

CURRICULUM VITAE

Professor Nicandros Bouras

Present Address:

Professor Emeritus of Psychiatry
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Present Appointment:

Professor Emeritus of Psychiatry, King's College London, Institute of Psychiatry.

Honorary Consultant Psychiatrist, South London and Maudsley Foundation NHS Trust,
Programme Director Maudsley International.

Key Achievements

- A long standing of 38 years career in psychiatry and mental health at Guy's Hospital, King's College London, Institute of Psychiatry, Maudsley Hospital and affiliated organisations.
- Consultant Psychiatrist and Clinical Director for 25 years (1982 – 2008).
- Academic career at the University of London since 1979, & Professor of Psychiatry since 1999 (Emeritus since 2008).
- Led the research programme of the first Community Mental Health Centre in UK (Lewisham – Open Door) and carried out extensive studies of service monitoring evaluation (1979).
- Led the development of the first community based mental health service in the UK for people with learning/intellectual disabilities and systematically studied and evaluated the re-provision of services, following the closure of long stay institutions (1982-2008).
- Planned and successfully implemented the closure and re-provision of three large institutions, Darenth Park, Grove Park and Bexley Hospital. Development of community based multi-professional mental health services that have been supporting numerous residential facilities in local communities for people with chronic schizophrenia, complex needs and forensic problems and Neurodevelopmental disorders.

- Initiated and developed the Estia (Evaluation, Services, Training, Intervention Assessment) Centre, in 1999. Director from 1999 to 2008. This was and remains an innovative concept combining clinical services, training and Research & Development jointly funded by the NHS and University.
- Several developments of innovative training packages for community staff.
- Numerous initiatives in organising undergraduate and post graduate teaching on mental health aspects including chairing the post graduate mental health studies programme of the Division of Psychiatry, at the Institute of Psychiatry consisting of several MSc and Diploma degrees.
- Several senior management positions including Clinical Director with responsibility of managing medical and service budgets. Chairman on several academic and professional committees including: Member of the Council and the Executive Committee of the Royal College of Psychiatrists, President Royal Society of Medicine – Psychiatry, Member of NICE Guidelines Groups, European Associations, Elected Honorary Member of the World Psychiatric Association, Fellow Royal College of Psychiatrist and Fellow Royal Society of Medicine.
- Founder member of the Maudsley International in 2008 and since then Programme Director, a major new joint initiative of the Institute of Psychiatry and South London and Maudsley Foundation NHS Trust to promote training, teaching, research, service developments and consultancy world wide in the field of mental health www.maudsleyinternational.com Maudsley International is becoming a social enterprise initiative.
- Head of Section of Health Service and Population Research Department of Institute of Psychiatry awarded the 2009 Queen's Anniversary Prize for Higher and Further Education on behalf of King's College London.

Degrees and Professional Qualifications:

1968	Medical Diploma of Athens University Medical School
1973	Diploma in Neurology and Psychiatry (Athens)
1979	Ph.D. University of London
1993	Fellow of the Royal College of Psychiatrists

Past Appointments:

- 1999 - 2008 Professor of Psychiatry in Learning Disabilities, Division of Psychological Medicine and Department Health Service and Population Research, King's College London Institute of Psychiatry, and Honorary. Consultant Psychiatrist, South London and the Maudsley Foundation NHS Trust
- 1982 – 1999 Senior Lecturer in the Division of Psychiatry and Psychology and Consultant Psychiatrist for Lewisham and Guy's Mental Health Trust
- 1981 – 1982 Research Senior Registrar, Department of Psychiatry, Guy's Hospital Medical School and Mental Health Advice Centre, Lewisham, London
- 1976 – 1980 Registrar, Department of Psychiatry, Guy's Hospital Medical School
- 1974 – 1975 Registrar in Psychiatry, St. John's Hospital, Stone, Bucks. Registrar in Psychiatry, Highfield Adolescent Unit, Oxford and Department of Psychological Medicine, The Hospital for Sick Children, Great Ormond Street
- 1973 - 1974 Specialist training in Psychiatry, Institute of Psychiatry, Athens University
- 1972 - 1973 Specialist training in Neurology, Institute of Neurology, Athens University

A. Research

Psychiatric ward environments

The first research interests concerned the influence of ward environmental factors on the behaviour of psychiatric inpatients. It was shown that different types of ward environment affected patients' behaviour in different ways, for example, that patients were more disturbed in therapeutic communities than in conventional medical wards. Using a mathematical model, a relationship was demonstrated between ward model, type of behavioural disturbance and psychiatric diagnosis. Patients with schizophrenia tended to be more disturbed than other patients. In addition by using a time-series analysis, the level of disturbed behaviour during a week was related to the level of disturbance during the preceding and the following weeks. This research showed that levels of ward disturbance could be predicted. The conceptual understanding of the importance of environmental variables added another factor in understanding patients' behaviour in psychiatric hospitals, in addition to biological and psychological parameters.

Community psychiatry

The second motif related to community mental health care. The research experience gained in patients' behaviour in psychiatric wards enabled me to formulate ideas about models of service in the community. This led the research programme in one of the first Community Mental Health Centres in UK (Lewisham – Open Door) and carried out extensive studies of service monitoring evaluation. One of the main findings here was that alternative models of community based psychiatric care were feasible and achievable. Principles of community mental health, as established by this research, gained increasing recognition over the years and have been widely applied in mental health services and regarded as pioneering in the field.

Mental health and intellectual disabilities

The third motif concerned the application of the ideas and techniques described above to the development community-based services for people with learning/intellectual disabilities. This led to the development of the first community based mental health service in the UK for people with

learning disabilities and systematically studied the re-provision of services, following the closure of long stay institutions. This programme, the first large scale application of community care in mental health, has since received wide acceptance and used in other parts of the country. His studies also showed a high prevalence of psychiatric disorders in people with learning/intellectual disabilities, irrespective of their level of disability. This proved to be decisive for the development of specialist mental health services in this field. This work also showed that to live a meaningful life in the community, patients with learning disabilities require a wide range of specialist services.

Estia Centre

Initiated and developed the Estia (Evaluation, Services, Training, Intervention Assessment) Centre, in 1999. This was and remains an innovative concept combining clinical services, training and R&D jointly funded by the NHS and University. The Estia Centre has acquired National and International recognition on all aspects of its programme as documented below www.estiacentre.org

Administration and Management

Long standing extensive administrative and management experience in senior position with budgetary responsibilities. Activities included management of clinical services, training and research having been member of various research and development committees. Extensive experience in managing large postgraduate studies of several courses generating income of £1m for a number of years. Several training initiatives during my term in the psychiatry section of the Royal Society of Medicine and the World Psychiatric Association. As a founder member of the World Hellenic Biomedical Association over the last 20 years I have developed extensive links with the Hellenic Biomedical Diaspora.

B. Teaching and Training

Undergraduate

Early initiatives in organising the undergraduate teaching on mental health aspects of learning disabilities, then development of teaching schemes of medical students who were attached to people with learning disabilities and complex mental health needs to act as advocates and become familiar with ethical and legal issues involved in the care of this population.

Postgraduate

Commence the specialist training in the psychiatry of learning disabilities for the South Region (East) with a current scheme of several specialist registrars posts. Several psychiatrists have been trained through the scheme over the years and they now hold consultant and senior academic posts in various parts of this country and abroad.

The development of the MSc and Diploma courses in Mental Health in Learning Disabilities for multi-professional staff received wide recognition with increasing number of students over the years. Expanded into distance learning courses and e learning.

Development and delivery of innovative short training courses for multi-disciplinary community staff working in learning disabilities and mental health services. Over time several thousand-community staff members have attended these short courses.

Production of training publications in the format of textbooks, training packages, distance learning and e learning.

Chairing the Post Graduate Mental Health Studies Programme of the Division of Psychiatry, at the Institute of Psychiatry consisting of several MSc and Diploma degrees. Leading the Learning and Teaching activities of the Department of Health Service and Population Research, at the Institute of Psychiatry including further MSc courses and mental health nursing training courses.

Founder member of the Maudsley International in 2008 and since then Programme Director, a major new joint initiative of the Institute of Psychiatry and South London and Maudsley Foundation NHS Trust to promote training, teaching, research, service developments and consultancy world wide in the field of mental health www.maudsleyinternational.com Maudsley International is becoming a social enterprise initiative.

C. Clinical Experience

General Psychiatry

Wide range of clinical experience gained working in general psychiatry including large mental hospitals, psychiatric units of district general hospitals and teaching hospitals as well as a therapeutic community. Experience in biological methods of treatment and in psychotherapy including individual and group therapy, behavioural techniques, marital and family therapy and psychosexual problems. Clinical experience gained in adults at inpatient, outpatient and liaison services at Guy's Hospital, St. Olaves day hospital and Brook and New Cross Hospitals. In addition clinical experience gained at the Highfield Adolescent Unit - Oxford, at the Department of Psychological Medicine, Great Ormond Street Hospital for Sick Children and at local child guidance clinics. Furthermore experience in the psychiatry of old age, alcohol and substance misuse, long stay rehabilitation and forensic psychiatry.

Core member of the Mental Health Advice Centre in Lewisham-Open Door, in 1981-1982, one of the first Mental Health Centres in UK, with the early developments of a walk-in clinic and a crisis intervention team.

Learning/Intellectual Disabilities Services

Appointment as Senior Lecturer and Consultant Psychiatrist at Guy's at the end of 1982 given the task of supporting and facilitating the development of services for people with learning disabilities, using my experience from community psychiatry. Attention focussed on developing a specialist mental health service for people with learning disabilities based on principles of multi-professional teamwork. Planned and successfully implemented the resettlement of patients/residents from two large institutions, Darenth Park and Grove Park, both of which closed several years ago. Development of community based specialist multi-professional mental health services that have been supporting numerous residential facilities in local communities. Successfully applied long stay rehabilitation techniques in patients with chronic schizophrenia at Bexley hospital for the re-provision of their services in the community.

The model of specialist mental health services for people with learning disabilities has gained acceptance and National and International recognition. Successful initiation of planned strategy in 1997 led to funding of community services for the Boroughs of Lewisham, Southwark and Lambeth, later extended to Croydon and a specialist in-patient unit currently at the Maudsley Hospital. Leading, currently, the Forensic Strategy for people with learning disabilities in SE London, in collaboration with PCTs, Social Services, Carers and Service Users Groups, aiming to reinvest £9.6 million in local health and social care economy and to develop an innovative Specialist Adult Neuro-Developmental Mental Health Service.

D. Management and Professional Activities

Several senior management positions including clinical director with responsibility of managing medical and service budgets. Chairman on several academic and professional committees including: Member of the Council and the Executive Committee of the Royal College of Psychiatrists, President Royal Society of Medicine – Psychiatry, Member of NICE Guidelines Groups, European Associations, Elected Honorary Member of the World Psychiatric Association, Fellow Royal College of Psychiatrist and Fellow Royal Society of Medicine.

University

- 1985 – 1989 Convenor of the University Teachers in Learning Disabilities. Tutor to Medical Students
- 1986 – University of London MD and PhD examiner
- 1989 – 1999 Chairman, Psychiatry of Disability Section, Division of Psychiatry and Psychology, UMDS
- 1999 – 2008 Head Mental Health in Learning Disabilities King's College London – IoP Division of Psychological Medicine and Health Service Research and Population Department
- 2000 – 2006 Chairman Mental Health Studies Programme KCL-IoP
- 2000 – 2003 Member of the Postgraduate Board of Examiners in the School of Medicine, GKT, King's College London
- 2003 - 2007 Member of the Teaching Committee Institute of Psychiatry
- 2003 - 2006 Member of the Teaching Committee King's College London
- 2004 – 2010 Member of the Postgraduate Board of Examiners Institute of Psychiatry, King's College London
- 2007 - 2010 Lead of Learning and Teaching Development Group, Health Service and Population Research Department, Institute of Psychiatry, King's College London

NHS Trusts

- 1988 – 1992 Member of the Guy's Hospital Research Ethics Committee
- 1995 – 1999 Clinical Director LD Directorate Lewisham and Guy's Mental Health Trusts
- 1995 – 1999 Associate Director, Learning Disabilities Directorate, Lewisham and Guy's Mental Health Trust
- 1995 – 1999 Member of the Executive Committee, Lewisham and Guy's Mental Health Trust
- 1995 – 1999 Chairman of the Clinical Audit Committee, Lewisham and Guy's Mental Health Trust
- 1995 – 1999 Member of the Research and Development Committee, Lewisham and Guy's Mental Health Trust
- 1995 – 2004 Member of the Educational Committee, Lewisham and Guy's Mental Health Trust
- 1999 – 2008 Clinical Director, Division of Adults with Learning Disabilities, Specialist Services Directorate, South London and Maudsley Foundation NHS Trust

Extra-curriculum

Royal College of Psychiatrists

- 1988 – 1993 Member of the Joint Mental Handicap Committee for Higher Training of the Royal College of Psychiatrists
- 1988 – 1996 Member of the Steering Committee of the Association of University Teachers in Psychiatry
- 1990 – 1997 Regional Adviser in Learning Disabilities of the Royal College of Psychiatrists
- 1991 – 1996 Clinical Tutor in Psychiatry, Guy's Hospital
- 1992 – 1994 Member of the Council of the Royal College of Psychiatrists
- 1992 – 1996 Member of the Executive Committee, Royal College of Psychiatrists, Mental Handicap Section
- 1992 – 1996 Member of the Executive Committee, Royal College of Psychiatrists, Southern Division
- 1992 – 2008 Royal College of Psychiatrists Assessor on Advisory Appointments Committees for Consultant Posts
- 1994 – 1996 Member on the Manpower Committee of the Royal College of Psychiatrists
- 2007 today Member of the Board of International Affairs Royal College of Psychiatry

Regional and National

- 1989 – 1995 Member of the Regional Psychiatry Specialist Sub-Committee
- 1989 – 1997 Chairman, Regional Specialist Learning Disabilities Sub-Committee
- 1992 – 1996 Regional Clinical Audit Co-ordinator in Learning Disabilities
- 1994 – 1996 Member of the Standards and Accreditation Committee in Learning Disabilities
- 1999 Peer Reviewer of Regional and National Research and Development Proposals
- 2002 - 2005 Member of the Stakeholder Steering Group of the London Development Centre
- 2003 Council Member of the Royal Society of Medicine – Psychiatry Section
- 2004 - 2005 Honorary Secretary of the Royal Society of Medicine – Psychiatry Section
- 2006 - 2007 President Royal Society of Medicine – Psychiatry Section
- 2006 – 2008 Member of NICE Guidelines Groups on Personality Disorder
- 2010 today Trustee Member THRIVE Charity for People with Disabilities
- 2011 today Chairman of the Research Advisory Group of Daedalus Trust

International

- 1992 – 1999 Secretary of the European Association of Mental Health in Mental Retardation
- 1992 – 2004 Member of the Council of the International Association for the Scientific Study of Intellectual Disability
- 1994 – 1999 Convenor of the Special Interest Research Group in Mental Health of the International Association for the Scientific Study of Intellectual Disability
- 1996 – 2002 Chairman, World Psychiatric Association, Section of Mental Retardation
- 1997 – 2002 Member of the Neurosciences Task Force of the World Psychiatric Association

- 1998 – 2002 Member of the Educational Committee of the World Psychiatric Association
- 1999 – 2002 Vice President of the European Association of Mental Health in Mental Retardation
- 1999 - Elected Honorary Fellow of the International Association for the Scientific Study of Intellectual Disability
- 2000 –2004 Vice-President of the International Association for the Scientific Study of Intellectual Disability
- 2000 – 2001 Member of Experts Group for Research Evaluation Projects on Quality of Life. European Union. Brussels
- 2002 Elected Honorary Member of the World Psychiatric Association
- 2008 Director Maudsley International
- 2009 Elected Honorary Member of the Hellenic Psychiatric Association
- 2010 Member of the External Evaluation Committee of Crete Medical School, Crete University
- 2010 Chairman of the Selection Committee of Nemitsas Foundation - Cyprus
- 2010 Special Advisor Psychargos Evaluation Project
- 2011 Member of the External Evaluation Committee of Alexandroupolis Medical School of Dimokrition Thrace University
- 2011 Member of the External Evaluation Committee of Athens National School of Public Health
- 2011 Member of the National Coalition on Dual Diagnosis Canada Recommendations for National Action on Dual Diagnosis

E. Charitable Organisations

2009 – today Daedalus Trust: www.daedalustrust.org.uk
Chairman of the Research Advisory Group. This is a foundation promoting awareness and research into personality changes for people in senior leadership positions.

2009 – Today Thrive: Trustee and chairman of the Research Advisory Group.
This is a charity offering innovative horticultural and social therapies to people with

F. Membership of Professional Organisations

Fellow Royal College of Psychiatrist, Fellow Royal Society of Medicine, World Psychiatric Association, American Association of Intellectual and Developmental Disabilities, British Institute of Learning Disabilities, European Association of Mental Health in Mental Retardation, International Association for the Scientific Study of Intellectual Disability, National Association for the Dually Diagnosed, British Medical Association.

G. Invitations and Visits Abroad

Invited to lecture and consult on service developments and as well as to collaborate in research projects by various overseas academic departments, including in the Netherlands, USA, Australia, Canada, Italy, Germany, Austria, Spain, Switzerland Norway, Greece, Ireland, Japan, Hong Kong, Taiwan, Egypt and Brazil.

H. Peer Reviewer

Journals:

American Journal of Psychiatry, Archives of General Psychiatry, Lancet, British Journal of Psychiatry, British Medical Journal, Psychological Medicine, American Journal of Mental Retardation, History of Psychiatry, International Journal of Geriatric Medicine, International Journal of Social Psychiatry, Journal of Intellectual Disability Research, Journal of Neurology, Neurosurgery and Psychiatry, Journal of Reproductive and Infant Psychology, Journal of Mental Health, Psychiatric Bulletin, Psychology of Health, Neuropsychiatry Disease and Treatment, International Psychiatry.

R+D National and International Research and Development Proposals including:

MRC, NHIMH, Wellcome Foundation, Department of Health, Australian Government National Health and Medical Research Council, European Union.

I. Editor and Member of Editorial Boards

Journal of Intellectual Disability Research - Mental Health, Current Opinion in Psychiatry Developmental Disabilities Issue, Journal of the Royal Society of Medicine, Advances of Mental Health and Learning Disabilities, Journal of Mental Health Research, in Intellectual Disabilities, Journal of Developmental Disabilities, European Journal of Disability, Tizard Learning Disability Review , Mental Health Aspects of Developmental Disabilities Advances of Mental Health in Learning Disabilities, Journal of Mental Health Research in Intellectual Disabilities, Psychiatriki, International Psychiatry.

J. Selective Grants and Funding Income

- Department of Health, £15,000 to develop a "Training Package for Mental Health in Intellectual Disabilities."
- European Union, £10,000 for the HELIOS II Project on "Improving the Quality of Care of people with disabilities."
- Lambeth, Southwark and Lewisham Health Authority, £400,000 for services to people with serious mental health needs.

- European Union, £270,000 for the BIOMED II project on "Improving the Detection of Mental Health Problems in People with Mental Retardation." Jointly with European partners.
- Lambeth, Southwark and Lewisham Health Authority, £1,000,000 for the development of Mental Health Disabilities Centre to provide Services, Training, Research and Development for people who have disabilities and mental health problems.
- SE Regional R&D, £75,000. Does Training for Carers improve Psychiatric Outcome for Individuals with Disability?
- NHI Multi - centre Trial of Vitamin E in Aging Persons with Down syndrome International Consortium for the Treatment of Alzheimer Disease in Persons with Down syndrome \$500,000
- Guy's and St.Thomas' Charitable Foundation, £75,000. Mental Health Guide for Families having Members with Mental Health Needs.
- Chairman of the Post Graduate Mental Health Studies Programme of GKT/loP generating £1.5 per annum for the Division of Psychological Medicine.
- SE Thames Region Audit Fund, £70,000. Low Secure Facilities for Patients with Mental Disorder and very Complex Needs.
- SE Thames Region Audit Fund, £69,000. Care Plan Approach and Risk Assessment/Management Implementation for People with Mental Disorder.
- Health Technology Assessment Department of Health. £630,000. NACHBID: Neuroleptics for Adults with Challenging Behaviour and Intellectual Disabilities.
- \$60,000 (Australian) Monash University and KCL Strategic Innovation Fund International Flexible Intellectual Programme in the Psychiatry of Intellectual Disability.
- Special Trustees Guy's Hospital, £120,000. Controlled Study of Schizophrenia Spectrum Disorders.
- National Institute of Mental Health, England. £500,000 Mental Health Research Network. Member of the Consortium of Heads of Sections of the Health Service Research Department of the Institute of Psychiatry, London.
- Evaluation and Review of MH Provision Wandsworth Services and

St.George's. £20,000

- Evaluation and Review of Forensic Provision Norfolk Primary Care Trust. £5,000
- Development of an evidence-/ consensus-based guideline for service provisions for young adults (14 – 25 years) who have intellectual disability and mental health problems. £146,410.
- Mental Health Research Network – Special Interest Group – Mental health in Intellectual Disabilities for the Evaluation of Treatment Interventions in Adults with Intellectual Disability National Institute for Mental Health England (£5,000).
- National Institute for Mental Health England for Review Evaluation of MH Leicester (£20,00)
- Turning Point for the Development of a Guide for MHiLD for Direct Care Staff (£16,000)
- Special Trustees, South London and Maudsley NHS Trust for Service Innovation Mental Health & Forensic Service (£106,338)
- EU: ITHACA jointly with G. Thornicroft et al.: To identify and disseminate best practices for improvement of human rights and dignities and general mental health status of those in residential, in-patient or social health setting including people with ID. (666,106 EUR).
- Crossing the divide. Effective treatments for people with Neurodevelopmental disorders across the lifespan and intellectual disability. National Institute for Health Research. (£1,420,000)
- Healthcare needs and experiences of care among adults with intellectual disability and mental health problems: the impact of ethnicity and gender. Judith Trust, (£10,500)
- Thomas Bailey Trust (£70,000) Mental Health in Adults with Autism and Disability
- Special Trustees SLAM NHS Foundation Trust (£80,000) Development Grant for Maudsley International
- Income generation for Maudsley International over £200,000

K. Selective Peer Reviewed Articles

Bouras, N., Trauer, T., Rosen, B. and Watson, J.P. (1981) Temporal patterns in ward disturbance among psychiatric patients. British Journal of Clinical Psychology, 20, pp 139 – 140

Bouras, N. and Bridges, P.K. (1982) Bromocryptine in depression. *Current Medical Research Opinion*, 8, pp 150 – 153

Bouras, N., Trauer T. and Watson, J.P. (1982) Effects of staff changes on psychiatric patients, *Journal of Nervous & Mental Disease*, 170, pp 107 – 110

Bouras, N., Trauer T. and Watson, J.P. (1982) Ward environment and disturbed behaviour, *Psychological Medicine*. 12, pp 309 – 319

Standish-Barry, H., Bouras, N., Bridges, P.K. and Bartlett, J.R. (1982) Pneumo-Encephalographic and computerised axial tomography scan changes in affective disorder. *British Journal of Psychiatry*, 141, pp 614 – 617

Bouras, N., Standish-Barry, H., Bridges, P.K. and Al-Yassiri, M. (1983): On finding depressed patients for clinical trials. *British Journal of Clinical Pharmacology*, 15, pp 493 - 494

Rosen, B.K. and Bouras, N. (1983): Patterns of communications in an In-Patient Community Group. *International Journal of Therapeutic Communities*, 4, pp 6 - 12

Standish-Barry, H., Bouras, N., Bridges, P.K. and Watson, J.P. (1983): A randomised double blind group comparative study of sulpiride and amitriptyline in affective disorders. *Psychopharmacology*, 81, pp 258 - 260

Bouras, N., Bartlett, J.R., Neil-Dwyer, G. and Bridges, P.K. (1984) Psychological aspects of patients having multiple operations for low back pain. *British Journal of Medical Psychology*, 57, pp 147 - 151

Bouras, N., Chilvers, C. and Watson, J.P. (1984): Estimating levels of disturbed behaviour among psychiatric in-patients using a general linear model. *Psychological Medicine*, 14, pp 439 - 444

Brooks, D., Prothero, W., Bouras, N., Bridges, P.K., Jarman, C.M.B. and Ankier, S.I. (1984) Trazodone: a comparison of single night-time and divided daily dosage regimens. *Psychopharmacology*, 84, pp 1 - 4

Standish-Barry, H., Hale, T., Honig, A., Bouras, N., Bridges, P.K. and Bartlett, J. (1985) Ventricular size, the dexamethasone suppression test and outcome of severe endogenous depression, following psychosurgery. *Acta Psychiatrica Scandinavica*, 72, pp 166 - 171

Tufnell, G., Bouras, N., Watson, J.P. and Brough, D.I. (1985) Home assessment and treatment in a community psychiatric service. *Acta Psychiatrica Scandinavica* , 72, pp 20 - 28

Bouras, N., Tufnell, G., Brough, D.I. and Watson, J.P. (1986) A model for the integration of community psychiatry and primary care. *Journal of the Royal College of General Practitioners*, 36, pp 62 - 66

Bouras, N., Vanger, P. and Bridges, P.K. (1986): Marital problems in chronically depressed and physically ill patients and their spouses. *Comprehensive Psychiatry*, 27, pp 127 - 130

Standish-Barry, H., Bouras, N., Hale, A.S., Bridges, P.K. and Bartlett, J.R. (1986) Ventricular size and CSF transmitter metabolite concentrations in severe endogenous depression. *British Journal of Psychiatry*, 148, pp 386 - 392

Bouras, N., Kartsounis, L.D. and Bridges, P.K. (1987) Death associated with hyperventilation. *Lancet*, 1, pp 635

Trauer, T., Bouras, N. and Watson, J.P. (1987): The assessment of ward atmosphere in a psychiatric unit. *International Journal of Therapeutic Communities*, 8, pp 199 - 205

Boardman, A.P., Bouras, N. and Craig, T.K.J (1988) General Practitioner referrals to an ambulatory psychiatric service: The effects of establishing an ease of access service. *International Journal of Social Psychiatry*, 34, pp 172 - 83

Boardman, A.P., Bouras, N and Watson, J.P. (1988): The discriminatory capacity of the Crown - Crisp Experimental Index. *European Journal of Psychiatry* 2, pp 227 - 232

Bucknall, C., Brooks, D., Curry, P.V.L., Bridges, P.K., Bouras, N. and Anker, S.I. (1988) Mianserin and trazodone for cardiac patients and depression. *European Journal of Clinical Pharmacology*, 33, pp 565 - 569

Holt, G. and Bouras, N. (1988) Medical students' attitudes to Mental Handicap. *Medical Teacher*, 10, pp 305 - 307

Honing, A., Bartlett, J.R., Bouras, N. and Bridges, P.K. (1988) Amino Acid levels in depression: A preliminary investigation. *Journal Psychiatric Research*, 22, pp 159 - 164

Holt, G., Bouras, N. and Watson, J.P. (1988) Down's syndrome and eating disorders. *British Journal of Psychiatry*, 152, pp 847 - 848

Adamopoulou, A. Garyfallos, G., Bouras, N. and Kouloumas G. (1990) Mental health and primary care in ethnic groups. *International Journal of Social Psychiatry*, 36, pp 244 - 251

Bouras, N. and Drummond, C. (1992) Behaviour and psychiatric disorders of people with mental handicaps, living in the community. *Journal of Intellectual Disability Research*, 36, pp 349 - 357

Bouras, N., Webb, Y., Clifford, P., Papadatos, Y. and Zouni, M. (1992) A needs survey among patients in Leros asylum. *British Journal of Psychiatry*, 161, pp 75 - 79

Boardman, J., Bilanakis, N., Zouni, M. and Bouras, N. (1992): The detection of psychiatric cases by Greek physicians: report on a study carried out in a Greek care setting. *International Journal of Social Psychiatry*, 38, pp 235 - 241

Bouras, N. (1993) Policies, practices and perspectives of mental health care for people with learning disabilities in the UK. *Journal of Intellectual Disability Research*, 37, pp 57 - 60

Bouras, N., Kon, Y. and Drummond C. (1993) Medical and psychiatric needs of adults with a mental handicap. *Journal of Intellectual Disability Research*, 37, pp 177 - 182

Vlachos, I.O., Bouras, N., Watson, J.P. and Rosen, B.K. (1994) Deliberate self-harm referrals. *European Journal of Psychiatry*, 8, pp 25 - 28

Vlachos, I.O., Bouras, N. and Watson, J.P. (1995) Psychiatric consultation-liaison service: five years of experience. *European Journal of Psychiatry*, 9, pp 139 - 142

Gravestock, S., Bouras, N. and Holt, G. (1996) Quality monitoring in community psychiatry of learning disabilities services. Current, planned and future approaches. *British Journal of Learning Disabilities*, 24, pp 95 - 98

Bouras, N. and Szymanski, L. (1997) Services for people with mental retardation and psychiatric disorders: US-UK comparative overview. *International Journal of Social Psychiatry*, 43, pp 64 - 71

Kon, Y. and Bouras, N. (1997) Psychiatric follow-up and health services utilisation for people with learning disabilities. *The British Journal of Developmental Disabilities*, 84, pp 20 - 26

Moos, S., Emerson, E., Bouras, N. and Holland, A. (1997): Mental disorders and problematic behaviours in people with learning disabilities. *Journal of Intellectual Disability Research*, 41, pp 440 - 447

Szymanski, L., King, B.H., Bernet, W., Dunne, J.E., Adair, M., Arnold, V., Beitchman, J., Benson, R.S., Bukstein, O., Kinlan, J., McClellan, J., Rue, D., Shaw, J.A., Sloan, E., Kroeger, K.D., Ryan, R., Petti, T., Steifel, S., Dosen, A., Reiss, S., Bouras, N. and Field, M.L. (1999) Practice parameters for the assessment and treatment of children, adolescents, and adults with mental retardation and comorbid mental disorders. *Journal of the American Academy of Child & Adolescent Psychiatry*. 38, pp 5S - 31S

Holt, G., Costello, H., Bouras, N., Diareme, S., Hillery, H., Moss, S., Salvador, L., Tsiantis, J., Weber, G and Dimitrakaki C. (2000): BIOMED-MEROPE Project: service provision for adults with mental retardation: a European comparison. *Journal Intellectual Disability Research*, 44, pp 685 - 696

Moss S. Bouras N. and Holt G (2000): Mental health services for people with intellectual disabilities: A conceptual framework. *Journal Intellectual Disability Research*, 44, pp 97 - 107

Williams, H., Clarke, R., Bouras, N., Holt, G. and Martin, J. (2000) Use of atypical antipsychotics olanzapine and risperidone in adults with intellectual disability. *Journal Intellectual Disability Research*, 44, pp 164 - 169

Bokszanska, A., Martin G., Vanstraelen M., Holt G., Bouras N and Taylor D (2003) Risperidone and olanzapine in adults with intellectual disability: a clinical naturalistic study. *International Clinical Psychopharmacology*, 18, 285 - 291

Bouras N., Cowley, A., Holt G., J.T. Newton and Sturmey P (2003) Referral trends of people with intellectual disabilities and psychiatric disorders. *Journal Intellectual Disability Research*, 47, 439 - 446

Psychiatric Inpatient care for adults with intellectual disabilities:

K. Xenitidis, A. Gratsa, N. Bouras, R. Hammond, H. Ditchfield, G. Holt, D. Brooks, J. Martin (2004) *Journal of Intellectual Disability Research*, 48, 11-18

Cowley, A. Holt, G., Bouras, N., Sturmey, P., Newton, J. T. Costello, H. (2004). Descriptive Psychopathology in People with Mental Retardation. *Journal of Nervous and Mental Disease*, 192, 3, 232-237

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世界精神病學協會科學委員會

世界精神病學協會教育方案

智能障礙者之心理健康及精神疾病手冊

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