA Schizotypy Working Group with Professor André Aleman and is involved in science policy as Fellow and Board Member of the Young Academy of Europe.

Queen's Birthday Honours



Congratulations to Dr Shubulade Smith who has been recognised in the Queen's Birthday Honours 2019. Dr Smith has been awarded a CBE for services to Forensic Psychiatric Intensive Care.

Diversion & Inclusion Update

Professor Ann McNeill has been appointed Vice Dean (Culture, Diversity & Inclusion).

IoPPN's people and culture are at the heart of our renewed strategy, and the Vice Dean (Culture, Diversity & Inclusion) will formally embed diversity and inclusion (D&I) in all aspects of our work across the IoPPN, providing academic leadership of, and strategic direction to, the faculty's culture, diversity and inclusion agenda. Ann will represent and raise the faculty's culture, diversity and inclusion profile both externally and within King's, and will



PROFESSOR ANN MCNEILL

continue to Co-Chair and work closely with the IoPPN's D&I Self-Assessment Team (SAT) and D&I practitioners to ensure the IoPPN embeds inclusion into its governance framework, processes, reach and education.

BAP Psychopharmacology Awards 2019

The BAP Psychopharmacology Awards are awarded annually to reward excellence in both clinical and non-clinical psychopharmacology disorders. Previous winners have gone on to become internationally-recognised experts in their field. We are pleased to announce that 2 of the 4 winners of this year's BAP Psychopharmacology Awards are from our Division.

- Dr Sameer Jauhar - Senior Clinical Award
- Dr Toby Pillinger - Junior Clinical Award



The awards were presented by Professor Allan Young (BAP President) at the Summer Meeting in July.

Supervisory Excellence Award



Congratulations to Professor Sukhi Shergill who has been selected as the winner of the 2018/19 Supervisory Excellence Award for the IoPPN. The Centre for Doctoral Studies Supervisory Excellence Awards are designed to recognise and reward supervisors for the outstanding supervision and support that they offer to doctoral students at King's. The key criteria in selecting winners are supervisory innovation, commitment to pastoral care, support for professional development, as well as a proven record in supervising students to completion. In all cases, the supervisors that are acknowledged by this award go the extra mile for their supervisees.

Alcohol Assertive Outreach Team awarded BMJ prize for Mental Health Team of the Year

The British Medical Journal's prize for Mental Health Team of the Year was awarded last week to the Alcohol Assertive Outreach team from the South London and Maudsley NHS Foundation Trust (SLaM) and the Institute of Psychiatry, Psychology & Neuroscience (IoPPN). The team were recognised for an innovative 'alcohol assertive outreach' service that improves outcomes for alcohol-dependent patients.

Working with patients from five South London Trusts, the team provides regular proactive support to patients at home or in their neighbourhood, rather than asking them to come to a clinic or hospital. Guy's and St Thomas' Charity provided funding to set up the service and its impact is being evaluated by a team of IoPPN and CLAHRC researchers.

An interim service evaluation of 100 patients showed that the 50 patients in the assertive outreach programme used three times fewer bed days than those receiving



usual care. Compared with the six months before treatment, the mean number of bed days reduced from 10 to 5.2 (a reduction of 48%) in the assertive outreach group whereas those receiving usual care showed an increase in bed days from 10 to 16.4 (an increase of 64%).

Professor Colin Drummond (Addictions Department) said "Providing more proactive care and support to this group of patients improves their health and wellbeing, releases significant cost

savings for the NHS, and reduces pressure on A&E departments."

The BMJ Awards, now in their 11th year, are the UK's leading medical awards. They recognise and celebrate the inspirational work of healthcare teams across the country. Over a 6-month period more than 350 teams submit entries which our distinguished judges whittle down to 60 shortlisted teams and 15 eventual winners who are all showcased in The BMJ.

Downing Street meeting following independent review of Mental Health Act



New measures to urgently overhaul mental health laws and end the unequal treatment faced by ethnic minority groups have been set out by Prime Minister Theresa May. The government will take forward key recommendations from Sir Simon Wessely's independent review of the Mental Health Act, which found black adults are approximately four times more likely than white adults to be detained under the Act.

The Prime Minister also confirmed that a White Paper will be published by the DHSC and MoJ before the end of the year in response to the review.

Professor Sir Simon Wessely, Dr Shubulade Smith CBE and other senior members of the Independent Review of the Mental Health Act and Healthcare bosses attended a round table with the Prime Minister at Number 10 Downing Street in June 2019.

Report reveals extent of poor physical health among people with mental illness

Findings released in a special commission from The Lancet Psychiatry reveal the extent of physical health inequalities experienced worldwide by people with mental illness. The commission urges immediate action to tackle the situation and outlines ways to address this pressing issue.

The Lancet Psychiatry Commission: a blueprint for protecting physical health in people with mental illness' is the culmination of over 12 months of research conducted by a taskforce of more than 30 international experts, including researchers from King's College London. The researchers found that a broad range of mental illnesses are associated with a lifelong burden of obesity, diabetes, cardiovascular disease, stroke and other physical conditions. This burden contributes to a gap in life expectancy of around 20 years for people with mental illness, compared to those without, and this gap may be increasing.

The report also highlights the potential of digital health technologies to help reduce physical health disparities for people with mental illness, stressing that rigorous evaluation of their benefits and limitations will be necessary.



Dr Brendon Stubbs, co-senior author of the Commission said, 'The leading cause of early death in people with mental illness is poor physical health. This is often caused by entirely preventable health conditions. Through this commission, we have set out ambitious goals to provide an opportunity and directions to help people with mental illness improve their physical health, and not only add years to their life, but also add life to their years.'

Dr Fiona Gaughran, co-author of the report features in a podcast on the The Lancet website, where she summarises some of the wide-ranging findings and recommendations of the commission, highlighting the need to think of both body and mind from the moment a person first presents to mental health services.

The podcast is available at: <https://www.thelancet.com/commissions/physical-health-in-mental-illness>

Divisional Bites

- ◆ Two researchers from our division have been awarded the NIHR Senior Investigator Awards. The appointments for 2019 includes Professor Ann McNeill & Professor Emily Simonoff (re-appointment).
- ◆ Professor Katya Rubia was elected as Corresponding Foreign Member of the Royal National Academy of Medicine of Spain. This membership is given to internationally renowned academics that have contributed to the field of Medicine.
- ◆ Professor Sir Simon Wessely received Honorary Degrees from Exeter and Oxford Universities, and a Fellowship from University College Oxford.
- ◆ Professor Declan Murphy won the Dan Stern Award for contributions to psychiatry, awarded at Cornell in April 2019.
- ◆ Professor Andre Strydom has been elected to be the next President of the Trisomy 21 Research Society (www.t21rs.org), an international organisation promoting research in Down syndrome.
- ◆ Several members of the Academic Psychiatry Division (Professors Allan Young, Carmine Pariante, Paola Dazzan, Anthony Cleare, Katya Rubia, and Drs Sameer Jauhar and Tanja Jaenckle) had a meeting with colleagues in Dresden as part of the framework. TransCampus Initiative (<http://transcampus.eu/>) is a unique partnership between KCL and Dresden University to discuss transnational collaborations.
- ◆ In June, Dr Dan Leightley (KCMHR) and Lt Col Jones MBE (ADMMH) took part in the Military Medicine Podcast to discuss a healthcare phone app called "InDEx" which helps ex-service personnel reduce their alcohol consumption using novel personalisation algorithms. You can download the podcast here: <https://tinyurl.com/y36ubw4j>
- ◆ Lucy Chester from the Department of Psychosis Studies won the Health Sciences Doctoral Training Centre (HSDTC) Science Communication Competition for the 'newspaper style' article on her research to find a safer form of cannabis.

Updates from Vice Dean International



PROFESSOR PAOLA DAZZAN

These last few months have been very successful for International activities in our Division. We have received two competitive K.C. Wong Fellowships that will allow us to host two Post-Doctoral researchers from China. These fellowships are funded by the K.C. Wong Education Foundation and provide a salary to undertake research in one of KCL Health Faculties.

Two researchers from China will arrive at the end of 2019 to work with Professor Ann McNeill in the Addictions Department and with Professor Paola Dazzan in the Department of Psychosis Studies. These represent a great opportunity to consolidate our research partnerships with other strong research centres in China.

I am also pleased to announce that the joint PhD Programme between King's and the Faculty of Science at National University of Singapore (NUS) has now been extended to include the Yong Loo Lin School of Medicine and the Department of Psychology at NUS. I trust this will be an excellent opportunity for academics in our Division to link up with colleagues in this excellent institution and take advantage of the partnership.

USC-KCMHR 4th Military Research Symposium



Professor Nicola Fear and members of the King's Centre for Military Health Research (KCMHR) team: Aida Bonham, Dr Rachael Gribble, Clare-Louise Knox, Dr Daniel Leightley, Dr Laura Palmer and Dr Marie-Louise Sharp - visited the University of Southern California, Los Angeles, in May to attend the annual USC-KCMHR military research symposium.

This is the fourth time the event has been held, which alternates annually between USC and KCL. The two day event was a valuable opportunity for colleagues from both sides of the Atlantic to collaborate on new and existing research projects, with topics including the mental health of LGBTQ serving and ex-serving personnel, the military to civilian transition, families, and technology-based military and veteran health interventions.

The Secret Life of Rashmi Patel



Dr Rashmi Patel, MRC Health Data Research UK Fellow in the Department of Psychosis Studies, talks about being a tenor

"I trained as a classical singer while studying Medicine in Cambridge and Oxford. Choral music is beautiful and uplifting and after a long day of lectures or (seemingly endless) ward rounds I would join the choral scholars for evensong; an opportunity for peaceful reflection amidst our fractious world. Training to be a singer isn't just about learning to read music. Learning how to stand and breathe is just as important. Singing in a choir also teaches you to observe and listen to others around you, as well as learning how to organise yourself to make sure you don't let others down by turning up late! Everyone who can speak can also sing. If you are looking for a way to relax, meet new people, and improve your health, there is no need to play football in the pouring rain or waste money on expensive gym memberships – join a choir instead!"

Welcome to our Division



DR RICARDO TWUMASI

Ricardo has joined the Department of Psychosis Studies as deputy lead of the Organisational Psychiatry and Psychology MSc, alongside Dr Teresa D'Oliveira, where he will develop the programme in business psychology. Through his research Ricardo plans to raise workplace health promotion, equality, work stress and sleeping disorders, and he will also be part of the CSI lab lead by Professor Sukhi Shergill.

Previously, Ricardo spent two years lecturing Organisational Psychology at the Alliance Manchester Business School in the University of Manchester where he also lead research projects, including a healthcare resilience project together with Dr Myanna Duncan from the IoPPN.

YoungSpace A new website



YoungSpace is a group of researchers from the Department of Psychosis Studies who are committed to improving the life quality of young people struggling with mental health issues through high-quality research.

They have created this website to increase awareness of mental health issues and wellbeing in young people, share important scientific findings and invite you to participate in our research projects. To contact them to participate in research or for general inquiries please see online <https://youngspace.org/>

King's welcomes back The Duke of Sussex for Veterans' Mental Health Conference



HRH the Duke of Sussex attended the fifth Veterans' Mental Health Conference in March 2019. This annual event, organised by the King's Centre for Military Health Research with funding from the Forces in Mind Trust, brings together prominent academics, researchers and mental health practitioners to share ideas around initiatives and best practice, and to discuss findings and progress on better supporting veterans' mental wellbeing to particularly benefit ethnic minority groups.

The Duke of Sussex is passionate about promoting the welfare of those who are serving or who have served their country in the Armed Forces. His attendance at the conference is part of his on-

going work at The Royal Foundation with the Heads Together campaign to change the national conversation on mental health, and his work in collaboration with the Ministry of Defence aimed at improving mental health support and training across the Defence community.

In his address, Mr Ellwood praised the Duke for his work with the foundation and raised the issue of progress around the issue of mental health in the Armed Forces. Mr Ellwood also revealed during his address that the Ministry of Defence is undertaking "a 17,000-person study in those that had actually served in Afghanistan and Iraq to check up on them and see their progress."

Professor Kate Tchanturia's Inaugural Lecture

Inaugural lectures provide a platform to showcase and celebrate the College's new professors and they are a distinguished and important part of the Institute of Psychiatry, Psychology & Neuroscience.

On the 12th June 2019, Kate Tchanturia gave her inaugural lecture titled "The big picture, flexibility and positivity in the treatment of eating disorders."

The lecture was chaired by Professor Allan Young and was ended with a vote of thanks from Professor Ulrike Schmidt.





19th Maudsley Forum

10-13 September 2019

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

