

**Laith Alexander** PhD MB BChir (Dist.) MA (Cantab.) AHEA MAcadMEd

*Academic Clinical Fellow in Translational Psychiatry*

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## Work and Education

**Academic Clinical Fellow, King's College London and South London and the Maudsley NHS Foundation Trust** (start date: August 2022, no career breaks) **London, UK**

Speciality Trainee in Psychiatry with research in Translational Psychiatry 2022-  
• Forensic psychiatry

**Academic Foundation Doctor, King's College London and Guy's and St Thomas' NHS Foundation Trust** (August 2020 – August 2022, no career breaks) **London, UK**

Clinical rotations with Psychiatry research post 2020-2022  
• Paediatrics • Psychiatry research post  
• Acute Medicine • Emergency medicine  
• Geriatric medicine • Perioperative medicine

**MB/PhD, Trinity College, University of Cambridge** **Cambridge, UK**

PhD in Neuroscience – Department of Physiology, Development and Neuroscience 2015-2018  
MB/BChir – Distinction in Clinical Medicine 2011-2020

**MA in Preclinical Medicine/Neuroscience, University of Cambridge** **Cambridge, UK**

First class honours – ranked 1<sup>st</sup> in final year exams in psychology and neuroscience 2011-2014  
(ranked within top ten students in all years)

## Academic and Clinical Experience

### Research Experience

**Preclinical animal models and behavioural neuroscience:** Extensive experience with working on preclinical animal models assessing symptoms relevant to psychiatric disorders, particularly depression and anxiety. Experience with conceptualising, carrying out, and analysing complex behavioural tests investigating the neurobiology of reward and anxiety in animal models. Co-ordinated teams of 5-6 researchers from multiple disciplines to investigate cardiovascular, behavioural and neuroimaging correlates of brain dysfunction.

**Preclinical and clinical stages of drug development:** Used animal models to investigate the neurobiology of how novel antidepressants work, such as ketamine. Collaborated with drug companies such as Shionogi to test novel drugs in preclinical animal models. Worked as a trial physician in randomised clinical trials investigating the mechanism of action of ketamine in treatment resistant depression.

**Neuroimaging:** Competent with fMRI, structural MRI, and PET imaging study design and analysis in preclinical and clinical context. Capable of using SPM, AFNI and FSL.

**Immunohistochemistry and histology:** Carried out several immunohistochemical experiments measuring gene expression and fluorescent tract tracing in animal tissue.

**Data analysis:** R, Python and Matlab. Capable of analysing preclinical, clinical and epidemiological datasets with univariate and multivariate statistics.

**Scientific writing:** authored several primary research papers and review articles in prestigious journals such as *Neuron*, *Nature Communications*, and *Neuroscience and Biobehavioural Reviews*. Experienced in writing for wider audiences, including medical writing placements at ABC News (USA) and the *BMJ* (UK).

**Innovation:** collaborated with researchers and start-ups as marketing and communications officer at the Cambridge branch of Innovation Forum, UK.

### Clinical Experience

**Core Psychiatry training:** Academic clinical fellow at South London and the Maudsley, with training in the clinical management of severe mental illness, the recognition of organic diseases causing mental illness, and managing comorbid mental and physical illness.

**Foundation training:** Experience across both medical and surgical specialities, including working on acute medical wards and in A&E during the COVID-19 pandemic. Experienced in multi-disciplinary team working, leadership, and quality improvement. Notably awarded Junior Doctor of the Year during the first year of the COVID-19 pandemic. Experience in clinical and teaching leadership roles, including junior doctor representative, leading teaching courses for medical students, and sitting on the trust advisory boards for Schwartz rounds.

## Academic and Clinical Achievements

### Selected publications ([ORCID](#))

Strawbridge R.\*, **Alexander L.\***, Richardson T., Young A.H., Cleare A.J. (2022) Is there a 'bipolar iceberg' in UK primary care psychological therapy services? *Psychological Medicine* (\* joint first authors)

**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., McIver 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* (\* joint first authors)

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

**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*

#### Recent national and international presentations

<b>British Association of Psychopharmacology</b> 2022, oral & poster presentation, chaired session	<b>London, UK</b>
<b>FENS</b> conference 2022, poster presentation	<b>Paris, France</b>
<b>Healthcare Leadership Academy</b> meeting 2020, oral presentation	<b>Virtual conference</b>
<b>FENS</b> conference 2020, poster presentation (2 <sup>nd</sup> author)	<b>Virtual conference</b>
<b>Royal Society of Medicine</b> Sir Roger Bannister lecture 2019, invited speaker	<b>London, UK</b>
<b>Society for Neuroscience</b> conference 2019, poster presentation (2 <sup>nd</sup> author)	<b>Chicago, US</b>
<b>Viral Manipulations in Monkeys</b> conference 2018, invited speaker	<b>Paris, France</b>

#### Awards

**Prizes awarded for clinical & university work:** Royal College of Psychiatry Trainee of the Year London Division (2022), Junior Doctor of the Year, Leadership & Outstanding Contribution awards (2021), Knott Family Award for Palliative Care (2020), Cambridge Prize for Medical Electives (2019), Medical Schools' Council *Who's in Health?* Competition winner (2015), Werner Jacobson Halley Stewart Studentship for clinical medicine (4<sup>th</sup> year), Passingham Prize for Psychology (3<sup>rd</sup> year), British Psychological Society Undergraduate award (3<sup>rd</sup> year), Research Scholarship (3<sup>rd</sup> year), Rashbass Prize in Physiology (2<sup>nd</sup> year), Senior Scholarship (2<sup>nd</sup> year), Commendation in Anatomy (1<sup>st</sup> year), Junior Scholarship (1<sup>st</sup> year)

**Prizes awarded for research:** Early Career Research Award (2022), Designing Clinical Research first place award (2022), 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)

#### Additional Experience

##### Quality improvement projects

<b>Improving substance misuse support provision in a medium secure unit</b> ( <b>Alexander L.</b> , Parkes C., Campbell C., Walker H.)	2022-
<b>Developing a safety checklist for ECT</b> ( <b>Alexander L.</b> , Bhatia G., Juruena M.)	2022-
<b>Improving staff confidence in managing dystonia on general paediatrics wards</b> ( <b>Alexander L.</b> , Croft C., Wai A., Ramachandran R., Lumsden D.)	2021-22
<b>Auditing HRT prescribing at a single GP practice to reduce incorrect oestrogen-only prescriptions</b> presented as an oral presentation at Controversies in Obstetrics, Gynaecology and Infertility, 2020 ( <b>Alexander L.</b> , Zielinska A.)	2020-21
<b>Auditing sick day guidance at a single GP practice for CKD patients to prevent AKI</b> presented as a poster at RCGP Annual Primary Care Conference, 2019 (Lim H.K., <b>Alexander L.</b> , Lennox G.A.K., Elango M.)	2019

##### Recent teaching experience

<b>MSc supervisor</b> for Affective Disorders MSc, King's College London	2021-
<b>Bedside teaching coordinator</b> for Long Term Conditions, King's College London	2021-22
<b>Clinical supervisor and Supporting life facilitator</b> , King's College London	2020-21
<b>Supervisor in Psychology and Neuroscience</b> for Christ's College, Cambridge	2020
<b>Pathology Supervisor</b> for clinical medical students, Cambridge	2019-20
<b>Associate of the Academy of Higher Education (AHEA)</b>	2019
<b>Membership of the Academy of Medical Educators (MAcadMED)</b>	2018

##### Recent positions of responsibility

<b>BMJ Best Practice clinical champion</b>	2022-
<b>Schwartz Round steering group member</b> , St Thomas' Hospital	2020-22
<b>Junior doctor representative</b> , St Thomas' Hospital	2020-22
<b>Marketing and Communications officer</b> , Innovation Forum Cambridge	2019-20
<b>MB/PhD representative</b> , University of Cambridge	2019-20

##### Recent media and medical writing experience

<b>Clegg Scholarship</b> awarded with British Medical Journal, London, UK	2020
<b>Medical Specialist</b> , ABC News Medical Unit, New York, USA	2019-21

##### Affiliations with professional bodies

<b>Royal College of Psychiatrists</b> (Core Trainee)	2022-
<b>British Neuroscience Association</b>	2022-
<b>Associate of the Higher Education Academy (AHEA)</b>	2019-
<b>Academy of Medical Educators (MAcadMED)</b>	2017-