

## *Curriculum Vitae*

<b>Name</b>	Cosmo Hallström	
<b>Date of birth</b>	21 October 1946	
<b>Status</b>	Married, 3 children	
<b>Nationality</b>	British	
<b>Qualifications</b>	MB ChB Liverpool	1971
	DPM London	1975
	MRCP (UK)	1975
	MRCPsych	1976
	New York State Licensed Physician	1980
	MD Liverpool	1989
	FRCPsych	1991
	FRCP	2004
<b>Student clinical</b>	<i>1969</i> Surgical externship, Harrisburg PA <i>1970</i> Psychiatry in Stockholm, Sweden	
<b>Appointments</b>	<i>September 1971 - August 1972</i> <b>House physician and house surgeon</b> Whiston Hospital, Prescott  <i>September 1972 - September 1973</i> <b>SHO in psychiatry</b> Hackney and St Bartholomew's Hospital	

*October 1973 - September 1974*

**Research registrar**

St Bartholomew's Hospital

Conducting drug trials and developing models for the assessment of psychopharmacological agents in vivo

*October 1974 - April 1975*

**SHO in general medicine**

St Leonard's Hospital

*May 1975 - September 1975*

**Locum assistant psychiatrist**

Central Lassarettet, Boden, Sweden

*October 1975 - March 1977*

**SHO/registrar**

Bethlem Royal and Maudsley Hospitals

Psychiatric rotation at the joint hospitals

*April 1977 - September 1979*

**Research assistant and lecturer**

Institute of Psychiatry

**Honorary senior registrar**

Maudsley Hospital, London

under Professor Malcolm Lader in the department of pharmacology. Work related to a series of studies mainly on benzodiazepines and their long-term effects

*November 1979 - June 1981*

**Psychiatrist II**

Rockland Psychiatric Centre

**Research psychiatrist**

Rockland Research Institute,

Orangeburg, New York, with Dr Nathan Kline

Clinical duties and clinical research

*October 1980 - 1981*

**Clinical assistant professor**

Department of Psychiatry,  
New York University Medical Centre

*July 1981 - May 1982*

**Senior registrar**

Bethlem Royal and the Maudsley Hospitals  
Working in the Emergency Clinic

*June 1982 - 1995*

**Consultant psychiatrist**

Charing Cross Hospital (Riverside Mental Health)  
Adult General Psychiatry

**Senior lecturer**

Charing Cross & Westminster Medical School  
University of London

*1995 - 2003*

**Consultant psychiatrist/**

**Medical Director** (Jan 1998-2003)

Charter Clinic Chelsea

7 Radnor Walk London SW3 4BP

*2003 – 2005*

**Independent Practice**

**Consultant Psychiatrist**

15 Basil Mansions

Basil Street

London SW3 1AP

*2005 – 2006*

**Independent Practice**

**Consultant Psychiatrist**

Keats House

24-26 St. Thomas Street

London

SE1 9RS

*2007 – present*

**Independent Practice**

**Consultant Psychiatrist**

11 Sloane Court West

London

SW3 4TD

*1998*

**Consultant to Feighner Research Institute**

*1999 - 2000*

**Director of Research for Feighner Research Institute UK**

**Additional**

*1976*

**Locum consultant psychiatrist experience**

Guernsey, Channel Islands

*1977 - 1979*

**Regular general practice sessions**

**Membership of Societies**

Ex-Council Member of the British Association of Psychopharmacology

Member of the British Medical Association

Member of CINP

Worshipful Society of Apothecaries of London

**Lecturing**

On average one lecture per week in the past, mainly to postgraduate audiences and mainly on the treatment of mood disorders. Organiser of several scientific symposia

**The Royal College of Psychiatrists**

- 1 Public Education Committee, dealing with the media on behalf of The Royal College. This involves about three contacts per week and frequent media appearances
- 2 Examiner for Part I MRCPsych
- 3 Psychopharmacology Sub-Committee

**Medicolegal  
experience**

Approved under Section 12 of the  
Mental Health Act  
Wide experience in the assessment of  
criminal and civil matters, preparation  
of expert reports, most recently in childcare  
proceedings

**Charitable work**

- 1 Instigator and Founder Member of  
**Broadway Housing**  
Providing supported accommodation for  
mentally ill patients
  
- 2 Founding Member of  
**The Homeless Fund**  
an initiative on homelessness
  
- 3 Advisor to **The Hamlet Trust**,  
a self-help initiative providing  
resources to the old 'iron curtain'  
countries

**Additionally**

Recommended in the *Good Housekeeping Magazine  
Guide* as one of Britain's top specialists in 1992

Reviewer of scientific papers for numerous  
psychiatric journals

**Languages**

Fluent in German and Swedish  
Some knowledge of French

***Publications***

**Original papers**

**A clinical pharmacological study of the effect of clomipramine and protriptyline on the uptake of tritiated 5HT and DA in platelets from depressed patients**

Hallström C, Pare M, Rees W, Trenchard A & Turner P  
Journal de Pharmacologie, Supp No. 2 1975

**Platelet uptake of 5HT and dopamine in depression**

Hallström C, Pare M, Linford-Rees M, Trenchard A & Turner P  
Postgraduate Medical Journal 1976 52, 40-44

**Antidepressant blood levels in acute overdose**

Hallström C & Gifford L  
Postgraduate Medical Journal 1976 52, 687-688

**ECG changes on butriptyline**

Hallström C & Brooks N  
Communication in Psychopharmacology 1979 3, 55-59

**Diazepam and its metabolite nordiazepam, in saliva, plasma and CSF**

Hallström C, Lader M & Curry S  
British Journal of Clinical Pharmacology 1980 9, 333-339

**A stable isotope dilution assay for the antiparkinsonian drug benzotropine in biological fluids**

Jindal S, Lutz T, Hallström C & Vestergaard P  
Clinical Chimica Acta 1981 112, 267-273

**The effects of propranolol and diazepam alone and in combination, on the effects of chronic anxiety**

Hallström C, Treasaden I, Edwards G & Lader M  
British Journal of Psychiatry 1981 139, 417-421

**Protection of patients on MAOIs against hypertensive crises**

Kline N, Cooper T, Suckow R, Hallström C & Brebbia R  
Journal of Clinical Psychopharmacology 1981 1, 410-411

**Benzodiazepine withdrawal phenomena**

Hallström C & Lader M  
International Pharmacopsychiatry 1981 16, 235-244

**The effects of ginseng on physiological, biochemical and psychological measure, after sleep deprivation**

Hallström C, Fulder S & Carruthers M

American Journal of Chinese Medicine 1982 6, 277-282

**The incidence of benzodiazepine dependence**

Hallström C & Lader M

Journal of Psychiatric Treatment and Evaluation June 1982 4,293-296

**Will amitriptyline prevent the "cheese" reaction of monoamine oxidase inhibitors?**

Pare M, Kline N, Hallström C & Cooper T

Lancet 1982, 183-186

**Steady state plasma levels of lofepramine and desipramine monitored during a clinical double-blind comparison: a preliminary report**

Hallström C

Chapter in 'Lofepramine in the treatment of depressive disorders' 1988

Angst J and Wogan B (eds) Vieweg, Braunschweig

**Benzodiazepine dependent patients and their psychological treatment**

Crouch G, Robson M & Hallström C

Progress in Neuropsychopharmacology & Biological Psychiatry 1988 12, 503-510

**Rapid response to buspirone: assessment in a general practice setting**

Hallström C & Cox J

British Journal of Clinical Practice 2: 65-80 (1991)

**Self-help and benzodiazepine withdrawal**

Tattersall ML and Hallström C

Journal of Affective Disorders 24 (1992) 193-198

**Inadequate treatment response to des-enkephalin-gamma-endorphin compared with thioridazine and placebo in schizophrenia**

Montgomery SA, Hallström C et al

Acta Psychiatrica Scandinavica (86) 1992, 97-103

**An open study of remoxipride in the long-term treatment of schizophrenia**

T Ashwood, C Hallström et al  
Journal of Psychopharmacology 6(4) 1992 519-525

**The role of coping strategies in protecting individuals against long-term tranquilliser use**

Bish A, Golombok S, Hallström C, Fawcett S  
(submitted for publication)

**A controlled trial of dothiepin and placebo in treating benzodiazepine withdrawal symptoms**

Tyrer P, Ferguson B, Hallström C, Mitchie M, Tyrer S, Cooper S, Caplan R, Barczak P  
British Journal of Psychiatry (1996) vol 168, page 457-461

**Pharmacist' Mental Health Role Questioned**

Hallström C  
Progress in Neurology and Psychiatry Vol.2 Issue 2 March/April 1998

***Books/Chapters/Reviews***

**Family Health Encyclopaedia**, Editor  
Good Housekeeping 1983

**Benzodiazepines: clinical practice and central mechanisms** (in)  
Recent Advances in Clinical Psychiatry (5) 1985  
Granville-Grossman K (ed), Livingstone

**Efficacy and problems of MAO inhibitor antidepressants**  
Cody D & Hallström C  
Chapter in Antidepressants for elderly people, 1989  
Ghose K (ed), Chapman & Hall

Hallström C: **Coping with anxiety; the patient's predicament** (in)  
The anxiolytic Jungle; Where next?  
Edited by Wheatley D John Wiley & Sons, Chichester, 1990

Certificate of educational merit in the British Medical Association's Film and Video Competition, for a video called **Stress and distress**, 1990

**Monographs on chlordiazepoxide, lorazepam and meprobamate** (in)  
Therapeutic Drugs, a clinical pharmacopoeia, 1991

**Mind and body** Hallström C (in)  
A History of Medicine  
Edited by N Duin and J Sutcliffe  
Publishers Simon & Schuster, 1992

**Benzodiazepine dependence** - Editor Hallström C  
Oxford University Press, 1993

Humphreys & Hallström (1995)  
**Chapter 10: Benzodiazepine discontinuation phenomena**  
**in Nutt & Mendelson (ed) 'Hypnotics and Anxiolytics'**  
Balliere's Clinical Psychiatry, vol 1, no 3  
Balliere Tindall, London, August 1995

**The psychopharmacology of mood disorders in primary care**  
Proceedings of the autumn meeting of The British Association of  
Psychopharmacology Supplement in  
Primary Care Psychology  
(Editor) Hallström C

**Anxiety & depression: your questions answered**  
Hallström & McClure  
Publishers Churchill Livingstone, August 1998

**Benzodiazepine dependence and withdrawal - an update**  
Humphreys S & Hallström C (1995) 99-107 Vol 1 No 2  
Primary Care Psychiatry

**Dangers of Community Psychiatry**  
C.Hallström  
Badania Nad Schizofrenia, 1998, I,1

**Mania: Hallström in Clinical General Practice Vol. 1**  
Ed: Mary Selby – Butterworth, 2004

**Depression Your Questions Answered**

Hallström & McClure

Elsevier, 2005

(translated into Polish in 2006)

**Chapter On Anxiety in: The Mind: A User's Guide**

Ed: Raj Persaud, Transworld Publishers (2007)

*Abstracts/Articles/Letters*

**The future of psychiatry**

Eds Creed F & Hallström C

Geigy Publications, 1979

**Prediction of response to anti-anxiety agents**

Hallström C & Lader M

Proceedings of the 11th CINP, Pergammon Press, 1979

**Benzodiazepine withdrawal phenomena**

Hallström C & Lader M

Abstracts of the 12th CINP Congress 1980, Progress in Neuropsychopharmacology (sup), 186

**The use and abuse of tranquillisers**

Hallström C

Update July 1982 4, 43-50

**Which hypnotic - if any?**

Hallström C

British Journal of Hospital Medicine 1983 30, 188-192

**The current view on minor tranquillisers and new developments**

Hallström C

Postgraduate Doctor 1984 7, 366-372

**Practical aspects of the use of beta-blockers in anxiety states: morbid anxiety**

Hallström C

Postgraduate Medical Journal 1984 60 (supp 2), 26-30

**Thyroid abnormalities and violent suicide**

Drummond L, Lodrick M & Hallström C

British Journal of Psychiatry 1984 144, 213 (Letter)

**Specific benzodiazepine receptors: What is the latest thinking?**

Hallström C

Medical Dialogue 1985 58, 2-4

**Patients' attitudes to depot neuroleptics**

Hallström C, Halstead S, Hays H

Schizophrenia Research 1988 May, 209-210

**Anxiolytic drugs; past, present and future**

Hallström C

Holistic Medicine 1989 4, 157-163

**Uses and abuses of benzodiazepines**

Hallström C

British Journal of Hospital Medicine 1989 41, 115

**Benzodiazepines and medical negligence - the issues**

Hallström

Abstracts of Autumn Quarterly Meeting of The Royal College of Psychiatrists, 1989

**Uses and misuses of benzodiazepines**

Hallström C, Hawley C

Postgraduate Doctor 13: 316-320 (1990)

**Medical aspects of benzodiazepine abuse**

Hallström C

Practical reviews in Psychiatry, 2: 9, 3-5 (1990)

**Benzodiazepine and medical negligence**

Hallström C

Update 40: 1139-1140 (1990)

**GBR 12909: a dose response relationship of the selective dopamine uptake inhibitor in major depression**

Fensbo C, Montgomery S, Andersen J, Hallström C, Schonbeck G, de Zwann M, Moller Neilsen E, Olafsen K, Ingwersen S:

17th Congress of the Collegium Internationale Neuro-Psychopharmacologicum 1990 (Tokyo)

**Buspirone in British general practice**

Hallström C

17th Congress of the Collegium Internationale Neuro-Psychopharmacologicum 1990 (Tokyo)

**Desenkephalin gamma endorphin and thioridazine in the treatment of schizophrenia; a placebo controlled study**

Montgomery S, Green M, Rimon R, Heikkila L, Foresstrom R, Hirsch S, Hallström C, Hippus H, Naber R, Kahn M, Stitsen J:

17th Congress of the Collegium Internationale Neuro-Psychopharmacologicum 1990 (Tokyo)

**Benzodiazepine dependent patients in different clinical settings**

Hawley C, Crouch G, Tattersall M, Hallström C:

British Association for Psychopharmacology  
Summer Meeting 1990 (Cambridge)

**Tranquilliser addiction; medicolegal aspects**

Hallström C

The Royal College of Psychiatrists Annual General Meeting 1990  
(Birmingham)

**Benzodiazepine dependence; an incomplete picture**

The Royal College of Psychiatrists Annual Meeting 1990 (Birmingham)

**Current views on treating patients with anxiety: factors that affect the choice of drug**

Hallström C

Prescriber Issue 28 34-38 (1991)

**The comparison of anxiety rating scales in a training situation**

Proceedings of the British Association of Psychopharmacology's Summer Meeting 1991

Bradford L, Hallström C, Gerristen van der Hoop, Stevens G

**Benzodiazepine dependence; who is responsible?**

Hallström C (Editorial)

The Journal of Forensic Medicine 2: 5-7 (1991)

**Appropriate prescribing of the benzodiazepines**

Hallström

Pulse 51: Page 58 (1991)

**Anxiety disorders and their management**

Hallström C

Prescriber Vol 3, Issue 19 31-38 (1992)

**Bupirone - different mode of action reduces anxiety treatment complications**

Hallström C

Pulse Vol 50: No 21 75

**Watch out for depression in sleep disorder cases**

Hallström C

Mims Magazine Vol 19 No 21 55 (1992)

**Prophylactic therapy in depression**

Mims Magazine (1992)

**Guidelines for the management of patients with generalised anxiety**

(Consensus Panel)

Psychiatric Bulletin, 1992 16, 560-565

**Guidelines for the management of patients withdrawing from benzodiazepines**

Mental Health Foundation 1993

**Guidelines for the treatment of depressive illness with antidepressants**

Montgomery S, Hallström, et al

Journal of Psychopharmacology 1993 7: 19-23

**Guidelines for the investigation of anti-anxiety drugs (Consensus Panel)**

British Association for Psychopharmacology

(In press)

**Antidepressants in the treatment of anxiety disorder**

Tyrer P & Hallström C

Psychiatric Bulletin 1993 Vol 17 75-76

**ECT causes an increase in urinary output of the monoamine oxidase An inhibitory component of Tribulin**

Clow A, Kimber S, Sandler M, Hallström C, Hawley C, Glover V

(Abstract) British Association of Psychopharmacology Meeting, 1993

**Reading list for MRCGP examination on depression**

MIMS Magazine, October 5th 1993

**Drugs in focus: Zopiclone.**

Prescriber Journal. 34. 115-119: 1994

**Reshaping mental health services. (Review)**

The Psychiatric Bulletin.

**Waving a goodbye to mother's little helper**

Focus on drug dependency, featuring Dr Hallström

Hospital Doctor 29 May 1993

**Mental health care is worsening by the day**

(Letter to the Editor) Evening Standard 13 1 1995

Hallström C, Hirsch S

**What are the options for GPs when prescribing hypnotics?**

MIMS Weekly 4 10 94

Hallström C

**Rational choices in CNS prescribing: the cost of depression**

Prescriber 5:15 1994 24 - 29

**Hypnotics**

MIMS Weekly 1995

Hallström C

### **Costs of clozapine**

Bulletin of The Royal College of Psychiatrists 1995  
Bottomley C, Hallström C

### **The rating of depression**

Perspectives in Depression 4: 3 1996 1-5  
Hallström C

### **More ECT needed not less (Opinion)**

Care of the Elderly 7 No 3 1995  
Hallström C

### **Can GPs manage without benzodiazepines**

Prescriber

### **Tranquillisers are good for you?**

Proceedings of The Medical Society of London

### **Managing minor psychiatric conditions in adolescents**

Prescriber 19 January 1997  
Hill-Smith A, Hallström C

### **Medico-legal Aspects of Occupational Stress**

Journal of the Medico-legal Society 1997  
Hallström C

### **Hyperkinetic Disorder**

Progress in Neurology and Psychiatry Nov/Dec 1997  
Hill-Smith A & Hallström C

### **Mania, Schizophrenia and the Mental Health Act**

Update June 1997 842-851  
Hallström C

### **Pocket Guide to Insomnia 1997**

Advisory Panel

### **The Drug Management of Schizophrenia**

The Practitioner 1998

**The Pharmacotherapy of Schizophrenia**

The Practitioner January 1998 Vol.242

Hallström C, Magnes R

**Stress and Mental Health Nursing**

Mental Health Care

Hallström C, 1988

**Benzodiazepine Dependence 20 Years On**

Progress in Neurology and Psychiatry

Hallström C

**Differentiating anxiety from physical disorder in primary care**

Psychiatry Reviews, Vol 2, No 3 Autumn 1997

Hallström C, Galloway C

**Royal College of Psychiatrists**

Statement on Benzodiazepines 1997

(co-author)

**Stigma of Anxiety**

Hospital Medicine 1999

Hallström C

**A Primary-care Guide to Insomnia Management**

Prescriber 5 April 2002

Hallström C

Contributors to Drugs and Therapeutic Bulletin

**Tranquilliser independence** (Self-help audio cassette for patients)

*Clinical Trials*

1974

**Amitriptyline vs butriptyline in depressed outpatients** Phase 3

**Clomipramine vs protriptyline in depressed outpatients, monitoring platelet uptake of 5-HT and dopamine.**

Clinical pharmacological study.

*1976 - 1990*

**Diazepam, propranolol and their combination for the treatment of chronic anxiety** Clinical pharmacological study

**A clinical pharmacological study of benzodiazepine withdrawal**

**Desenkephalin gamma endorphin and thioridazine in the treatment of schizophrenia; a placebo controlled study** Phase 2

**GRB 11909: A dose response relationship of selective dopamine uptake inhibitor in major depression** Phase 2

**BRG 21909: A double blind placebo controlled study versus Imipramine for the treatment of major depression. A multicentre multinational study** Phase 3

**Lofepamine vs desipramine in depressed outpatients**

A clinical pharmacological study

**Propranolol vs placebo in benzodiazepine withdrawal**

**Clopixol concentrate vs Haldol decanoate in the maintenance treatment of schizophrenia**

Principal investigator Phase 4

**Remoxipride in the longterm treatment of schizophrenia**

A multicentre study Investigator Long-term safety study

**Zacopride: a dose finding study of 5HT3 agonist in anxiety**

Multicentre study Investigator Phase 2

Investigator in **A study of a DA antagonist antidepressant in depressed outpatients** Phase 2

Investigator in **A multicentre study of Prothiaden vs placebo in the treatment of benzodiazepine withdrawal** Phase 4

**UKMAS study of calcium homotaurinate in the prevention of relapse in alcoholism** Investigator Phase 4

*1990 - 1992*

**Buspirone: assessment in a general practice setting; A study of 670 patients in general practice** Principal investigator Phase 4.

**Buspirone ER vs Buspirone IR.** A multicentre, multinational study in primary care. Principal investigator. Phase 4.

**Flesinoxan vs placebo in anxiety** A multicentre, multinational study in primary care; Trainer; Phase 3

**Nefazodone vs fluoxetine in depressed patients in primary care**  
A multinational study; Principal investigator; Phase 3

*1992*

**Nefazodone vs sertraline in depressed hospital outpatients**  
Investigator; Phase 3

**Ondansetron in the prevention of relapse in chronic anxiety**

*1993*

**Long-term relapse prevention of fluvoxamine in depression**  
Investigator

Trainer in **a study of amisulpiride in schizophrenia**

*1994*

**Sertraline vs imipramine in panic disorder**

Trainer in **a study of an antidepressant**

A multidimensional study

1995

CLZ-20 499 - 006 -GBR

**A study of an anxiolytic in generalised anxiety disorder**

**Relapse prevention in depression of ORG 4428 in outpatients**

1998

**Paroxetine -v- Placebo in Social Phobia**

1999

**Investigator in a Study of Antidepressants. ASTRA phase 2.**

**Paroxetine -v- Placebo in GAD. Phase 3.**

**Several other studies since – as coordinator/principal investigator**

**Consultancies** To several pharmaceutical companies in relation to marketing, product development and clinical research development  
Major commitments include ICR Ltd, Glaxo and Bristol Myers Squibb

**Hobbies** Family, country weekends, skiing, travel, wine

**Referees:** Dr. Anne Cremona  
Consultant Psychiatrist  
Capio Nightingale  
Edward House  
7 Lisson Grove

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Dr. William Shanahan  
Executive Medical Director  
Capio Nightingale  
11-19 Lisson Grove  
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