

Curriculum Vitae

Name	Cosmo Hallström
Date of birth	21 October 1946
Status	Married, 3 children
Nationality	British
Qualifications	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
Student clinical	1969 Surgical externship, Harrisburg PA 1970 Psychiatry in Stockholm, Sweden
Appointments	<i>September 1971 - August 1972</i> House physician and house surgeon Whiston Hospital, Prescott <i>September 1972 - September 1973</i> SHO in psychiatry Hackney and St Bartholomew's Hospital <i>October 1973 - September 1974</i> 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 Nielsen 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)

Buspirone - 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

Lofepramine 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
London NW1 6SH

Tel: 020 7535 7906

Dr. William Shanahan
Executive Medical Director
Capio Nightingale
11-19 Lisson Grove
London NW1 6SH

Tel: 020 7535 7717