

## **Prof. Marcantonio Spada**

PhD CPsychol FBPsS BABCP acc FBABCP MCT-I reg FAHE

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### **OVERVIEW**

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I am a Chartered Psychologist with over 25 years' experience spanning academia, management, psychological therapy, training, and advisory work.

I am currently appointed Professor of Addictive Behaviours and Mental Health, and Dean of the School of Applied Sciences, at London South Bank University.

As a senior leader in both the higher education and mental health sectors I have accrued considerable experience and success in motivating and engaging large and complex teams to deliver on set goals, including two University business units with 30-90 staff and income of £5-£13m. I have a detailed understanding of governance frameworks in both higher education and mental health. In the latter area I co-led the establishment of an alcohol and drugs service (Community Alcohol and Drugs Service, Borough of Brent), co-led the reconfiguration of NHS CBT provision (North East London NHS Foundation Trust), and have over 20 years' experience as a clinical trainer and supervisor in psychological therapy.

I have also accrued extensive experience of advisory work, corporate training (in both the private and public sectors), and media engagement. This has included advising government on guidelines for psychological therapists in supporting their clients discontinue prescribed medication (APPG for Prescribed Drug Dependence), advising the corporate sector on setting up new mental health services/platforms (e.g., Addiction Aware, JAAQ Corporation, and Rehubs), and acting as a trustee for mental health charities (GambleAware and UK SMART Recovery). My corporate training work has focused on improving mental wellbeing for individuals and organisations (e.g., BBC Legal, CMS, Collier Capital, Mars, Herbert Smith, Linklaters, National Gas, NHS, Pepsico, Tait, Winkworth Sherwood).

As an academic and researcher, I have made a significant contribution to the field of psychological theory and therapy through the development of the field of metacognition in addictive behaviours (I am in the top 1% of globally cited scientists). Both the British Psychological Society and the British Association for Behavioural and Cognitive Psychotherapies have awarded me a Fellowship (their highest designation) in recognition of my work.

For more than 25 years I have also been working, in both private practice and in community mental health settings, as a psychological therapist specialising in both Cognitive Behaviour Therapy and Metacognitive Therapy.

## ACADEMIC APPOINTMENTS

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### Dean of the School of Applied Sciences

School of Applied Sciences, London South Bank University, London, UK

12/2021 – present

- Lead on the delivery of academic, operational, and financial budgeting (£13.2m income) and targets for the School
- Line management of 6 FTE senior staff (Senior Leadership Team), 6 Professors, and indirectly responsible for approximately 90 FTE staff
- Chair of the School Senior Leadership Team (12/2021 – present)
- Member of the University Academic Board (12/2021 – present)
- Member of the University Health and Safety Committee (09/2022 – present)
- Member of the University Management Board (12/2021 – present)
- Member of the University Operations Board (01/2023 – present)
- Member of the University Research Committee (12/2021 – present)

### Key KPIs: Dean of the School of Applied Sciences

Indicator	2021 – 2022 (from December 2021)	2022 – 2023 (to July 2023)	2023 – 2024 (to July 2024)
Income	£12.8m	£13.2m	£13.2m
Student numbers targets	Met	Exceeded by 5%	Met
Actual contribution (versus budgeted contribution)	-£150K <i>(when I was appointed Dean in December 2021 this stood at -£650K)</i>	+£750K	+£500K
OfS B3 Continuation	Below threshold for majority of courses	Above threshold for all courses	Above threshold for all courses
OfS B3 Completion	Below threshold for majority of courses	Below threshold only for one course	Above threshold for all courses
OfS B3 Progression	Below threshold for majority of courses	Below threshold only for one course	Above threshold for all courses
Bid submission (PI/CO-Is)	10	25	23
Bid submission value	£2.8m	£4.8m	£5.8m
Outputs	67	58	29
Outputs (% 25 percentile +)	62.5%	56.9%	55.2%
Outputs (% 10 percentile +)	33.9%	36.2%	37.9%
RKE income	£0.6m	£1.7m	£0.8m

## Professor of Addictive Behaviours and Mental Health

Division of Psychology, School of Applied Sciences, London South Bank University, London, UK  
04/2018 – present

- Deputy Lead of the Centre for Addictive Behaviours Research (08/2017 – 09/2023)
- Course Director MSc Addiction Psychology and Counselling (07/2021 – 11/2021)
- Head of the Division of Psychology (04/2015 – 06/2020)
  - Lead on the delivery of academic, operational, and financial budgeting (£5.6m income) and targets for the division
  - Line management of 30 FTE staff
  - Chair of the School Admissions, Marketing and Communication Advisory Group (04/2015 – 04/2017)
  - Member of the School Management Committee (04/2015 – 06/2020)
  - Member of the University Research Committee (04/2015 – 06/2020)

### Key KPIs: Head of the Division of Psychology

Indicator	2014 – 2015 (from April 2015)	2019 – 2020 (to July 2020)
Income	£4.8m	£5.6m (+£0.8m)
Student numbers	524	604 (+80 students)
NSS (overall score)	81% (-7% from subject average)	79% (-3.5% from subject average)
League Table: Guardian	108	70 (+38 places)
League Table: CUG	102	54 (+48 places)
League Table: Times Higher	109	53 (+56 places)

## Professor of Psychology

Division of Psychology, School of Applied Sciences, London South Bank University, London, UK  
12/2013 – 03/2018

- Head of Centre for Research in Psychology (03/2014 – 07/2015)
  - Lead on strategic planning of research groupings within the Division of Psychology
  - Lead on the management of the centre's budget (£200K)

## Professor of Psychological Therapies and Consultant and Trust Lead in Cognitive Behaviour Therapy

Division of Mental Health and Learning Disabilities, School of Health and Social Care, London South Bank University, and North East London NHS Foundation Trust, London, UK  
08/2009 – 11/2013

- Course Director MSc Cognitive Behaviour Therapy (CBT) (08/2009 – 11/2013)
- Head of Scholarly and Research Activities for the Division of Mental Health (08/2009 – 11/2013)
- Lead on the development and implementation of the CBT strategy for the Trust (08/2009 – 11/2013)

## Senior Lecturer and then Principal Lecturer in Psychology

Department of Psychology, University of Roehampton, London, UK  
11/2005 – 08/2009

- Course Director MSc Applied Psychological Research (09/2008 – 08/2009)

## Lecturer, Senior Lecturer and then Principal Lecturer in Psychology

School of Psychology, London Metropolitan University, London, UK  
09/2002 – 11/2005

- Course Director MSc Cognitive Behaviour Therapy (09/2004 – 11/2005)

## CONSULTANCY APPOINTMENTS

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### **Co-Founder and Non Executive Director**

Addiction Aware, London, UK

02/2024 – present

### **Strategic Advisor – Clinical Delivery**

Rehubs, London, UK

10/2023 – present

### **Strategic Advisor – Mental Health Products and Governance**

JAAQ, London, UK

09/2022 – present

### **Member of the Scientific Committee**

inTHERAPY di Studi Cognitivi, Milan, Italy

01/2022 – present

### **Director**

SMART Recovery International, Mentor, Ohio, USA

09/2020 – 12/2021

### **Trustee and Chair of the Board of Trustees**

UK SMART Recovery, Manchester, UK

02/2015 – 02/2020; 03/2020 – 12/2021

### **Trustee**

GambleAware, London, UK

09/2018 – 07/2021

### **Visiting Professor of Psychology**

Dipartimento di Psicologia, Sigmund Freud University, Milan, Italy / Vienna, Austria

01/2016 – 06/2021

### **Visiting Researcher**

Department of Psychology, Institute of Psychiatry, Psychology & Neuroscience, King's College, London, UK

07/2014 – 06/2020

### **Advisor to the All-Party Parliamentary Group (APPG) for Prescribed Drug Dependence**

United Kingdom Parliament, London, UK

01/2018 – 06/2019

## CLINICAL APPOINTMENTS

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### **Consultant Cognitive Behaviour Therapy Practitioner**

Onebright, London, UK

*10/2011 – present*

### **Consultant Cognitive Behaviour Therapy Practitioner**

Community Alcohol and Drugs Service, Borough of Brent, London, UK

*09/2008 – 10/2012*

### **Cognitive Behaviour Therapy Practitioner**

Cognitive Behaviour Therapy Consultancy, London, UK

*09/2001 – 09/2011*

### **Consultant Cognitive Behaviour Therapy Practitioner**

Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK

*05/2005 – 08/2007*

### **Alcohol Counsellor and Cognitive Behaviour Therapy Practitioner**

City and Hackney Alcohol Service, Borough of Hackney, London, UK

*03/1999 – 10/2003*

### **Cognitive Behaviour Therapy Practitioner**

CBT Unit, University College London and Camden and Islington NHS Trust, London, UK

*09/1999 – 12/2000*

## OTHER PROFESSIONAL EXPERIENCE

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### **Equity Analyst**

J.P. Morgan Securities, London, UK

*01/1997 – 08/1997*

### **Equity Researcher**

Merrill Lynch Asset Management (originally Mercury Asset Management), London, UK

*09/1994 – 12/1996*

## EDUCATION

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### **Diploma Level 1 in Metacognitive Therapy**

Metacognitive Therapy Institute, Trondheim, Norway and Manchester, UK  
01/2014 – 12/2015

### **PhD in Clinical Psychology entitled 'Metacognition and Problem Drinking'**

Supervisor: Professor Adrian Wells  
School of Psychological Sciences, University of Manchester, Manchester, UK  
01/2002 – 12/2006

### **PgCert in Learning and Teaching in Higher Education**

Centre for Academic and Professional Development, London Metropolitan University, London, UK  
09/2002 – 11/2003

### **MA in Psychology of Education**

Institute of Education, University College London, London, UK  
09/1999 – 11/2001

### **PgDip in Cognitive Behavioural Psychotherapy**

Department of Psychiatry and Behavioural Sciences, University College London, London, UK  
09/1999 – 11/2000

### **MSc (Econ) in Industrial Relations and Personnel Management**

Department of Industrial Relations, London School of Economics and Political Science, London, UK  
09/1993 – 11/1994

### **BSc (Hons) in Sociology and Philosophy**

Departments of Sociology and Philosophy, University of Bristol, Bristol, UK  
09/1990 – 07/1993

## MEMBERSHIPS OF PROFESSIONAL ORGANISATIONS

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### **Registered Metacognitive Therapy Practitioner**

Metacognitive Therapy Institute, Manchester, UK  
01/2016 – present

### **Chartered Psychologist (Academic Research and Teaching) and Fellow (092687)**

British Psychological Society, Leicester, UK  
05/2006 – present; 02/2020 – present

### **Fellow (29646)**

Advance Higher Education, York, UK  
05/2005 – present

### **Accredited Cognitive Behaviour Therapy Practitioner and Fellow (007376)**

British Association for Behavioural and Cognitive Psychotherapies, Bury, UK  
06/2003 – present; 09/2021 – present

## OVERVIEW OF RESEARCH AND KNOWLEDGE EXCHANGE OUTPUTS

<b>Key journal article data (May 2024)</b>	
Total articles (published and in press) – See Google Scholar and ResearchGate links below	<b>219</b>
Total citations (Google Scholar)	<b>12220</b>
H-index (Google Scholar)	<b>61</b>
I-10 index (Google Scholar)	<b>166</b>
Percentage of articles with international collaborators (Scopus)	<b>77.2%</b>
Articles in the top 25% most cited documents worldwide (Scopus)	<b>57.9%</b>
Articles in the top 25% journals by CiteScore (Scopus)	<b>64.8%</b>
Field-Weighted Citation Impact (Scopus)	<b>1.91</b>
Articles on new psychometric measures	<b>32</b>
Articles employing experimental designs	<b>16</b>
Articles investigating clinical populations	<b>50</b>
Articles on the development of new models	<b>6</b>
Articles on systematic reviews/meta-analyses	<b>15</b>
Google Scholar: <a href="http://scholar.google.co.uk/citations?user=NvdK-ZsAAAAJ&amp;hl=en">http://scholar.google.co.uk/citations?user=NvdK-ZsAAAAJ&amp;hl=en</a> .	
ResearchGate: <a href="https://www.researchgate.net/profile/Marcantonio-Spada">https://www.researchgate.net/profile/Marcantonio-Spada</a>	
<b>8 book chapters published and in press</b>	
<b>3 books published</b>	
<b>114 presentations, of which 19 as keynote speaker, delivered</b>	
<b>3 consultancy reports written</b>	
<b>39 workshops delivered</b>	
<b>49 corporate presentations delivered</b>	

## RESEARCH SUPERVISION

BSc research projects: over 80 completions; MSc dissertations: over 40 completions.

Doctoral theses:

- [DT11] Mills, V. (PhD; 2023 – present). The role of metacognitions about self-critical rumination in distress for those who leave religion (Second Supervisor).
- [DT10] Merchant, D. (PhD; 2022 – present). High performance thinking: A preliminary investigation of a metacognitive coaching methodology and its effects on work-related performance (First Supervisor).
- [DT09] Mahony, S. (PhD; 2022 – present). The role of metacognition in cocaine use and cooccurring cocaine and alcohol use (First Supervisor).
- [DT08] Milia, C. (PhD; 2022 – present). Metacognitive applications in risky gambling (First Supervisor). *Fully funded full-time studentship from the Centre for Addictive Behaviours Research at London South Bank University*
- [DT07] Palmieri, S. (PhD; 2024). Metacognition in Binge Eating Disorder (First Supervisor).
- [DT06] Fernie, B. A. (PhD; 2021). The management of motor fluctuation-related distress in Parkinson's disease: The role of metacognitions (Second Supervisor).
- [DT05] Martino, F. (PhD; 2021). Desire thinking and craving across the continuum of problem drinking (First Supervisor).
- [DT04] Kolubinski, D. (PhD; 2019). Metacognitions about self-critical rumination and their effect on self-esteem and acute distress (First Supervisor).

- [DT03] Marino, C. (PhD; 2018). Lost in Facebook: Individual and social correlates of problematic Facebook use in adolescents and young adults (Third Supervisor).
- [DT02] Caselli, G. (PhD; 2013). A metacognitive model of craving (First Supervisor).
- [DT01] Fernie, B. A. (PsychD; 2007). A preliminary metacognitive model of procrastination (First Supervisor).

## **EXAMINATION EXPERIENCE**

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MSc in Clinical Psychology: Stewart, L. (2013) Queensland University of Technology; Gawor, A. (2021) Loughborough University; Throuvala, M. (2021) Nottingham Trent University; Cook, S. (2015) University of Liverpool; Johnson, H. L. (2015) London South Bank University; Perryman, C. (2015) University of Queensland; Lawrence, J. (2014) London South Bank University; Beer, N. (2011) London Metropolitan University; PsychD in Clinical Psychology: Borg, D. (2022) Deakin University; PsychD in Counselling Psychology: Kissell, K. (2018) University of Roehampton; Postgraduate programmes: MSc in Clinical Applications of Psychology, Newman University College (2009 – 2012); MSc in Cognitive Behaviour Therapy, London Metropolitan University (2008 – 2012).

## **EDITORIAL AND REVIEWING EXPERIENCE**

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### **Editorial Board Member**

Addictive Behaviors Reports, Elsevier, Oxford, UK  
*10/2023 – present*

### **Editor-in-Chief**

Addictive Behaviors, Elsevier, Oxford, UK  
*01/2018 – present*

### **Editorial Board Member**

Journal of Behavioral Addictions, Akademiai, Budapest, Hungary  
*05/2016 – present*

### **Editorial Board Member**

Journal of Rational-Emotive & Cognitive-Behavior Therapy, Springer, London, UK  
*01/2016 – present*

### **Reviewer for International Scientific Journals**

I have reviewed over 200 journal articles for over 80 different journal titles  
*09/2002 – present*

### **Associate Editor**

Clinical Psychology & Psychotherapy, Wiley, London, UK  
*09/2021 – 09/2023*

### **Editor-in-Chief and Founder**

Addictive Behaviors Reports, Elsevier, Oxford, UK  
*11/2014 – 09/2023*



### **Associate Editor**

Addictive Behaviors, Elsevier, Oxford, UK  
09/2014 – 12/2017

### **Editorial Board Member**

Addictive Behaviors, Elsevier, Oxford, UK  
03/2014 – 08/2014

### **FUNDING AWARDED**

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**Spada, M. M.** & Frings, D. (2023 – 2024). An evaluation of the JAAQ platform. **£72,500**. *JAAQ Corporation*, London, UK.

**Spada, M. M.** & Milia, C. (2020). Gambling prevalence rates in the UK: International comparisons. **£1,000**. *GambleAware*, London, UK.

**Spada, M. M.** & Milia, C. (2020). Synthesis report for the Bet Regret Campaign. **£1,000**. *GambleAware*, London, UK.

Moss, A. C., Frings, D., Vangeli, E., Albery, I. P. & **Spada, M. M.** (2016 – 2017). Acceptability and feasibility of Alcohol Identification and Brief Advice (IBA) interventions for London university students. **£9,783**. *South London Innovation and Diffusion Awards*, London, UK.

**Spada, M. M.**, Caselli, G., Albery, I. P., Frings, D. & Moss, A. C. (2014 – 2015). Does desire thinking influence psychological challenge and physiological reactivity under conditions of stress? **£3,430**. *Centre for Research in Psychology, School of Applied Sciences, London South Bank University*, London, UK.

Frings, D., **Spada, M. M.** & Albery, I. P. (2014 – 2015). Does attention training affect states of challenge and threat under stress? **£4,020**. *Centre for Research in Psychology, School of Applied Sciences, London South Bank University*, London, UK.

**Spada, M. M.** & McLaren, S. (2011 – 2013). The emotional assessment of patients with spinal cord injury. **£74,000**. *Royal National Orthopaedic Hospital NHS Trust*, London, UK.

Doocey, J. & **Spada, M. M.** (2010 – 2012). Reintegration Project. **£10,000**. *Irish Fund for Great Britain*, London, UK.

Doocey, J. & **Spada, M. M.** (2009 – 2011). Alcohol and Drugs Awareness Service – Building motivation for change in homeless people with alcohol and drugs problems. **£43,000**. *Pilgrim Trust*, London, UK.

## **AWARDS, HONOURS, AND PROFESSIONAL RECOGNITIONS**

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Invited keynote talk (Public lecture) entitled 'Thinking about thinking in addictive behaviours – A 25 year journey', London South Bank University, London, UK (2024).

Invited panel discussant on 'Addiction does not stop at the office door', Bupa Health Horizons, London, UK (2024).

Invited keynote talk entitled 'Desire thinking in Alcohol Use Disorder: Theory and clinical applications', 3° Congresso Italiano di Psicoterapie Cognitivo-Comportamentali di Terza Generazione, Milan, Italy (2023).

Invited panel discussant on 'Publishing in addiction science – Meet the Editors-in-Chief of the key global journals', University of Gibraltar Summer School Conference, Gibraltar (2023).

Invited keynote talk entitled 'Metacognition in addictive behaviours: A 20-year overview', 50<sup>th</sup> Annual Congress of the European Association for Behavioural and Cognitive Therapies, Belfast, Northern Ireland, UK (2021).

Invited keynote talk entitled 'Cyberchondria: Fuelling anxiety through surfing the web, social media use and news consumption', Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies London Branch, London, UK (2020).

Invited keynote talk entitled 'Desire thinking: A new target in the treatment of sexual addiction and compulsivity?', Annual Conference of the Association for the Treatment of Sexual Addiction and Compulsivity, London, UK (2020).

Invited keynote talk entitled 'Metacognitive Therapy for Alcohol Use Disorder', National Conference of the Norwegian Association for Cognitive and Behavioral Therapy, Oslo, Norway (2019).

Invited keynote talk entitled 'Desire thinking: A new target in the treatment of Alcohol Use Disorder', National Conference of the Norwegian Association for Cognitive and Behavioral Therapy, Oslo, Norway (2019).

Invited keynote talk entitled 'The role of metacognitive beliefs in predicting problem gambling: A review', Conference on Current Advances in Gambling Research: Gambling Research in the UK, London, UK (2019).

Invited keynote talk entitled 'New directions for the treatment of problem drinking: Targeting metacognitive change', International Conference on Addiction and Associated Disorders, London, UK (2019).

Invited panel discussant on 'Diversity in research', 6<sup>th</sup> GambleAware Conference, London, UK (2018).

Invited keynote talk entitled 'Repetitive negative thinking in problematic alcohol use', 3<sup>rd</sup> National Conference of UK SMART Recovery, Stoke-on-Trent, UK (2018).

Invited to join the All-Party Parliamentary Group (APPG) for Prescribed Drug Dependence, United Kingdom Parliament, London, UK (2018).

Invited keynote talk entitled 'Metacognition in behavioural addictions', 5<sup>th</sup> International Conference on Behavioural Addictions, Cologne, Germany (2018).

Invited keynote talk entitled 'SMART Recovery: A growing evidence base', 2<sup>nd</sup> National Conference of UK SMART Recovery, London, UK (2018).

Invited keynote talk entitled 'New directions in the CBT approach to the treatment of alcohol problems', New Directions in the Study of Alcohol Group Conference, Weston-Super-Mare, UK (2017).

Invited keynote talk entitled 'You cannot crave less by desiring more', 1<sup>st</sup> National Conference of UK SMART Recovery, Stoke-on-Trent, UK (2016).

Invited keynote talk entitled 'Metacognition in addictive behaviours: The present and beyond', 3<sup>rd</sup> International Conference on Metacognitive Therapy, Milan, Italy (2016).

Nominated for the Spearman Medal by Professor Adrian Wells, British Psychological Society, Leicester, UK (2014).

Winner of the Trainer of the Year Award, Health Education North Central and East London Quality Awards, London, UK (2013).

Nominated for the Excellence in Multi-professional Education and Training Award, Health Education North Central and East London Quality Awards, London, UK (2013).

Invited keynote talk entitled 'A triphasic metacognitive formulation of problem drinking', 2<sup>nd</sup> International Conference on Metacognitive Therapy, Manchester, UK (2013).

Winner of the Psychotherapy Article Prize, Psychotherapy Faculty, Royal College of Psychiatrists, London, UK (2009).

## **MEDIA ENGAGEMENT (EXAMPLES)**

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### **Radio**

#### **Health Radio UK**

Stress and Wellbeing in Children

15/02/2023

<https://ukhealthradio.com/blog/episode/urgent-call-to-help-and-manage-our-childrens-mental-health-with-prof-spada/>

#### **Talk Radio**

COVID-19 Anxiety Syndrome

17/06/2021

<https://twitter.com/talkradio/status/1405556601646424065?lang=en-GB>

#### **LBC Radio**

COVID-19 Anxiety Syndrome

05/05/2021

#### **iHeart Radio**

COVID-19 Anxiety Syndrome Could be Keeping us Isolated

04/05/2021

<https://www.iheartradio.ca/cjad/audio/covid-anxiety-syndrome-could-be-keeping-us-isolated-1.15128540?mode=Article>

### **Television**

#### **GB News**

How did Covid Restrictions Impact our Mental Health?

27/12/2022

<https://twitter.com/GBNEWS/status/1607835350348582912>

#### **GB News**

Is the Government to Nudge us Back to Normality?

26/03/2022

<https://youtu.be/vLwFrGzKHkA>

#### **London Live**

COVID-19 Anxiety Syndrome

07/07/2021

<https://www.londonlive.co.uk/news/covid-19-anxiety-syndrome-still-causing-people-to-struggle-despite-lockdown-easing/>

#### **Channel 5 News**

COVID-19 Anxiety Syndrome

17/05/2021

[https://twitter.com/5\\_News/status/1394349798371778560](https://twitter.com/5_News/status/1394349798371778560)

#### **Channel 5 News**

COVID-19 Anxiety Syndrome

03/05/2021

<https://www.youtube.com/watch?v=f9WzXasV2j8#t=1m21s>

## **Articles in magazines and newspapers**

Daily Mail Online: [https://www.dailymail.co.uk/news/article-9777335/Fear-Freedom-Day-Therapists-warn-rise-anxiety-50-public-want-restrictions-stay.html?ns\\_mchannel=rss&ns\\_campaign=1490&ito=1490](https://www.dailymail.co.uk/news/article-9777335/Fear-Freedom-Day-Therapists-warn-rise-anxiety-50-public-want-restrictions-stay.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)

Financial Times: <https://www.ft.com/content/3cac455e-e9be-498f-8d51-2d250513d7de>

La Repubblica:

[https://www.repubblica.it/salute/native/2021/11/22/news/ansia\\_da\\_covid\\_un\\_disturbo\\_diffuso\\_che\\_si\\_puo\\_cura\\_re-327013896/](https://www.repubblica.it/salute/native/2021/11/22/news/ansia_da_covid_un_disturbo_diffuso_che_si_puo_cura_re-327013896/)

Mail on Sunday: <https://www.dailymail.co.uk/health/article-9582263/Why-vaccinated-Britons-feel-frightened-leave-home.html>

Mail on Sunday: <https://www.dailymail.co.uk/news/article-9777335/Fear-Freedom-Day-Therapists-warn-rise-anxiety-50-public-want-restrictions-stay.html>

Medical News Today: <https://www.medicalnewstoday.com/articles/covid-19-anxiety-syndrome-a-pandemic-phenomenon>

National Geographic: <https://www.nationalgeographic.com/science/article/why-getting-back-to-normal-may-actually-feel-terrifying>

National Post: <https://nationalpost.com/news/canada/unjustified-fears-when-covid-19-anxiety-stops-making-sense>

The Daily Express: <https://www.express.co.uk/life-style/health/1652594/covid-symptoms-long-covid-third-of-people-risk-anxiety-depression>

The Guardian: <https://www.theguardian.com/world/2021/apr/24/fears-covid-anxiety-syndrome-could-stop-people-reintegrating>

The Herald (Glasgow): <https://www.heraldsotland.com/news/19281484.coronavirus-scotland-covid-anxiety-syndrome-cause-concern-says-scots-expert/>

The Independent: <https://www.independent.co.uk/life-style/health-and-families/covid-fear-london-south-bank-university-data-anxiety-uk-b1842506.html>

The Observer: <https://www.theguardian.com/world/2021/jul/11/therapists-report-huge-rise-in-cases-of-anxiety-as-england-ends-covid-rules>

The Sunday Express: <https://www.express.co.uk/life-style/health/1439827/coronavirus-news-britons-struggle-mental-health>

The Sunday Express: <https://www.express.co.uk/life-style/health/1460993/coronavirus-health-anxious-restrictions-easing>

The Sunday Express: <https://www.express.co.uk/life-style/health/1541207/coronavirus-news-mental-health-young>

The Sunday Express: <https://www.express.co.uk/life-style/health/1550703/children-mental-health-treatment-covid-pandemic-waiting-list-three-years-nhs>

The Sunday Express: <https://www.express.co.uk/life-style/health/1572627/Coronavirus-lockdowns-pandemic-mental-health-Marcantonio-Spada>

The Sunday Express: <https://www.express.co.uk/life-style/health/1634680/children-valium-anxiety-prescription-drugs-NHS>

The Sunday Express: <https://www.express.co.uk/life-style/health/1677303/mental-health-crisis-antidepressant-record-levels>

The Sunday Times: <https://www.thetimes.co.uk/article/not-going-out-the-young-have-been-scared-into-submission-l60sf7slb>

The Sunday Times: <https://www.thetimes.co.uk/article/the-new-covid-tribes-cocky-double-masker-or-compromise-gmgts6vxj>

The Telegraph: <https://www.telegraph.co.uk/health-fitness/mind/vaccinated-wont-go-rise-covid-anxiety-syndrome/>

The Washington Time: <https://www.thewashingtontime.com/britons-among-most-anxious-in-world-about-loosening-covid-rules/>

TIME: <https://time.com/6214829/health-anxiety-covid-19-pandemic/>