



SPECIALISMS

ADHD (Diagnosis)
ADD (Diagnosis)
ADHD
ADD
Anxiety
Bipolar
Capacity
Depression
Historic Sexual Abuse
Mood Disorders
OCD
Postnatal Depression
Psychosis
PTSD
Schizophrenia
Suicidal Ideation
Self Harm
Trauma
Victims of Torture

CASE TYPES

ADHD
Clinical Negligence
Capacity Assessments
Coroner's Reports
Criminal
Disability Discrimination
Employment Tribunal
Family
Fitness to Plead
Historic Sexual Abuse
Immigration & Asylum
Litigation Capacity
Personal Injury
Road Traffic Accident
Second Opinion

EXPERT WITNESS AND MEDICO-LEGAL WORK

I have extensive experience as an expert witness in civil, criminal and family proceedings spanning over 15 years. I have been assisting Courts and Tribunals with written and oral expert evidence since 2005. I provide regular psychiatric expert reports on instructions of the defence, the prosecution and the Courts, including acting frequently as a single joint expert. I have wide experience in giving evidence in all types of courts, including remotely.

Civil Proceedings

I have extensive experience as an expert witness in cases of personal mental and psychological injury. I regularly provide expert reports on those who have suffered mental and psychological problems, such as Post-Traumatic Stress, Depressive and Anxiety Disorders, as a consequence of being exposed to traumas, accidents and/or abuse.

I regularly provide expert reports (condition and prognosis) on people who have been exposed to various accidents, including Road Traffic Accidents, accidents in the workplace, violent robberies, serious violence, torture, fires, serious abuse (physical, emotional and sexual), war disasters, bombings and explosions. I also regularly provide expert reports on those who have suffered traumatic experiences mental injury due to medical negligence.

I have provided regular assessments of people with PTSD, Depression and Anxiety for 'The UK Criminal Injuries Compensation Authority' (CICA) which is the UK Government Agency dealing with compensation claims from people who have been mentally injured because they were victims of a violent crime.

I have also provided regular reports for 'The Centre for Health and Disability Assessments' on behalf of 'UK Veterans' and 'The Department for Work and Pensions'.

I am a member of the expert panel responsible for evaluating Claimants seeking compensation through the Higher Value Claim Offer (HCVO) pathway, as established by the Hillsborough Victims' Misfeasance Litigation (HVML) group.

Criminal Proceedings

I regularly provide psychiatric expert reports for the purpose of criminal proceedings on defendants who are diagnosed with, or suspected to have, mental health problems/illnesses that may have affected their behaviour in relation to committing an offence. I regularly provide reports addressing the defendants' fitness to plead and stand trial, mens rea, capacity and state of mind at the time of offence, disposals, vulnerabilities and other relevant matters in these cases.





Employment Tribunals

I regularly provide expert reports for Employment Tribunals, frequently as a single joint expert, in relation to various cases, including employment related mental injury, alleged discrimination, bullying and harassment in the workplace on mental health grounds and alleged unfair dismissal. I am familiar with the disability criteria under The Equality Act 2010.

Family Proceedings

I have provided expert reports in various cases of custody disputes involving parents with mental health problems, including disputes with local authorities.

Capacity Assessment and Second Opinion

I have regularly provided assessments of mental capacity for suspected mental disorders in adults, especially mood disorders (Bipolar I & II, Depressive and Anxiety & Phobic Disorders) and PTSD.

Mental Health Act

I was a member of the 'Mental Health Act-2007 Implementation Group' at the West London Trust which oversaw the introduction of the Mental Health Act-2007 within the trust and I delivered large-scale lectures to regional groups of psychiatrists around the UK on the 'new' Mental Health Act at the time of its introduction in 2008 and throughout 2009.

Approved under S12 of the Mental Health Act since 1997 and approved Clinician for Purpose of MHA.

Expert Witness and Medico-legal Training

I have attended various training over the years in relation to medico-legal and expert witness work, including the Bond Solon Expert Witness Courses on '**Excellence in Report Writing - England and Wales**', '**Court Room Skills - England and Wales**' and '**Cross Examination Training - England and Wales**' as well as the '**Bond Solon Civil Law & Procedure Training Course**'.

I have been awarded '**The Cardiff University Bond Solon Expert Witness Certificate**' in Civil Law and Procedure by the Cardiff University School of Law and Politics and Bond Solon Expert Witness Accreditation Scheme.

I am a member of an Expert Witness PDP Group.

LANGUAGES

English and Arabic.

CCST

Dual CCST in General Adult Psychiatry & Old Age Psychiatry (Aug 2004)

GMC Special Register for Adult & Old Age Psychiatry since 2004

Full GMC Registration (4234191), Approved under S 12 of the MHA (97- current)





CURRENT POSTS & ROLES

- **Consultant General Adult Psychiatry**, West London NHS Trust (2005 - current)
- **Director of Clinical Studies**, West London NHS Trust (2014 - current)
- **Clinical Professor of Psychiatry**, AUC Medical School, US (2019 - current)
- **Hon Clinical Senior Lecturer**, Imperial College Medical School (2025 - current)
- **Principal Clinical Teacher**, Imperial College Medical School (2021 - 2025)
- **Hon Senior Lecturer**, Imperial College Medical School (2005 - 2021)
- **Assoc Professor of Psychiatry**, AUC Medical School, US (2012 - 2019)

PREVIOUS POSTS & ROLES

- **Deputy and Senior Clinical Lead**, Ealing Mental Health Service (July 11 - Sept 14)
- **Affective Disorders Pathway Lead**, WLMHT (July 2011- Jan 2014)
- **Primary Care Lead**, *Ealing Mental Health Services (March 2007- July 2011)*

CURRENT ROLES AT WEST LONDON NHS TRUST

- **Consultant in General Adult Psychiatry**, Ealing Crisis & Treatment Team -ECATT (April 2012 - current)
- **Lead Consultant for Single Point of Access (SPA)**, West London NHS Trust (April 2016 - current)
- **Director of Clinical Studies**, West London NHS Trust (Sept 2014 - current)

PREVIOUS ROLES AT WEST LONDON NHS TRUST

- **Consultant in General Adult Psychiatry—Community**, (July 08 - March 12)

Providing whole range of community adult mental health services to residents of Ealing W5, 7 & 13.

- **Consultant in General Adult Psychiatry—In-patient & Community** (Jan 05 - June 08)

Providing whole range of in-patient & community adult mental health services to residents of Ealing W5.

AREAS OF EXPERTISE

Mood Disorders (Bipolar Affective Disorders I & II & Depressive Disorders)

Over the last few years, I have gained wide recognition for my expertise in Mood Disorders at the local and national level.

Member of a panel of national and international bipolar experts who produced the **International Consensus Definition of Treatment-Resistant and Multi-Therapy-Resistant Criteria for Bipolar Depression**, published in the British Journal of Psychiatry in January 2019.

Member of 'UK Treatment-Resistant Depression Expert Forum' providing advice to independent organisations and appointed as Lead for the implementation of "Bipolar NICE Guidelines CG185" at West London trust.





AREAS OF EXPERTISE CONTD.

Produced, with an internationally renowned Bipolar expert, the podcast on *'Challenges in Diagnosing Bipolar Disorder II'* available on the Royal College of Psychiatrists' website and referenced in other websites such as the International Bipolar Foundation and Bipolar UK.

Affective Disorders Lead at West London Trust for 4 years, during which I collaborated with a number of world leaders in Bipolar to integrate the latest evidence-based interventions in developing Bipolar Disorder Intergraded Care Pathway at the Trust.

Founded and ran a 'Specialist Mood Disorders Clinic' in Ealing for 7 years offering second opinion for complex and treatment-resistant cases. The feedback from patients provided by the Royal College of Psychiatrists' 360 feedback ranked me in the top 10% of participating UK psychiatrists.

My expertise in treating Bipolar Disorders was recognised by the chair of national bipolar disorder charity, *MDF the Bipolar Organisation* (Manic Depression Fellowship) in an article to fight stigma.

Led *12-week Bipolar Psychoeducation Group pilot'* which was published in the Tavistock Psychotherapist Society magazine.

Adult Attention Deficit and Hyperactivity Disorder (ADHD)

Lead for adult ADHD at Ealing, West London Trust for 5 years. Established the first and only Specialist Adult ADHD Service at Ealing and ran it for 5 years, providing specialist assessment, diagnosis and treatment for all adults referred to Ealing Mental Health Service seeking assessment for ADHD or further specialist treatment.

The success and popularity of this service led to a dramatic increase in number of referrals seeking ADHD/ASD assessment, which in 2018 comprised 26% of all referrals to Ealing Adult Mental Health Service prompting the CCG to consider a separate business case for funding ADHD Service in Ealing.

Primary Care

Worked closely over the last 18 years with primary care, developing clinical pathways & shared care protocols and delivering trainings to improve integrated care between primary & secondary care for a safe patient transition between the two systems. I developed the first *Ealing Adult Primary Care Strategy* and co-developed, with CNWL Trust, GP Training Modules approved by North-West London CCG to improve shared care & joint work with Primary care





AREAS OF SPECIAL INTERESTS

- Member of the Medicine Management & Optimisation Committee at West London Trust, (2015–current)
- Led on developing the first *Single Point of Access Service at West London Trust* (April 16-current) which was nominated for 2 awards; externally by North West London CCG for the prestigious National “HSJ British Healthcare Award 2016” and internally for “West London Trust Quality Awards 2016”. The service was acknowledged by a live broadcast on Sky News as an example of “improving patients’ care in UK”.
- Physical Healthcare Strategy Lead, West London NHS Trust (2009-2011) and Vice Chair of “Trust Physical Healthcare Committee”, West London NHS Trust (2011-2013).
- Represent West London Trust at ‘Ealing Drug & Alcohol Programme Board’ which develops and oversees delivery of Ealing Alcohol Strategy (2014).
- Led on developing the first ‘Intake & Assessment Team’ as a pilot at the Lammas CMHC which was nominated for ‘West London Innovation Quality Award 2010’ and Led on establishing the first ‘Borough-wide Assessment & Intake Team’ in Ealing (2012).
- CQUIN Lead for Ealing Mental health service - achieved all green (2011-2012)
- Trust lead for Payment by Result over 2 years and represented West London Trust.
- Trust’s lead on the ‘Southall Initiative for Integrated Care’, Ealing Primary care/CCG (2010).

MANAGEMENT

- Deputy then Senior Clinical Lead, Ealing Mental Health Services (2011 – Sept 2014).
- Led the borough’s adult mental health services, line-managed medical staff, re-structured and chaired clinical governance meeting and took forward clinical governance & patient safety agenda in Ealing

TEACHING & ACADEMIC ROLES

- Clinical Professor of Psychiatry, AUC Medical School, US (Nov 2019—current)
- Principal Clinical Teacher, Imperial College Medical School (Mar 2021—current)
- Senior Lecturer at Imperial College Medical School, London (2005—2021)
- Associate Professor of Psychiatry, AUC Medical School, Florida (2014—2019)
- Examiner at Imperial College Medical School final clinical exam
- Examiner at GMC competence CASC test for fitness to practice procedure
- Examiner at the Royal College of Psychiatrists (CASC) of final clinical MRCPsych exam
- Lecturer at Imperial College Medical School Year 5 academic course
- Lecturer at Charing Cross MRCPsych mandatory course part I and II
- Lecturer at WPF “Postgraduate Diploma / MA in Psychodynamic Psychotherapy” (2003—current)





TEACHING & ACADEMIC ROLES CONTD.

- Lecturer at Ealing GP vocational training Scheme (2005 – current)
- Educational and clinical supervisor of specialist psychiatric basic and higher trainees
- Deputy Director of Clinical Studies, West London NHS Trust (May 2005 – Aug 2014)
- Chair of West London Trust's "Undergraduate Medical Committee" (Sept 2014 – current)
- Ealing Clinical Coordinator of Imperial & International AUC Medical Students (2005 – Current)
- Reviewer for Psychiatry Section of "DynaMed" online clinical reference tool created to provide latest, best available evidence-based clinical data through Systematic Literature Surveillance

CLINICAL SUPERVISION:

Currently clinical supervisor for:

- 1 higher psychiatric Trainee (ST4-6)
- 1 basic psychiatric Trainee (CT 1-3)
- 1 Psychiatric Specialty Doctor
- 1 VTS GP trainee
- 1 FY2 trainee

LATEST RESEARCH & PUBLICATIONS

"Treatment-resistant and Multi-therapy resistant criteria for bipolar depression: An international consensus definition".

D Hildago-Mazzei, John Geddes, Guy Goodwin, Sam Nayrouz, Edward Vieta, Alan Young.

British Journal of Psychiatry January 2019 VOL 214 NO 1:

Principle investigator of 'DPIM Study' at West London Trust in collaboration with North West London Clinical Research Network: "DNA Polymorphisms in Mental Illness". The DPIM study is looking into genetic factors involved in Bipolar Affective Disorder & Schizophrenia, along with other mental illnesses.

Achieved significant overrecruitment.

CONTINUED PROFESSIONAL DEVELOPMENT CPD

Up-to-date CPD. Latest Conferences / Training events include:

- 'European College of Neuro-psychopharmacology' (ECNP) annual conference – multiple.
- 'European Congress of Psychiatry' (EPA) - European Psychiatric Association annual Congress- multiple.
- 'World Psychiatric Association' (WPA) annual conference.
- 'Cognitive Dysfunction in Depression'.
- 'Neuromodulation in Depression'.
- 'Difficult to Treat Depression', 'Neurobiology of Depression and targets for Pharmacotherapy'.





CONTINUED PROFESSIONAL DEVELOPMENT CPD CONTD.

- *'UKAAN ADHD' annual conference – multiple.*
- *Numerous Adult ADLD Training events.*
- *'Root Cause Analysis Training' (RCA) and 'NCAS Case Investigator Training'.*
- *'Approved Clinician Training', 'Mental Capacity Act Training', 'Mental Health Law Update'.*
- *'Clinical Risk Training', 'Safeguarding Children Level 3 Training', 'Safeguarding Vulnerable Adult Training'.*
- *Bond Solon Expert Witness Courses 'Excellence in Report Writing - England and Wales'.*
- *Bond Solon Expert Witness Courses 'Court Room Skills - England and Wales'.*
- *Bond Solon Expert Witness Courses 'Cross Examination Training - England and Wales'.*
- *Royal College of Psychiatrist 'Autism Training'.*
- *CBT Skills Training 8 sessions over 8 weeks.*
- *'ADHD Hidden Morbidity in Patients with Substance Misuse' Training.*
- *'Remote Medical consultation/Assessment' Medical Protection Society MPS*
- *'Information Governance' Training, 'Equality and Diversity' Training.*
- *'Mental Health Law and Mental Capacity' Training.*

HISTORY OF PREVIOUS EMPLOYMENTS

- Locum Consultant in General Adult Psychiatry NHS- Full time Oct 04–Dec 04
Barnet, Enfield & Haringey Mental Health Trust
- CHARING CROSS HIGHER PSYCHIATRIC TRAINING SCHEME Aug 2000 – Oct 04
London
- ST MARY'S BASIC PSYCHIATRIC TRAINING SCHEME Aug 92 – Oct 96
London

RECENT PUBLICATIONS

British Journal of Psychiatry January 2019 VOL 214 NO 1:

"Treatment-resistant and Multi-therapy resistant criteria for bipolar depression: An international consensus definition" Authors inc; ...Sam Nayrouz..."

AWARDS & NOMINATIONS

- *6 'Clinical Excellence Awards'*
- *2 'Imperial School Teaching Excellence Awards'*
- *Nomination for 'Imperial Student Academic Choice Award SACA'*
- *Several personal & team nominations for "West London Trust Quality Award"*
- *Team nomination for prestigious "HSJ British Healthcare National Award 2016"*

