

## CURRICULUM VITAE

**Name** Dinesh Bhugra

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**Present Post** Emeritus Professor of Mental Health and Cultural Diversity  
PO72, Centre for Affective Disorders  
Institute of Psychiatry, Psychology & Neuroscience  
King's College London  
De Crespigny Park  
London SE5 8AF  
UK

### Honours:

- Honorary Membership of International Neuropsychiatric Association, Chennai 2005
- Honorary Fellow Indian Psychiatric Society (2006)
- Honorary Fellow, International Medical Sciences Academy (2006)
- Awarded International Fellow, American Psychiatric Association (2008)
- Honorary Fellow of the Academy of Medicine of Singapore (FAMS)
- Honorary Fellow, American College of Psychiatrists (2010)
- Fellow Royal College of Physicians London (2010)
- Fellow of Faculty of Public Health (2011)
- Fellow of Royal College of Physicians Edinburgh (2011)

- Honorary Membership of College of Transgender Medicine (2012)
- CBE (Commander of British Empire) (2012)
- Lifetime Achievement Award, Pakistan Psychiatric Society (2012)
- Honorary Fellow, World Association for Social Psychiatry (2013)
- Honorary Member, Mexican Psychiatric Association (2013)
- Honorary Member, Hungarian Psychiatric Association (2013)
- Olga Von Tauber Award for scholarly contributions to global mental health (2013)
- Lifetime Achievement Award, British Indian Psychiatric Association (BIPA) (2014)
- Asian Federation of Psychiatrist Associations (AFPA) Lifetime Achievement Award (2015)
- Presidential Commendation, Asociación Nicaragüense de Psiquiatría (2015)
- Special Presidential Commendation, American Psychiatric Association (2015)
- PhD, Honoris Causa, National University of Asunción, Paraguay (2015)
- President's Gold Medal Indian Psychiatric Society (2015)
  - Honorary Membership, Asociacion Ecuatoriana de Psiquiatria (2016)
- Led on WPA Lancet Commission on Future of Psychiatry (2017)
- Honorary Fellowship of KCL, London (2017)
- Ranked Number 1 in OUTstanding FT list for LGBT Public Sector awardees (2017)
- Honorary Fellowship European Society of Social Psychiatry (2018)
- Inducted into Hall of Fame at Armed Forces Medical College (2018)
- Ranked Number 3 in OUTstanding FT list for LGBT Public sector awardees (2018)
- Voted Global Champion for Mental Health in an international poll (2018)
- In the Top 10 of British LGBT Awards (2019)
- Finalist of Asian Achievers Award (2019)
- Several books have won awards and been translated into other languages. Psychiatry Book of the Year 2019 to Oxford Textbook of Public Mental Health (2019)
- Honorary DSc (Psychology ) from University of East London (2019)
- **Visiting Professorships** in University of Cagliari in Italy, MGR University of Health Sciences in Chennai, SRM University in Chennai.
- **Visiting Professor** National Institute of Mental Health and Neurological Sciences, Bangalore, India (2012- to date)
- I have been invited to and have conducted teaching Grand Rounds at Mayo Clinic, Johns Hopkins University, Creighton University in the USA, Cagliari University in Italy and

Calgary University in Canada.

## **Leadership Roles**

### **National**

#### ***Royal College of Psychiatrists:***

Chair Faculty of Adult and Community Psychiatry (1997-2001)

Associate Dean (2001-2003)

Dean (2003-2008)

President (2008-2011).

First ever person of Indian origin to hold these roles. First and thus far only person to be elected President unopposed.

#### ***Royal Society of Medicine***

Chair of the Section on Psychiatry 2000-2001.

#### ***Mental Health Foundation***

3<sup>rd</sup> largest mental health charity in the UK

Chair Board of Trustees (2011-2014)

President (2014-2017)

In this role chaired two commissions and produced reports on Psychiatry's contract with society and Future of Psychiatry in the 21<sup>st</sup> century

Chaired an Enquiry on Racism in Cardiff Medical School (2015), all recommendations accepted.

#### ***Tavistock and Portman NHS Foundation Trust***

Non-executive director (2014-2020).

Deputy Chair of the Trust (2017-to date)

#### ***President, British Medical Association (2018-2019).***

In this role launched Blue Butterfly Campaign for Health Equity between mental and physical Health

Led on a day long round table on Medicine's Social Contract

Led on a survey of mental health and wellbeing of medical students and doctors

### **International**

President-elect of the World Psychiatric Association (2011-2014)

President of the World Psychiatric Association (2014-2017)

In this role chaired WPA Lancet Commission on Psychiatry, crafted 21 Position Statements, and

chaired 12 Round Table meetings, set up 5 Good Will ambassadors and 6 WPA Collaborating centres around the globe.

Conducted an enquiry into state of inpatient care in Hong Kong 2017.

JSPN (Japanese Society of Psychiatry & Neurology) International Advisor (2016-2020)

## **1 Education**

### **1.1 Degrees**

MBBS Armed Forces Medical College, (University of Poona) 1976

LMSSA, 1980

MRC Psych, 1985

MPhil University of Leicester (Psychiatry), 1990

MSc South Bank University (Sociology), 1991

MA University of London (Social Anthropology), 1996

PhD University of London (Psychiatry), 1999

### **1.2 Other Academic/Professional Qualifications**

FRC Psych, (Fellow of Royal College of Psychiatrists) 1997

### **1.3 Distinctions other than Degrees**

National Science Talent Search Scholarship winner 1967

University Merit Honours List

Prizes in curricular activities

Merit certificates for two research papers and projects in Medical College

Awarded:

- KG Medical College Founders Day Oration, Lucknow 2005
- 19<sup>th</sup> Gopalakrishnan Oration, Chennai 2005
- First Venkoba Rao Memorial Lecture, Mumbai 2006
- Dr Pinnamaneni Narsimha Rao International Award, Lahore 2006
- Award for Distinguished Contribution to International Mental Health & Education, 3<sup>rd</sup> International Mental Health and Cultural Psychiatry Conference (IAPA & ASAPF WPA), Melbourne 2006
- National Award, British Association of Physicians of Indian Origin (2010)
- Nominated by the Health Service Journal as a Healthcare BME Pioneer (2013)
- International Advisor, Japanese Society of Psychiatry and Neurology (2014-2018)
- Noshpitz Cline History Lecture, San Diego 2014
- Pandit Memorial Oration, Pune 2015
- Lifetime achievement British Indian Psychiatric association 2015

- OUTstanding FT Award for #1 in Public Sector 2017

## **2 Membership of Professional and Learned Societies**

Full registration with General Medical Council - number 2765048

Fellow of the Royal College of Psychiatrists

Fellow of the Royal College of Physicians London

Fellow Royal College of Physicians Edinburgh

Fellow of the Royal Society of Medicine

Member of British Association of Sexual and Marital Therapists

Member of Society of Clinical Psychiatrists

Member of Association of University Teachers in Psychiatry

Member of Society of Authors

Member of British Medical Association

Member of Medical Defence Union

Fellow (and Founder member) of Academy of Medical Educators

## **3 Education and Teaching**

### **3.1 Education**

As Vice-Chair of the Academy of Medical Royal Colleges, I led on Education and Training through chairing its education committee, and sat on Academy Assessment committee, Academy Trainee Doctors group and Academy Specialty training committee. In this role I developed the Academy policy on Professionalism. Across Colleges set up a web-based forum on inter-relationship between physical and mental health.

I co-chaired Medical Programme Board (2009-2011) and represented the Academy on Medical Education England during the same period. In both these organisations my role was primarily influencing policy and working across disciplines and medical specialities. In this role, I was a member of the John Collins Review of MEE Foundation Year and was involved in gathering oral evidence and assisting in writing the final

report.

### **Europe:**

I was a member of the Education committee of the European Psychiatric Association (2010-2014) and in this role worked on harmonising training standards and assessment patterns. I led on developing six EPA Guidance documents on Public mental health and mental health promotion, Preventive Psychiatry, Role and responsibilities of the psychiatrist, migrant mental health, improving the image of psychiatry and of the psychiatrist. I assisted in developing EPA guidelines on cultural competence training. I was a member of UEMS section of psychiatry (2003-2008) during which I developed the document on the role of the psychiatrist.

## **3.2 Teaching**

I was the first chair of the European Council of Heads of Psychiatric Organisations (2010-2011).

### **3.2.1 International Teaching**

I am visiting Professor of Psychiatry at the Maharashtra Institute of Mental Health, India. I teach courses on psychopathology and sexual dysfunction there. I am a visiting Professor at The Tamil Nadu MGR University of Medical Sciences and SRM University at Chennai.

I have also been appointed Visiting Professor of Psychiatry (2009-2014) at the National Institute of Mental Health & Neurosciences, Bangalore, India. This term has been renewed.

I have taught seminars on sexual dysfunction, post-traumatic stress disorder and cultural psychiatry at the University of Peradeniya in Sri Lanka; the University of the West Indies in Port of Spain, Trinidad and Bridgetown, Barbados; in Denmark; and in Rotterdam, The Hague in The Netherlands, Chennai in India, the Mayo Clinic in Rochester, Johns Hopkins in Baltimore,



Creighton University in Omaha and University of Calgary.

### **3.2.2 National Teaching**

I teach on several MSc Courses in various universities e.g. for Health Visitors; for psychologists, Transcultural Psychiatry at the University of East London and elsewhere. I teach regularly on MRC Psych courses.

I organise and teach on the following courses:

- Management Courses for Senior Registrars, Institute of Psychiatry (initially with Canterbury Business School but now independently) twice a year since 1990.
- Religion and Psychiatry 1991, 1993, 1995, 1998, 1999, Institute of Psychiatry.
- Training psychiatrists in the use of Present State Examination (PSE).
- Workshops on Jealousy, Religion and Mental Health at Royal College of Psychiatrists meetings.
- Cross-cultural Special Interest Group meetings on a once a month basis.
- SCAN courses run on an annual basis to train psychiatrists in semi-structured standardised interview techniques.

### **3.2.3 Local Teaching**

I am a recognised teacher of the University of London.

I have regularly taught medical students, psychiatric trainees, social workers, nurses, health visitors and GPs. In particular:

- MRC Psych course: I teach Assessment of Patients with Psychosis; Cross-cultural Psychiatry; Assessments and Management; and also Video Skills Teaching.
- Other MRC Psych courses: Cross-cultural Psychiatry; Attempted Suicide; and Clinical Skills.
- Psychology courses: Principles of Cross-cultural Assessment and sexual dysfunction and sexual variation.
- I taught on the Diploma course for Sexual and Couple Therapy and was on the Management Committee for this Diploma

I teach trainees examination techniques for MRC Psych examinations and participate in mock examinations on other psychiatric rotations in and outside London. I have also been teaching Transcultural Psychiatry and other topics to trainees on these rotations.

For the Advanced Psychiatry modules for trainees I run an eight-session module on Anthropology and Mental Health. Following the success of the first course this has now become a regular module.

I was on the steering group responsible for developing distance learning packages for psychiatrists and doctors on various aspects of psychiatry. The first module on neuropsychiatry has been completed.

#### **Undergraduate Teaching**

I ran a Special Study Module on Culture and Psychiatry for 4<sup>th</sup> year medical students. This had over 60 students over the years and many students had their essays published in a variety of journals.

In 2008 I ran two SSM courses for year 3 medical students on cinema and psychiatry for over 40 students and some of their end of term assessment essays were published in a special issue of International Review of Psychiatry. For final year medical students I ran SSC on Leadership training.

I have examined MB students at the University Putra Malaysia, Kuala Lumpur: Chinese University of Hong Kong (2012-201%). I teach Sexual Dysfunction regularly to intercalated degree students doing health psychology course.

#### **3.2.4 Higher Degree Supervision and Examinations**

I have supervised the following higher degrees:

- PhD (jointly with Prof A Mann) to K S Jacob on Common mental disorders in Asian women. PhD awarded 1999.
- PhD (jointly with Padmal de Silva) to Ms S Suleiman on Depression in Dubai.

PhD awarded 1999.

- MD to Dr K Bhui: Emotional distress in Punjabis. Awarded 2000.
- DM to Dr D Baldwin at Southampton: Sexual dysfunction and psychotropics. Awarded 2004.
- D Clin Psych: D. Michelson: Expressed Emotion and suicidal behaviours in adolescents.
- PhD: I.Malleris: Electronic diary keeping by Bipolar patients, Awarded
- PhD: Sudath Samaraweera: randomised controlled trial of CBT in suicidal ideation in a community sample in Sri Lanka Awarded
- MD: Sean Cross: Ethnic differences in drug poisoning Awarded

I have acted as examiner for the following higher degrees:

- PhD (LSH & Tropical Medicine): Internal Examiner Psychiatric Morbidity in women in Zambia, 1996.
- MPhil (IOP): Internal Examiner Patients gift-giving to doctors, 1996.
- PhD (University of Birmingham): Expressed Emotion in Asians, 1998.
- PhD (University of Melbourne): Portrayal of mental health in Australian media, 2003.
- PhD (University of Melbourne): Development and evaluation of a training programme in cross-cultural psychiatric assessment, 2004.
- PhD (University of Sweden) Attempted suicide in Uganda, Karolinska Institute, Stockholm. (2006)
- PhD (Royal Holloway): Internal Examiner Depression in Pakistani women (2007)
- DM (Oxford): External Examiner Suicidal behaviours in women (2007)
- PhD: LSE (2009)
- PhD: Attempted Suicide (2010) MGR University, Chennai
- PhD Aarhus University
- PhD at Karolinska Institute
- PhD: Cambridge University
- PhD: University of East London
- PhD: University of Kuala Lumpur

### **3.3 Research**

I set up an informal Pan-London Research Network for research involving cultural factors to provide a forum for discussion of methods and joint research proposals.

#### **3.3.1 Schizophrenia**

My interest in the field stemmed from the first epidemiological study on inception rates of schizophrenia in three ethnic groups: Whites, Asians and African-Caribbeans in London. This involved setting up the study in Ealing and South Southwark and collecting data on 100 first onset cases of schizophrenia. The findings suggested that the rates among Asians and whites were similar, whereas African-Caribbeans showed high rates. At the same time I set up a study in Trinidad to ascertain first onset rates, which were lower than the African-Caribbeans in the UK, suggesting social factors at play, one of which is cultural identity. Whereas cultural identity is fluid, the individual's ethnic and racial identity remains fixed. I have developed a schedule to measure concepts of self in racial and ethnic identity terms along with a measure of self-esteem which has been piloted. We have applied for a further grant to evaluate this.

The epidemiological study formed the basis of my PhD and has led to six peer reviewed publications so far (see Original Publications section 6.1 parts 38, 54, 57, 58, 59, 65, 66, 73 & 85).

#### **3.3.2 Pathways into Care**

The second strand to emerge was the study of pathways into psychiatric care of both white and African-Caribbean patients. Our study in Ealing suggested that pathways into care did not differ between ethnic groups, but outcomes were worse for African-Caribbeans. Hence it was decided to ascertain whether attitudes to and knowledge about mental illness influenced help seeking. The study has recruited nearly 300 patients to assess pathways, and the final stages of data collection are nearing completion. Preliminary findings suggest that the pathways of the ethnic minority groups vary according to the degree of satisfaction these individuals have with their general practitioners and not on their models of illness.

A similar study for ethnic minority elders has been completed and the data analyses are underway. This study also suggests that knowledge about services is a more important factor in help-seeking than individuals' or their carers' models of psychiatric illness. Models of psychiatric illness have been investigated in qualitative data collection in an earlier study and I am in the process of developing these models further, especially their relationship with other mental illnesses far (see Original Publications section 6.1 parts 54, 58, 67, 69, 87, 96, 107 & 117 and Editorials and Invited Papers section 6.6 parts 14 & 15). We have been awarded a grant, which has been completed, of which I was the lead applicant, to study pathways into care for forensic patients.

### **3.3.3 Deliberate Self-harm**

The third strand from the Ealing study was to ascertain rates of self-harm in Asian women and adolescents. Over a one-year period data on all self-harmers presenting to the A & E Department were studied. Rates of self-harm were highest among 19-25 year old Asian females, who also showed a high level of culture conflict. An acculturation instrument to measure culture conflict was devised by me in consultation with colleagues. I was also responsible for developing an instrument for measuring Racial Life Events. When compared with adolescents, rates of self-harm were much higher in older Asian women, suggesting that some factors come into play when these adolescents reach their late teens.

My results on the rates of self-harm in Asian females have led to several publications including one monograph. I organised a one-day meeting of international researchers under the aegis of the Novartis Foundation in November 1999. On the basis of this research I was invited to appear at a meeting organised in the House of Lords.

Subsequently I managed a team which has produced information packs for patients and their families to encourage early help-seeking and to look at the alternatives to self-harm. This study was funded by the Department of Health

and has been published. Since then I have submitted another application to the Department of Health for a grant to produce teaching materials in primary care (see Original Publications section 6.1 parts 52, 53, 56, 82, 84, 86, 97, 98, 109, 118 & 120) and Editorials and Invited Papers section 6.6 parts 16 & 17 and a Maudsley monograph).

This led me to be on the steering committee of the Department of Health to help develop prevention strategies for suicide and on the committee of the Royal College of Psychiatrists for developing NICE guidelines.

#### **3.3.4 Primary Care**

In primary care, we have established that 37% of Asian women had common mental disorders and the GPs who were from the same ethnic and cultural background were able to diagnose only 17% of cases. This led to us setting up an intervention by providing educational material to patients which led to an increase in identification of common mental disorders and higher levels of improvements (42% of 20% controls) which was sustained at three month follow up compared with a group who had no intervention.

In another innovative study in Primary Care setting we studied common mental disorders among Punjabis and used both emic and etic instruments to measure psychopathology. The study showed that among Punjabis the rates of common mental disorders can be assessed successfully using either of the two approaches, which has a significant impact on service development (see Original Publications section 6.1 parts 29, 39, 42, 50, 51, 68, 77, 88 & 91).

#### **3.3.5 Sexual Dysfunction and Deviation**

I have taken the lead in collecting data and on theoretical developments of culture and sexual dysfunction as well as paraphilias, which have led to several publications (see Original Publications section 6.1, parts 1, 2, 3, 5, 6, 7, 9, 13, 23, 31, 32, 49, 61, 64, 70, 125 and invited reviews).

### **3.3.6 Health Services Research**

I have been interested in health services research - both in terms of service development and successful functioning of services. From satisfaction studies to audits, I have been involved in developing projects related to health services research (see Original Publications). This research led to me being invited to chair a working party for WHO-SEARO on managing psychosis in the community with workers and training them in diagnosis and management. I have been actively involved in helping WHO-SEARO to develop reports on the effects of tsunami in Thailand, Maldives and Sri Lanka as regards to psychological health needs.

### **3.3.7 Other**

I finished four community surveys of eating disorders in London and North and South India showing that bulimic behaviour is related to increased industrialisation (see Original Publications).

I have collected data on two studies of depression in North India and two studies in Southall and in Dubai, which led to three publications and several presentations, including two at the Houses of Parliament in front of the All Party Committee on Depression and to Emirates Airways. I have been asked to go back and make further presentations (see Original Publications).

## **4 Management Experience**

### **4.1 International**

I have been involved in organising several international conferences in India and the UK and have been on their scientific committees.

I was a member of the Committee on Education of the European Psychiatric Association (2010-2014). I was Vice-Chair of Academy of Medical Royal Colleges responsible for education (2009-2011).

In September 2011 I was elected President-Elect of the World Psychiatric Association, taking up office in 2014 for a term of three years.

As President of the WPA, I led on and crafted 30 Position Statements on various topics. In addition I established Presidential task Forces on Child abuse and Neglect, Inter-personal Violence, Prisoner mental Health care, Migrant health care, LGBT populations' mental health care and those of people with intellectual disabilities. I created programme for mental health promotion and appointed Good Will Ambassadors. I established 6 WPA Collaborating centres in different parts of the world. Furthermore, I developed joint statements between the WPA, charities and national associations.

Following a survey of discrimination against people with mental illness in 193 countries, I developed Bill of Rights for Individuals with mental Illness which was followed by Bills of Rights for Children and young people and for those with intellectual disabilities.

I established a diploma in collaboration with University of Melbourne. I was part of the First Global Agenda Council of the World Economic Forum and in this role helped produce a document on mental health in the workplace.

## **4.2 National**

### **4.2.1 Royal College of Psychiatrists (RCPsych):**

I was elected **Dean** of the Royal College of Psychiatrists in 2003. The main responsibility of the Dean is postgraduate education, assessments and training. The key task of the Dean is to ascertain the quality of training and approval of training posts and examinations which are supervised by the Chief Examiner although under the broad umbrella of the Dean. Within the College, I was the lead on changes in response to PMETB in assessments, entrance and exit criteria in specialist training in psychiatry. The working group that I chair on Work Place Based Assessment reported in 2006 and the first publications formed the basis of the first edition of a book and papers were published.

The draft curriculum with which I led on was submitted to PMETB in March 2006 and approved.



For six years I chaired the Overseas Doctors Training Committee during which time I was responsible for overseeing the Consultant Assisted Sponsorship Scheme and developing structured assessments and references.

As Dean I chaired the Court of Electors (subsequently named Education Training and Standards Committee) and was a member of the Examinations Sub-Committee (ESC), the Specialist Training Committee (STC), the Basic Training Specialist Advisory Committee (BTSAC), the Equivalence Committee and Publications Management Board, the Recruitment and Retention Working Group (RRWG), and the Fellowship Sub-Committee (FSC) of the Royal College. These allowed me to influence policy within the College at a number of levels and in different ways particularly in education, training, assessments and Article 14 applications.

I was elected **President** of the RCPsych in July 2008, for a three year term. I was the first President in the history of the College to be elected unopposed and to-date remain so. As President I was responsible for representing over 15,000 psychiatrists around the globe. The President speaks for the profession and participates in a number of activities. Apart from deciding on a number of initiatives, the key role is representing the views of the College members and fellows. I chaired the College Council, International Advisory committee and numerous other committees to develop and discuss policy. The following account is not comprehensive but illustrative. Apart from working with the ministers and civil servants I led on developing closer working relationships with the Chief Executives and medical directors of Hospitals to understand their concerns regarding service planning and training of the future work force. I led on producing several policy documents such as The Role of the consultant psychiatrist, Managing self-harm, Impact of economic downturn on services, No public health without mental health.

I represented the profession on two major policy developments – in developing mental health strategy and the public health policy to ensure that mental

health promotion and prevention of mental illness are key components of the policy. I was elected Vice-Chair of the Academy of Medical Royal Colleges with responsibilities for training and education across all medical and surgical specialties in the UK. In this role I led on developing curricula working with educationalists and other stakeholders. I co-chaired the Medical Programme Board and represented the profession on Medical Education England. I was part of the Collins review team looking at Foundation Training and as result was tasked to chair a working group to produce recommendations for recruitment and retention in psychiatry. The interim report has been completed.

I represented the College on the European Psychiatric Association and was the first chair of the Federation of European Psychiatric Associations (2010-2011). I was invited to be a part of the working group at the behest of WHO Europe to develop European mental health strategy. The report was published in late 2011.

The President of the WPA invited me to produce Guidance for managing migrants' mental health which was delivered on time and has been translated into six languages. I was also awarded a grant to look at recruitment into psychiatry across 23 countries.

### **International activities**

My personal journey of working in different healthcare systems has made me responsive to special factors across cultures, which is why I obtained a Masters in Sociology of Health and Illness and also in Social Anthropology. As a cultural psychiatrist I am therefore fully aware of relative cultural systems, beliefs and values and recognise that same size does not fit all. Hence, I am very clear that we should learn from each other. I chaired the College's International Advisory Committee for two years and during this period the College signed 17 Memoranda of Understanding with other psychiatric associations, universities and government departments.

I have conducted leadership courses in Bangalore, Singapore, Guatemala City, Hong Kong, Sarajevo, Bruges, Bhopal, Ranchi and many other cities and have had annual courses at the European Psychiatric Association meetings which are well-received. My passion is putting training and education in a resourceful way back into LAMI countries.

### **Other National Activities**

Non-Executive Director of the Tavistock & Portman NHS Foundation Trust (2014-present). Deputy Chair of the Trust from 2017-to date .

Having previously been the Secretary of the Faculty of General and Community Psychiatry for the period 1993 to 1997, I was elected the Chairman of the Faculty of General and Community Psychiatry for four subsequent years. In addition to chairing its Executive Committee, I attended meetings of the Executive and Finance Committee and of the College Council. My key contribution in this role had been finalising the roles and responsibilities of adult psychiatrists and interface with other specialities.

I have chaired two working parties on Homelessness and Mental Health and on Community Care on behalf of the General and Community Psychiatry Section. Both working party reports were published by the College as Council reports.

I was a member of the consensus group for the College's Defeat Depression Campaign.

I have been a member of the College's working parties on Caring for a Community, Managing Vulnerable Persons and the Overseas Role of the College. I am now on steering groups for terrorism and the role of psychiatry; complementary medicine and mental health; and constitutional changes within the College.

I was a member of the Founding Council of the Faculty of Medical Leadership and Management.

I was also member of the Council of the Academy of Medical Educators.

#### **WPBA**

I have led on development and piloting of workplace based assessments for the College. From August 2006 over a six month period I led the team which piloted nine different types of assessments on over 600 trainees in 17 different sites – each site dealing with one or more assessments, with three sites using all nine. This allowed us to identify best assessments for psychiatry and resources required along with normative data. These observations have already led to a publication by the Royal College of Psychiatrists (see ‘Books’, 6.2 below). Second edition followed. I have led on several Trainers ‘fora’ in London for advice and support to trainees.

#### **4.2.2 General Medical Council**

I was appointed to the GMC Panel for assessing poorly performing doctors for three years and during this period I led on a number of assessments. I was involved in developing instruments for assessing poorly performing doctors.

I developed have been involved in writing EMQs for the PLAB examination and I sit on the part 1 PLAB panel for the General Medical Council which assesses the validity and reliability of part 1 of PLAB and also setting standards.

#### **4.2.3 Royal Society of Medicine**

I was a member of the Council of Psychiatry Section of the Royal Society of Medicine and was its Vice-Chair 1999-2000 and the Chair of the Section from 2000-2001, during which period I was involved in organising meetings and attending relevant committees.

#### **4.2.4 Mental Health Foundation**

From July 2011 to 2014, I was Chair of the Mental Health Foundation’s Board of Trustees. I was its President from 2014-2017.

#### **4.3 Local**

I was the Regional Advisor of the Royal College of Psychiatrists for the Trust for five years, from 1992 to 1997.

I was the Trust's CPD Director for five years, from 1997 to 2002.

I represented the Institute of Psychiatry on the Local Negotiating Committee of the Trust from 1997 to 2001. I represented the Dean of the Institute of Psychiatry and the Royal College of Psychiatrists regularly on local higher training committees and appointment panels. I was a member of the steering group of the Caribbean Centre for Health and Ethnic Diversity committee of the Trust.

I was the lead clinician for my sector and represented the sector on the Community Directorate Multi-Disciplinary Advisory Committee from 1996 to 1999. As such I was involved in strategic development of services for the local catchment area.

I was the **sub-dean** responsible for training supervision of more than 30 Honorary Specialist Registrars/Senior Registrars from 1993 to 1999.

I represented the Institute of Psychiatry with the local purchasers on a panel developing guidelines for GPs in treating depression and also developing IT networks.

#### **4.4 Voluntary organisations**

I was a member of the Steering Committee of the Depression Alliance for two years.

From 1996 to 2000, I was a member of the management committee of the Camberwell Rehabilitation Association, which provides sheltered employment to patients with long term severe mental illness. I was on the management committee of the Baron's Court project from 1992 to 1997.

Currently I am on the board of Care-if organisation which is an educational charity.

I am also on the Board of Directors of Psychiatry Research Trust - a charity that raises funds and distributes these for psychiatric research.

I sit on the Board of trustees for sane-another mental health charity providing support

to those with mental illness.

#### **4.5 Other**

I was appointed the Medical Programme Board representative on the Medical Education UK Scrutiny Group in 2010.

### **5 Grants**

#### **5.1 Grants Obtained**

1. Mann A\*, Bhugra D: The use of general practice services by Asian females. Travelling Fellowship Award to Dr Jacob £28,794. Supplement grant £25,468. 1994.
2. Bhugra D\*: The prevalence of anxiety and depression amongst Punjabi Asians in primary care. Wellcome Trust Training fellowship £136,544. 1995.
3. Bhugra D\*: Attempted suicide in Asian females. Department of Health £48,000. 1995.
4. Goldberg D\*, Bhugra D, La Grenade J: Training videos. Yorkshire RHA £10,000. 1995.
5. Bhugra D\* & Oommen G: Pathways into care for elders. North Thames RHA £48,200. 1995.
6. Bhugra D\*, Goldberg D, Cole E: Pathways into care of black and white patients. Department of Health £104,087. 1996. Supplementary Grant £18,000. 1998.
7. Bhugra D\* & Oommen G: Prevalence of psychological morbidity in general practice among ethnic minority elders. Department of Health £53,017. 1995.
8. Bhugra D\*, Fellow-Smith E, Nugent S: Attempted suicide in Asian adolescents. North Thames RHA £55,000. 1995.
9. Bhugra D\*: Mental health care in ethnic minorities. Conference grant. Department of Health £9,000. 1995.
10. Bhugra D\*: Bibliography of literature. Department of Health £3,500. 1995.
11. Bhugra D\*: Intervention in DSH among Asian Women. Department of Health £36,500. 1998.
12. Bhugra D\*: Evaluation of ACT Team. Lewisham Social Services. £20,000 1999.
13. Bhugra D: The role of Nizetidine in weight gain in patients on Olanzapine. Eli Lilly.

£47,715. 2000.

14. Bhugra D\*: Portrayal of mental illness in conventional Hindi cinema. (Three month Fellowship in the History of Medicine.) Wellcome Trust £17,750. 2000.
15. David A\*, Jacob K, Bhugra D, Prince M: Insight and psychosis in India. Wellcome Trust £58,996. 2001.
16. Banerjee S\*, MacDonald A, Huxley P, Murray J, Tylee A & Bhugra D: Improving the quality of care for older people with depression. NHSE £149,724.60. 2001.
17. Schmidt U\*, Bhugra D: Training refugee psychiatrists. NHSE £39,760. 2001.
18. Bhugra D\*, Fahy T, Thornicroft G, Maingay S & Cohn S: Pathways into care of forensic patients. NHSE £139,960. 2001.
19. Banerjee S, Bhugra D, Murray J et al: Dementia across different ethnic groups. Department of Health £150,000. 2002.
20. Bhugra D\*, Maingay S, Scott S, Cohn S & Thornicroft G: Separated refugee children - their health needs. King's Fund £86,000. 2004.
21. Thornicroft G et al (2008): Stigma across different ethnic groups MHRN £2 million 2008-2013 (co-applicant)
22. Bhugra D\* (2009): Recruitment of medical students into psychiatry: an international comparison. World Psychiatric Association £ 80000
23. Bhugra D\* (2008): Migration and mental health Task Force: € 50,000.

\* denotes Principal Investigator

I have been an advisor to the Fourth National Survey of Ethnic Minorities.

I currently advise the Office of National Statistics for the National Survey of Psychiatric Morbidity. The ONS was given £1m for carrying out the survey. The publications and reports have been published in recent years.

I remain a consultant to the project on Conceptions of Medical and Physical Illness, which has been funded by the ESRC and is run by Dr S Cohn of Goldsmith's College.

## **6 Publications**

## 6.1 Original Publications (Peer Reviewed)

1. Bhugra D, Cordle C (1986): Sexual dysfunction in Asian couples. *British Medical Journal* **292** (6513): 111-112.
2. Bhugra D (1987): A retrospective view of a sexual dysfunction clinic 1980-1983. *Sexual and Marital Therapy* **2** (1): 73-85.
3. Bhugra D (1987): Homophobia: a review of the literature. *Sexual and Marital Therapy* **2** (2): 169-177.
4. Bhugra D (1988): Psychiatric Munchausen's Syndrome - literature review with case reports. *Acta Psychiatrica Scandinavica* **77** (5): 497-503.
5. Bhugra D (1988): Homosexuals' attitudes to male homosexuality: a survey. *Sexual and Marital Therapy* **3** (2): 197-20.
6. Bhugra D, Cordle C (1988): A case control study of sexual dysfunction in Asian and Non-Asian couples. *Sexual and Marital Therapy* **3** (1): 71-76.
7. Buchanan A, Bhugra D (1989): Impotence in ancient Indian texts: implications for modern diagnosis. *Sexual and Marital Therapy* **4** (1): 87-91.
8. Bhugra D (1989): Attitudes towards mental illness. A review of the literature. *Acta Psychiatrica Scandinavica* **80** (1): 1-12.
9. Bhugra D, King M (1989) Controlled comparison of attitudes of psychiatrists, general practitioner, homosexual doctors and homosexual men to male homosexuality. *Journal of the Royal Society of Medicine* **82** (10): 603-605.
10. King M B, Bhugra D (1989): Eating disorders: Lessons from a cross-cultural study. *Psychological Medicine* **19** (4): 955-958.
11. Bhugra D, El-Sobky A (1989): Views on diagnosis of hysteria. *British Journal of Clinical and Social Psychiatry* **6** (4): 120-123.
12. Baker S, Bhugra D (1990): State-dependent tardive dyskinesia. *Journal of Nervous and Mental Disease* **178** (11): 720.
13. Bhugra D (1990): Doctors' attitudes to male homosexuality: a survey. *Sexual and Marital Therapy* **5** (2): 167-174.
14. Bhugra D, Meux C (1991): Consumers' attitudes to ECT. *British Journal of Clinical and Social Psychiatry* **8** (2): 48-50.
15. Buchanan A, Bhugra D (1992): Attitude of the medical profession to psychiatry. *Acta Psychiatrica Scandinavica* **85** (1): 1-5.
16. Bhugra D (1992): Psychiatry in ancient Indian texts: a review. *History of*



*Psychiatry* **3** (10): 167-186.

17. Bhugra D (1993): Indian teenagers' attitudes to mental illness. *British Journal of Clinical and Social Psychiatry* **9**: 10-11.
18. Maharajh H, Bhugra D, (1993): Brief family therapy with alcohol-dependent men in Trinidad and Tobago. *Acta Psychiatrica Scandinavica* **87** (6): 422-426.
19. Bhugra D (1994): Alcohol related disorders in Caraka Samhita. *History of Psychiatry* **5**: 347-360.
20. Bhui K S, Christie Y, Bhugra D (1995): Essential elements of culturally sensitive psychiatric services. *International Journal of Social Psychiatry* **41** (4): 242-256.
21. Bhugra D (1996): Depression across cultures. *Primary Care Psychiatry* **2** (3): 155-165.
22. Bhugra D, Booth S J, Wright B (1996): Computers, communication and confidentiality: tales of Baron Munchausen. *Journal of Accident and Emergency Medicine* **13** (1): 18-20.
23. Bhugra D, de Silva P (1996): Uniforms: fact, fashion, fantasy or fetish. *Sexual and Marital Therapy* **11** (4): 393-406.
24. Hutchinson G, Takei N, Fahy T, Bhugra D et al (1996): Morbid risk of schizophrenia in first-degree relatives of white and African-Caribbean patients with psychosis. *British Journal of Psychiatry* **169**: 776-780.
25. Gregoire A, Bhugra D (1996): Outcome studies of psychological interventions: lessons from sex therapy research. *Sexual and Marital Therapy* **11** (4): 407-418.
26. Bhugra D, Gupta K R (1996): Psychiatric episodes precipitated by elections. *Journal of Nervous and Mental Disease* **184** (2): 129-130.
27. Bhugra D, Hilwig M, Hossein B et al (1996): First-contact incidence rates of schizophrenia in Trinidad and one-year follow-up. *British Journal of Psychiatry* **169** (5): 587-592.
28. Bhugra D, Baldwin D, Desai M (1997): Focus groups: implications for primary and cross-cultural psychiatry. *Primary Care Psychiatry* **3** (1): 45-50.
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30. Bhugra D, Bhamra J, Taylor P (1997): Users' views of a drop-in project for the

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31. Bhugra D (1997): Coming out by South Asian gay men in the United Kingdom. *Archives of Sexual Behaviour* **26** (5): 547-557.
  32. Bhugra D (1997): Experiences of being a gay man in urban India: a descriptive study. *Sexual and Marital Therapy* **12** (4): 371-375.
  33. Bhugra D (1997): Setting up psychiatric services: cross-cultural issues in planning and delivery. *International Journal of Social Psychiatry* **43** (1): 16-28.
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  35. Bhugra D, Bhui K S (1997): Cross-cultural psychiatric assessment. *Advances in Psychiatric Treatment* **3**: 103-110.
  36. Bhugra D, Bhui K (1997): Clinical management of patients across cultures. *Advances in Psychiatric Treatment* **3**: 233-239.
  37. Campion J, Bhugra D (1997): Experiences of religious healing in psychiatric patients in South India. *Social Psychiatry and Psychiatric Epidemiology* **32** (4): 215-221.
  38. Bhugra D, Leff J, Mallett R, Der G, Corridan B & Rudge S (1997): Incidence and outcome of schizophrenia in Whites, African-Caribbeans and Asians in London. *Psychological Medicine* **27** (4): 791-798.
  39. Bhugra D, Gupta K R, Wright B (1997): Depression in North India – comparison of symptoms and life events with other patient groups. *International Journal of Psychiatry in Clinical Practice* **1**: 83-87.
  40. Hutchinson G, Takei N, Bhugra D et al (1997): Increased rate of psychosis among African-Caribbeans in Britain is not due to an excess of pregnancy and birth complications. *British Journal of Psychiatry* **171**: 145-147.
  41. Bhugra D, Jacob K S, Mann A (1997): GHQ-12: Psycho-metric properties and factor structure among Indian women living in the UK. *Indian Journal of Psychiatry* **39**: 196-199.
  42. Jacob K S, Bhugra D, Mann A H (1997): The validation of the 12-item General Health Questionnaire among ethnic Indian women living in the United Kingdom. *Psychological Medicine* **27** (5): 1215-1217.
  43. Bhugra D, La Grenade J (1997): Community organisations expectations of statutory services. *Irish Journal of Psychological Medicine* **14** (2): 57-59.

44. Chisholm D, Bhugra D (1997): Sociocultural and economic aspects of quality of life measurement. *European Psychiatry* **12** (4): 210-215.
45. Bhugra D, Bhui K S (1998): Psychotherapy for ethnic minorities: issues, context and practice. *British Journal of Psychotherapy* **14** (3): 310-326.
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48. Champion J, Bhugra D (1998): Religious and indigenous treatment of mental illness in South India: a descriptive study. *Mental Health, Religion and Culture* **1**: 21-29.
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63. Bhugra D, Dazzan P (2000): Use of the Mental Health Act criteria in the decision-making process for compulsory admissions: a study of psychiatrists in South London. *Medicine, Science and Law* **40** (4): 336-344.
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68. Bhui K, Bhugra D, Goldberg D (2000): Cross-cultural validity of the Amritsar Depression Inventory and the General Health Questionnaire amongst English

- and Punjabi primary care attenders. *Social Psychiatry and Psychiatric Epidemiology* **35** (6): 248-254.
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  74. Bhugra D, Bhui K (2001): African-Caribbeans and schizophrenia: contributing factors. *Advances in Psychiatric Treatment* **7**: 283-293.
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  78. Sulaiman S, Bhugra D, de Silva P (2001): Perceptions of depression in a community sample in Dubai. *Transcultural Psychiatry* **38** (2): 201-218.
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  92. Bhugra D, Bhui K (2003): Eating disorders in teenagers in East London: A survey. *European Eating Disorders Review* **11** (1): 46-57.

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96. Bhugra D, Thompson N, Piracha-Syed S, Kapoor J, Oommen G (2003): Mental health of ethnic minority elders in West London: pathways into secondary care. *Indian Journal of Psychiatry* **45**: 27-30.
97. Bhugra D, Thompson N, Singh J, Fellow-Smith E (2003): Inception rates of deliberate self-harm among adolescents in West London. *International Journal of Social Psychiatry* **49** (4): 247-250.
98. Hicks M R, Bhugra D (2003): Perceived causes of suicide attempts by UK south Asian women. *American Journal of Orthopsychiatry* **73** (4): 455-462.
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- with relation to depression. *British Journal of Psychiatry* **184** (1): 10-20.
106. Bhugra D (2004): Migration and mental health. *Acta Psychiatrica Scandinavica* **109** (4): 243-258.
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  108. Bhugra D, Ayonrinde O (2004): Depression in migrants and ethnic minorities. *Advances in Psychiatric Treatment* **10** (1): 13-17.
  109. Bhugra D, Harding C, Lippett R (2004): Pathways into care and satisfaction for black patients in south London. *Journal of Mental Health* **13** (2): 171-183.
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**6.7 WPA Position statements:** Led on crafting and developing over 25 Position statements:

1. Recruitment in Psychiatry: Dr Greg Shields (UK), Dr Roger Ng (Hong Kong), Dr Antonio Ventriglio (Italy), Dr Geetha Desai (India), Dr Joao Castaldelli-Maia (Brazil), Dr Julio Torales (Paraguay), Prof Dinesh Bhugra (UK).
2. High Quality Post-graduate training in Psychiatry: Prof Dinesh Bhugra (UK), Dr Antonio Ventriglio (Italy), Dr Gregory Shields (UK), Dr Hussien Elkholy (Egypt), Dr Geetha Desai (India), Dr Livia de Picker (Belgium), Dr Gurvinder Kalra (Australia), Dr Julio Torales (Paraguay), Prof Ma Luz Querubin (Philippines)
3. Mental Health in the workplace: Prof Dinesh Bhugra (UK); Dr Paul Litchfield (UK); Prof Tine Van Bortel (UK); Dr Marina Krommenacker (Switzerland); Prof Jim Lucey (Ireland); Dr R. Thara (India); Dr Julio Torales (Paraguay); Dr Kenneth R Javate (Philippines); Dr Virginia Rosabal (Costa Rica); Dr Antonio Ventriglio (Italy)
4. Mental health and well-being of psychiatrists: Dr Seamus Mac Suibhne (Ireland), Dr Max Henderson (UK), Dr Antonio Ventriglio (Italy), Dr Lou Querubin (Philippines), Dr Roger Ng (Hong Kong), Dr Aoife Ni Chorcain (Ireland), Dr Kirk Brower (USA), Dr Diego Asturias Fernandez (Guatemala), Prof James V. Lucey (Ireland), Prof Dinesh Bhugra (UK).
5. Environmental sustainability: Dr Daniel Maughan (UK), Dr Antonio Ventriglio (Italy), Prof Helen Berry (Australia), Dr Roger MK Ng (Hong Kong), Dr Lise van

- Susteren (USA), Dr Kenneth R Javate (Philippines), Dr Joao Castaldelli-Maia (Brazil), Prof Dinesh Bhugra (UK).
6. LGBT Mental Health: Prof Petros Levounis (USA), Dr Kirsten Eckstrand (USA), Dr Anindya Kar (India), Dr Saul Levin (USA), Dr Kenneth Javate (Philippines), Prof Dinesh Bhugra (UK). **Used in court cases in Kenya, Indonesia and Singapore.**
  7. E-Mental Health and Tele-mental Health: Dr Michael Jan Wise (UK), Dr Maryann Waugh (USA), Dr Matt Mishkind (USA), Dr Antonio Ventriglio (Italy), Dr R. Thara (India), Dr Anil Thapliyal (New Zealand), Dr G Prasad Rao (India), Dr Edgardo Juan Tolentino (Philippines), Dr Jay Shore (USA), Prof Dinesh Bhugra (UK).
  8. Cultural Competency Training: Prof Dinesh Bhugra (UK), Dr Kenneth Fung (Canada), Dr Meryam Schouler-Ocak (Germany), Dr Marianne Kastrup (Denmark), Dr Antonio Ventriglio (Italy).
  9. Suicide Prevention: Prof Dinesh Bhugra (UK), Prof Louis Appleby (UK), Dr Lakshmi Vijayakumar (India), Prof Diego de Leo (Italy/Australia), Dr Julio Torales (Paraguay), Prof Edgardo Tolentino (Philippines), Dr Antonio Ventriglio (Italy). **Accepted by government of Lithuania.**
  10. Prevention of Mental Illness: Prof Dinesh Bhugra (UK), Dr Antonio Ventriglio (Italy), Dr Lakshmi Vijayakumar (India), Dr Fatima Vasconcellos (Brazil), Dr Julio Torales (Paraguay), Prof Edgardo Juan Tolentino (Philippines), Prof Tarek Okasha (Egypt)
  11. Public Education: Dr Avdesh Sharma (India), Dr Sujatha Sharma (India), Dr Edgardo Tolentino (Philippines), Dr Roxanna Ruiz (Guatemala), Dr G Prasad Rao (India), Dr Antonio Ventriglio (Italy), Dr Joao Castaldelli-Maia (Brazil), Professor Paul Fearon (Ireland), Dr Kenneth Fung (Canada), Manasi Sharma (USA), Professor Dinesh Bhugra (UK).
  12. Homelessness and Mental Health: Prof Dinesh Bhugra (UK), Prof Andrea Fiorillo (Italy), Prof Lou Querubin (Philippines), Dr Jane Marshall (UK), Dr Gurvinder Kalra (Australia), Dr Joao Castaldelli-Maia (Brazil), Dr Antonio Ventriglio (Italy).
  13. Integrated Care: Prof Paul Summergrad (USA), Dr Antonio Ventriglio (Italy), Prof G. Prasad Rao (India), Prof Linda Lam (Hong Kong), Prof Tarek Okasha (Egypt),

- Prof Julio Torales (Paraguay), Dr Gurvinder Kalra (Australia), Prof Dinesh Bhugra (UK).
14. Mental Health of Psychiatrists who Migrate: Dr Ekin Sonmez (Turkey), Dr Howard Ryland (UK); Dr Zetti Azvee (Ireland); Dr Anne Nobels (Belgium); Dr Antonio Ventriglio (Italy); Dr Kenneth Javate (Philippines); Dr Hossein El-Kholy (Egypt); Prof Dinesh Bhugra (UK)
  15. Acute Care: Dr Susham Gupta (UK), Dr Oyedeki Ayonrinde (UK), Dr Gurvinder Kalra (Australia), Dr Antonio Ventriglio (Italy), Dr R. Thara (India), Prof G Prasad Rao (India), Dr Roxanna Ruiz (Guatemala), Dr Joao Castaldelli-Maia (Brazil), Dr Roger Ng (Hong Kong), Prof Dinesh Bhugra (UK).
  16. Roles and responsibilities of Psychiatrists: Prof Dinesh Bhugra (UK), Dr Antonio Ventriglio (Italy), Dr Joao Castaldelli-Maia (Brazil), Dr Howard Ryland (UK), Dr Chris Wilkes (Canada), Dr Ekin Somez (Turkey), Mrs Vanessa Cameron (UK), Prof Linda Lam (HK), Prof Edgardo Tolentino (Philippines), Prof Kym Jenkins (Australia), Prof Bernard van Rensburg (South Africa), Brig MSVK Raju (India), Prof Tarek Okasha (Egypt), Prof David Ndeti (Kenya), Prof Santosh Chaturvedi (India), Mr Andrew Peters (Australia), Dr Roger Ng (Hong Kong), Prof G. Prasad Rao (India), Dr Julio Torales (Paraguay), Dr Greg Shields (UK).
  17. Good Psychiatric Practice: Prof Dinesh Bhugra (UK), Dr Antonio Ventriglio (Italy), Dr Joao Castaldelli-Maia (Brazil), Dr Howard Ryland (UK), Dr Chris Wilkes (Canada), Dr Ekin Somez (Turkey), Mrs Vanessa Cameron (UK), Prof Linda Lam (HK), Prof Edgardo Juan Tolentino Jr (Philippines), Prof Kym Jenkins (Australia), Prof Bernard van Rensburg (South Africa), Brig MSVK Raju (India), Prof Tarek Okasha (Egypt), Prof David Ndeti (Kenya), Prof Santosh Chaturvedi (India), Mr Andrew Peters (Australia), Dr Roger Ng (Hong Kong), Prof G. Prasad Rao (India), Dr Julio Torales (Paraguay), Dr Greg Shields (UK).
  18. Statements on Migration and Refugees: WPA-APAL statement; Bogota Declaration; Guatemala; Dominican Republic; Mexico City; Costa Rica; Oslo Round Table; WPA-Care-If joint statement
  19. Joint statements : Bucharest Declaration on primary care psychiatry; WPA-Kochi statement on Mental Health Education and Integrated Services ; WPA-PPA Manila Declaration on the Promotion of Mental Health; WPA-Tbilisi Statement on Collaborative and Integrated Care

## 6.8 Original Publications (Non-peer reviewed)

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## 6.9 Correspondence

1. Bhugra D, Potts S (1989): Remission of psychotic symptoms after burn injury. *British Journal of Psychiatry* **155**: 717-718.
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## 6.10 Papers on Education and Training

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## 6.11 Clinical Experience

September 2002 - 2014      **Professor of Mental Health and Cultural Diversity; Honorary Consultant, Maudsley Hospital.** I ran the Psychosexual and Couples Therapy services at the Maudsley and work closely with York Clinic and Guys Hospital to share patients and give patients the option of choosing the site, time and day of appointment.

January 2001 - September 2002      **Reader in Cultural Psychiatry (Institute of Psychiatry) & Honorary Consultant, Psychiatric Intensive Care Unit**

I shared running the PICU on Maudsley site with Dr Travis. This is a 15-bedded unit and involves assessments and management of patients who need intensive care. I instigated the recommencing of regular special interest sessions in the sexual dysfunction clinic.

October 1993 - **Senior Lecturer (Institute of Psychiatry) & Honorary Consultant**  
February 2001

I had consultant responsibility for a specialist team for the chronic severely mentally ill patients providing long-term support and rehabilitation in the community. This involved assessing and identifying complex needs of patients and managing them in multi-disciplinary team. This was the only team of its kind in the Trust.

#### **Research Worker and Lecturer – Institute of Psychiatry**

October 1989 -

September 1993 My primary research project was looking at the incidence rates of psychoses across various ethnic communities. In addition to all first contacts with psychoses, we carried out a community survey in Southall. All first contact patients were assessed with PSE, Life Events; Achievement/Expectation; Mental Disorder Beliefs; Acculturation (Cultural/Identity); and their relatives interviewed with all of the above except PSE and life events. In addition, obstetric and past psychiatric personal histories (PPHS) were obtained from the relatives.

I was involved in setting up a similar project in Trinidad, whose population is of both Indian and African origin; we collected data to establish rates of schizophrenia.

January 1986 - **Higher Training: on the Bethlem & Maudsley S.R.**  
September 1989 **Rotation Scheme**

March 1989 - Research Worker Genetics Section  
August 1989

March 1988 - Senior Registrar General Adult

	Psychiatry
February 1989	Maudsley (Professors Cawley and Leff)
February 1987 - February 1988	Senior Registrar Bethlem Royal Hospital (Drs. Crowe, Kumar, Murray and Reveley)
January 1986 - January 1987	Senior Registrar Adult Psychiatry Hellingly Hospital, Hailsham, E.Sussex (Drs. Hutton and Canagaratnam)

April 1981 - January 1986    **General Psychiatric Training - Leicestershire Area Psychiatric Rotation Scheme**

May 1980 - March 1981    **Harborough Road Hospital, Northampton**

February 1979 -  
December 1979    **Regional Hospital, Cork, Eire**

August 1976 -  
July 1978    **Holy Family Hospital, New Delhi, India**

## 6.12 Editorial Posts

*International Review of Psychiatry* – Editor since 1996

*International Journal of Social Psychiatry* – Editor since 2000

*International Journal of Culture & Mental Health* – Editor since 2008

I am on the Editorial Board of the following journals:

*Andhra Pradesh Journal of Psychological Medicine*  
*Archives of Indian Psychiatry*  
*Asian Journal of Psychiatry*  
*British Journal of Psychiatry*  
*European Psychiatric Review*  
*Global Mental Health*  
*Indian Journal of Psychiatry*  
*Indian Journal of Social Psychiatry* (International Advisory Board)  
*International Journal of Mental Health System Development*  
*Journal of Indian Association of Child and Adolescent Mental Health*  
*Mental Health, Religion and Culture*  
*Australian and New Zealand Journal of Psychiatry* (International Advisory Board)  
*Psychiatry*  
*Psychiatry and Clinical Neurosciences* (International Advisory Board)  
*Psychopathology*  
*Sexual and Relationship Therapy*  
*Journal of Mental Health Policy and Economics* (Advisory Board)  
*International Journal of Psychological Medicine* (International Advisory Board)  
*Psychiatria Danubina* (International Advisory Board)  
*The Lancet Psychiatry* (Advisory Board)  
*Journal of Psychopathology* (International Advisory Board) – journal of Italian Society of Psychopathology  
*Telangana Journal of Psychiatry*  
*Irish Journal of Psychological Medicine*

### **6.13 Other International Activities**

I was appointed Visiting Professor at Maharashtra Institute of Mental Health in 2000. I was invited by the Medical Research Council to prepare a mission statement on schizophrenia for presentation at an international meeting of the MRC and CCMRC in Jamaica. This led to the study currently funded by the MRC to investigate the aetiological factors in schizophrenia and other psychoses.

I have been an invited speaker at several meetings in Europe including the Zurich

Conferences on Schizophrenia in 1999, 2001 and 2003.

I have links with NIMHANS in Bangalore with Professor Chaturvedi and MIMH with Drs. Pande and Pathare. We have worked closely on two research projects which are under preparation for publication.

I have been an advisor on the Commonwealth Scholarship Commission and to the South EAsian Regional Office of the WHO on a number of projects..

I am a member of the Advisory Board of the Schizophrenia Research Foundation (SCARF), based in Chennai, India.

I am an Honorary Advisor to the Chinese Association of Cognitive Behaviour Therapy (CACBT) in Hong Kong.

#### **6.14 National Activities**

I have been invited to fora at various national and local academic and research meetings to present findings of research, discuss theoretical factors in the genesis of psychiatric disorders especially in minority ethnic groups. I have given talks at national conferences organised by the voluntary and user organisations such as Hindu Temple Society, Mind, National Childhood Trust, Lotus Centre, Asian Women's Federation, Confederation of Indian Organisations, Depression Alliance etc. Depression Alliance invited me to speak to an All Party Committee on Depression. I was invited to speak to a committee meeting organised by Baroness Flathers at the House of Lords on attempted suicide amongst Asian females. Over the years I have given many named orations. I have helped organise academic meetings for the Royal College of Psychiatrists and have chaired and spoken at these sessions. In addition, I have been invited to speak on religions and psychiatry by the Swedenborg Society, University of Leeds and Royal Society of Medicine meetings.

For three years, I was on the steering group for the duration of Ethnic Health Unit, which was funded by the Department of Health. I was invited to participate in a two-day seminar organised by the Department of Health, setting agendas and priorities for

research for black and minority ethnic groups. I have participated on working groups for the King's Fund, the Sainsbury Centre for Mental Health and the Centre for Mental Health Service Development. I have been part of the advisory group of the Office for National Statistics Survey, which won the contract for the next National Survey on Mental Health. I have been an advisor to the Fourth National Survey of Ethnic Minorities. I was invited to be part of a working group within the Department of Health to visit various overseas centres for services for black and minority ethnic patients. I am also on the Board of Advisers for a course on Working with Interpreters in Mental Health.

## **6.15 Grants and Publications Reviewed**

### **6.15.1 Grants**

Grant applications for SANE, ESRC, MRC, the Wellcome Trust and various RHAs.

I was appointed to MRC Medical Advisory Board. In 2009, I was appointed as a member of the Medical Humanities Strategic Awards Committee of the Wellcome Trust for a two term period for a total of six years..

### **6.15.2 Papers**

Papers reviewed for journals including: *Archives of General Psychiatry*, *British Medical Journal*, *The Lancet*, *British Journal of Clinical Psychology*, *British Journal of Psychiatry*, *Journal of the Royal Society of Medicine*, *Journal of Psychosomatic Research*, *Human Relations*, *Journal of Affective Disorders*, *Psychological Medicine*, *Acta Psychiatrica Scandinavica*, *Journal of Abnormal Psychology*, *Journal of Mental Health*, *Psychiatric Bulletin* and *Transcultural Psychiatry*, among others.

### **6.15.3 Books**

Signed Book Reviews for journals including: *Behaviour Research and Therapy*, *British Journal of Psychiatry*, *International Journal of Geriatric Psychiatry*, *Journal of Neurology*, *Neurosurgery and Psychiatry* *Journal of Psychosomatic Research* and *Sexual and Marital Therapy*.

In my career I have moved from cultural psychiatry to mental health policy and campaigning and now on to improving the mental health and wellbeing of doctors and medical students. I launched the campaign against discrimination setting up the Mental Health Rights of people with mental illness, the charter was signed by 60 national and international organisations. Having previously led on a 20-country survey on recruitment and retention of medical students, I am guiding a global survey in 12 countries on medical student mental health.