

# CURRICULUM VITAE

## PERSONAL DETAILS

- Name: Hamid ALHAJ
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## QUALIFICATIONS

- Certificate of Completion of Training (CCT), Royal College of Psychiatrists, London, UK (2014)
- Postgrad Diploma in Clinical Research (with Distinction), Newcastle University, UK (2012).
- MRCPsych, Royal College of Psychiatrists, London, UK (2011).
- PhD in Psychiatry, Newcastle University, UK (2007).
- MD, Faculty of Medicine, Aleppo University, Aleppo, Syria (2000).

## CURRENT EMPLOYMENT/ ROLES

- Associate Professor of Psychiatry (October 2020- Present)
  - Employer: The University of Sharjah, UAE
- Consultant Psychiatrist (December 2020 – Present)
  - University Hospital Sharjah, UAE

## PREVIOUS EMPLOYMENT

- Consultant Psychiatrist (September 2014- November 2020)
  - Employer: Sheffield Health and Social Care (SHSC) NHS Foundation Trust
- Director of Medical Education (June 2018- September 2020)
  - Employer: SHSC NHS Foundation Trust
- Honorary Senior Clinical Lecturer (September 2014- May 2021)
  - University of Sheffield, United Kingdom
- PLAB Examiner (September 2016- Dec 2020)
  - The General Medical Council, Manchester, United Kingdom
- Foundation Training Programme Director (July 2015- July 2018)
  - Health Education England in Yorkshire and the Humber
- Clinical Lecturer in Psychiatry (Feb 2013- Aug 2014)
  - Employer: University of Sheffield
- Specialty Registrar in Psychiatry and Honorary Postdoctoral Research Associate (Aug 2007- Jan 2013)
  - Employer: County Durham and Darlington NHS Foundation Trust

## PROFESSIONAL MEMBERSHIPS

- Ministry of Health and Prevention, UAE, Consultant Medical Practitioner License: D61034
- Member, the General Medical Council, UK (Reference 6136564): Full registration with a licence to practise
- Member, the Royal College of Psychiatrists, UK. (Reference 820111): in good standing for CPD and peer appraisal.
- Member, the British Medical Association (BMA), UK.
- Member, the MDDUS, UK.

## SELECTED AWARDS

- Three Clinical Excellence Awards from SHSC Trust (2016-17).
- NAPICU Team of the Year Award (2016).
- The Margaret Slack Fellowship, Royal College of Psychiatrists (2014).
- Professor Erwin Stengel Memorial Prize for Academic Excellence, University of Sheffield (2013).
- 2<sup>nd</sup> Trainee Research Poster Presentation Prize at the Royal College of Psychiatrists International Congress in Edinburgh, UK (2013).
- Academic Clinical Lectureship, National Institute for Health Research (NIHR) (2013).
- The Academic Faculty of the Royal College of Psychiatrists Conference Award (2009).
- Academic Clinical Fellowship, NIHR (2008-2011).
- British Association of Psychopharmacology (BAP)/ Eli Lilly Fellowships (2006 & 07).
- Aga Khan Foundation (AKF) PhD Scholarship (2001-2004).
- BBC Arabic Service prize for short stories (1998).

## LEADERSHIP AND ACADEMIC ROLES

- Director of Research, the National Association of Psychiatric Intensive Care and Low Secure Units (NAPICU) (2018- ongoing).
- Editor, Journal of Psychiatric Intensive Care (2018- ongoing).
- Director of Medical Education, SHSC NHS Foundation Trust (2018-2020).
- Foundation Training Programme Director, Health Education England (2015-2018).
- SHSC NHS Trust Psychiatry Placement Lead (2015-2018).
- Educational/ Clinical Supervisor of Specialist Registrars, Core Trainees and Foundation Doctors.
- Deputy Director of Studies, Phase 3A, the Medical School, University of Sheffield, UK (2014).
- Secretary of the Clinical Academic Society, University of Sheffield, UK (2014).
- Expert guest on various TV and radio programmes.
- PhD examiner: University of Karachi, Pakistan and University of Sheffield, UK.
- Supervisor and Tutor of undergraduate students and postgraduate students.
- Invited speaker and chair of numerous sessions at national and international conferences.

## CLINICAL EXPERTISE

I have extensive experience in working closely with diverse multidisciplinary teams to assess and manage acutely disturbed patients with a variety of psychiatric conditions such as mood and psychotic disorders, substance misuse and personality disorders. My UK National Health Service (NHS) role was Consultant Psychiatrist on the multi-award winning psychiatric intensive care unit (PICU), Endcliffe Ward, where we have pioneered reducing restrictive interventions utilising novel techniques such as sensory modulation and 'Safewards' interventions. My therapeutic methods include pharmacological treatments tailored to patients' needs and psychologically informed approaches, utilising the recovery model to ensure appropriate rehabilitation and smooth transition back into the community.

My current job at the University Hospital Sharjah involves both outpatient department as well as liaison psychiatry covering the inpatient wards. In addition, I take part in private practice with the UK based Clinical Partners, where I assess and treat a wide range of psychiatric disorders, including autism, ADHD, anxiety, depression, bipolar disorder and posttraumatic stress disorder.

## MEDICAL EDUCATION ROLES

Throughout my career, I have obtained extensive experience and formal training in teaching and medical education. This includes specific techniques in managing and providing individual, small and large group teaching, and feedback training. My engagement in undergraduate teaching started way back in 2001 when I taught medical students the topic of psychiatric disorders as well as psychopharmacology. Since then, my enthusiasm for teaching has continued to grow and I have been given ample opportunity to teach undergraduate and postgraduate students in a variety of settings in Newcastle, Sheffield, London, Cambridge and elsewhere. In my role as an Honorary Senior Clinical Lecturer at the University of Sheffield, I have been involved in developing and delivering the curriculum of undergraduate and postgraduate medical and dental students. I continue to teach at the MBBS, BDS and MRCPsych Courses. In addition, I have supervised MSc and BMedSci students who successfully completed their dissertations and training. My academic involvement has entailed taking up the role as a viva examiner of PhD students in the UK and abroad. I have been the Sheffield North Psychiatry Placement Lead organising and developing the medical students' psychiatry placements. I am an accredited trainer of foundation, core and higher trainees and have monitored trainees' development of skills and knowledge to ensure safe and effective delivery of high-quality care.

Having completed my coaching training, I have been utilising this approach to provide coaching to a number of doctors within Yorkshire and the Humber region. Further, I have completed several courses specifically designed for senior educators, including the CorBLIME, a Leadership in Medical Education Training Course organised by the National Association of Clinical Tutors (NACT). These events have given me the opportunity to develop a shared process of enhancing the collective and individual capacity of people to accomplish their work roles effectively. Being a PLAB Examiner, I have been closely involved in the quality assurance of Overseas Medical Graduate' skills and competencies to be able to register with the General Medical Council and perform expected tasks up to the standards of UK medical graduates. Through my previous role as Foundation Training Programme Director (TPD), I had the opportunity to passionately oversee the development and delivery of the medical training and curriculum of postgraduate trainee doctors across the South Yorkshire Scheme. Specifically, I have been involved in designing, developing and leading a number of major training projects. These included developing resilience, achieving excellence and enhancing human factors among foundation doctors across South Yorkshire. We received excellent feedback from trainees regarding these events and there is evidence of improvement in trainees' performance and better management of their difficulties.

As Director of Medical Education at Sheffield Health and Social Care NHS Trust, I have taken the lead in ensuring the quality control of training programmes across regional NHS Trusts. My role included supporting and developing clinical supervisors as educators and ensuring that education is fully integrated with the delivery and requirements of the service both operationally and strategically. I have been successful in obtaining a grant from Health Education England to help doctors to return to training via establishing a 'Mindful SuppoRTT' (Supporting Return to Training) Programme. This has been extremely successful with outstanding feedback from participants and facilitators. Since I joined the University of Sharjah as an Associate Professor at the College of Medicine, I have been involved in teaching and coordinating the fifth-year psychiatry clerkship. The anonymous written feedback I have received from students have been all extremely positive. I have also contributed to the exams including writing new MCQ questions, OSCE stations, marking the two case write ups by each student on Taskstream and examining during OCSE exams. My involvement in continuous medical education included running seminars for university staff and students. Topics covered included seminars on developing personal resilience and improving wellbeing during COVID-19 pandemic, tackling the challenges of disturbed sleep and enhancing online learning.

## RESEARCH INTERESTS AND SKILLS

My research interests are focussed on understanding the aetiology of common mental health problems such as mood and psychotic disorders and developing innovative approaches to manage them. I have received formal training in research as part of my postgraduate diploma in clinical research as well as my PhD study at Newcastle University. The training included comprehensive learning of research governance, ethics, study design, data interpretation, academic writing and critical appraisal. My previous experiences as a postdoctoral academic clinical fellow, clinical lecturer and senior clinical lecturer facilitated the development of various research skills evident by designing, running, analysing and disseminating a number of major studies. These skills include recruiting patient groups and healthy volunteers, administering screening tools, conducting neurocognitive testing and functional neuroimaging techniques.

My PhD (2001-2006) tested the hypothesis that episodic memory impairment seen in depression is linked to dysfunction of the hypothalamic-pituitary-adrenal (HPA) axis. We examined the neural circuitry of episodic memory in depressed patients, healthy controls, and healthy subjects treated with cortisol and the cortisol functional antagonist: dehydroepiandrosterone (DHEA). My results were the first to reveal how DHEA and cortisol modulated neural activity underlying episodic memory (Alhaj et al 2006). DHEA improved episodic retrieval via neuronal recruitment of the anterior cingulate cortex (Alhaj and McAllister-Williams 2007). Also, DHEA improved mood and decreased evening cortisol levels, a finding that supports a therapeutic role of DHEA for depression. The degree of right-lateralisation of neural activity relating to episodic retrieval in depression was correlated with cortisol level, a pattern paralleled by that in healthy volunteers administered cortisol (Alhaj et al 2007). This work supports the role of hypercortisolaemia in episodic memory deficits in depression and demonstrates its neural basis (Alhaj 2009).

At a postdoctoral level (2008-2012), I have completed further studies investigating how neurocognitive vulnerability to mood disorders is linked to genetic vulnerability (Alhaj et al 2012; McAllister-Williams, Alhaj et al 2013). As a clinical lecturer at the University of Sheffield (2013-2014) I developed neuropsychological and neuroimaging methodologies to help identify a biological marker for depression and schizophrenia. The results of my studies have been presented at prestigious national and international scientific conferences and published in esteemed peer reviewed journals and books (see examples below). I am up to date with my Good Clinical Practice training. I have received awards from the National Institute for Clinical Research, Royal College of Psychiatrists, National Association of Psychiatric Intensive Care Units (NAPICU) and other respected bodies.

More recently, I have been interested in the clinical research directly linked to identifying better approaches to manage the way that healthcare is delivered for patients with mental health problems. For example, I have conducted a study investigating the effect of a facilitated discharge model that gives patients an enhanced multidisciplinary follow-up care plan after discharge from hospital. I have also researched the efficacy of sensory modulation as an alternative to more restrictive interventions within psychiatric intensive care settings.

As NAPICU Executive Member and Director of Research, I have developed national clinical research collaboration to establish a set of evidence-based guidelines for restrictive environments in the mental health setting. Until recently, I was a site Principal Investigator on the 'PAX-BD' multi-centred study. This is a randomised, double-blind, placebo-controlled trial of pramipexole in addition to mood stabilisers for patients with treatment resistant bipolar depression. Furthermore, I am the chief investigator of the 'Endorse Study' investigating the effect of the environment on the use of de-escalation, restraint and seclusion. This trial is sponsored by NAPICU, Design in Mental Health Network (DiMHN) and Sheffield Health and Social Care (SHSC) NHS Foundation Trust.

Since joining the University of Sharjah, I have been closely involved in developing and implementing research projects. These include supervising undergraduate students to investigate 'the prevalence of OCD-like symptoms among UAE residents during the COVID-19 pandemic'. Further, I have collaborated with a group of researchers on a project involving the 'development of Emirati pharmacogenomics passport: towards practicing personalized medicine in UAE'. In addition, together with local and international collaborators, I secured funding to identify genetic and phenotypic drug targets for specific types of depression. Furthermore, I have joined local researchers to submit applications to form new research groups.

## PUBLIC ENGAGEMENT

I have led multiple initiatives to raise the awareness to mental health problems, especially among people from diverse ethnic background. These included organising and running mental wellbeing workshops in the UK, Sweden, Germany, and the Middle East and completing surveys of the mental health among BAME communities and refugees in Europe. I have worked on a voluntary basis with charitable organisations such as Focus Humanitarian Assistance on managing psychiatric cases by providing support and signposting to the health and social services available. My public engagement included being hosted by Arabic and International TV and radio programmes to comment on matters related to psychiatry.

Recent examples of TV interviews and media engagement with myself within the UAE included:

- December 2020: An interview with Sharqiya Kalba TV to discuss the effect of scents and aromatherapy on mental health <https://youtu.be/ER18Z0nmUAQ>
- January 2021: An interview with Sama Dubai TV on the impact of stress during 2020 on our stress levels and how to improve our resilience in 2021 <https://youtu.be/T857DJRjYcA>
- July 2021: Interview with Sharjah TV on the effect of the white noise of the air conditioner. [https://www.instagram.com/p/CRTyai-psXe/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CRTyai-psXe/?utm_medium=copy_link)
- August 2021: A series of interviews with Albayan regarding the mental health of children and adults.
- October 2021: Interview with Sharqiya Kalba TV on Global Mental Health Day. <https://maraya.sba.net.ae/episode/41206>
- December 2021: Interview with Noor Dubai Balsam for Health Programme to reflect on key mental health challenges faced during 2021. I discussed common psychiatric conditions and how to manage them. I also highlighted the importance of developing healthy habits, resilience, and self-compassion to improve physical and mental health and wellbeing.
- Feb 2022: Interview with Sabah al Sharqiya TV programme to talk about psychiatric disorders, how they impact on people's lives, and what we can do to get the right help and treatment. <https://youtu.be/nUrs6dP14DI>
- March 2022: Interview with Alittihad newspaper to discuss the unprecedented crises associated with Covid-19 pandemic, and how we should tackle the psychological distress especially by preventative measures. <http://alittihad.ae> (الصحة النفسية.. المعنويات أولاً - صحيفة الاتحاد)

My community service within the UAE includes joining the Specialised Medical Centre at the University of Sharjah to provide telemedicine consultations. This is an initiative that provides an online platform through convenient booking and follow up sessions, free of charge for the general community <https://www.youtube.com/watch?v=pEdQTb2FuXw>

## SELECTED RECENT GRANTS

- Project: Autobiographical Memory and Acetyl L-carnitine as Biomarkers for Depression. Funding body: Seed Grant, University of Sharjah. Years: 2021-2022.
- Project: Construction of Interpretable Artificial Intelligence and Deep Learning models based on integrative neuroimaging and genetic data for predicting abnormal emotional and cognitive development. University of Sharjah and Skoltech Grant. Years: 2021-2024
- Project: The Impact of Environment on the Use of De-escalation, Restraint and Seclusion on Psychiatric wards (The EnDoRSe Study). Funding body: Design in Mental Health Network (DiMHN) NAPICU Joint Funding Scheme. Years: 2019-2020.
- Project: Mindful Support: Supporting Doctors to Return to Training. Funding body: Health Education England, Yorkshire and the Humber. Year: 2019.

## SELECTED CONFERENCE PRESENTATIONS

- Presented a talk Update on the Management of Depressive Disorders and chaired a session on Cancer Updates at the GCC Public Health Summit March 2022 in Dubai.
- Organised and presented at the International Virtual Meeting on Global Mental Health co-hosted by the University of Sharjah and the British National Association of Psychiatric Intensive Care Units (NAPICU) on 12 November 2021. My talk was on building personal and institutional resilience in post COVID-19 era.
- Alhaj, H., Abughosh, R., Aldaher, B., Elhewairis, A., Ali, A., Alnaqbi, F., . . . Saddik, B. (2021). Attitudes and decision-making processes of Midwakh smoking among adult males in UAE. *BJPsych Open*, 7(S1), S233-S233. doi:10.1192/bjo.2021.624
- Linnington, H., & Alhaj, H. (2021). An innovative method of expanding the support for doctors returning to training in psychiatry after a period of extended leave: The Sheffield Mindful Support Programme. *BJPsych Open*, 7(S1), S145-S145. doi:10.1192/bjo.2021.409
- Heminway, R., Fitzmaurice, L., Alhaj, H., & Fearnley, E. (2021). More than just the mental health act – foundation-specific teaching to inspire psychiatrists. *BJPsych Open*, 7(S1), S139-S140. doi:10.1192/bjo.2021.397
- Oral presentation: Quality Improvement, Research and Publishing. Pre-conference training, 24th Annual NAPICU Conference, Glasgow University, UK, September 2019.
- Oral presentation: The Impact of Environment on the Use of De-escalation, Restraint and Seclusion on Psychiatric wards (The EnDoRSe Study). Design in Mental Health Network Annual Conference in Coventry, UK, May 2019.
- Oral presentation: How Well Do We Know Our Benzodiazepines? Joint BAP NAPICU Educational Meeting on the Multidisciplinary Management of Acute Disturbance in Cambridge, UK, March 2019.
- Oral presentation: A practical guide to the use of seclusion in mental health settings. Joint BAP NAPICU Educational Meeting on the Multidisciplinary Management of Acute Disturbance in Cambridge, UK, March 2019.
- Poster presentation: The impact of the physical environment on seclusion rates and patient experience in psychiatric settings: a systematic review of the literature. Presented at the Royal College of Psychiatrists International Congress in London, UK, July 2019.
- Chairing session: psychiatric trauma in acute care – after Grenfell, 23rd Annual NAPICU

Conference, Loughborough University, UK, September 2018.

- Oral presentation: De-escalation and Seclusion Environment Study, 23rd Annual NAPICU Conference, Loughborough University, UK, September 2018.
- A Trust-wide Audit of Physical Observation Monitoring of Adult Inpatients Requiring Rapid Tranquillisation, Presented at the Royal College of Psychiatrists International Congress in Birmingham, UK, June 2018.
- The impact of implementing the “Safewards model” on a Psychiatric Intensive Care Unit (PICU), 6th International Child and Adult Behavioral Health Conference, Abu Dhabi, UAE March 2018.
- A Systematic Review of the Effect of Sensory Modulation on Restrictive Practice in the Psychiatric Intensive Care Unit. Presented at the Royal College of Psychiatrists International Congress in Edinburgh, UK, June 2017.
- Staff and patient surveys of the impact of implementing the Safewards model on a Psychiatric Intensive Care Unit. Presented at the Annual NAPICU Conference in Dublin, September 2017.
- Shedding light onto the neurobiology of mood disorders: Experience from the CAN-BIND project. Invited speaker at the Royal College of Psychiatrists International Congress in London, UK, June 2016.
- Effects of Enhanced Home Treatment on Psychiatric Inpatients Speed of Recovery: Focus on Biophysical and Social Determinants of Treatment Response. Poster presentation at the Royal College of Psychiatrists International Congress in London, UK, June 2016.
- Developing a culturally appropriate psycho-education package for the Syrian refugees. The Royal College of Psychiatrists International Congress in London, UK, June 2016.
- Prevention of vitamin D deficiency in an adult psychiatry inpatient setting. The Royal College of Psychiatrists International Congress in London, UK, June 2016.
- Effects of Musical Mood Induction on the Specificity of Autobiographical Memory, The Royal College of Psychiatrists International Congress in Birmingham, UK, June 2015.
- Effects of Anodal Transcranial Direct Current Stimulation (tDCS) on emotional perception of music, The Royal College of Psychiatrists International Congress in Birmingham, UK, June 2015.
- Promoting resilience by the development of psycho-education package for Arabic speaking Syrian refugees in Sweden, The Royal College of Psychiatrists International Congress in Birmingham, UK, June 2015.
- Functional neuroimaging of autobiographical memory as an endophenotype of depression, The Royal College of Psychiatrists International Congress in London, UK, June 2014.
- Prefrontal cortex engagement in those at genetic risk of schizophrenia: a functional MRI genetics study, The Royal College of Psychiatrists International Congress in London, UK, June 2014.
- How does the oral contraceptive pill affect working memory and executive function? The Royal College of Psychiatrists International Congress in Edinburgh, UK, July 2013.
- A study of the effect of oral contraceptive pill on neuropsychological function. Presented at the international congress of the Jordanian association of psychiatrists, Amman, Jordan, June 2012.

- A review of the evidence-based treatment of depression in bipolar affective disorder. Presented at the international congress of the Jordanian association of psychiatrists, Jordan, June 2012.
- Tryptophan depletion reduces the specificity of autobiographical memory in healthy adults with a family history of depression. Presented at the World Psychiatric Association (WPA) Thematic Conference, Istanbul, Turkey, June 2011.
- Enhanced 5 HT1A Auto-receptor Function in Depression. Royal College of Psychiatrists Faculty of General & Community Annual Conference, Newcastle, UK, October 2011
- Specificity of modulation by citalopram of central corticosteroid effects on spatial working memory. British Neuroscience Association Meeting, Harrogate, UK, April 2011.
- Effects of corticosteroids on EEG hemispheric asymmetry in humans: a review of the literature. British Association for Psychopharmacology conference, Harrogate, UK, 2010
- NIHR Trainees Meeting, Manchester, UK (2010)
- Correlations between cortisol concentration and the laterality of the neural circuitry of episodic memory in depression, Bristol, UK, April 2010
- EEG hemispheric asymmetry in depression: a review of the literature MHRN National Scientific Conference, Bristol, UK, April 2010.
- A Retrospective Study of Aripiprazole Treatment in Patients with Refractory Mood Disorders. RCPsych Faculty of Academic Psychiatry annual meeting in Cardiff, 2009.
- Tryptophan and kynurenine metabolism in young adults with a positive family history of depression. British Association for Psychopharmacology conference, Harrogate, UK, 2008
- Effects of DHEA Administration on Auditory Evoked Potentials. The British Neuroscience Association conference, Harrogate, UK, 2007.
- Cortisol Administration Alters the Laterality of the Neural Circuitry of Episodic Memory. British Association for Psychopharmacology conference, Harrogate, UK, 2007.
- Correlations between Cortisol Concentrations and the Laterality of the Neural Circuitry of Episodic Memory in Depression. British Association for Psychopharmacology conference, Oxford, UK, 2006.
- LORETA Source Localization of the Electric Activity Associated with Episodic Retrieval Following DHEA and Placebo Treatments in Healthy Men. British Association for Psychopharmacology conference, Harrogate, UK, 2005.
- Effects of DHEA on the Neural Correlates of Episodic Memory. Presented at International Pharmaco-EEG meeting, Antwerp, Belgium, September 2004.
- An Investigation of the Neural Correlates of Episodic Memory in Drug-Free Depression. Society of Biological Psychiatry meeting in New York, USA, 2004.
- DHEA Improves Mood and Recollection in Healthy Young Men. International J of Neuropsychopharmacology. CINP international meeting, Paris, France, 2004.
- Effects of DHEA on Neuropsychological Function, Mood and Salivary Cortisol Levels in Healthy Young Men. British Association for Psychopharmacology conference, Harrogate, UK, 2004.
- Event-Related Brain potentials investigation of the effects of four-day, high-dose course of cortisol on the neural correlates of episodic memory. British Association for Psychopharmacology conference, Cambridge, UK, 2003.



## SELECTED PUBLICATIONS

### Peer-Reviewed Journal Papers

- Wilkinson ID, Mahmood T, Yasmin SF, Tomlinson A, Nazari J, **Alhaj HA** et al In memory of Professor Iain Wilkinson: cognitive and neuroimaging endophenotypes in a consanguineous schizophrenia multiplex family, *Psychological Medicine*, 2022, 1–9. <https://doi.org/10.1017/S0033291721005250>
- Pereira, Stephen M and Walker, Lucy M and Dye, Stephen and **Alhaj, Hamid** National Survey of Psychiatric Intensive Care, Low Secure and Locked Rehabilitation Services: NHS patient characteristics, *Journal of Psychiatric Intensive Care*, 2021, vol 17, number 2, pages 79-88.
- Mahmood T, El-Asrag ME, Poulter JA, Cardno AG, Tomlinson A, Ahmed S, Al-Amri A, Nazari J, Neill J, Chamali RS, Kiwan N, Ghuloum S, **Alhaj HA** et al, A Recessively Inherited Risk Locus on Chromosome 13q22-31 Conferring Susceptibility to Schizophrenia, *Schizophrenia Bulletin*, sbaa161, <https://doi.org/10.1093/schbul/sbaa161>
- Edafe O, Bibby L and **Alhaj HA** (2018) Prevention of vitamin D deficiency in psychiatric inpatients, *Journal of Psychiatric Intensive Care*, DOI: 10.20299/jpi.2018.012.
- McAllister-Williams RH, **Alhaj HA**, Massey A, Pankiv J, Reckermann U (2014) Somatodendritic 5- hydroxytryptamine1A (5-HT1A) autoreceptor function in major depression as assessed using the shift in electroencephalographic frequency spectrum with buspirone. *Psychological Medicine*. 2014 Mar;44(4):767-77.
- Yates S, Smith E, **Alhaj HA**, and McAllister-Williams RH (2013). Future perspectives on the pharmacological management of depression. *Clinical Investigation* 3:2, 137-151
- **Alhaj HA**, Selman M, Jervis V, Rodgers J, Barton S, McAllister-Williams RH (2012). Effect of low- dose acute tryptophan depletion on the specificity of autobiographical memory in healthy subjects with a family history of depression. *Psychopharmacology* 2012. Jul; 222(2):285-92
- Pariante CM, **Alhaj HA**, Arulnathan VE, Gallagher P, Hanson A, Massey AE, McAllister-Williams RH (2012). Central glucocorticoid receptor-mediated effects of the antidepressant, citalopram, in humans: A study using EEG and cognitive testing. *Psychoneuroendocrinology* 2012. May; 37(5):618-28.
- **Alhaj H**, Wisniewski G, McAllister-Williams RH. The use of the EEG in measuring therapeutic drug action: focus on depression and antidepressants. *Journal of Psychopharmacology* 2011, 25(9), 1175-1191.
- Lajin B, Alachkar A, Hamzeh AR, Michati R, **Alhaj HA** (2011). No association between Val158Met of the COMT gene and susceptibility to schizophrenia in the Syrian population. *North Am J Med Sci* 2011; 3: 176-178.
- **Alhaj HA**, Massey AE and McAllister-Williams RH (2006). Effects of DHEA Administration on Episodic Memory, Mood and Cortisol in Healthy Young Men: A Double-Blind, Placebo-Controlled Study. *Psychopharmacology*, 2006; 188: 541-551.
- **Alhaj HA**, Massey AE and McAllister-Williams RH (2007). A Study of the Neural Correlates of Episodic Memory and HPA Axis Status in Drug-Free Depressed Patients and Healthy Controls. *Journal of Psychiatric Research* April-June 2007, 41, 3-4, 295-304.
- **Alhaj HA** and McAllister-Williams RH (2008). Effects of Cortisol Administration on the Laterality of Neural Circuitry of Episodic Memory Retrieval in Healthy Subjects. *Journal of Psychiatric Research*. *Journal of Psychiatric Research*.

## Books & Book Chapters

- **Alhaj, HA** 2009. Effects of Adrenal Steroids on Mood and Memory: Electrophysiological Studies in Depressed Patients and Healthy Subjects. LAP Lambert Academic Publishing ISBN 978-3- 8383-2193-6, Paperback, 276
- **Alhaj HA** (2007). Little Visions, a collection of short stories (in Arabic). Dar Ninawa Publications, Damascus.
- **Alhaj HA** (2000). The healthy basis of child nursing and feeding (in Arabic), MD thesis. Aleppo University, Syria.
- **Alhaj HA** and McAllister-Williams RH (2008). Adrenal steroids and episodic memory: relevance to mood disorders. In: Ekrem Dere, Alexander Easton, Lynn Nadel, Joe Huston, ed. Handbook of Episodic Memory. Elsevier.

## Selected Abstracts

- **Alhaj, H.**, Abughosh, R., Aldaher, B., Elhewairis, A., Ali, A., Alnaqbi, F., Saddik, B. (2021). Attitudes and decision-making processes of Midwakh smoking among adult males in UAE. *BJPsych Open*, 7(S1), S233-S233. doi:10.1192/bjo.2021.624
- Linnington, H., & **Alhaj, H.** (2021). An innovative method of expanding the support for doctors returning to training in psychiatry after a period of extended leave: The Sheffield Mindful Support Programme. *BJPsych Open*, 7(S1), S145-S145. doi:10.1192/bjo.2021.409
- Heminway, R., Fitzmaurice, L., **Alhaj, H.**, & Fearnley, E. (2021). More than just the mental health act – foundation-specific teaching to inspire psychiatrists. *BJPsych Open*, 7(S1), S139-S140. doi:10.1192/bjo.2021.397
- **Alhaj HA**, Selman M, Rodgers J, Barton S and McAllister-Williams RH (2011) Tryptophan depletion reduces the specificity of autobiographical memory in healthy adults with a family history of depression. *Turkish Journal of Psychiatry* 22(2) Suppl. 1 (OP29) page 64.
- **Alhaj HA** and McAllister-Williams RH (2010) Effects of corticosteroids on EEG hemispheric asymmetry in humans: a review of the literature, *Journal of Psychopharmacology*. 24(3) suppl. A22.
- **Alhaj HA**, Arulnathan VE, Gallagher P, Marsh RA, Massey AE, Pariante CM, McAllister-William RH. (2009) Citalopram Modulation of the Effects of Cortisol on Attention and Memory. *Journal of Psychopharmacology*
- **Alhaj HA** and McAllister-Williams, RH (2007). Cortisol Administration Alters the Laterality of the Neural Circuitry of Episodic Memory. *Journal of Psychopharmacology* 21(7) suppl. A37
- **Alhaj HA** and McAllister-Williams, RH (2007). Effects of DHEA Administration on Auditory Evoked Potentials, *British Neurosci. Assoc. Abstr. Vol. 19* P144
- **Alhaj HA** and McAllister-Williams, RH (2006). Correlations between Cortisol Concentrations and the Laterality of the Neural Circuitry of Episodic Memory in Depression. *Journal of Psychopharmacology* 20(5) suppl A71 (SO12) & A61 (TD15).
- **Alhaj HA** and McAllister-Williams, RH (2004). DHEA Improves Mood and Recollection in Healthy Young Men. *International J of Neuropsychopharmacology* 7(S2) S340-341 (P02.135).
- **Alhaj HA** and McAllister-Williams, RH (2004). An Investigation of the Neural Correlates of Episodic Memory in Drug-Free Depression. *Biological Psychiatry* 55(1S-242S): 141.