

# Request for Salary Increase

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## Overview

I have prepared this report about my progress and achievements since arriving at UCL in January 2022. I have focused on publications, grant income and leadership. The report is in support of my request for consideration of salary increase.

## Case for Salary increase

I am asking for an increase in salary as this would enable me to focus even more on my increasing duties at UCL which stretch well beyond working day. This is not least because I have assumed the role of Pro-Vice-Provost for the UCL Grand Challenge in Mental Health and Wellbeing. A salary increase would reduce the need for me to be looking for extra sources of income in order to cover the high cost of living for a family in London, and thus remain competitive at an international level as a UCL academic.

I believe that a request for an increase in salary is justified for the following reasons:

- I have been awarded in substantial grant income (well over £3.6 million in PI income, see details below) within a short period of time.
- I have built and co-direct a new laboratory and a new clinic (see below) at UCL, thus creating new resources for research, clinical work and teaching.
- I have assumed a new role as Pro-Vice-Provost (together with Prof Viding) which covers 25% of my salary.
- I have shown leadership in several domains internationally and have maintained a high scientific output with steady increases in my bibliographic indicators.

Below I provide details for each of these points.

## Grant Applications and Income

I have applied for 10 grants listed below as PI or Co-PI since arriving at UCL. I have been successful in four of them (highlighted in **bold** below), including as PI a major Wellcome Grant from their Looking Back Moving Forward call worth 3,015,694.2

- **Title: Surprises as a Mechanism of Improvement in the Psychological Therapy of Anxiety and Depression in Young People**  
Position: PI  
Funding Body: Wellcome Trust  
Amount: £3,015,694.19  
Outcome: awarded December 2022
- **Title: How does the SSRI fluoxetine work in adolescent depression?**  
Position: Co-I and site PI (overall PI Prof Harmer, Oxford)  
Funding Body: Wellcome Trust

Amount:£2,570,720.00

Outcome: awarded December 2022

- Title: A Novel Neurocomputational Model Of Mood Dysregulation In Adolescents  
Position: PI Funding Body: MRC Amount: £1,391,677.8 Outcome: unsuccessful.
- Title: Accelerating Interventions In Child And Adolescent Mental Health Position: PI with Prof Viding  
Funding Body: MRC Amount: £25,787,439.07 Outcome: unsuccessful
- Title: Young Moods Position: Co-PI Funding Body: European Union Amount: £532,287.18 Outcome: unsuccessful
- **Title: Understanding the role of tonic and phasic irritability in developmental psychopathology through an ecologically valid multimodal investigation.**  
Position: Collaborator Funding Body: Swiss National Science Foundation (grant number is 32003B\_215660) Amount:763,934 CHF Outcome: awarded April 2023
- Title: NIHR/HTA 22/88 Repetitive Transcranial Magnetic Stimulation for depression in adolescents  
Position: Co-I and site PI (overall PI Dr Rogers, Birmingham)  
Funding Body: National Institute of Health Research Amount:£118,139.74 Outcome: not funded
- Title: Amending and Upgrading Guidance for boosting MENTAL health in young people (AUGMENT)  
Position: Co-I and site PI (overall PI Prof Buitelaar Nijmegen)  
Funding Body: European Union, Horizon 2020 Amount:£405,104.33 Outcome: not funded
- **Title: 4M: Microbes, Milk, Mental Health and Me; how do early life gut microbiota and feeding shape long- term mental health in the C-GULL Cohort?** Position: Co-Investigator (5% of my time)  
Funding Body: Wellcome Trust  
Amount: £6,923,603.00  
Dates: awarded FY23 to FY 28
- Title: Respecting Affective Diversity in Adolescence (RADIANCE)  
Position: Principal Investigator  
Funding Body: Medical Research Council  
Amount: £935,00 (not funded)

## Leadership

Since arriving at UCL, I have, amongst other things, set up a new lab, helped set up a new clinic with Dr Krebs, organised an international conference and assumed the Role of Pro-Vice Provost the Grand Challenge of Mental Health and Wellbeing together with Prof Viding. I am listing the the main achievements below.

### Pro-Vice\_Provost

- We are leading UCL's Grand Challenges in Mental Health and Wellbeing ([GC in MH & WB](#)) together with Prof. Essi Viding

### Set up of New Laboratory

- I am Co-Director (with Dr Georgina Krebs) of the Anxiety self-Image and Mood or [AIM Lab](#)

### Set up of New Clinic

- I am Co-Director (with Dr Georgina Krebs) of the [AIM Clinic](#) at UCL

### Presidency of International Organization

- Past President of the International Society for Research in Child and Adolescent Psychopathology ([ISRCAP](#))

### Chair of Government Committee

- Chair of the Mental Health Committee of the Surgeon General’s Office (Kentriko Sumvoulio Ygeias) for the Greek State November 2020 - December 2022. I have chaired the committee that advises the Government on issues concerning mental health legislature. This involved the generation of reports to provide in depth scientific opinion on issues such as the regulation of psychotherapies in Greece, and most recently our opinion in favour of banning of so-called “conversion therapies”, which was eventually enshrined in law.
- Member of the Steering Committee of the University Research Institute for Mental Health (EPIPSY) in Greece (January 2022 - ongoing)

#### Scientific Advisor to Charities

- Chief Scientific Officer of Mazi Gia to Paidi, a leading Greek charity for children and young people with various activities around child health.

#### Taskforce and Scientific Board Memberships

- Scientific Advisory Board Advisory Board for the Medical Research Council UK initiative in Adolescence, Mental Health and the Developing Mind (2021 - ongoing)
- Steering Committee International Consortium on Irritability (2022 - ongoing)
- Child Psychiatry Representative on Royal College of Psychiatry Psychopharmacology Committee (ongoing)
- Member of the Executive Board of the Royal College of Psychiatry Child and Adolescent Psychiatry Faculty.(2023 - ongoing)
- Member of the Board of the Hellenic Child Psychiatry Society (2023 - ongoing)
- Member of the European College of Neuropharmacology (ECNP) Child and Adolescent Psychiatry Network. (2022 - ongoing)
- Member Scientific Advisory Group of Improving Adolescent mental health by reducing the Impact of PoVerty (ALIVE), a Wellcome Trust-funded international project. (ongoing)

#### Publications and Bibliographic Indicators

- I have published 38 PubMed-listed papers since arriving at UCL in 2022. These include publications in high profile journals such as Nature Human Behaviour and American Journal as first or last authors of Psychiatry. Table 1 contains the full list of papers.
- I was named Highly Cited Author by Clarivate in 2022 and was included in the 2023 top 2% list of my field by the recent Stanford classification of cited authors (see [here](#)).
- My annual citations continue to rise (e.g. according to Google Scholar by about 20% since last year) and I have an h-index = 64
- I am the co-editor of what is considered the standard textbook in our field Rutter’s Textbook of Child and Adolescent Psychiatry.

#### Papers in Press

Leibenluft E, Allen...**Stringaris** A (2024) Peer Review Only Irritability in Youth: A Critical Integrative Review. *Am J Psychiatry* (in press)

Krebs G, Ford T, Clark B, **Stringaris** A (2024) Epidemiology of body dysmorphic disorder and appearance preoccupation in youth: prevalence, comorbidity and psychosocial impairment. *J Am Acad Child Adol Psych* (in press)

#### Table 1. Papers in PubMed since January 2022

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1. Qi L, Zhang Z, Robinson L, Bobou M, Gurlan C, Winterer J, Adams R, Agunbiade K, Zhang Y, King S, Vaidya N, Artiges E, Banaschewski T, Bokde ALW, Broulidakis MJ, Brühl R, Flor H, Fröhner JH, Garavan H, Grigis A, Heinz A, Hohmann S, Martinot MP, Millenet S, Nees F, van Noort BM, Orfanos DP, Poustka L, Sinclair J, Smolka MN, Whelan R, **Stringaris A**, Walter H, Martinot JL, Schumann G, Schmidt U, Desrivieres S; IMAGEN Consortium, ESTRA Consortium and STRATIFY Consortium. (2023) Differing impact of the COVID-19 pandemic on youth mental health: combined population and clinical study *BJPsych Open* [PMID:37981567](#)
  2. Klauser P, Cortese S, Hagstrøm J, **Stringaris A**, Hebebrand J, Hoekstra PJ, Schlaegel K, Revet A. (2023) The 2023 ESCAP Research Academy workshop: ADHD and emotional dysregulation *Eur Child Adolesc Psychiatry* [PMID:37978054](#)
  3. Morris AC, Ibrahim Z, Moghraby OS, **Stringaris A**, Grant IM, Zalewski L, McClellan S, Moriarty G, Simonoff E, Dobson RJ, Downs J. (2023) Moving from development to implementation of digital innovations within the NHS: myHealthE, a remote monitoring system for tracking patient outcomes in child and adolescent mental health services *Digit Health* [PMID:37954687](#)
  4. Camp CC, Noble S, Scheinost D, **Stringaris A**, Nielson DM. (2023) Test-Retest Reliability of Functional Connectivity in Adolescents With Depression *Biol Psychiatry Cogn Neurosci Neuroimaging* [PMID:37734478](#)
  5. Mantas V, Kotoula V, Zheng C, Nielson DM, **Stringaris A**. (2023) An experimental approach to training mood for resilience *PLoS One* [PMID:37676862](#)
  6. Xie C, Xiang S, Shen C, Peng X, Kang J, Li Y, Cheng W, He S, Bobou M, Broulidakis MJ, van Noort BM, Zhang Z, Robinson L, Vaidya N, Winterer J, Zhang Y, King S, Banaschewski T, Barker GJ, Bokde ALW, Bromberg U, Büchel C, Flor H, Grigis A, Garavan H, Gowland P, Heinz A, Ittermann B, Lemaître H, Martinot JL, Martinot MP, Nees F, Orfanos DP, Paus T, Poustka L, Fröhner JH, Schmidt U, Sinclair J, Smolka MN, **Stringaris A**, Walter H, Whelan R, Desrivieres S, Sahakian BJ, Robbins TW, Schumann G, Jia T, Feng J; IMAGEN Consortium; STRATIFY/ESTRA Consortium; ZIB Consortium. (2023) Author Correction: A shared neural basis underlying psychiatric comorbidity *Nat Med* [PMID:37558759](#)
  7. Burrows M, Kotoula V, Dipasquale O, **Stringaris A**, Mehta MA. (2023) Ketamine-induced changes in resting state connectivity, 2 h after the drug administration in patients with remitted depression *J Psychopharmacol* [PMID:37491833](#)
  8. Srinivasan R, Flouri E, Lewis G, Solmi F, **Stringaris A**, Lewis G. (2023) Changes in Early Childhood Irritability and Its Association With Depressive Symptoms and Self-Harm During Adolescence in a Nationally Representative United Kingdom Birth Cohort *J Am Acad Child Adolesc Psychiatry* [PMID:37391129](#)
  9. Carey EG, Ridler I, Ford TJ, **Stringaris A**. (2023) Editorial Perspective: When is a ‘small effect’ actually large and impactful? *J Child Psychol Psychiatry* [PMID:37226639](#)
  10. Summerton A, Bellows ST, Westrupp EM, Stokes MA, Coghill D, Bellgrove MA, Hutchinson D, Becker SP, Melvin G, Quach J, Efron D, **Stringaris A**, Middeldorp CM, Banaschewski T, Sciberras E. (2023) Longitudinal Associations Between COVID-19 Stress and the Mental Health of Children With ADHD *J Atten Disord* [PMID:37122232](#)
  11. Xie C, Xiang S, Shen C, Peng X, Kang J, Li Y, Cheng W, He S, Bobou M, Broulidakis MJ, van Noort BM, Zhang Z, Robinson L, Vaidya N, Winterer J, Zhang Y, King S, Banaschewski T, Barker GJ, Bokde ALW, Bromberg U, Büchel C, Flor H, Grigis A, Garavan H, Gowland P, Heinz A, Ittermann B, Lemaître H, Martinot JL, Martinot MP, Nees F, Orfanos DP, Paus T, Poustka L, Fröhner JH, Schmidt U, Sinclair J, Smolka MN, **Stringaris A**, Walter H, Whelan R, Desrivieres S, Sahakian BJ, Robbins TW, Schumann G, Jia T, Feng J; IMAGEN Consortium; STRATIFY/ESTRA Consortium; ZIB Consortium. (2023) A shared neural basis underlying psychiatric comorbidity *Nat Med* [PMID:37095248](#)
  12. Mallidi A, Meza-Cervera T, Kircanski K, **Stringaris A**, Brotman MA, Pine DS, Leibenluft E, Linke JO. (2023) Robust caregiver-youth discrepancies in irritability ratings on the affective reactivity index: An investigation of its origins *J Affect Disord* [PMID:37030330](#)

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13. Cortese S, McGinn K, Højlund M, Apter A, Arango C, Baeza I, Banaschewski T, Buitelaar J, Castro-Fornieles J, Coghill D, Cohen D, Grünblatt E, Hoekstra PJ, James A, Jeppesen P, Nagy P, Pagsberg AK, Parellada M, Persico AM, Purper-Ouakil D, Roessner V, Santosh P, Simonoff E, Stevanovic D, **Stringaris** A, Vitiello B, Walitza S, Weizman A, Wohlfarth T, Wong ICK, Zalsman G, Zuddas A, Moreno C, Solmi M, Correll CU. (2023) The future of child and adolescent clinical psychopharmacology: A systematic review of phase 2, 3, or 4 randomized controlled trials of pharmacologic agents without regulatory approval or for unapproved indications *Neurosci Biobehav Rev* PMID:37001575
  14. Jangraw DC, Keren H, Sun H, Bedder RL, Rutledge RB, Pereira F, Thomas AG, Pine DS, Zheng C, Nielson DM, **Stringaris** A. (2023) A highly replicable decline in mood during rest and simple tasks *Nat Hum Behav* PMID:36849591
  15. Foulkes L, **Stringaris** A. (2023) Do no harm: can school mental health interventions cause iatrogenic harm? *BJPsych Bull* PMID:36843444
  16. Santosh P, Cortese S, Hollis C, Bölte S, Daley D, Coghill D, Holtmann M, Sonuga-Barke EJS, Buitelaar J, Banaschewski T, **Stringaris** A, Döpfner M, Van der Oord S, Carucci S, Brandeis D, Nagy P, Ferrin M, Baeyens D, van den Hoofdakker BJ, Purper-Ouakil D, Ramos-Quiroga A, Romanos M, Soutullo CA, Thapar A, Wong ICK, Zuddas A, Galera C, Simonoff E. (2023) Remote assessment of ADHD in children and adolescents: recommendations from the European ADHD Guidelines Group following the clinical experience during the COVID-19 pandemic *Eur Child Adolesc Psychiatry* PMID:36764972
  17. Chavanne AV, Paillère Martinot ML, Penttilä J, Grimmer Y, Conrod P, **Stringaris** A, van Noort B, Isensee C, Becker A, Banaschewski T, Bokde ALW, Desrivières S, Flor H, Grigis A, Garavan H, Gowland P, Heinz A, Brühl R, Nees F, Papadopoulos Orfanos D, Paus T, Poustka L, Hohmann S, Millenet S, Fröhner JH, Smolka MN, Walter H, Whelan R, Schumann G, Martinot JL, Artiges E; IMAGEN consortium. (2023) Anxiety onset in adolescents: a machine-learning prediction *Mol Psychiatry* PMID:36481929
  18. Fongaro E, Picot MC, **Stringaris** A, Belloc C, Verissimo AS, Franc N, Purper-Ouakil D. (2022) Parent training for the treatment of irritability in children and adolescents: a multisite randomized controlled, 3-parallel-group, evaluator-blinded, superiority trial *BMC Psychol* PMID:36414963
  19. Tang A, Harrewijn A, Benson B, Haller SP, Guyer AE, Perez-Edgar KE, **Stringaris** A, Ernst M, Brotman MA, Pine DS, Fox NA. (2022) Striatal Activity to Reward Anticipation as a Moderator of the Association Between Early Behavioral Inhibition and Changes in Anxiety and Depressive Symptoms From Adolescence to Adulthood *JAMA Psychiatry* PMID:36287532
  20. **Stringaris** A. (2022) The richness of paradigms in child and adolescent psychiatry *Eur Child Adolesc Psychiatry* PMID:36266553
  21. Nees F, Banaschewski T, Bokde ALW, Desrivières S, Grigis A, Garavan H, Gowland P, Grimmer Y, Heinz A, Brühl R, Isensee C, Becker A, Martinot JL, Paillère Martinot ML, Artiges E, Papadopoulos Orfanos D, Lemaître H, **Stringaris** A, van Noort B, Paus T, Penttilä J, Millenet S, Fröhner JH, Smolka MN, Walter H, Whelan R, Schumann G, Poustka L, On Behalf Of The Imagen Consortium. (2022) Global and Regional Structural Differences and Prediction of Autistic Traits during Adolescence *Brain Sci* PMID:36138923
  22. Tetereva A, Li J, Deng JD, **Stringaris** A, Pat N. (2022) Capturing brain-cognition relationship: Integrating task-based fMRI across tasks markedly boosts prediction and test-retest reliability *Neuroimage* PMID:36057404
  23. Pat N, Wang Y, Anney R, Riglin L, Thapar A, **Stringaris** A. (2022) Longitudinally stable, brain-based predictive models mediate the relationships between childhood cognition and socio-demographic, psychological and genetic factors *Hum Brain Mapp* PMID:35903877
  24. Rimfeld K, Malanchini M, Arathimos R, Gidziela A, Pain O, McMillan A, Ogden R, Webster L, Packer AE, Shakeshaft NG, Schofield KL, Pingault JB, Allegrini AG, **Stringaris** A, von Stumm S, Lewis CM, Plomin R. (2022) The consequences of a year of the COVID-19 pandemic for the mental health of young adult twins in England and Wales *BJPsych Open* PMID:35860899

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25. Vulser H, Lemaître HS, Guldner S, Bezivin-Frère P, Löffler M, Sarvasmaa AS, Massicotte-Marquez J, Artiges E, Paillère Martinot ML, Filippi I, Miranda R, **Stringaris** A, van Noort BM, Penttilä J, Grimmer Y, Becker A, Banaschewski T, Bokde ALW, Desrivières S, Fröhner JH, Garavan H, Grigis A, Gowland PA, Heinz A, Papadopoulos Orfanos D, Poustka L, Smolka MN, Spechler PA, Walter H, Whelan R, Schumann G, Flor H, Martinot JL, Nees F; IMAGEN Consortium. (2023) Chronotype, Longitudinal Volumetric Brain Variations Throughout Adolescence, and Depressive Symptom Development *J Am Acad Child Adolesc Psychiatry* PMID:35714839
26. Pat N, Wang Y, Bartonicek A, Candia J, **Stringaris** A. (2023) Explainable machine learning approach to predict and explain the relationship between task-based fMRI and individual differences in cognition *Cereb Cortex* PMID:35697648
27. Morris AC, Ibrahim Z, Heslin M, Moghraby OS, **Stringaris** A, Grant IM, Zalewski L, Pritchard M, Stewart R, Hotopf M, Pickles A, Dobson RJB, Simonoff E, Downs J. (2023) Assessing the feasibility of a web-based outcome measurement system in child and adolescent mental health services - myHealthE a randomised controlled feasibility pilot study *Child Adolesc Ment Health* PMID:35684987
28. Prabhakar J, Nielson DM, **Stringaris** A. (2022) Origins of Anhedonia in Childhood and Adolescence *Curr Top Behav Neurosci* PMID:35585464
29. Pan PM, Sato JR, Paillère Martinot ML, Martinot JL, Artiges E, Penttilä J, Grimmer Y, van Noort BM, Becker A, Banaschewski T, Bokde ALW, Desrivières S, Flor H, Garavan H, Ittermann B, Nees F, Papadopoulos Orfanos D, Poustka L, Fröhner JH, Whelan R, Schumann G, Westwater ML, Grillon C, Cogo-Moreira H, **Stringaris** A, Ernst M; IMAGEN Consortium. (2022) Longitudinal Trajectory of the Link Between Ventral Striatum and Depression in Adolescence *Am J Psychiatry* PMID:35582783
30. Sadeghi N, Fors PQ, Eisner L, Taigman J, Qi K, Gorham LS, Camp CC, O'Callaghan G, Rodriguez D, McGuire J, Garth EM, Engel C, Davis M, Towbin KE, **Stringaris** A, Nielson DM. (2022) Mood and Behaviors of Adolescents With Depression in a Longitudinal Study Before and During the COVID-19 Pandemic *J Am Acad Child Adolesc Psychiatry* PMID:35452785
31. Carlson GA, Singh MK, Amaya-Jackson L, Benton TD, Althoff RR, Bellonci C, Bostic JQ, Chua JD, Findling RL, Galanter CA, Gerson RS, Sorter MT, **Stringaris** A, Waxmonsky JG, McClellan JM. (2023) Narrative Review: Impairing Emotional Outbursts: What They Are and What We Should Do About Them *J Am Acad Child Adolesc Psychiatry* PMID:35358662
32. Liuzzi L, Chang KK, Zheng C, Keren H, Saha D, Nielson DM, **Stringaris** A. (2022) Magnetoencephalographic correlates of mood and reward dynamics in human adolescents *Cereb Cortex* PMID:34921602
33. Gorham LS, Sadeghi N, Eisner L, Taigman J, Haynes K, Qi K, Camp CC, Fors P, Rodriguez D, McGuire J, Garth E, Engel C, Davis M, Towbin K, **Stringaris** A, Nielson DM. (2022) Clinical utility of family history of depression for prognosis of adolescent depression severity and duration assessed with predictive modeling *J Child Psychol Psychiatry* PMID:34847615
34. **Stringaris** A. (2021) Sources of normativity in childhood depression *Eur Child Adolesc Psychiatry* PMID:34687389
35. Rimfeld K, Malanchini M, Arathimos R, Gidziela A, Pain O, McMillan A, Ogden R, Webster L, Packer AE, Shakeshaft NG, Schofield KL, Pingault JB, Allegrini AG, **Stringaris** A, von Stumm S, Lewis CM, Plomin R. (2021) The consequences of a year of the COVID-19 pandemic for the mental health of young adult twins in England and Wales *medRxiv* PMID:34642704
36. Pat N, Riglin L, Anney R, Wang Y, Barch DM, Thapar A, **Stringaris** A. (2022) Motivation and Cognitive Abilities as Mediators Between Polygenic Scores and Psychopathology in Children *J Am Acad Child Adolesc Psychiatry* PMID:34506929
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