

**Dr Laith Alexander** MA(Cantab.) PhD MBBChir MRCPsych MRCP AHEA

*Clinical Lecturer in General Adult Psychiatry and Experimental Medicine*

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**Work and Education**

<b>Academic Clinical Lecturer in Psychiatry and Experimental Medicine, King's College London</b> (start date: August 2025)	<b>London, UK</b>
General Adult Psychiatrist with research in Neuroimaging and Neuromodulation	2025-
Clinical Fellow, Maudsley Neurotechnology (MNT)	2025-
<b>Academic Clinical Fellow, King's College London and South London and the Maudsley NHS Foundation Trust</b> (start date: August 2022, no career breaks)	<b>London, UK</b>
Speciality Trainee in Psychiatry with research in Translational Psychiatry	2022-2025
<ul style="list-style-type: none"><li>• Forensic</li><li>• General adult liaison</li><li>• Research in neuroimaging</li><li>• Community general adult</li><li>• Child and adolescent</li><li>• Psychiatric ICU</li></ul>	
Membership of the Royal College of Psychiatrists (MRCPsych)	2025
Membership of the Royal College of Physicians (MRCP)	2023
<b>Academic Foundation Doctor, King's College London and Guy's and St Thomas' NHS Foundation Trust</b> (August 2020 – August 2022, no career breaks)	<b>London, UK</b>
Clinical rotations with Psychiatry research post	2020-2022
<ul style="list-style-type: none"><li>• Paediatrics</li><li>• Acute Medicine</li><li>• Geriatric medicine</li><li>• Psychiatry research post</li><li>• Emergency medicine</li><li>• Perioperative medicine</li></ul>	
<b>MB/PhD, Trinity College, University of Cambridge</b>	<b>Cambridge, UK</b>
PhD in Neuroscience – Department of Physiology, Development and Neuroscience	2015-2018
MB/BChir – Distinction in Clinical Medicine	2011-2020
<b>MA in Preclinical Medicine/Neuroscience, University of Cambridge</b>	<b>Cambridge, UK</b>
Triple first – ranked first in final examinations in psychology and neuroscience	2011-2014
<b>A-levels, Manchester Grammar School</b>	<b>Manchester, UK</b>
4 A*s at A-level – Harvard Prize Book for academic achievements & personal skills	2009-2011

**Academic and Clinical Experience**

**Research Experience**

**Preclinical 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 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 psychedelic drugs in treatment-resistant depression (COMP006, Beckley Psytec), novel anti-anhedonic drugs (VENTURA study) and the mechanism of action of ketamine (GO-MARK).

**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 in animal tissue, together with fluorescent tract tracing.

**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 press releases for scientific articles and medical writing placements at ABC News (USA) and the *BMJ* (UK). Additionally, I have authored a textbook chapter and I regularly contribute to articles in the Royal College of Psychiatrists' *The Registrar* magazine.

**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. I was elected as a Governor at the trust, working with the Board of Governors to hold trust directors to account. I completed my

Membership of the Royal College of Psychiatrists (MRCPsych) and Membership of the Royal College of Physicians (MRCP) exams during this time, passing all parts at first attempt. I have received training in rTMS, tDCS (New York, 2024) and ECT (Maudsley Hospital, 2022).

**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

### Scientific publications ([ORCID](#))

**Alexander L.**, Beck K., Bocharova M., Young A.H., Stewart R., Carter R., Mueller C. (2025) Late-life affective disorders and risk of progression to dementia: retrospective cohort study of patients in secondary care **British Journal of Psychiatry**

**Alexander L.\***, Anderson D.\*, Baxter L., Claydon M., Rucker J., Robinson E.S.J. (2024) Preclinical models for evaluating psychedelics in the treatment of major depressive disorder **British Journal of Pharmacology**

**Alexander L.**, Hawkins P.C.T., Evans J.W., Mehta M.A., Zarate Jr C.A. (2023) Preliminary evidence that ketamine alters anterior cingulate resting-state functional connectivity in depressed individuals. **Translational Psychiatry**

Wood C.M., **Alexander L.**, Alsö J., Santangelo A.M., Mclver 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.**, 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.**, Banai-Tizkar R., Wood C.M., Roberts A.C. (2021) Quantifying anhedonia-like symptoms in marmosets using appetitive Pavlovian Conditioning. **STAR Protocols**

**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**

Zeredo 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**

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**

\* Joint first authors. \* Senior author.

### Medical education publications

Tapoi C., **Alexander L.**, ..., Pinto da Costa M. (2025) Early career psychiatrists' perceptions of and training experience in electroconvulsive therapy: A cross-sectional survey across Europe **European Psychiatry**

Critchley H.D., Tracy D.K., Mahli G.S., **Alexander L.**, ..., Young A.H. (2024) Academic Psychiatry is everyone's business **British Journal of Psychiatry**

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**

**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**

### Textbook chapters

Cambridge Textbook of Neuroscience for Psychiatrists (2023) Chapter 4.1: Neuroanatomy Fundamentals. **Alexander L.**, eds. Lynall M., Jones P.B., Stahl S.M.

### Media

[New research provides an intriguing glimpse into how ketamine alters brain connectivity in depressed individuals](#) (2024) **PsyPost**

[Ketamine's antidepressant effects involve an evolutionarily ancient part of the brain](#) (2023) **Springer Nature**

[Ketamine shows potential for rapid and sustained anxiety relief](#) (2023) **PsyPost**

[And breathe... podcast](#) (2023) **Anxiety UK**

[PM Programme](#) (2021) **BBC News**

[COVID-19: one year in.](#) (2021) **The Fountain**

[Could there be a link between depression, anxiety and heart disease?](#) (2020) **The Independent**

[Depression, anxiety and heart disease all linked to single brain region](#) (2020) **The Conversation**

[Dangerous vaping epidemic on the rise](#) (2019) **ABC News**

[Marmoset study gives insights into loss of pleasure in depression](#) (2018) **University of Cambridge**

### National and international presentations

<b>British Association of Psychopharmacology</b> 2025, poster presentation	<b>Manchester, UK</b>
<b>Royal College of Psychiatrists</b> International Congress 2025, poster presentation	<b>Newport, UK</b>
<b>Maudsley Mediterranean Forum</b> 2025, oral & poster presentation	<b>Palermo, Italy</b>
<b>Royal College of Psychiatrists</b> Academic Faculty Congress 2025, oral & poster presentation	<b>London, UK</b>
<b>Royal College of Psychiatrists</b> International Congress 2024, poster presentation	<b>Edinburgh, UK</b>
<b>European Psychiatric Association</b> 2024, invited speaker	<b>Budapest, Hungary</b>
<b>Ketamine &amp; Related Compounds</b> 2024, invited speaker	<b>Oxford, UK</b>
<b>Wellcome Mental Health Field Building</b> 2024, invited speaker	<b>London, UK</b>
<b>International Society for Affective Disorders</b> 2023, oral & poster presentation	<b>Milan, Italy</b>
<b>Ketamine International Journal Club</b> 2023, invited speaker	<b>Virtual session</b>
<b>British Association of Psychopharmacology</b> 2022, oral presentation, session chair	<b>London, UK</b>
<b>FENS</b> conference 2022, poster presentation	<b>Paris, France</b>
<b>Royal College of Psychiatrists</b> International Congress 2021, poster presentation	<b>Virtual session</b>
<b>Healthcare Leadership Academy</b> meeting 2020, oral presentation	<b>Virtual session</b>
<b>FENS</b> conference 2020, poster presentation (2 <sup>nd</sup> author)	<b>Virtual session</b>
<b>Royal Society of Medicine</b> Sir Roger Bannister lecture 2019, invited speaker	<b>London, UK</b>
<b>Society for Neuroscience</b> conference 2018, poster presentation	<b>San Diego, US</b>
<b>Viral Manipulations in Monkeys</b> conference 2018, invited speaker	<b>Paris, France</b>
<b>Cambridge Neuroscience Symposium</b> 2017, lightning talk	<b>Cambridge, UK</b>
<b>Society for Neuroscience</b> conference 2017, poster presentation	<b>Washington DC, US</b>
<b>Cold Spring Harbor Asia</b> 2017, invited speaker	<b>Suzhou, China</b>
<b>British Association of Psychopharmacology</b> 2016, oral & poster presentation	<b>Brighton, UK</b>

### Peer review responsibilities

Biological Psychiatry, Biological Psychiatry: CNI, BJPsych Open, Frontiers in Pharmacology, Imaging Neuroscience, Journal of Psychopharmacology, Molecular Psychiatry, Nature Mental Health, Neuropsychopharmacology, STAR Protocols, Translational Psychiatry

## Editorial responsibilities

BJPsych Open, Journal of Psychopharmacology

## Awards

**Grants:** Royal College of Psychiatrists Academic Trainee Small Grant (2024); NIHR Maudsley BRC Early Career Research Award for Postdoctoral Scientists (2022)

**Prizes awarded for clinical & university work:** Royal College of Psychiatrists' Core Trainee of the Year Shortlisted (2024), Royal College of Psychiatrists' 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:** British Association of Psychopharmacology President's poster prize (2025), Integrated Academic Training Publication Award (2024), Integrated Academic Training Poster Award (2024), Designing Clinical Research first place award (2022), FENS/IBRO-PERC Travel Grant (2022), Isaac Schapera Funding Award (2022), Royal College of Psychiatry 2<sup>nd</sup> place poster prize (2021), 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 (6<sup>th</sup> year), 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)

## Additional Experience

### Quality improvement projects

**Developing an electronic handover system for junior doctors** (Abdelsamie A., Wilkinson R., Alexander L.) 2022-24

**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., Jurueña M.) 2022-24

**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

**Lecturer** for Neuroscience and Psychology BSc, King's College London 2024

**Lecturer** for Clinical Psychotherapy MSc, King's College London 2024

**Psychiatry Early Experience Programme facilitator**, King's College London 2022-

**Lecturer and 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)** 2018-23

**Neuroanatomy demonstrator**, Cambridge 2017-18

**Research supervisor** for BA thesis, Cambridge 2017-18

**Supervisor in Neuroscience** for medical students at Trinity College, Cambridge 2015-18

### Positions of responsibility

<b>London Division Trainee Academic Programme Lead</b> , Royal College of Psychiatrists	2024-
<b>Governor</b> , South London and the Maudsley NHS Foundation Trust	2023-
<b>Academic Executive Committee member</b> , Royal College of Psychiatrists	2023-
<b>Psychiatry Trainees' Committee London Representative</b> , Royal College of Psychiatrists	2023-
<b>IT representative</b> , South London & the Maudsley NHS Foundation Trust	2023-24
<b>Trinity Medics Alumni Association committee member</b> , Trinity College, University of Cambridge	2022-
<b>Junior doctor representative</b> , South London & the Maudsley NHS Foundation trust	2022-23
<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
<b>Student representative</b> , The Royal Society of Medicine	2015-18
<b>Publicity officer</b> , Cambridge Neurology Society	2017
<b>Graduate representative</b> , School of Biological Sciences, University of Cambridge	2016
<b>Co-president of Students' Clinical Research Society</b> , University of Cambridge	2015

### 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>Membership of the Royal College of Psychiatrists (MRCPsych)</b>	2025-
<b>Membership of the Royal College of Physicians (MRCP)</b>	2023-
<b>British Neuroscience Association</b>	2022-
<b>Associate of the Higher Education Academy (AHEA)</b>	2019-
<b>Academy of Medical Educators (MAcadMED)</b>	2017-23