

# Dr Nathan Huneke, MBChB(Hons) MRes PhD MRCPsych

NIHR Academic Clinical Lecturer in General Adult Psychiatry, University Department of Psychiatry, Southampton Academic Centre, College Keep, 4-12 Terminus Terrace, Southampton, SO14 3DT  
 Email: [n.huneke@soton.ac.uk](mailto:n.huneke@soton.ac.uk)  
 Website: <https://nathanhuneke.netlify.app>  
 Twitter: @nathanhuneke

## Current Positions

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11/2023 – current	NIHR Academic Clinical Lecturer in General Adult Psychiatry, <i>University of Southampton</i>
08/2019 – current	Honorary SpR in General Adult Psychiatry, <i>Southern Health NHS Foundation Trust</i>

## Formal Education and Examinations

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08/2019 – 01/2023	PhD in Clinical Neurosciences, <i>University of Southampton</i>
09/2017	Membership of the Royal College of Psychiatrists <ul style="list-style-type: none"> <li>Passed all examinations on first attempt</li> </ul>
09/2007 – 07/2013	MBChB(Hons) Medicine, <i>University of Manchester</i>
10/2011 – 10/2012	Intercalated MRes in Medical Sciences, <i>University of Manchester</i> <ul style="list-style-type: none"> <li>Passed with Distinction</li> </ul>

## Previous Posts Held

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02/2023 – 11/2023	Visiting Research Fellow, <i>University of Southampton</i>
08/2019 – 01/2023	MRC Clinical Research Training Fellow, <i>University of Southampton</i>
08/2018 – 08/2019	ST4 in General Adult Psychiatry, <i>Southern Health NHS Foundation Trust</i>
08/2015 – 08/2018	NIHR Academic Clinical Fellow in General Adult Psychiatry, <i>Health Education Wessex</i>
07/2013 – 08/2015	Academic Foundation Programme in Psychiatry, <i>Oxford</i>

## Research Funding

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2024 - current	Wessex Health Partners Seed Funding, co-investigator (£30,000)  "Development of The Southern Respiratory Cohort Experiences database: SOURCE"
2024	Web Science Institute, University of Southampton, Pilot Projects, co-investigator (£6,338.33)  "Enhancing the effectiveness of virtual communication: Synthesizing co-presence"
2023 – current	Alzheimer's Society Project Grant, co-investigator (£193,194.50)  "Blood-brain barrier permeability, inflammation, and clinical progression in Alzheimer's disease"
2023 – 2024	Impact Acceleration Fund, University of Southampton, co-investigator (£2,000)  "Coproduction of a video to reduce negative attitudes towards neurodiversity in primary school children"
2019 – 2023	MRC Clinical Research Training Fellowship, personal award (£251,153, MR/T000902/1)  "Investigating the Mechanisms of Placebo Anxiolysis"
2016 – 2018	Research Management Committee ACF Project Funding, <i>Faculty of Medicine, University of Southampton</i> , personal award (£9500)  "The Placebo Response in Trials of Anxiety and Depression"

## Awards and Honours

2023	Highly Commended Academic Researcher, <i>Royal College of Psychiatrists</i>
2020	BAP Junior Clinical Psychopharmacology Award, <i>British Association for Psychopharmacology</i> <ul style="list-style-type: none"><li>This singular award is given to a young clinical researcher whose research is judged to be both excellent and leading to new insights relevant to clinical practice</li></ul>
2020	Winner of the 'Early-stage PhD' 3-minute Thesis Competition, <i>NIHR Maudsley BRC Trainees' Conference</i>
2017	Best Poster, <i>Southampton Neuroscience Group (SoNG) Annual Meeting</i> <ul style="list-style-type: none"><li>Poster title: "Belief about treatment allocation predicts placebo response in the 7.5% CO<sub>2</sub> inhalational model of anxiety"</li></ul>
2012	Association of Physicians Undergraduate Studentship for the MRes in Medical Sciences Course, Association of Physicians <ul style="list-style-type: none"><li>A studentship awarded by the MRes programme to facilitate the work of two outstanding students</li></ul>
2012	Intellectual Disability Forum Student Prize, <i>The Royal Society of Medicine</i>

## Publications

 <https://orcid.org/0000-0001-5981-6707>

h-index: 14

citations: 1290



## Original Research

- Haq R, Molteni L, **Huneke NTM**. The Relationship Between Blinding Integrity and Medication Efficacy in Randomised-Controlled Trials in Patients with Anxiety Disorders: A Systematic Review and Meta-Analysis. *Acta Psychiatrica Scandinavica*. In press.
- Huneke NTM**, Amin J, Baldwin DS, Bellato A, Brandt V, Chamberlain SR, et al. Placebo effects in randomized trials of pharmacological and neurostimulation interventions for mental disorders: An umbrella review. *Molecular Psychiatry*. 2024;1–11.
- Molteni L, Gosling CJ, Fagan HA, Hyde J, Benatti B, Dell'Osso B, Cortese S, Baldwin DS, **Huneke NTM**. Effects of mindfulness-based interventions on symptoms and interoception in trauma-related disorders and exposure to traumatic events: Systematic review and meta-analysis. *Psychiatry Research*. 2024;336:115897.
- Huneke NTM**, Cross C, Fagan HA, Molteni L, Phillips N, Garner M, Baldwin DS. Placebo Effects Are Small on Average in the 7.5% CO<sub>2</sub> Inhalational Model of Generalized Anxiety. *International Journal of Neuropsychopharmacology*. 2024;27(4):pyae019.
- Domschke K, Seuling PD, Schiele MA, Bandelow B, ..., **Huneke NTM**, ... Baldwin, D. S. The definition of treatment resistance in anxiety disorders: a Delphi method-based consensus guideline. *World Psychiatry*. 2024;23(1):113-23. **IF 73.3**
- Zheng B, Vivaldi G, Daines L, Leavy OC, Richardson M, ..., on behalf of the PHOSP-COVID Study Collaborative Group. Determinants of recovery from post-COVID-19 dyspnoea: analysis of UK prospective cohorts of hospitalised COVID-19 patients and community-based controls. *The Lancet Regional Health–Europe*. 2023. (member of the PHOSP-COVID brain working group)
- Jackson C, Stewart ID, Plekhanova T, Cunningham PS, Hazel AL, ..., on behalf of the PHOSP-COVID Study Collaborative Group. Effects of sleep disturbance on dyspnoea and impaired lung function following hospital admission due to COVID-19 in the UK: a prospective multicentre cohort study. *The Lancet Respiratory Medicine*. 2023. (member of the PHOSP-COVID brain working group)
- Fineberg NA, Cinosi E, Smith MV, Busby AD, Wellsted D, **Huneke NTM**, et al. Feasibility, acceptability and practicality of transcranial stimulation in obsessive compulsive symptoms (FEATSOCS): A randomised controlled crossover trial. *Comprehensive Psychiatry*. 2023, 122;152371.
- McAuley HJ, Evans RA, Bolton CE, Brightling CE, Chalmers JD, ..., on behalf of the PHOSP-COVID Study Collaborative Group. Prevalence of physical frailty, including risk factors, up to 1 year after hospitalisation for COVID-19 in the UK: a multicentre, longitudinal cohort study. *EClinicalMedicine*. 2023, 1;57. (member of the PHOSP-COVID brain working group)
- Liew F, Talwar S, Cross A, Willett BJ, Scott S, ..., on behalf of the PHOSP-COVID Study Collaborative Group. SARS-CoV-2-specific nasal IgA wanes 9 months after hospitalisation with COVID-19 and is not induced by subsequent vaccination. *EBioMedicine*. 2023, 1;87:104402. (member of the PHOSP-COVID brain working group)
- Huneke NTM**, Rowlett H, Hyde J, McEwan A, Maryan L, Baldwin DS, Garner M. A Novel Procedure to Investigate Social Anxiety using Videoconferencing Software: A Proof-of-Concept study. *Psychiatry Research*. 2022; 114770. **IF 11.225**
- Evans RA, Leavy OC, Richardson M, Elneima O, McAuley HJ, ..., on behalf of the PHOSP-COVID Study Collaborative Group. Clinical characteristics with inflammation profiling of long COVID and association with 1-year recovery following hospitalisation in the UK: a prospective observational study. *The Lancet Respiratory Medicine*. 2022;10(8):761-75. (member of the PHOSP-COVID brain working group)
- Huneke NTM**, Aslan IH, Fagan H, Phillips N, Tanna R, Cortese S, et al. Functional neuroimaging correlates of placebo response in patients with depressive or anxiety disorders: A systematic review. *Int J Neuropsychopharmacol*. 2022: pyac009. **Editor's choice**.
- Huneke NTM**, Chamberlain SR, Baldwin DS, Grant JE. Diverse predictors of treatment response to active medication and placebo in gambling disorder. *Journal of Psychiatric Research*. 2021; 144, 96-101.
- Evans RA, McAuley H, Harrison EM, Shikotra A, Singapur A, ..., on behalf of the PHOSP-COVID Study Collaborative Group. Physical, cognitive, and mental health impacts of COVID-19 after hospitalisation (PHOSP-COVID): a UK multicentre, prospective cohort study. *The Lancet Respiratory Medicine*. 2021;9(11):1275-87. (member of the PHOSP-COVID brain working group)

16. **Huneke NTM**, Broulidakis MJ, Darekar A, Baldwin DS, Garner M. Brain functional connectivity correlates of response in the 7.5% CO<sub>2</sub> inhalational model of generalized anxiety disorder: a pilot study. *Int J Neuropsychopharmacol*. 2020; 23(4), 268-273. **Editor's choice**.
17. Walsh AEL, **Huneke NTM**, Brown R, Browning M, Cowen P, Harmer CJ. A dissociation of the acute effects of bupropion on positive emotional processing and reward processing in healthy volunteers. *Frontiers in psychiatry*. 2018; 9, 482.
18. **Huneke NTM**, Walsh AEL, Brown R, Browning M, Harmer CJ. No evidence for an acute placebo effect on emotional processing in healthy volunteers. *J Psychopharm*. 2017; 31(12), 1578-1587.
19. **Huneke NTM**, Brown CA, Burford E, Watson A, Trujillo-Barreto NJ, El-Deredy W, Jones AKP. Experimental Placebo Analgesia Changes Resting-State Alpha Oscillations. *PLoS One*. 2013; 8(10), e78278. **40 citations**
20. **Huneke NTM**, Gupta R, Halder N, Chaudhry, N. Difficult decisions: Are intellectually disabled patients given enough information to consent to medical treatment? *Journal of Intellectual Disabilities*. 2012; 16(4), 265-274.

## Reviews

1. Fagan, HA, **Huneke NTM**, Domschke K, Baldwin DS. 'The Role of the Orexin System in the Neurobiology of Anxiety Disorders: Potential for a Novel Treatment Target'. *Neuroscience Applied*. 2023;3,103922.
2. **Huneke NTM**. Is superiority to placebo the most appropriate measure of efficacy in trials of novel psychotropic medications? *European neuropsychopharmacology*. 2022;62:7-9. **IF 5.414**
3. **Huneke NTM**, van der Wee N, Garner M, Baldwin DS. Why we need more research into the placebo response in psychiatry. *Psychol Med*. 2020;50(14):2317-23. **IF 10.592**
4. Baldwin DS, Hou R, Gordon R, **Huneke NTM**, Garner M. Pharmacotherapy in Generalized Anxiety Disorder: Novel Experimental Medicine Models and Emerging Drug Targets. *CNS Drugs*. 2017; 31(4), 307-317.
5. Jones AKP, **Huneke NTM**, Lloyd DM, Brown CA, Watson A. Role of Functional Brain Imaging in Understanding Rheumatic Pain. *Curr Rheumatol Rep*. 2012; 14(6), 557-567. **43 citations**

## Protocols

1. **Huneke NTM**, Amin J, Baldwin DS, Chamberlain SR, Correll CU, et al. Placebo effects in mental health disorders: Protocol for an umbrella review. *BMJ Open*, In press.
2. **Huneke NTM**, Baldwin DS, Garner M. Protocol for Conducting the Internet-based Stress test for Social Anxiety Disorder (ITSSAD), 26 August 2022, PROTOCOL (Version 1). *Protocol Exchange* 2022.
3. Cinosi E, Adam D, Aslan I, Baldwin D, ..., **Huneke NTM**, et al. Feasibility and acceptability of transcranial stimulation in obsessive-compulsive symptoms (FEATSOCS): study protocol for a randomised controlled trial of transcranial direct current stimulation (tDCS) in obsessive-compulsive disorder (OCD). *Pilot and Feasibility Studies*. 2021; 7(1), 1-6.

## Book Chapters

1. **Huneke NTM**, Impey B, Baldwin DS. Anxiety Disorders. In: Lynall ME, Jones PB, Stahl SM (Eds). *The Cambridge Textbook of Neuroscience for Psychiatrists*. Cambridge University Press, Cambridge, UK; 2023.
2. Baldwin DS, **Huneke NTM**. Drugs to treat anxiety and insomnia. In: Haddad PM, Nutt DJ (Eds). *Seminars in Clinical Psychopharmacology (College Seminars Series) 3edn*. Cambridge University Press, Cambridge, UK; 2020.
3. Baldwin DS, **Huneke NTM**. Treatment of Anxiety Disorders. In: Geddes JR, Andreasen NC and Goodwin GM (Eds). *The New Oxford Textbook of Psychiatry 3edn*. Oxford University Press, Oxford, UK; 2020.
4. Brown CA, **Huneke NTM**, Jones AKP. Pain Syndromes. In: Toga AW (Eds). *Brain Mapping: An Encyclopedic Reference*. Elsevier; 2015.

## Letters

1. **Huneke NTM**, Baldwin DS. Does previous experience of antidepressants form the expectations necessary for a placebo response? *Br J Psychiatry*. 2015; 207(6), 561.

## External Invited Talks

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2024	Principles and mechanisms of placebo effects, <i>RCPsych Faculty of Neuropsychiatry annual conference, London</i> .
2024	Current knowledge of the placebo effect in anxiety disorders and future directions, <b>Plenary Lecture</b> , 15 <sup>th</sup> <i>International Congress on Psychopharmacology, Turkish Association for Psychopharmacology, Antalya, Turkey</i> .
2023	The Placebo Effect and its Determinants in Anxiolytic Trials. <i>BAP Summer Meeting, Manchester</i> .
2023	Current knowledge of the placebo effect in anxiety disorders and future directions. <i>RCPsych International Congress, Liverpool</i> .
2023	What Can Learning about the Placebo Response Teach Us About Psychiatry?, <b>Plenary Lecture</b> , 24 <sup>th</sup> <i>National Congress of the Italian Society of Neuropsychopharmacology, Milan, Italy</i> .
2022	Diverse Predictors of Treatment Response to Active Medication and Placebo in Gambling Disorder, <i>RCPsych International Congress, Edinburgh</i> .
2022	Testing a Novel Procedure to Induce Placebo Anxiolysis in Healthy Volunteers, <i>University of Southampton Faculty of Medicine Conference, Southampton</i> .
2021	Towards Improved Translation of Treatments for Affective and Anxiety Disorders: Placebo Effects and Experimental Medicine Models. <i>BAP Summer Meeting, Online</i> .
2021	A Modified Trier Social Stress Test Using Videoconferencing Software. <i>University of Southampton Faculty of Medicine Conference, Online</i> .
2019	Why We Need More Research into the Placebo Response in Psychiatry. <i>Southampton Psychiatry Academic Meeting, Southampton</i> .

2019	fMRI Correlates of Peak Response in the 7.5% CO <sub>2</sub> Inhalational Model of Generalised Anxiety: A Pilot Study. <i>RCPsych International Congress, London.</i>
2017	Functional Neuroimaging of the Placebo Response in Anxiety and Depression: A Systematic Review. <i>Faculty of General Adult Psychiatry Annual Conference, Newcastle.</i>
2013	Developing a System for Effective Student Representation in a Large Medical School. <i>AMEE International Conference, Prague, Czech Republic.</i>

## Research Supervision

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2023 - current	Postgraduate: Dr Harry Fagan (ACF, University of Southampton). <i>An investigation into the effects of orexin receptor antagonism on the response to 7.5% CO<sub>2</sub> inhalation in healthy volunteers.</i>
2022 – current	Postgraduate: Dr Beth McCausland (ACF, University of Southampton). <i>Measuring the permeability of the blood-brain barrier in Alzheimer's disease using dynamic contrast enhanced MRI.</i>
2021 – current	Postgraduate: Joshua Hyde (PhD candidate, University of Southampton). <i>Mechanisms and potential treatments for social anxiety disorder.</i>
2022 – 2023	Masters: Alan Saji (MMedSci, University of Southampton). <i>The effects of an experimental placebo anxiolytic procedure on psychophysiology. <b>Won BAP poster prize.</b></i>
2022 – 2023	Undergraduate: Ruqayyah Haq (BMedSci 3 <sup>rd</sup> Year Project, University of Southampton). <i>The Impact of Success of Blinding on Medication and Placebo Response in Patients with Anxiety Disorders: A Systematic Review and Meta-analysis. <b>Won Faculty of General Adult Psychiatry trainee poster prize and The Sally Curtis Realising Potential Research prizes for best BM6 3<sup>rd</sup> Year Project.</b></i>
2022 – 2023	Undergraduate: Georgina Atkins (BMedSci 3 <sup>rd</sup> Year Project, University of Southampton). <i>The effect of therapeutic alliance on outcome with pharmacotherapy in patients with depression and anxiety.</i>
2021 – 2022	Postgraduate: Dr Laura Molteni (visiting psychiatrist, University of Southampton and University of Milan). <i>The Impact of Mindfulness-Based Interventions on Symptoms and Interoception in the Treatment of Patients with Trauma-Related Disorders: A Systematic Review and Meta-Analysis</i>
2021 – 2022	Undergraduate: Ishmaam Chowdhury (BMedSci 3 <sup>rd</sup> Year Project, University of Southampton). <i>Structural imaging markers of response to the 7.5% CO<sub>2</sub> inhalational model of generalised anxiety.</i>
2021 – 2022	Undergraduate: Yasmin Hussein (BMedSci 3 <sup>rd</sup> Year Project, University of Southampton). <i>Resting functional imaging markers of response to the 7.5% CO<sub>2</sub> inhalational model of generalised anxiety.</i>
2020 – 2021	Undergraduate: Ireayo Shonibare (BMedSci 3 <sup>rd</sup> Year Project, University of Southampton). <i>Is placebo anxiolysis evident in healthy volunteers with generalised anxiety symptoms induced by 7.5% CO<sub>2</sub> inhalation.</i>
2020 – 2021	Undergraduate: Alexander McEwan (BMedSci 3 <sup>rd</sup> Year Project, University of Southampton). <i>Inducing social anxiety symptoms with a novel online paradigm.</i>

## Academic Service

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Editorial Board Member	European Neuropsychopharmacology
Ad-hoc Peer Review	The Lancet Psychiatry; Royal Society Open Science; Psychological Medicine; Acta Psychiatrica Scandinavica; European Neuropsychopharmacology; International Clinical Psychopharmacology; Journal of Psychopharmacology; Brain and Behavior; Human Psychopharmacology: Clinical and Experimental; Journal of Psychophysiology; Biological Psychology; Neuroscience Applied
Grant Review	United States – Israel Binational Science Foundation
Departmental Service	Peer review of protocols and ethical approval applications

## Professional Societies

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- British Association for Psychopharmacology (BAP) member
- European College of Neuropsychopharmacology (ECNP) member
- Member of the Society for Interdisciplinary Placebo Studies (SIPS)
- Member of the Royal College of Psychiatrists (MRCPsych)
- Registered Medical Practitioner with the General Medical Council (GMC, 7408947)

## Teaching

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### University of Southampton

#### BMBS, Faculty of Medicine

Formal teaching	Pathophysiology of Chronic Pain ( <i>lecture</i> , 2018 – 2020); Doctors, Disease and Society session ( <i>facilitator</i> , 2017); Mood disorders ( <i>lecture</i> , 2015 - ); Research in Clinical Settings ( <i>Psychiatry 3<sup>rd</sup> Year Projects Induction</i> , 2018 - ); Clinically relevant neuroanatomy and neuroscience ( <i>Year 4 Psychiatry Seminar Series</i> , 2020 - ); The Somatic Features of Anxiety Disorders ( <i>lecture</i> , 2021 - ).
Curriculum Development	Deputy Lead for the Nervous system module Year 2 (2024 - ). Quality Assurance and writing model answers for the new Clinical Summary Exam for final year medical students; Led on creating online content for the Neuroscience section of the Year 4 Psychiatry curriculum.

### University of Manchester

#### MBChB, Manchester Medical School

Curriculum Development	Sat on the Curriculum Development Committee as a student representative. I was involved in introducing iPads as learning aids for students on placement.
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### NHS

#### Health Education Wessex

Formal teaching	<u>MRCPsych Course</u> : Liaison psychiatry ( <i>facilitator</i> , 2018); Evidence-based medicine and statistics ( <i>lecturer and facilitator</i> , 2018 - ); Clinical Psychopharmacology ( <i>lecturer and facilitator</i> , 2020 - 2022); Neurotransmitters ( <i>lecture</i> , 2021); Neuroreceptors ( <i>lecture</i> , 2021); Bipolar Affective Disorder masterclass ( <i>lecturer and facilitator</i> , 2021 - ); Neuroscience masterclass ( <i>lecture</i> , 2022 - ). <u>Core skills course</u> : Psychopharmacology ( <i>lecture</i> , 2018 – 2020); Mental State Examination ( <i>lecture</i> , 2018 - 2023); History taking ( <i>lecture</i> , 2018 - 2023). <u>Simulation</u> : Inter-specialty teaching day: Managing iatrogenic opioid dependence ( <i>facilitator</i> , 2023 - ).
Curriculum Development	I sit on the MRCPsych course steering group.
Ad hoc	'On the job' teaching of medical students, junior doctors and other health Professionals.

#### Southern Health NHS Foundation Trust

Formal teaching	<u>Induction</u> : Psychiatry 'Essentials' ( <i>lecture</i> , 2018 - ).
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## Management and Leadership

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### University of Southampton

2022 – current	<b>Lead for Open Science</b> in the University Department of Psychiatry. I am drafting standard operating procedures and workflows to ensure projects adhere to open science practices.
2020	Member of the planning committee for the 2020 Southampton Neuroscience Group (SoNG) Meeting
2019 – current	<b>Neuroimaging Lead</b> in the University Department of Psychiatry. As part of this role I have developed an online handbook for documenting standardised workflows used in Southampton ( <a href="https://sotnir-handbook.readthedocs.io/en/latest/">https://sotnir-handbook.readthedocs.io/en/latest/</a> ).
2019 – current	<b>Departmental research breakfast meeting</b> . I arrange speakers and chair the session.
2019 – current	<b>Lab manager</b> for the CL2 lab in the Academic Centre, College Keep.

### Southampton Clinical Academic Training Scheme (SoCATS)

2016 – current	Clinical academic trainee representative. I represent trainees at the SoCATS board meetings.
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### NHS

2014 – 2015	Chair of the Foundation Education Leads at John Radcliffe Hospital, Oxford.
2013 – 2014	Member of the Foundation Forum at Milton Keynes Hospital, Milton Keynes. Collated and presented feedback from junior doctors to the chief executive and worked to improve patient safety.

### University of Manchester

2011 – 2012	Student representative for the MRes in Medical Sciences course, Faculty of Medicine.
2010 – 2011	Student representative for students on the MBChB medicine programme.

## Public Engagement

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2023	<b>Pint of Science festival</b> . <i>Placebo Effects in Psychiatry: Hindrance or Help?</i>
2022 – current	<b>NeuroKids</b> . An interdisciplinary collaboration between medicine and psychology. We attend primary and secondary schools to teach children about the brain and emotions as part of the PHSE curriculum.

## Additional Training and Skills

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Experimental Medicine	Conducting trials with pharmaceuticals in healthy volunteers including administration of experimental medicine models such as the Oxford ETB and the 7.5% CO <sub>2</sub> inhalational model of generalised anxiety.
Affective Neuroscience	Proficient in: collection of behavioural measures including questionnaires and task-based measures, collection of psychophysiology data including heart rate variability, collecting and analysing structural and functional MRI, statistical analysis, manuscript preparation and submission. I have some additional experience in: analysis of resting-state EEG, behavioural task design, PsychoPy.
Computing	Experience in: Matlab, Shell scripting, Python, R, Markdown. Version control of datasets with DataLad and Git.
Mental Health Act	Approved under section 12(2) of the Mental Health Act as having special expertise in the diagnosis or treatment of mental disorder (2018 - ).