

## *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**

*September 1971 - August 1972*  
**House physician and house surgeon**  
Whiston Hospital, Prescott

*September 1972 - September 1973*  
**SHO in psychiatry**  
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 – 2014*

**Independent Practice  
Consultant Psychiatrist**  
11 Sloane Court West  
London  
SW3 4TD

*2014 – present*

**Independent Practice**

**Consultant Psychiatrist**

Artillery House  
1a, Sloane Court East  
London  
SW3 4TQ

*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 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)

**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

**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  
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