

## Curriculum Vitae

Dr Sonya Rudra MRCPsych MBBS BSc MSc AFHEA

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## Current Roles

Mar '25 - Ongoing	NIHR Doctoral Fellow Topic: Parents with a Learning Disability and their Children: A Mixed-Methods Study of Health Outcomes and Experiences <i>University College London, UK</i>
Jun '25 - Ongoing	Honorary Consultant Psychiatrist <i>Surrey and Borders Partnership NHS Foundation Trust, UK</i>
Oct '24 - Ongoing	Visiting Research Scholar <i>The Lurie Institute for Disability Policy at Brandeis University's Heller School for Social Policy and Management, USA</i>
Feb '23 - Ongoing	Royal College of Psychiatrists Intellectual Disability Faculty Newsletter Co-lead Editor
Jan '23 – Ongoing	University of Hertfordshire “Intellectual Disability and Health website” Editorial Board Member
Apr '22 - Ongoing	Royal College of Psychiatrists Examination Standard Setting Committee Member
Apr '20 – Ongoing	Royal College of Psychiatrists London Division Newsletter “The Psychiatric Eye” Editorial Committee Member <b>Winner of Royal College of Psychiatrists London Division Team of the Year Award 2023</b>

## Qualifications

Feb '24	Consultant in Psychiatry of Intellectual Disabilities Mental Health Section 12/Approved Clinician
Sept '20 – Sep '22	MSc Mental Health Science Research <i>University College London</i> Pass with distinction. UCL Dean's List of top performing students for 2021/22 <a href="https://www.ucl.ac.uk/brain-sciences/news/2023/mar/deans-list-top-performing-students-202122-announced">https://www.ucl.ac.uk/brain-sciences/news/2023/mar/deans-list-top-performing-students-202122-announced</a>
Aug '22	Associate Fellow of Higher Education Academy
Oct '21 – Jul'22	Postgraduate Certificate in Learning and Teaching <i>Queen Mary University London</i>
Sept '06 – July '12	MBBS Bachelor of Medicine, Bachelor of Surgery <i>King's College London</i>
Sept '08 - July '09	BSc Philosophy with Basic Medical Sciences <i>King's College London</i>

## Employment and Training History

Mar '24 – Feb '25	Consultant Psychiatrist in Intellectual Disability <i>Wandsworth Learning Disability Team, SW London and St Georges MH Trust</i>
Mar '23 to May '23	Acting Consultant; Hillingdon Learning Disability Team <i>Central and North West London NHS Trust</i>
Aug '22 to Feb '23	Specialty Training (ST6) in Psychiatry of Intellectual Disability <b>Shortlisted for Royal College of Psychiatrists London Division Awards Higher Trainee of the Year 2023</b> <i>Hillingdon Learning Disability Team; Central and North West London NHS Trust</i> Special Interest Sessions in Psychiatry of Intellectual Disability: <i>Low secure inpatient forensic unit; John Howard Centre; East London NHS Trust</i>
Aug '21 – Aug 22	Fellow in Medical Education <i>East London NHS Foundation Trust</i>
Aug '19 – Jul '21	Specialty Training (ST5) in Psychiatry of Intellectual Disability <i>Camden Learning Disability Service, Camden and Islington NHS Trust</i> <i>Harrow Learning Disability Service, Central and North West London NHS Trust</i> Special Interest Sessions at CAMHS National & Specialist LD Service:

	<i>The Michael Rutter Centre, South London and Maudsley NHS Foundation Trust</i>
Aug '16 – July '19	Core Psychiatry Training <i>North London Training Scheme</i>
Aug '15 – Mar '16	Specialty Doctor: General Inpatient Adult Psychiatry <i>Recovery Ward, St Bernard's Hospital, West London Mental Health Trust</i>
Aug '14 – Aug '15	GP Specialty Training <i>Oxford Training Scheme</i>
Aug '12 – Aug '14	Foundation Training <i>North London Training Scheme</i>

### Publications

<b>Book/Journal Publications</b>	<ol style="list-style-type: none"> <li>1. Seminars in Perinatal Psychiatry -book chapter (Under review)</li> <li>2. Psychological Therapies for Bipolar Disorder in People with Intellectual Disability. <ul style="list-style-type: none"> <li>• Rudra, S., Collins, K., Yong, M., Charlot, L.R. (2024). Psychological Therapy for Bipolar Disorder in Those with Intellectual Disabilities. In: Richardson, T. (eds) Handbook of Psychological Therapies for Bipolar Disorder. Springer, Cham. <a href="https://doi.org/10.1007/978-3-031-63349-2_27">https://doi.org/10.1007/978-3-031-63349-2_27</a></li> </ul> </li> <li>3. Growing up with mild intellectual disability: how to overcome the odds. <ul style="list-style-type: none"> <li>• Hassiotis, A., &amp; Rudra, S. (2024). <i>Evidence-based nursing</i>, ebnurs-2023-103896. Advance online publication. <a href="https://doi.org/10.1136/ebnurs-2023-103896">https://doi.org/10.1136/ebnurs-2023-103896</a></li> </ul> </li> <li>4. Mental health and service use of parents with and without borderline intellectual functioning. <ul style="list-style-type: none"> <li>• Rudra, Sonya &amp; McManus, Sally &amp; Hassiotis, Angela &amp; Ali, Afia. (2023). Psychological Medicine. 1-15. <a href="https://doi.org/10.1017/S0033291723003136">https://doi.org/10.1017/S0033291723003136</a></li> <li>• Presented as poster at ID Faculty Conference 2022</li> <li>• <b>Winner of Alec Shapiro Oral Presentation Prize 2022</b></li> </ul> </li> <li>5. Interactive training in managing aggression using forum theatre. <ul style="list-style-type: none"> <li>• Easton, G., Swerdlow, A., Rudra, S., &amp; Annable-Coop, C. (2023). <i>Medical education</i>, 57(11), 1130. <a href="https://doi.org/10.1111/medu.15231">https://doi.org/10.1111/medu.15231</a></li> </ul> </li> <li>6. Psychological distress and convergence of own and proxy health-related quality of life in carers of adults with an intellectual disability <ul style="list-style-type: none"> <li>• Rudra, S., Ali, A., Powell, J. M., Hastings, R. P., &amp; Totsika, V. (2023). <i>Journal of intellectual disability research : JIDR</i>, e13088. Advance online publication. <a href="https://doi.org/10.1111/jir.13088">https://doi.org/10.1111/jir.13088</a></li> <li>• Poster presented at international conference (European Congress of Mental Health in Intellectual Disability in Sept 21); Oral presentation at North London ID academic programme Oct 21; Oral presentation at ID Faculty Conference</li> <li>• <b>Winner of Alec Shapiro Poster prize 2021</b></li> </ul> </li> <li>7. Who cares? A scoping review on intellectual disability, epilepsy and social care <ul style="list-style-type: none"> <li>• Newman, H., Rudra, S., Burrows, L., Tromans, S., Watkins, L., Triantafyllou, P., Hassiotis, A., Gabriellson, A., &amp; Shankar, R. (2023). <i>Seizure</i>, 107, 35–42. <a href="https://doi.org/10.1016/j.seizure.2023.03.002">https://doi.org/10.1016/j.seizure.2023.03.002</a></li> <li>• <b>Winner of Royal College of Psychiatrists Faculty of Psychiatry of Intellectual Disability Brian Oliver Prize</b></li> </ul> </li> <li>8. Behaviours that challenge in adults with intellectual disability: overview of assessment and management <ul style="list-style-type: none"> <li>• Hassiotis, A., &amp; Rudra, S. (2022). <i>BJPsych Advances</i>, 28(6), 393-400. doi:10.1192/bja.2022.28</li> </ul> </li> <li>9. Royal College of Psychiatrists ADHD in Intellectual Disability CR230 College Report; (Contributor) <ul style="list-style-type: none"> <li>• Shankar, R., Perera, B., Korb, L., &amp; Courtenay, K. (2021)</li> </ul> </li> </ol>
<b>Conference Abstract Publications</b>	<p>RCPsych International Congress 2025 – Published in BJPsych Open</p> <ul style="list-style-type: none"> <li>• Genetic Testing in Psychiatry for Individuals With Intellectual Disabilities: An Audit of Current Practice DOI: <a href="https://doi.org/10.1192/bjo.2025.10695">10.1192/bjo.2025.10695</a></li> </ul>

	<p>RCPsych International Congress 2022 - Published in BJPsych Open</p> <ul style="list-style-type: none"> <li>Improving Clinical Skills in Psychiatry Using Online Simulation DOI: <a href="https://doi.org/10.1192/bjo.2022.149">10.1192/bjo.2022.149</a></li> <li>Face-to-Face Psychiatry Placements and Their Impact on Student Attitudes to Psychiatry DOI: <a href="https://doi.org/10.1192/bjo.2022.156">10.1192/bjo.2022.156</a></li> <li>Improving the Response Rate of Teaching Feedback by Introducing Exam Practice Questions – a Quality Improvement Project DOI: <a href="https://doi.org/10.1192/bjo.2022.157">10.1192/bjo.2022.157</a></li> <li>Co-Production of an Online Medical Student Conference: Inspiring Interest in Psychiatry DOI: <a href="https://doi.org/10.1192/bjo.2022.155">10.1192/bjo.2022.155</a></li> <li>Evaluating the Impact of a Simulation Based Training Course in Intellectual Disability Psychiatry and Autism Co-Delivered by Actors With Intellectual Disability DOI: <a href="https://doi.org/10.1192/bjo.2022.120">10.1192/bjo.2022.120</a></li> </ul> <p>13th European Congress of Mental Health in Intellectual Disability – Abstracts for Keynotes and Oral Presentations (2021) – Published in Journal of Intellectual Disability Research</p> <ul style="list-style-type: none"> <li>The impact of mental health of proxy respondents on health-related quality of life data in intellectual disabilities DOI: 65: 691-759</li> </ul>
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### National/International Oral Presentations

Mental health and service use of mothers with intellectual impairment - Presented at ID Faculty Conference Nov 2022 ( <b>Winner of Alec Shapiro Oral Presentation Prize 2022</b> )
RCPsych International congress workshop June 2022: People Participation in Medical Education - Including people with lived experience in coproduction and facilitation of undergraduate and postgraduate teaching and training
Mental Health of Proxy Respondents for Health Related Quality of Life Data in Intellectual Disabilities - Presented at ID Faculty Conference 2021 ( <b>Shortlist for Alec Shapiro Oral Presentation Prize 2021</b> )
Presentation on Core Psychiatry Application Process - Royal Society Medicine, national conference November 2018
Substance Misuse in Intellectual Disability workshop organised and delivered at London Intellectual Disability Conference March 2017

### National/International Poster Presentations

Who cares? A scoping review on intellectual disability, epilepsy and social care - Poster presentations at RCPsych International Congress June 2023
London Learning Disability Inpatient patient experience survey evaluation- Poster presentation at RCPsych Autumn Conference 2022
Higher trainee Learning Disability Simulation (evaluation) - Poster presented at RCPsych Autumn Conference 2022 and International Congress 2022
Learning Disability Simulation for Foundation and Core Psychiatric Trainees - Increasing Knowledge, Skills and Awareness of the Specialty in Foundation and Core Trainee Doctors Poster presented at RCPsych Autumn ID Conference 2022
Changing Attitudes in Learning Disability SSC for undergraduate medical students - Increasing Awareness, Reducing Stigma and Supporting Recruitment in Intellectual Disability Psychiatry Poster presented at RCPsych Autumn ID Conference 2022
Mental health and service use of mothers with intellectual impairment - Presented as poster at ID Faculty Conference 2022
Success Stories of People with Intellectual Disability (supervisor) – Presented as poster at ID Spring Conference 2022 and London Psychiatry of ID Conference 2022 ( <b>3<sup>rd</sup> place poster prize</b> )
Poster presentations at RCPsych International Congress June 2022
1. Improving Clinical Skills in Psychiatry Using Online Simulation DOI:10.1192/bjo.2022.149
2. Face-to-Face Psychiatry Placements and Their Impact on Student Attitudes to Psychiatry DOI: 10.1192/bjo.2022.156
3. Improving the Response Rate of Teaching Feedback by Introducing Exam Practice Questions – a Quality Improvement Project DOI:10.1192/bjo.2022.157
4. Co-Production of an Online Medical Student Conference: Inspiring Interest in Psychiatry DOI:10.1192/bjo.2022.155
5. Evaluating the Impact of a Simulation Based Training Course in Intellectual Disability Psychiatry and Autism Co-Delivered by Actors With Intellectual Disability DOI: 10.1192/bjo.2022.120
Mental Health of Proxy Respondents for Health Related Quality of Life Data in Intellectual Disabilities - Poster presented at international conference (European Congress of Mental Health in Intellectual Disability in Sept 21) and ID Faculty Conference 2021 ( <b>Winner of Alec Shapiro Poster prize 2021</b> )
Carer satisfaction with remote reviews in intellectual disability psychiatry – Poster presented at ID Faculty

Conference 2020 (3<sup>rd</sup> place Alec Shapiro poster prize)

### **Teaching Experience**

I have a range of teaching experience both formal and informal, ranging from teaching undergraduate students, psychiatry trainees at all levels, medical colleagues and the wider MDT. I worked full-time as a Fellow in Medical Education at East London NHS Trust/Barts University in 21/22 and completed a Postgraduate Certificate in Learning and Teaching from Queen Mary University of London in July 2022. I was awarded Associate Fellowship of the Higher Education Academy in July 2022 and have been an Honorary Lecturer in Centre for Psychiatry and Mental Health at Queen Mary University London. As well as contributing to the practical aspects of teaching, I have also contributed to the development and marking of written materials and am part of the RCPsych Examination Standard Setting committee.

### **Management/Leadership Experience**

I have a range of management experience which has come from roles in the workplace, academic activities and training courses. I am a clinical leader and my responsibilities have included supervision of core trainees. Outside of the workplace I was the National Higher Trainee Rep for Intellectual Disability Psychiatry in 2022/23. To further my leadership skills I completed the Mary Seacole Programme with the NHS Leadership Academy in March 2023 and the Edward Jenner Course with NHS Leadership Academy in January 2021.