

## *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  <i>October 1973 - September 1974</i> <b>Research registrar</b> St Bartholomew's Hospital Conducting drug trials and developing models for the assessment of psychopharmacological agents in vivo  <i>October 1974 - April 1975</i> <b>SHO in general medicine</b> 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

Family Drug and Alcohol Court Team

*2014 – 2021*

**Independent Practice  
Consultant Psychiatrist  
Artillery House  
1a, Sloane Court East  
London  
SW3 4TQ**

*2021 Present*

**Independent Practice  
Consultant Psychiatrist  
Keats House  
24-26 St. Thomas Street  
London  
SE1 9RS**

**Correspondence:**

Dr Hallstrom  
PO Box 77719  
LONDON  
SW4 4GB

*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

Past Member of CINP

Independent Doctors Federation

Liveryman of the Worshipful Society of Apothecaries of London.

Freedom of the City of London 1993

**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

Since 2011, Volunteer work in Sudan, Malawi and India

**Past Position at 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 of assessments in criminal and civil matters, employment and family courts.

**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

Best Psychiatric Team award by the Royal College of psychiatrists in 2011

**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

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

Tyrer P, Ferguson B, Hallstrom 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)

**Raising the Profile of Mental Health in Malawi.** C Hallstrom. 2017 RCPsych INSIGHT (published by the Royal College of Psychiatrists). Pages 8-9.

### *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 long-term 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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