

Laith Alexander MA PhD MBBChir MRCP 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-
<ul style="list-style-type: none">• Forensic• General adult liaison	<ul style="list-style-type: none">• Community general adult• Child & adolescent
Membership of the Royal College of Physicians – all parts passed at first attempt	2023
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
<ul style="list-style-type: none">• Paediatrics• Acute Medicine• Geriatric medicine	<ul style="list-style-type: none">• Psychiatry research post• Emergency 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 st in final year exams in psychology and neuroscience	2011-2014

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.

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: 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. I have worked as a trainee representative and have been involved in initiatives to improve physical healthcare provision in serious mental illness.

Foundation training: Experience across both medical and surgical specialities. Experienced in multi-disciplinary team working, leadership, and quality improvement. Awarded Junior Doctor of the Year during 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](#))

Wood C.M., [Alexander L.](#), Alsio J., Santangelo A.M., McIver L., Cockcroft G.J., Roberts A.C. (2023) Chemogenetics identifies separate area 25 brain circuits involved in anhedonia and anxiety in marmosets. *Science Translational Medicine*

Hartland H., Mahdavi K., Jelen L.A., Strawbridge R., Young A.H., [Alexander L.*](#) (2023) A transdiagnostic systematic review and meta-analysis of ketamine's anxiolytic effects. *Journal of Psychopharmacology*

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*

[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*

* Joint first authors. * Senior author.

Recent national and international presentations

British Association of Psychopharmacology 2022, oral & poster presentation, chaired session	London, UK
FENS conference 2022, poster presentation	Paris, France
Healthcare Leadership Academy meeting 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
Viral Manipulations in Monkeys conference 2018, invited speaker	Paris, France

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 (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)

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

Improving substance misuse support provision in a medium secure unit (Alexander L. , Adams A., Parkes C., Campbell C., Walker H.)	2022-
Developing a safety checklist for ECT (Alexander L. , Bhatia G., Juruena M.)	2022-
Improving staff confidence in managing dystonia on general paediatrics wards (Alexander L. , Croft C., Wai A., Ramachandran R., Lumsden D.)	2021-22
Auditing HRT prescribing at a single GP practice to reduce incorrect oestrogen-only prescriptions presented as an oral presentation at COGI, 2020 (Alexander L. , Zielinska A.)	2020-21
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, 2019 (Lim H.K., Alexander L. , Lennox G.A.K., Elango M.)	2019

Recent teaching experience

MSc supervisor for Affective Disorders MSc, King's College London	2021-
Bedside teaching coordinator for Long Term Conditions, King's College London	2021-22
Clinical supervisor and Supporting life facilitator , 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

Recent positions of responsibility

Psychiatry Trainees' Committee London Representative	2023-
BMJ Best Practice clinical champion	2022-
Schwartz Round steering group member , St Thomas' Hospital	2020-22
Junior doctor representative , St Thomas' Hospital	2020-22
Marketing and Communications officer , Innovation Forum Cambridge	2019-20
MB/PhD representative , University of Cambridge	2019-20

Recent media and medical writing experience

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

Affiliations with professional bodies

Membership of the Royal College of Physicians (MRCP)	2023-
Royal College of Psychiatrists (Core Trainee)	2022-
British Neuroscience Association	2022-
Associate of the Higher Education Academy (AHEA)	2019-
Academy of Medical Educators (MAcadMED)	2017-