

Laith Alexander PhD MB BChir (Dist.) MA (Cantab.) AHEA MAcadMED
Academic Foundation Doctor in Psychological Medicine & Psychiatry
(+44)777634682 | St Thomas' Hospital, London, SE1 7EH | laith.alexander@gstt.nhs.uk | [Website](#)

Education

Academic Foundation Doctor, King's College London	London, UK
Junior doctor with psychiatry research post – St Thomas' Hospital and Institute of Psychiatry, Psychology and Neuroscience	2020-2022
MB/PhD, Trinity College, University of Cambridge	Cambridge, UK
PhD in Neuroscience – Department of Physiology, Development and Neuroscience Date of approval: 30 th January 2019 Date of defence: 19 th October 2018	2015-2019
MB BChir – Distinction in Clinical Medicine	2011-2020
BA in Preclinical Medicine/Neuroscience, University of Cambridge	Cambridge, UK
First class honours – ranked 1 st in final year (ranked within top ten students in all years)	2011-2014
A-levels, Manchester Grammar School	Manchester, UK
4 A*s at A-level – Harvard Prize Book for academic achievements and personal skills	2009-2011

Academic and Clinical Achievements

Scientific publications and dissertations

Alexander L., Wood C.M., Roberts A.C. (2022) The ventromedial prefrontal cortex and emotion regulation: lost in translation? *The Journal of Physiology*

Alexander L., Young A.H. (2022) Recent Advances in the Psychopharmacology of Mood Disorders. *British Journal of Psychiatry Advances*

Alexander L., Jelen L.A., Mehta M.A., Young A.H. (2021) The anterior cingulate cortex as a key locus of ketamine's antidepressant action. *Neuroscience and Biobehavioural Reviews*

Alexander L., Wood C.M., Gaskin P.L.R., Sawiak S.J., Fryer T.D., Hong Y.T., Mclver L., Clarke H.F., Roberts A.C. (2020) Over-activation of primate subgenual cingulate cortex enhances the cardiovascular, behavioral and neural responses to threat. *Nature Communications*

Stawicka Z.M., Massoudi R., Horst N.K., Koda K., Gaskin P.L.R., **Alexander L.**, Santangelo A.M., Mclver L., Cockcroft G.J., Wood C.M., Roberts A.C. (2020) Ventromedial prefrontal area 14 provides opposing regulation of threat and reward-elicited responses in the common marmoset. *PNAS*

Alexander L., Clarke H.F., Roberts A.C. (2019) A Focus on the Functions of Area 25. *Brain Sciences*

Zereto J.L., Quah S.K.L., Wallis C.U., **Alexander L.**, Cockcroft G.J., Santangelo A.M., Xia J., Shiba Y., Dalley J.W., Cardinal R.N.C., Roberts A.C., Clarke H.F. (2019) Glutamate Within the Marmoset Anterior Hippocampus Interacts with Area 25 to Regulate the Behavioral and Cardiovascular Correlates of High-Trait Anxiety. *Journal of Neuroscience*

Alexander L., Gaskin P.L.R., Sawiak S.J., Fryer T.D., Hong Y.T., Cockcroft G.J., Clarke H.F., Roberts A.C. (2019) Fractionating blunted reward processing characteristic of anhedonia by over-activating primate subgenual anterior cingulate cortex. *Neuron*

Alexander L. (2018) Primate ventromedial prefrontal cortex and the behavioural and physiological dysfunction characteristic of mood and anxiety disorders. *Unpublished PhD thesis, supervisor: Angela C. Roberts.*

Wallis C.U., Cardinal R.N., **Alexander L.**, Roberts A.C., Clarke H.F. (2017) Opposing roles of primate areas 25 and 32 and their putative rodent homologs in the regulation of negative emotion. *PNAS*

Medical education publications

Byrne M., Ashcroft J., **Alexander L.**, Wan J.C.M., Harvey A. (2021) Systematic review of medical student willingness to volunteer and preparedness for pandemics and disasters. *Emergency Medicine Journal*

Byrne M., Ashcroft J., Wan J.C.M., **Alexander L.**, Harvey A., Schindler N., Brassett C. (2021) COVID READY Study: Cross-Sectional Survey of Medical Students Volunteering During the Coronavirus Pandemic (COVID-19) In the United Kingdom. *BMC Medical Education*

Harvey A., Ashcroft J., Clelland A., **Alexander L.**, Wan J.C.M., Schindler N., Byrne M.H.V. (2020) Re-opening universities might be high risk, but it is essential for medical students. *BMJ*

Alexander L., Ashcroft J., Byrne M.H.V., Wan J.C.M. (2020) All hands on deck: early graduation of senior medical students during the COVID-19 pandemic. *MedEdPublish*

Online articles

Alexander, L., Beale R., Gorney B. (2021) COVID-19: one year in. *The Fountain*

Alexander, L. (2020) How can I get involved in research at medical school? *BMJ*

Alexander, L. (2020) Life, learning and medicine: advice to new medical students from a junior doctor. *BMJ*

Alexander, L. (2020) Meet the Multidisciplinary Team: Lade Oyeyinka is a sexual health nurse. *BMJ*

[Depression, anxiety and heart disease risk all linked to a single brain region](#) *The Conversation*

[5 unanswered medical questions about coronavirus.](#) *ABC News*

[Vaccine nationalism: Experts warn countries against taking a 'me-first' approach.](#) *ABC News*

[As vaccines move into phase 3 trials, diversity must be top of the agenda.](#) *ABC News*

[Vaccine companies searching for 1-shot dose of COVID-19 vaccine.](#) *ABC News*

[Are seniors being put at risk if children return to school?](#) *ABC News*

[Surprise medical bills are on the rise, study finds.](#) *ABC News*

[The pathogens lurking in our pools and lakes: what you need to know.](#) *ABC News*

[Textured breast implant recalled due to risk of rare cancer: what you need to know.](#) *Good Morning America*

[Mosquito milestone: Use bacteria and radiation to eliminate the bugs.](#) *ABC News*

[Cutting only 300 calories a day can cut your risk of diabetes and heart disease, study finds.](#) *Good Morning America*

[Vitamins, minerals and fad diets? 'Don't waste your money': study author.](#) *ABC News*

[FDA extols virtues of fish for pregnant and breastfeeding mothers.](#) *ABC News*

[A smart drug implant – controlled from a smartphone – could treat chronic disease.](#) *ABC News*

National and international presentations

Royal College of Psychiatry International Congress 2021, poster presentation	Virtual conference
Healthcare Leadership Academy MedEd During COVID 2020, oral presentation	Virtual conference
FENS conference 2020, poster presentation (2 nd author)	Virtual conference
Royal Society of Medicine Sir Roger Bannister lecture 2019, invited speaker	London, UK
Society for Neuroscience conference 2019, poster presentation (2 nd author)	Chicago, US
Society for Neuroscience conference 2018, poster presentation	San Diego, US
Viral Manipulations in Monkeys conference 2018, invited speaker	Paris, France
Cambridge Neuroscience Symposium 2017, lightning talk	Cambridge, UK
Society for Neuroscience conference 2017, poster presentation	Washington DC, US
Cold Spring Harbor Asia 2017, invited speaker	Suzhou, China
British Association of Psychopharmacology 2016, invited speaker	Brighton, UK

Major awards

Prizes awarded for clinical work (Guy's and St Thomas'): Royal College of Psychiatry London Division Trainee of the Year (2022), Junior Doctor of the Year award (2021), Leadership award (2021), Outstanding Contribution to the Foundation Programme award (2021)

Prizes awarded for research: FENS/IBRO-PERC Travel Grant (2022), Isaac Schapera Funding Award (2022), Royal College of Psychiatry 2nd place poster prize (2021), Royal Society of Medicine's Gordon Holmes Prize in Clinical Neurosciences (2020), MRC-LMB poster prize (2017), British Association of Psychopharmacology Robert Kerwin Bursary (2017), Cambridge Neuroscience poster prize (2017), Royal College of Psychiatry Eastern division poster prize (2016), British Association of Psychopharmacology pre-clinical poster prize (2016), G.C. Grindley fund for Mental Health research (2014)

Prizes awarded for university examination performance: Distinction in Clinical Medicine (6th year), Werner Jacobson Halley Stewart Studentship for clinical medicine (4th year), Passingham Prize for Psychology (3rd year), British Psychological Society Undergraduate award (3rd year), Research Scholarship (3rd year), Rashbass Prize in Physiology (2nd year), Senior Scholarship (2nd year), Commendation in Anatomy (1st year), Junior Scholarship (1st year)

PhD scholarships: MRC Studentship (MRC, UK), James Baird Fund (School of Clinical Medicine, University of Cambridge)

Other awards: Knott Family Award for Palliative Care (2020), Cambridge Prize for Medical Electives (2019), Medical Schools' Council *Who's in Health?* Competition winner (2015)

Peer review responsibilities

Molecular Psychiatry, Translational Psychiatry, STAR Protocols, The British Student Doctor Journal

Quality Improvement

Audit and quality improvement projects

Improving staff confidence in managing dystonia on general paediatrics wards (**Alexander L.**, Croft C., Wai A., Ramachandran R., Lumsden D.)

Auditing HRT prescribing at a single GP practice to reduce incorrect oestrogen-only prescriptions, presented as a poster and oral presentation at Controversies on Obstetrics, Gynaecology and Infertility congress, 2020 (**Alexander L.**, Zielinska A.)

Auditing sick day guidance at a single GP practice for CKD patients to prevent AKI, presented as a poster at RCGP Annual Primary Care Conference and Exhibition, 2019 (Lim H.K., **Alexander L.**, Lennox G.A.K., Elango M.)

Additional Experience

Teaching experience

Bedside teaching coordinator for Long Term Conditions, King's College London	2021-22
Clinical supervisor , MBPhD course, University of Cambridge	2021
Supporting life facilitator , King's College London	2020-21
Clinical supervisor , King's College London	2020-21
Supervisor in Psychology and Neuroscience for Christ's College, Cambridge	2020
Pathology Supervisor for clinical medical students, Cambridge	2019-20
Associate of the Academy of Higher Education (AHEA)	2019
Membership of the Academy of Medical Educators (MAcadMED)	2018
Neuroanatomy demonstrator , Cambridge	2017-18
Research supervisor for a final year undergraduate research project	2017-18
Supervisor in Neuroscience for medical students at Trinity College, Cambridge	2015-18

Media experience

Clegg Scholarship awarded with British Medical Journal, London, UK	2020
Medical Specialist , ABC News Medical Unit, New York, USA – a placement and ongoing collaboration with ABC News, reviewing studies and writing digital articles	2019-21

Positions of responsibility

Schwartz Round steering group member , St Thomas' Hospital, London	2020-21
Junior Doctor Representative , St Thomas' Hospital, London	2020-21
Marketing and Communications Officer for Innovation Forum Cambridge	2019-20
MB/PhD representative for School of Clinical Medicine, Cambridge	2019-20
Student Representative at The Royal Society of Medicine Student Section	2015-18
Publicity officer of Cambridge Neurology Society	2017
Graduate Representative at Cambridge School of Biological Sciences	2016
Co-president of Cambridge University Students' Clinical Research Society , the largest society in the clinical school and responsible for organising an annual conference with over 100 attendees	2015

Skills and Interests

Equality and Diversity. I have worked on the Equality and Diversity Board for the School of Clinical Medicine, Cambridge, UK. I have taught at LGBTQ+ health sessions as part of the medical school curriculum and I have spoken at LGBTQ+ events including *OutThinkers* (2020), discussing the experiences of queer people in science.

Voluntary work. I have volunteered with Cambridge Neuroscience for science outreach, ageUK Cambridgeshire as part of the visiting scheme, the Department for Education with their Primary Futures scheme, and I have been awarded the vImpact award for organising fund-raising campaigns.

Certified BodyAttack Instructor with Les Mills International. I have taught classes at Nuffield Health, DW Fitness and David Lloyd gyms in Cambridge. I also have a level 2 Exercise to Music qualification.

Computer skills. I am proficient in various aspects of the *Python v3* programming language including functions, classes, inputs/outputs, figure generation and file handling. I have a basic knowledge of MATLAB including using applications within the MATLAB environment. I am familiar with figure design in Adobe Illustrator, and I am proficient in all aspects of Microsoft Office.

Languages. I have reached CEFR B1 (threshold proficiency) in French with Cambridge University's language programme.