

CURRICULUM VITAE

David M. CLARK

University Education

- D.Phil.** Experimental and Clinical Psychology, Wolfson College, University of Oxford, 1983.
- M.Phil** Clinical Psychology (Prize for Best Thesis), Institute of Psychiatry, London University, 1979.
- M.A.** Experimental Psychology, Lincoln College, University of Oxford, 1977.

Awards, Prizes, Honours

- 1976-77 Lord Crewe Scholarship, Lincoln College, Oxford.
- 1977 Thouron Scholarship for study at the University of Pennsylvania, Philadelphia.
- 1977-79 Medical Research Council Advanced Training Award, Institute of Psychiatry, London University.
- 1979 Levine Memorial Award (for best M.Phil thesis), Institute of Psychiatry, London.
- 1979-82 Medical Research Council Partnership Award, Departments of Psychiatry and Experimental Psychology, Oxford.
- 1980-82 Senior Scholarship, Green College, Oxford.
- 1988 May Davidson Award (from British Psychological Society "for outstanding contributions to the development of clinical psychology during first ten years of career").
- 1996 Prize for the most outstanding article published in *Behaviour Research and Therapy* from the founding of the journal, in 1962.
- 1998 Voted a World Leader in Anxiety Disorders Research and Treatment by the professional membership of the Anxiety Disorders of America Association. (one of only two Europeans so honoured).
- 1999 Distinguished Founding Fellow of Academy of Cognitive Therapy

(USA).

- 1999 Fellow of Academy of Medical Sciences (London).
- 2001 Award for Research Excellence, Beck Institute for Cognitive Studies, Assumption College, Worcester, USA.
- 2002 British Association of Behavioural and Cognitive Psychotherapies 30th Anniversary Awards: Voted “Most influential British Cognitive-Behavioural Therapist” by professional members of the Association.
- 2003 Academy of Cognitive Therapy Award for “outstanding and enduring contributions to cognitive therapy”.
- Fellow of British Academy (London).
- 2004 Fellow, Center for Advanced Study in the Behavioral Sciences, Stanford University, USA.
- 2005 Fellow of Kings College London.
- 2008-16 National Institute of Health Research (NIHR) Senior Investigator
- 2008 ISI “Highly Cited” researcher.
- 2009 Honorary Fellowship of the British Psychological Society (appointed by acclaim).
- Honorary Member of the Swedish Association of Cognitive and Behavioural Therapies.
- 2010 Elected a Fellow of the Association for Psychological Science (USA)
- Distinguished Scientific Contributions Award for the Application of Psychology, American Psychological Association (APA).

Award Citation reads “For research on the nature and treatment of anxiety disorders and its subsequent translation into broad social policy. David M. Clark’s identification of the causal role played by catastrophic misinterpretations (heart attack) of benign sensations (anxiety-related cardiac acceleration) led him to develop one of the most powerful interventions yet devised for the treatment of panic disorder (inducing attacks to disconfirm the catastrophic cognitions). He subsequently applied his research strategy to revolutionize our understanding and treatment of social phobia (with Adrian Wells), health anxiety (with Paul Salkovskis), and posttraumatic stress disorder (with Anke Ehlers). His approach has been so successful that the resulting treatments have become a major component of the British government’s £300 million Improving Access to Psychological Therapies

initiative, the largest exercise in social engineering relevant to mental health in the history of the field. His work is pure genius with a real-world application.”

Honorary Doctor of Science, London School of Economics and Political Science (LSE).

- 2011 Honorary President of the Canadian Psychological Association
- 2012 Commander of the British Empire (CBE) for “services to mental health”.
- 2013 Honorary Doctor of Science, University of Roehampton.
- 2014 Lifetime Achievement Award (Professional Practice Board), British Psychological Society.

Honorary Fellowship, British Association of Behavioural and Cognitive Therapies (BABCP).

Honorary Fellowship Citation reads “Professor David M Clark can claim to have had the greatest impact on the science and practice of CBT of any BABCP member. He developed the highly influential cognitive model of panic disorder while his original paper on the topic in Behaviour Research and Therapy received an award for being the most outstanding article published in the journals first 30 years since it was established in 1962. With others he has also developed highly effective cognitive models and treatments for Social Anxiety Disorder, PTSD and Health Anxiety. A feature of his work is that all these models and treatments are supported not only by evidence from numerous RCTs, but also by experimental psychology research on the basic psychological mechanisms underlying the disorders. In 1992 David was elected Chair of the Association while, in 2000, he was voted the most influential CBT therapist by its members. This was before he played a crucial role in the development of England’s IAPT programme, which has considerably increased access to evidence-based psychological therapies. He has been the National Clinical Advisor for IAPT throughout the programme. Among many other distinguished honours, he is a Fellow of the British Academy, a Fellow of the Academy of Medical Sciences, and an Honorary Fellow of the British Psychological Society. He received a CBE in 2012 New Year Honours for services to Mental Health.”

- 2015 Lifetime Achievement Award, American Association of Behavioral & Cognitive Therapies (ABCT).

Fellow, American Association of Behavioral & Cognitive Therapies (ABCT).

- 2016 Distinguished Career Award, Society for Science in Clinical Psychology (USA)

Elected a Fellow of the Academy of Social Sciences.

Honorary Professor of Psychology, University of Cardiff, Wales.

2018 Honorary Member, Dutch-Belgian Experimental Psychopathology (EPP) Society.

2019 Beck Excellence Award, “for initiatives that improve lives worldwide through excellence in cognitive behaviour therapy”.

Honorary Member, Dutch Association for Behavioural and Cognitive Therapies

Posts

1982-83 Medical Research Council Research Associate,
Department of Psychiatry, University of Oxford.

1984 Visiting Fellow, Center for Cognitive Therapy,
University of Pennsylvania (May-August).

1983-87 Fellow, Wolfson College, Oxford.

1983-89 Senior Clinical Psychologist (part-time),
Warneford Hospital, Oxford.

1983-93 University Lecturer in Psychology, (awarded tenure in 1987)
Department of Psychiatry, University of Oxford.

1987-93 Tutorial Fellow, University College, Oxford.

1990-93 Top Grade Clinical Psychologist (Scale B, part-time),
Warneford Hospital, Oxford.

1991 Visiting Professor of Psychology and Psychiatry, University of
Pennsylvania.

1992-95 Visiting Professor of Psychology, City University, London.

1993- 2000 Wellcome Principal Research Fellow, Department of Psychiatry,
University of Oxford.

Special Supernumerary Fellow, University College, Oxford.

Honorary Consultant Clinical Psychologist, Warneford Hospital, Oxford.

1996-2000	Professor of Clinical Psychology, Oxford University.
2000-2005	Head, Department of Psychology, Institute of Psychiatry, Kings College London.
2000- 2011	Professor of Psychology, Department of Psychology, Institute of Psychiatry, Kings College London. Head, Centre for Anxiety Disorders and Trauma, Maudsley Hospital, London.
2002-2005	Clinical & Research Advisor, Northern Ireland Centre for Trauma & Transformation, Omagh.
2008-	National Clinical and Informatics Advisor to the Department of Health & NHS England for the Improving Access to Psychological Therapies (IAPT) Programme.
2010-2011	Academic Director for Mood, Anxiety and Personality Clinical Academic Group (CAG) within Kings Health Partners.
2011-13	Chair, NICE Clinical Guideline Development Group for the Recognition and Treatment of Social Anxiety Disorder.
2011-	Professor and Chair of Experimental Psychology, University of Oxford. Fellow, Magdalen College, Oxford. Director, Oxford Centre for Anxiety Disorders & Trauma. Director, Oxford AHSN Anxiety and Depression Clinical Network.

Membership of Learned Societies

British Psychological Society
British Association of Behavioural and Cognitive Psychotherapy
Association for Behavioral and Cognitive Therapies (USA)
Academy of Medical Sciences (UK)
British Academy (UK)

Academy of Cognitive Therapy (USA)
International Association of Cognitive Psychotherapy
Association for Psychological Science (USA)

Grants Awarded

1983 M.R.C. Equipment and Travel Grant entitled, "Cognitive processes in the maintenance, treatment and prevention of physical and psychological

- illness". £11,504.
- 1985-90 M.R.C. Programme Grant entitled, "Cognitive processes in the maintenance and treatment of Anxiety Neurosis". (held jointly with M.G. Gelder). £252,000.
- 1986 University of Oxford Research Equipment Grant for ambulatory physiological monitoring equipment. £10,000.
- 1986 M.R.C. Programme Grant Supplement. £38,854.
- 1987 University of Oxford Pump Priming Grant entitled, "The causes and psychological treatment of persistent chest pain and palpitations in cardiac clinic patients without significant cardiac disease". (held jointly with R. Mayou). £7,988.
- 1987-89 NATO Collaborative Research Grant (for travel) entitled, "Collaborative Controlled Studies of Psychotherapy for Panic". (held jointly with A.T. Beck, University of Pennsylvania). £2,800.
- 1988-91 Wellcome Trust Project Grant entitled "Cognitive processes in the maintenance and treatment of social phobia". £48,383.
- 1990-95 Renewal of MRC Programme Grant entitled, "Cognitive processes in the maintenance and treatment of anxiety neurosis". £595,000.
- 1993-98 Wellcome Trust Programme Grant entitled "Cognitive processes in the maintenance and treatment of anxiety disorders". (held jointly with A. Ehlers). £588,000
- 1993 Wellcome Trust Building Grant. (held jointly with Gelder, Fairburn and Ehlers) £1,850,00
- 1998-03 Renewal of Wellcome Trust Programme Grant entitled "Cognitive Processes in the maintenance and treatment of anxiety disorders". (held jointly with A. Ehlers). £966,000.
- 2000 Joint Infrastructure Fund (Jif) Grant for a New Psychology Research Building at the Institute of Psychiatry, London University. £1,933,000.
- 2001-03 Wellcome Trust Project Grant entitled, "The interaction of self-imagery and interpretative processes in the maintenance of social phobia (held jointly with R. Williams). £312,000.
- 2003-08 Wellcome Trust Programme Grant entitled "Cognitive Processes in the maintenance and treatment of social phobia and posttraumatic stress disorder". (held jointly with A. Ehlers). £ 1,830,000

to	2008-16	NIHR Senior Investigator Award (£15,000 pa personal award and £75,000 pa local NHS Foundation Trust).
(co-applicant	2008-13	South London & Maudsley NHS Foundation Trust and Kings College London NIHR Biomedical Research Centre in Mental Health. £25 million. for the Common Mental and Somatic Disorders Theme).
	2008-16	Renewal of Wellcome Trust Programme Grant entitled "Cognitive Processes in the maintenance and treatment of social phobia and posttraumatic stress disorder". (held jointly with A. Ehlers). £ 3,968,802
	2011-14	Wellcome Trust Strategic Award entitled “ Use of the internet to train clinicians to implement psychological therapies”. (PI Christopher Fairburn. Co-applicants: David M Clark, T. Wilson and S. Hollon). £1,909,407.
	2012-17	NIHR Oxford Cognitive Health Clinical Research Facility (co-applicant with J. Geddes and C. Kennard). £3,738,298
	2013-16	NIHR Senior Investigator Award (Renewal. £15,000 pa personal award and £75,000 pa through Oxford Health NHS Trust). 1 April 2013 to 31 st March 2016.
	2014-19	Wellcome Trust Clinician PhD Scheme (co-applicant with P Klenerman). Approx £ 7m
	2014-16	Oxford Academic Health Sciences Network (AHSN) Anxiety and Depression Theme. £220,000
	2015 – 2018	Wellcome Trust Clinical PhD Fellowship on ‘Internet cognitive therapy for social anxiety disorder’ (supervisor of Graham Thew). £214,606
	2016-18	Renewal of Oxford Academic Health Sciences Network (AHSN) Anxiety and Depression Theme. £220,000
	2016- 2019	NIHR HTA Feasibility Trial Grant entitled “Specific versus generic psychological therapy for adolescents with social anxiety disorder: A comparison of Clark & Wells’ condition-specific cognitive therapy adapted for adolescents, with the generic cognitive behaviour therapy that is currently used in adolescent services. £648,754
	2016-2022	Wellcome Trust Investigator Award entitled “Advancing cognitive therapy for anxiety disorders and PTSD”. (held jointly with A. Ehlers). £3,266,571
	2017-2020	Medical Research Council Biomedical Catalyst Grant entitled “ Immersive virtual reality cognitive treatment (VRCT) for persecutory delusions (held jointly with Daniel Freeman, Mel Slater & Graham Dunn). £793,502.
	2017-2021	Wellcome Trust Clinical PhD Fellowship on ‘Social anxiety disorder in

adolescents: tests of the cognitive model and treatment” (supervisor of Eleanor Leigh). £251,250.

- 2017-2021 Medical Research Council Grant entitled “ Internet cognitive therapy for young people with PTSD”. (Co-PI with Patrick Smith). £1,300,000
- 2018-2021 NIHR i4i (invention for Innovation) Prize for project entitled “Immersive virtual reality to transform the lives of patients with psychosis”. (Co-PI with Daniel Freeman and others). £3,900,000.
- 2021-2026 Australian NHMRC clinical trials network in child and adolescent mental health entitled, “Growing Minds Australia”. (Co-PI with Mark Dadds as PI). Australian \$ 12,000,000

Various Studentships (Wellcome Prize, MRC, and NIHR)

Teaching

- 1979-00 Tutorials in the Psychological Disorders and Individual Differences finals papers for Oxford Experimental Psychology undergraduates.
- 1981-90 Lectures in learning theory, behaviour therapy and cognitive therapy to psychiatrists on the M.R.C. Psych. Course. Department of Psychiatry, Oxford.
- 1983-00 Lectures on Research Design, Statistics, Anxiety Disorders, Depression, Cognitive Psychology as Applied to the Neuroses, Behavioural and Cognitive-Behavioural Treatments, Post-Traumatic Stress Disorder to trainee clinical psychologists (Dipl. Clin. Psychol.). Warneford Hospital, Oxford.
- Supervision in Research Design and Statistics for psychiatric registrars and senior registrars on research placements in the Department of Psychiatry, Oxford.
- Supervision groups for clinical psychologists and psychiatrists learning cognitive and behavioural treatments.
- Lectures on Psychology as Applied to Medicine to pre-clinical medical students (B.M.), University of Oxford.
- Lectures in Abnormal Psychology (occasional series), Psychology Undergraduates, University of Oxford.
- Supervision and Examining of graduate students reading for D.Phils. in

Experimental Psychology and Clinical Medicine, Oxford.

2000-11 Lectures on understanding and treatment of anxiety disorders, evidence base for psychological therapies, and research methodology to DClIn Psych, MRC Psych and other students at the Institute of Psychiatry, Kings College London.

2007- Lectures on trial methodology, cognitive psychology, the empirical foundation of CBT, pharmacotherapy, phenomenology and classification of mental disorders, stepped care and outcome measures (reliability, validity, utility) to London's Improving Access to Psychological Therapies (IAPT) Trainees.

Workshops on cognitive therapy for panic disorder, social phobia and PTSD to IAPT trainees in the North-West, North-East, South East, & London Regions.

2011- Lectures & Tutorials on Abnormal Psychology & Psychological Therapies to Oxford Undergraduates in Experimental Psychology and Medicine. Masterclasses in cognitive therapy for Oxford Doctorate in Clinical Psychology Programme.

1984 onwards

Workshops on Cognitive Therapy for Anxiety Disorders at British Association of Behavioural Psychotherapy National Conference (1986), BABP Oxford Branch (1984), Royal Free Hospital (1985), City University (1985), University of Uppsala (Sweden, 1986), BABP Birmingham Branch (1987), Yugoslavian Behaviour Therapy Association (Opatija, 1988), Manchester University (1989), Nordic Psychology Conference (Reykjavik, 1989), Anxiety Disorders Association of America (Chicago, 1991), Limburg University (Netherlands, 1997), Aarhus University (Denmark, 1999), World Congress of Psychotherapy (Beijing, 2008), World Congress of Behavioural and Cognitive Therapies (Boston, 2010), Dublin (2010), BABCP (2011, 2014, 2015), Stockholm (2012), Lincolnshire IAPT Conference (2012), University of Cardiff (2015, 2016, 2017, 2018),

1985 onwards (on-going but list not updated recently)

Workshops on the Cognitive Therapy for Panic Disorder at British Association of Behavioural Psychotherapy National Conferences (1985, 1986, 1987, 1990, 1992, 1995), Local BABP Branches (Leeds, Glasgow, and Edinburgh, 1985, Manchester, 1987), University of Limburg (Netherlands, 1986, 1997), University of Uppsala (Sweden, 1986, 1987), Louvain University (Belgium, 1987, 1991), Leicester Clinical Psychology Training Course (1986, 1987), South East Thames Training Course (1987, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996), Rush-Presbyterian Medical Center (Chicago, 1988), American Psychiatric Association Annual Conferences (Montreal, 1988; San Francisco, 1989; New York, 1990; New Orleans, 1991; Washington, 1992; Philadelphia, 1994; New York, 1996; San Diego, 1997), Semmelweiss Medical University (Budapest, 1988), Center for Cognitive Therapy (Philadelphia, 1988 twice; 1989, 1990, 1991), University of Marburg (West

Germany, 1988), World Congress of Behaviour Therapy (Edinburgh, 1988), Phobia Society of America (Boston, 1988; Washington, 1990), Temple Conference on Anxiety Disorders (Philadelphia, 1989), World Congress of Cognitive Therapy (Oxford, 1989; Toronto, 1992; Copenhagen, 1995), Association for Advancement of Behaviour Therapy Annual Conference (Washington, 1989; San Francisco, 1990), Penn State University (1989, 1990), Atlanta Center for Cognitive Therapy (Atlanta, 1990), Yugoslavian Behaviour Therapy Association (Dubrovnik, 1990), University of Trondheim (Norway, 1990), University of Copenhagen Medical School (Denmark, 1991), University of Basle (Switzerland, 1991), University of Bergen (Norway, 1991), University of Oslo (Norway, 1991), Anxiety Disorders Association of America (Houston, 1992), University of Ontario (Canada, 1992), Dutch Behaviour Therapy Association (Eindhoven, 1995), European Congress of Behavioural and Cognitive Therapies (Budapest, 1996), Salford Cognitive Therapy Course (2001-03, 2005-09), Bergen University (Norway, 2008, 2009), London and North West SHA IAPT training courses (2008-15), Beijing Anding Hospital (China, 2008, 2010), UCL DclinPsych course (2009, 2010), Wolfson College, University of Oxford (2010), North West IAPT, Manchester (2013, 2014, 2015, 2018), Reading (2014, 2017), Institute of Psychiatry, Kings College London (2015, 2016), 2018, Finish CBT Association 40th Anniversary Congress, Helsinki, Finland (2017)

1995 onwards (on-going but recent listing incomplete)

Workshops on the Cognitive Therapy for Social Phobia at British Association for Behavioural and Cognitive Therapy Annual Conferences (Southampton, 1995; Durham, 1998; Birmingham 2014); Dutch Behaviour Therapy Association Annual Conference (Eindhoven, 1995), World Congress of Behavioural and Cognitive Therapies (Copenhagen, 1995; Vancouver 2001; Barcelona, 2007; Boston 2010; Melbourne 2015); First Irish Cognitive Therapy Conference (Limavady, 1995); European Association of Behavioural and Cognitive Therapies (Budapest, 1996; Venice, 1997; Cork, 1998; Dubrovnik, 2009; Reykjavik 2010; Jerusalem, 2015); Mainz University (Germany, 1996); Goethe University in Frankfurt (Germany, 1996, 1997, 1998, 2003); Manchester University (1996); Limburg University (Netherlands, 1997); Stockholm University (Sweden, 1997, 2007); Uppsala University (Sweden, 1998); Louvain University (Belgium, 1997), Institute of Psychiatry (London, 1997, 1998, 2000, 2001-15), Braunschweig University (Germany, 1998); Spanish Cognitive Therapy Association (Valencia, 1998); Swiss Cognitive Therapy Association (Geneva, 1998), Zurich University (Switzerland, 2001, 2004), University of Pennsylvania (Philadelphia, 2002), Danish Cognitive Therapy Association (Copenhagen, 2002), Newcastle University (2001-03, 2005-11), Annual Conference of the Swedish Association for Behavioural & Cognitive Therapies (Stockholm, 2003, 2015), Bay Area Center for Cognitive Therapy, Berkeley, USA (2005), Bergen University, Norway (2006, 2008, 2010), Annual Congress of Japanese Association of Cognitive Therapy, Tokyo, Japan (2006), Annual Congress of Australian Association of Cognitive Behaviour Therapy, Sydney, Australia, (2006), University of Ulster (Northern Ireland, 2007), BABCP Central Branch (Oxford, 2007), Chinese University of Hong Kong (2007), Norwegian CBT Association (Oslo, 2007; Stavanger 2014), Hull University (2009), IAPT, London (2009), Nottingham University (2009), BABCP Scottish Branch (2009, 2014, 2015), St Georges Hospital, London (2010), BABCP Manchester (2010), Salomons University (2011), University of Bath (2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018), University of Reading, Charlie Waller Institute (2011, 2016, 2018), BABCP London (2013), Oxford Cognitive Therapy Centre (2014), Edinburgh

(2014), Charlie Waller Institute, University of Reading (2014), Queens University Belfast (2014), Association for Behavioural & Cognitive Therapies, Philadelphia (2014). Stavanger, Norway (2014), Institute of Psychiatry, Kings College London (2015, 2018), Swedish Congress in CBT & Behavioural Therapies (2015), Greater Manchester Mental Health NHS Foundation Trust (2015, 2016, 2017, 2018), EABCT various locations (2015, 2016), Oxford AHSN (2016), Oxford/Reading therapist workshop, Oxford (2016, 2017), IABCP, Ireland (2017), Finish CBT Association 40th Anniversary Congress, Helsinki, Finland (2017), Gloucester IAPT service (2017), Stress Management Centre, Sao Paulo, Brazil (2018), West Dorset high intensity therapists (2018), EABCT, Sofia, Bulgaria (2018),

1997 onwards

Workshops on Cognitive Therapy for Post-traumatic Stress Disorder at Oxford Post-Qualification Cognitive Therapy Diploma Course (1997, 1998), European Association for Behavioural and Cognitive Therapies (Dresden, 1999), Omagh (Northern Ireland, 1999), Institute of Psychiatry (London, 2000, 2001, 2002, 2003), Zurich University (Switzerland, 2001, 2004), Danish Cognitive Therapy Association, (2002), Annual Congress of European Association of Behavioural & Cognitive Therapies (Prague, 2003), University of Oslo (2003), Annual Conference of Association for Advancement in Behavior Therapy (Boston, 2003), St Gorans University Hospital, Stockholm (2004), Annual Conference of the Italian Association for Cognitive and Behavioural Therapies, Rome (2005), Annual Conference of the Catalan Association for Cognitive and Behavioural Therapies, Barcelona. (2006), University of Ulster, Belfast (2007), Chinese University of Hong Kong (2007), Norwegian CBT Association (Oslo, 2007).

Keynote Addresses/Named lectures.

"A cognitive approach to the understanding and treatment of panic". Keynote Address. Temple University Anxiety Disorders Conference (Philadelphia, 1989).

"Behaviour therapy in the 1990's". Keynote Address. European Association of Behaviour Therapy Annual Conference (Vienna, 1989).

"New perspectives to the treatment of anxiety disorders". Keynote Address. Phobia Society of America 10th Annual Congress (Washington, 1990).

"Cognitive theory and treatment of panic". Ostmarka Lecture (University of Trondheim, 1990).

"Negative thinking in anxiety: what keeps it going and how to change it". Keynote Address. Anxiety Disorders Association of America Annual Conference (Chicago, 1991) and British Association of Behavioural Psychotherapy Annual Conference (Oxford, 1991).

"Recent advances in cognitive therapy for anxiety disorders". Keynote Address. International Congress on Stress and Anxiety (Braga, Portugal, 1991).

"Exploring answers to complex anxiety problems". Keynote address. Annual Conference of Anxiety Disorders Association of America (Houston, 1992).

"The cognitive theory and treatment of panic disorder: A ten year progress report". Keynote Address. 5th Nordic Conference on Behavioural Therapy (Reykjavik, 1992).

"Experimental investigations of the cognitive theory and treatment of panic disorder". Keynote Address. British Psychological Society London Conference, 1992.

"Cognitive approaches to the understanding and treatment of anxiety disorders". Keynote Address. Dutch Psychological Society Annual Conference, 1992.

"A cognitive approach to the understanding and treatment of social phobia". Keynote Address. British Association of Behavioural and Cognitive Therapies Annual Conference. Lancaster, 1993.

"Opportunities for the use of cognitive therapy in Post-Traumatic Stress Disorder". BABCP International Conference on Post-Traumatic Stress Disorder. Manchester, 1995.

"Social Phobia: a new psychological model". Keynote Address. 1st Northern Ireland Conference on Cognitive Therapy. Londonderry, Northern Ireland. 1995.

"Specialised cognitive models and interventions for different anxiety disorders". Keynote Address. Dutch Behaviour Therapy Society (VGt) Annual Conference. Eindhoven, Netherlands, 1995.

"Tests of a cognitive theory of social phobia". Keynote Address. 26th Congress of the European Association for Behaviour Therapy and Cognitive Therapy. Budapest, 1996.

"Specific cognitive models and treatments for the anxiety disorders." Keynote Address. 25th Annual Conference of British Association of Behavioural and Cognitive Therapies. Canterbury, July 1997.

"Social Phobia: a new model and treatment." Keynote Address. 27th Congress of the European Association of Behavioural and Cognitive Therapies. Venice, September 1997.

"Anxiety Disorders: why they persist and how to treat them". Keynote Addresses. 28th Congress of the European Association of Behavioural and Cognitive Therapies. Cork, Ireland, September 1998, and Annual Congress of German Society for Behavioural Medicine. Prien, Germany, March 1999.

"Cognitive Behaviour Therapy for Anxiety Disorders: Science & Practice" Keynote Address. Eurobrain99, Aarhus, Denmark, September 1999.

"Developing effective and efficient psychological treatments for severe anxiety disorders". Invited Lecture. Annual Congress of the Association for the Advancement of Behavior Therapy, Toronto, Canada, November, 1999.

"Empirically derived cognitive-behavioural treatments for anxiety disorders". Keynote address. International Congress of Cognitive Therapy, Catania, Sicily, June 2000.

"Social phobia and posttraumatic stress disorder: why they persist and how to treat them". Keynote address. World Congress of Cognitive and Behavioural Therapies, Vancouver, July 2001.

“Past Progress and Future Challenges in Cognitive Approaches to Anxiety Disorders” Keynote address. 30th Annual Congress of the British Association of Behavioural and Cognitive Psychotherapies, Warwick University, June 2002.

“A cognitive science approach to developing effective psychological treatments for anxiety disorders”. Golden Jubilee Clinical Psychology Lecture, University of Southampton, November 2002.

“Social anxiety disorder and how to treat it”. British Psychological Society London Lecture, December 2002.

“A cognitive science approach to developing effective psychological treatments for anxiety disorders” Keynote Address, Annual Conference of the Swedish Association for Cognitive behaviour Therapy, Stockholm, February 2003.

A cognitive approach to the understanding and treatment of social phobia and posttraumatic stress disorder. Keynote Address. Annual Congress of the European Association of Behavioural and Cognitive Psychotherapies. Prague, September 2003.

“A cognitive science approach to developing effective psychological treatments for anxiety disorders”. Invited Lecture, Annual Conference of the British Psychological Society (Division of Clinical Psychology). London, April 2004.

“Social Phobia and Posttraumatic Stress Disorder”. Invited lecture. Karolinska Institute Conference on Advances in the Understanding and treatment of Anxiety Disorders, June 2004. Stockholm, Sweden.

“Psychological treatment of social anxiety disorder”. Keynote address. Annual Conference of the Italian Association of Behavioural and Cognitive Therapies. November, 2005. Rome, Italy.

“Development and dissemination of cognitive therapy for anxiety disorders”. Keynote address. Annual Congress of Catalan Association of Behavioural and Cognitive Therapies. June 2006. Barcelona, Spain.

“Social anxiety: developments in understanding and treatment”. Keynote Address. Annual Conference of Social Anxiety UK. London, July 2006.

“A cognitive approach to the understanding and treatment of social phobia”. Keynote Address. Annual Conference of the Japanese Psychological Society, Tokyo, Japan. October 2006.

“Social anxiety disorder: cognitive theory, research and therapy”. Keynote Address. Annual Conference of the Australian Association of Cognitive and Behavioural Therapies. Sydney, Australia. October 2006.

Keynote Address to the World Congress of Behavioural and Cognitive Psychotherapies, Barcelona, Spain. July 2007.

“Cognitive Therapy for Anxiety Disorders”. Keynote Address. Biannual Conference of the

Norwegian Association of Cognitive and Behavioural Therapies . Oslo, Norway. November 2007.

“Mechanism of change in psychological treatments for anxiety disorders”. Invited lecture. Conference on “What makes therapy work?” Lund, Sweden. June 2008

“Cognitive therapy for anxiety disorders: from science to practice”. Keynote address. British Association of Behavioural and Cognitive Therapies Annual Conference, Edinburgh, July 2008.

“Developing and disseminating effective psychological treatments for anxiety disorders”. Invited Lecture, International Congress of Psychology, Berlin, July 2008.

“Cognitive Therapy for Anxiety Disorders: From Science to Practice”. State of the Art Address to the 5th World Congress of Psychotherapy, Beijing, China. 12-15th October 2008.

“ Effective Psychological Treatments for Anxiety Disorders: Science, Policy and Economics”. Annual Joint British Academy and British Psychological Society Lecture (London, 17th October 2008).

“Cognitive Therapy for PTSD”. Invited Clinician Masterclass. Annual Conference of the International Society for Traumatic Stress Studies (ISTSS). Chicago, 13th November 2008.

“Cognitive approaches to the understanding and treatment of anxiety disorders”. Keynote Address. Defense Mental Health Conference, Fort Blockhouse, Gosport, 30th June 2009.

“Improving Access to Psychological Therapies: Science, Policy and Economics”. Keynote Address. Norwegian Association of Psychology, Oslo, July 2009.

“Cognitive-Behaviour Therapy, from Science to Practice” Opening Address for the European Congress of Behavioural and Cognitive Therapies, Dubrovnik, Croatia, September 2009.

“Improving Access to Psychological Therapies: Science, Policy and Economics” Keynote Address. Annual Conference of the Swedish Association for Cognitive & Behavioural Therapies, Gotenberg, Sweden. October 2009.

“Cognitive Therapy for PTSD” Keynote Address for the UK Trauma Society’s Annual Conference, Edinburgh, March 2010.

“Cognitive Therapy for Anxiety Disorders: From Science to Practice and Policy”. University of Greenwich’s Annual Public Psychology Lecture, March 2010.

“Social Anxiety Disorder: State of the Art”. Keynote Address. World Congress of Behavioural and Cognitive Psychotherapies, Boston, USA. June 2010.

“Improving Access to Psychological Therapies: Lessons from the English National Programme”. Keynote Address, Danish CBT Association’s Annual Conference, Copenhagen, April 2011.

“Improving Access to Psychological Therapies: Science, Policy and Economics”. Klaus Grawe Lecture, German Psychotherapy Society’s Annual Congress, Berlin, June 2011.

“Developing and disseminating effective psychological treatments: science, practice and economics”
Opening Address, European Association of Behavioural and Cognitive Therapies (EABCT)
Congress, Iceland, August 2011.

“Developing and disseminating effective psychological treatments: science, practice and economics”
Honorary President’s Address, Annual Congress of Canadian Psychological Association, Halifax,
Nova Scotia, Canada. June 2012.

“Developing and disseminating effective psychological treatments: science, practice and economics”
Keynote Address, Danish Psychological Association, Copenhagen, Denmark. November 2012.

“IAPT in Year 4: What has it Achieved and how might it usefully Develop in the Future?” Keynote,
Lincolnshire IAPT Conference, 2012

“Developing and disseminating effective psychological treatments: science, practice and economics”
Keynote Address, 40th Annual Congress of Association Francaise de Comportementale et Cognitive
(AFTCC), Paris, France. December 2012.

Keynote Address, Danish Psychiatric Association, March 2013

Keynote Address: Florida Institute of Technology, April 2013

Keynote address, BABCP Annual Conference, London, July 2013

Keynote Address, Scottish Psychological Therapies Conference October 2013

Keynote Address, International Experimental Psychopathology Conference, Rome, February 2014.

Keynote Address, Schizophrenia Days International Congress, Stavanger, Norway. November 2014.

Invited Address, Association for Behavioral & Cognitive Therapies (ABCT) Annual Congress,
Philadelphia, USA, November 2014.

Keynote Address, Swedish Association for Behavioural & Cognitive Therapies, Stockholm, March
2015

Keynote Address, Bath Psychosis Conference, June 2015

Keynote Address, European Association of Cognitive and Behavioural Therapies Annual Congress,
Jerusalem, September 2015.

Keynote, Oxford Cognitive Therapy Centre, September 2015

Keynote Address, Iceland Mental Health Week Reykjavik University (live streamed to multiple
venues in Iceland) January 2016.

Keynote, BPS Annual Conference, Nottingham, April 2016

Keynote, BABCP, Belfast, 2016

Distinguished Career Award Address, Association for Psychological Science Annual Conference,
Chicago, May 2016

Keynote Address, BABCP Annual Congress, Belfast, Northern Ireland, June 2016.

Opening Address and Keynote Address, World Congress of Cognitive and Behavioural Therapies,
Melbourne, July 2016

Keynote, Division of Counselling Psychology Conference, July 2016

Keynote Address, European Association of Cognitive and Behavioural Therapies Annual Congress,
Stockholm, September 2016

Keynote Address, Karolinska Psychiatry Lecture Series, Stockholm, September, 2016.

Keynote Address, European Society for Science of Personality Disorders (ESSPD), Vienna,
September 2016.

Lifetime Achievement Keynote Address: Association for Behavioral & Cognitive Therapies (ABCT) Annual Congress, New York, USA, November 2016.

Keynote, American Psychosomatic Association Annual Conference, Seville, Spain. March 2017.

Keynote, Oxford University Alumni Weekend, Singapore, March 2017.

Keynote, Cardiff BABCP, Cardiff, Wales, April 2017.

Keynote, IABCP, Ireland, May 2017.

Keynote, Finnish CBT Association 40th Anniversary Congress, Helsinki. June 2017

Keynote, International Congress of Cognitive Psychotherapy, Romania, June 2017

Keynote Address, Stockholm Stress Centre, Sweden, November 2017

Keynote at Grand Rounds, Ottawa, Canada – February 2018

Various meetings and talks to Canadian Ministry Officials on Implementation of Psychotherapy Programs, Toronto, Canada – February 2018

Honorary membership Award Address, Utrecht EPP event, The Netherlands, April 2018

Keynote, Stress Management Centre of Sao Paulo, Brazil, April 2018

Keynote, Poland National CBT Conference, May 2018

Keynote, CACBT conference, Vancouver, Canada, May 2018

Keynote for the release of Thrive Dutch translation, “Therapiewinst”, Amsterdam, The Netherlands, June 2018

Keynote, EABCT, Sofia, Bulgaria, September 2018

Keynote Address, University of Louisville Annual Advances in Psychiatry Conference, Louisville, USA, October, 2018.

Keynote Address, Manitoba Psychological Association, Winnipeg, Canada, November, 2018.

Keynote Address, German Association of Psychiatry, Psychotherapy, and Psychosomatics (DGPPN) Congress, Berlin, November, 2018.

Plenary Address, World Government Summit, Dubai, February 2019.

Keynote Address: World Congress of Behavioural and Cognitive Therapies, Berlin, July 2019.

Keynote Address, Belgian and Dutch CBT Associations Increasing Access to Therapy Conference, Leuven, March 2019.

Keynote Address, Future of Psychotherapy Conference, Toronto, April, 2019.

Keynote Address, Italian Psychotherapy Association Conference, Milan, May, 2019.

Keynote Address, European Congress of Psychology, Moscow, July, 2019.

Beck Excellence Award Lecture, Philadelphia, September, 2019.

Keynote Address, European Association of Clinical Psychology (EACLIPT) Conference, Dresden, October, 2019.

Keynote Address, St Patrick’s Hospital Founders Day Conference, Dublin, December, 2019.

Keynote Address (Virtual), Graham Boeckh Foundation Conference on the Future of Mental Health Policy for Canada, Ontario, May, 2020.

Keynote Address (Virtual), Leaders in Mental Health Prevention Summit, Sydney, Australia. August 2020

Keynote Address (Virtual), Annual Conference of the British Association of Behavioural and Cognitive Therapies, Bath, September, 2020.

Keynote Address (Virtual), All-Russian Mental Health Awareness Program for University Students Conference. Moscow, 11th March 2021.

Numerous invited conference symposia and papers and invited colloquia.

Doctoral Research Students (and current appointments)

All of my doctoral students have completed within 4 years except for Lusia Stopa who had 2 periods of maternity leave during her doctoral studies.

Bath) then	Rachel Williams	(Clinical Psychologist)
	Paul Salkovskis	(Professor of Applied and Clinical Psychology, University of
	Emma Dunmore	(Senior Lecturer in Clinical Psychology at Surrey University, Head of Psychology at Harrogate Grammar School)
	Lusia Stopa	(Professor of Clinical Psychology, University of Southampton)
	Hendrik Hinrichsen	(Head of Clinical Psychology, Sutton and Merton NHS Mental Health Trust)
	Mark Davis	(Clinical Psychologist)
	Warren Mansell	(Reader in Clinical Psychology, University of Manchester)
	Ceri Evans	(Clinical Director, Forensic Psychiatry Service, Hillmorton Hospital, Christchurch, New Zealand)
	Sarah Halligan	(Senior Lecturer in Clinical and Health Psychology, University of Bath)
	Tanja Michael	(Professor of Psychology, University of Saarbrucken, Germany)
	Oliver Sundermann	(Clinical Psychologist in IAPT Service, Sutton & Merton)
	Benjamin Boecking	(Research Clinical Psychologist at the Institute of Psychiatry)
	Olivia Bolt	(Clinical Psychologist)
Graham Thew	(Wellcome Clinical Fellow)	
Eleanor Leigh	(Wellcome Clinical Fellow)	

Administration

1980-81	Chairperson, Oxford Branch of the British Association of Behavioural Psychotherapy.
1983-93	Computing Co-ordinator and Statistics Advisor, Department of Psychiatry, Oxford.
1985-00	Co-ordinator of Graduate Admissions, Department of Psychiatry, Oxford.
1986-87	Chairperson, Oxford Branch of the British Association of Behavioural Psychotherapy.
1988-89	Chairperson, Scientific and Organising Committees for World Congress of Cognitive Therapy (Oxford, 28th June - 2nd July 1989).
1991-95	Chairperson, Cognitive Therapy Scientific Committee for World Congress of Behaviour and Cognitive Therapies, Copenhagen, June 1995

1992-93	President, British Association of Behavioural and Cognitive Psychotherapies.
1992-95	President, International Association for Cognitive Psychotherapy.
2000-05	Head, Department of Psychology, Institute of Psychiatry
2000-	Head of Institute of Psychiatry's Interdisciplinary Research Group (IRG) on "Psychology, Emotion and Health".
2005- of Research	Lead for "Common Mental and Somatic Disorders" theme within the Institute of Psychiatry/South London and Maudsley NHS Trust's Biomedical Centre (BRC) for Mental Health.
2005- Programme group,	Member of Department of Health Committees for the Improving Access to Psychological Therapies (IAPT) initiative (Programme Board, management Group, Expert Reference Group, Workforce Informatics group, R& D group).
2010-11	Academic Lead for the Mood, Anxiety and Personality (MAP) Clinical Academic Group within the Kings Health Partner's Academic Health Sciences Centre (AHSC)
2011-13	Chair, NICE Clinical Guideline Development Group for the Recognition and Treatment of Social Anxiety Disorder.
2013-	Clinical Director, Oxford Academic Health Sciences Network (AHSN) for Anxiety Disorders and Trauma
	Co-Director of Wellcome Trust Clinician PHD Programme in Cognitive and Mental Health, University of Oxford.
	Chair, Oxford University Neuroscience, Psychology and Psychiatry Impact Committee

Clinical Work

1977-79	Psychometric assessment and treatment of behavioural problems in normal and subnormal children, drug abuse, depression, obsessions, phobias of various types, alcoholism, sexual and marital dysfunctions, and abnormal dysfunctional beliefs. Institute of Psychiatry, London.
1984	Supervised training in Cognitive Therapy, Center for Cognitive Therapy, University of Pennsylvania.
1979-2000	2-3 sessions a week of adult out-patient work at Warneford Hospital, Oxford.

Mainly assessing and treating panic disorder with and without agoraphobia, hypochondriasis, social phobia, PTSD, depression, and somatoform disorders.

- 1985-2000 1 session a week giving supervision in cognitive-behaviour therapy to research trial therapists (clinical psychologists and psychiatrists) and to trainees on the Oxford post-qualification Diploma in Cognitive Therapy.
- 1995- Weekly peer supervision of own CBT cases.
- 2000-11 2 sessions a week at Centre for Anxiety Disorders and Trauma, Maudsley Hospital. Treating patients with social phobia and posttraumatic stress disorder. Running regular supervision groups in these disorders.
- 2011- Director, Oxford Centre for Anxiety Disorders & Trauma.

Reviewing

Reviewing manuscripts submitted to: Archives of General Psychiatry, Behaviour Research and Therapy; Behavioural and Cognitive Psychotherapy; Biological Psychology; British Journal of Psychology; British Journal of Clinical Psychology; British Journal of Psychiatry; Cognitive Therapy and Research; Cognition and Emotion; Journal of Abnormal Psychology; Journal of Anxiety Disorders; Journal of Affective Disorders; Journal of Behaviour Therapy and Experimental Psychiatry; Journal of Consulting and Clinical Psychology; Journal of Psychosomatic Research; Nature; Psychopathology; Psychological Bulletin; Psychological Medicine; Psychophysiology; Scandinavian Journal of Behaviour Therapy, Science.

- 1988-90 Joint Editor, Behavioural Psychotherapy.
- 1990-94 Editorial Board, Cognitive Therapy and Research
- 1992- Editorial Board, Behaviour Research and Therapy
- 1993- Editorial Board, Journal of Cognitive Psychotherapy
- 1994- Editorial Board, Cognitive Behavioural Therapy
- 1996- Editorial Board, Revista de Psicopatología y Psicología Clínica
- 2002- Editorial Board, Psychopathology
- 2004- Editorial Board, Applied and Preventative Psychology

Consultancy/National Committees

- 1986 Consultant on National Institute of Mental Health (U.S.A.) Workshop on Psychological Approaches to the Understanding and Treatment of Panic.
- 1988 Consultant to National Institute of Mental Health (U.S.A.)

Psychotherapy Section on Cognitive Treatment of Panic.

- 1989-91 Consultant in National Institute of Mental Health (U.S.A.) Grant entitled "Cognitive Model of Panic Disorder". (Held by Prof. L. Michelson, Pennsylvania the State University). The grant involves an evaluation of the theory and therapy for panic developed by Dr. Clark and colleagues in Oxford. Other evaluations are also being conducted at University of Uppsala (Sweden), University of Marburg (West Germany), University of Limburg (Netherlands), University of Pennsylvania (U.S.A.).
- 1990-95 Panel member, Wellcome Trust (UK) Mental Health and Neuroscience Grants Committee.
- 1991 Presenter, National Institute of Health (U.S.A.) Consensus Development Conference on the Treatment of Panic Disorder.
- 1994-99 Consultant on two National Institute of Mental Health (U.S.A.) Grants. The first, held by Professor E. Foa, Medical College of Pennsylvania, investigates cognitive processes in the development and treatment of Post-Traumatic Stress Disorder following Rape and Assault. The second, held by Professor L. Michelson, Pennsylvania State University, investigates psychological treatments for severe agoraphobia.
- 1997-04 Medical Research Council (UK) Advisory Panel.
- 2004-07 Wellcome Trust Neuroscience and Mental Health Strategy Committee
- 2005- Department of Health (UK) Improving Access to Psychological Treatments (IAPT) Programme Board, Programme Management Group, Expert Reference Committee, Outcomes & Informatics Committee, Education & Training Committee.
- 2008-11 Member, London Strategic Health Authority's Programme Board for IAPT.
- 2008- Department of Health's National Clinical & Informatics Advisor for IAPT
- 2014- Mentor and Advisor for two NIHR Professorship Awards (to Cathy Creswell at Reading University and Daniel Freeman at University of Oxford).
- 2021- Member, KoaHealth Scientific Advisory Board
- 2021- Consultant to New Life Psychiatric Rehabilitation Association (Hong Kong, China)
- 2021- Member, International Board of the Faculty, Catholic University of the Sacred Heart (Milan, Italy)
- 2021- Member, Scientific Committee of CBT evidence-based psychotherapy

Brief Summary of Research & Achievements (to 2020)

David M Clark's research achievements fall into two main categories.

1) Developing effective psychological therapies for a range of anxiety related disorders. Clark has taken a cognitive approach to the understanding and treatment of anxiety disorders. Experimental and clinical studies are closely integrated. The general strategy has been to: (i) use clinical interviews and cognitive psychology paradigms to identify the core cognitive abnormality in an anxiety disorder; (ii) construct a theoretical model which explains why the cognitive abnormality does not self-correct; (iii) test the hypothesised maintaining factors in rigorous experimental studies; (iv) develop specialised cognitive treatments which aim to reverse the empirically validated maintaining factors; and (v) test the efficacy of the treatments in randomised controlled trials.

The research has led to the successful development of novel and effective cognitive therapy (CT) programmes for four common anxiety-related disorders: panic disorder, hypochondriasis, social anxiety disorder and posttraumatic stress disorder. In all four disorders, the new treatments have been shown to have specific effects (i.e. are superior to an equally credible alternative psychological treatment that tightly controls for non-specific therapy factors such as treatment credibility, patient expectation of improvement, amount of therapist attention etc). In addition, in each disorder the new treatments have been shown to be superior to a range of existing, active treatments. (In panic disorder clinical trials have established that CT-Panic is superior to medication and applied relaxation. In hypochondriasis, CT-Health Anxiety has been shown to be superior to a generic stress management treatment. In PTSD, CT-PTSD has been shown to be superior to supportive counselling and guided self-help. In social anxiety disorder, clinical trials in the UK, Germany, Japan, Norway and Sweden have shown that CT-SAD is superior to group CBT, exposure therapy, interpersonal therapy, psychodynamic psychotherapy, SSRIs, medication-based treatment as usual, and placebo medication. Such consistent evidence of differential effectiveness is extremely unusual in psychotherapy research. The UK National Institute for Health and Care Excellence (NICE) has issued clinical guidelines on the treatment of panic disorder, social anxiety disorder and PTSD. The CT programmes developed by Clark and his team are recommended as 1st line interventions in all three guidelines.

2) Creating systems for making effective psychological therapies widely available to the public, both in the UK and internationally. For the last two decades, Clark has been heavily involved in developing large-scale initiatives for increasing the public availability of effective psychological treatments for anxiety disorders and depression. The first followed a car bomb in Omagh, Northern Ireland on 15th August 1998. He trained local clinicians in our CT-PTSD and helped set up an Omagh based treatment service. A session-by-session outcome monitoring system was developed to ensure outcomes were recorded even if patients finished therapy early. An audit of the first 100 patients treated in the service showed that CT-PTSD achieved outstanding outcomes, in line with those in randomized controlled trials, even though there were no exclusion criteria for individuals seen in the service. Presentation of the results to the Northern Ireland Office led to the release of funding to establish the Northern Ireland Centre for Trauma and Transformation, which treated other victims of the Troubles for a decade before it's activity was mainstreamed within the NHS.

The second initiative is the English “Improving Access to Psychological Therapies” (IAPT) programme, which is currently the world’s largest national programme for evidence-based psychological therapies (see [Clark, 2018, *Annu. Rev. Clin. Psychol.*, 14, 159-183](#) for details). In early 2005, Clark and an economist (Richard Layard) presented a combined clinical and economic case for programme to the UK government. This led the government to fund of two pilot sites for an initial period of two years. Evaluation of the sites (Clark et al, 2009, *Behav. Res. Ther.*, 47, 910-920) showed therapists could be trained to obtain outcomes in routine services in line with those achieved in gold standard clinical trials. The success of the pilots led the UK government to fund a phased national roll-out of the IAPT model, covering the whole of England. Clark served as the UK government and the NHS clinical & informatics advisor for the roll-out and has remained in that role to further guide the expansion of the programme as it has treated progressively more people each year. From small beginnings in 2008, IAPT services now deliver a course of evidence-based psychological therapy to over 610,000 people with depression and/or anxiety disorders each year. The session-by-session outcome monitoring system that was initially deployed in Omagh has been adopted. As a consequence, pre-treatment and post-treatment measures of the severity of depression, anxiety and mental health related disability are available for over 99% of the people who have a course of treatment. This unprecedented level of completeness for outcome data in mental health services has made it possible to study the determinants of regional differences in the outcomes that IAPT services achieve (e.g. [Clark et al, 2018, *Lancet*, 391, 679-686](#)). Feedback of the findings of such research has enabled the lower performing services to reform and approach the outcomes achieved by the higher performing services. This also means that the ambitious outcome targets for the whole IAPT programme (at least 50% of patients recovering from both depression and anxiety and many others improving) have been met for several years. National and local service outcome data is published on the worldwide web by two government agencies (NHS Digital and Public Health England) in an unprecedented exercise in public transparency about the effectiveness of mental health services. The most recently published data (for 2019/20) show that around 5 in every 10 patients (52%) treated in IAPT fully recover and around 7 in every 10 (68%) show substantial improvement. In light of the success of the programme, the UK government has committed to further expand it so that more than 900,000 patients in England will be treated each year by 2024.

Several countries have closely observed the development of IAPT and have decided to develop similar services in order to expand public access to psychological therapies. Clark has provided support and advice to politicians, commissioners, and clinicians in these countries. Norway was one of the first to develop an IAPT like service, which is called Prompt Mental Health Care (PMHC). Now established in over 50 municipalities, PMHC achieves similar outcomes to English IAPT. The Australian version, called “New Access”, has been similarly effective. Israel has established a national IAPT pilot and Ontario has recently launched its own version, termed “Mindability”.

The success of the IAPT programme has attracted positive attention in the international media. An editorial in *Nature* in 2012 described it as “world beating”. A feature article in the *New York Times* in 2017 described it as “described it as the world’s most ambitious effort to treat depression, anxiety and other common mental illnesses” and an opinion piece on IAPT in the *Canadian Globe and Mail* in 201& carried the headline “For better mental-health care in Canada, look to Britain”.

To help clinicians around the world develop their skills in cognitive therapy for anxiety disorders, Clark and his team have developed a free therapist resources website (www.oxcadatresources.com) short video clips showing how to do many of the specialized procedures in CT for social anxiety and PTSD, as well as how to successfully deliver the treatments remotely during COVID. Clinicians in

over 130 countries are regularly using the website.

Specific publications are listed below.

Publications (Google Scholar H-index 114. > 58,000 citations. 3 articles >3,000 citations each. 27 articles >500 citations. 57 articles >300 citations)

1. Books

Hawton, K.E., Salkovskis, P.M., Kirk, J. and Clark, D.M. (1989) *Cognitive Behaviour Therapy for Psychiatric Problems* Oxford University Press. (Sales approx 95,000).

Clark, D.M. and Fairburn, C.G. (1997) *The Science and Practice of Cognitive Behaviour Therapy* Oxford University Press. (Sales approx 15,000).

Stangier, U., Clark, D.M., and Ehlers, A. (2006). *Soziale Phobie*. Hogrefe, Berlin.

Stangier, U., Clark, D.M., Ginsberg, D.M., and Ehlers, A. (2016). *Soziale Angststörung*. Hogrefe, Berlin.

Smith, P., Perrin, S., Clark, D.M. & Yule, W. (2009). *Post Traumatic Stress Disorder: Cognitive Therapy with Children and Young People*. Routledge

Layard, R. and Clark, D.M. (2014). *Thrive: The power of evidence-based psychological therapies*. Allen Lane (Penguin), London

Layard, R. and Clark, D.M. (2015). *Thrive: How better mental health care transforms lives and saves money*. Princeton Press. (updated, North American version of Thrive).

Reviews of *Thrive*

"This book is an inspiring success story and a stirring call to further action. Its message is as compelling as it is important: the social costs of mental illness are terribly high and the costs of effective treatments are surprisingly low."--**Daniel Kahneman, author of *Thinking, Fast and Slow***

"Extremely easy and pleasurable to read. It's the most comprehensive, humane and generous study of mental illness that I've come across." --**Melvyn Bragg, author of *The Adventure of English: The Biography of a Language***

"Remarkable . . . presents the issues in a style that is easy for the professional, the general public, and policymakers to understand."--**Aaron T. Beck, emeritus professor, University of Pennsylvania**

"Layard and Clark (the Dream Team of British Social Science) make a compelling case for a massive injection of resources into the treatment and prevention of mental illness. This is simply the best book on public policy and mental health ever written."--**Martin Seligman, author of *Flourish: A Visionary New Understanding of Happiness and Well-being***

"One of the main obstacles preventing mental illness sufferers from receiving treatment is stigma. *Thrive* tries to dent this stigma by repeatedly trumpeting the prevalence of the disease while presenting a lodestar for radically improved mental health services that offer sufferers an indispensable ingredient for recovery: hope."--**Brendan Daly, *Sunday Business Post***

"These champions of cognitive behavioral therapy have done more to turn mental health into practical politics than anyone before."--**Polly Toynbee, *Guardian***

"It is hard to argue with their case that the failure to help those in mental distress is an injustice."--**Ian Birrell, *Observer***

"If Layard and Clark are right, we seem at last to have found a gentle, nondisruptive and apparently risk-free way of dealing with the worst and most commonplace miseries of the mind. Let's do it."--**Bryan Appleyard, *Sunday Times***

"A compelling new book."--**Martin Wolf, *Financial Times***

"Layard and Clark have written a book that we all need to read, take careful notes on and, where possible, commit to memory."--**Charlotte Pennington, *Psychologist***

"Layard and Clark . . . hit us with staggering statistics throughout the book, which is comprehensive yet accessible to readers without a background in psychology or psychiatry . . . Economist Richard Layard and clinical psychologist David M. Clark satisfy our craving for data, giving readers hard facts backed by years of research on one of the most neglected areas of medicine."--**Resham Gellatly and Aaron T. Beck, *Journal of Psychiatric Practice***

"This book is nothing less than a sledgehammer to crack open the resting place of the Holy Grail: the Holy Grail of universal human happiness."--**Roger Jones, *British Journal of General Practice***

"Drawing together disparate material, this important book addresses an issue that is not widely known. Psychologists who teach and offer mental health interventions will find the book interesting, and those who are arguing for more mental health services will find it invaluable."--**Edward Diener, coauthor of *Happiness: Unlocking the Mysteries of Psychological Wealth***

"This clearly written and accessible book explores an incredibly important issue."--**Angus Deaton, author of *The Great Escape: Health, Wealth, and the Origins of Inequality***

International Praise for the IAPT Programme

“the greatest revolution in British mental health in fifty years” **Sir Simon Wessely, President of the Royal College of Psychiatrist’s**

“a world beating programme” **Nature editorial**

“the world’s most ambitious effort to treat depression, anxiety and other common mental illness”.
New York Times feature (July 2017)

” For better mental healthcare in Canada, look to Britain”. **Editorial in the *Globe and Mail* (December 2017)**

2. Journal Articles

Hemsley, D.R. and Clark, D.M. (1980) Selective attention in reviews of the effectiveness of cognitive therapy. *Behavioural Psychotherapy*, 8, 55-59.

Clark, D.M. and Hemsley, D.R. (1982) The effects of hyperventilation: individual variability and its relation to personality. *Journal of Behavior Therapy and Experimental Psychiatry*, 13, 41-47.

Clark, D.M. and Teasdale, J.D. (1982) Diurnal variation in clinical depression and the accessibility of memories of positive and negative experiences. *Journal of Abnormal Psychology*, 91, 87-95.

Clark, D.M. Teasdale, J.D., Broadbent, D.E., and Martin, M. (1983). Effect of mood on lexical decisions. *Bulletin of the Psychonomic Society*, 21, 175-178.

Martin, M., Ward, J.C., and Clark, D.M. (1983) Neuroticism and the recall of positive and negative personality information. *Behaviour Research and Therapy*, 21, 495-503.

Clark, D.M. (1983) On the induction of depressed mood in the laboratory: evaluation and comparison of the Velten and musical procedures. *Advances in Behaviour Research and Therapy*, 5, 27-49.

Clark, D.M., Salkovskis, P.M., and Chalkley, A.J. (1985) Respiratory control as a treatment for panic attacks. *Journal of Behavior Therapy and Experimental Psychiatry*, 16, 23-30.

Clark, D.M. and Teasdale, J.D. (1985) Constraints on the effects of mood on memory. *Journal of Personality and Social Psychology*, 48, 1595-1608.

Clark, D.M. (1985) The Velten mood induction procedure and cognitive models of depression: a reply to Riskind and Rholes. *Behaviour Research and Therapy*, 23, 667-669.

Martin, M. and Clark, D.M. (1985) Cognitive mediation of depressed mood and neuroticism. *IRCS Medical Science*, 13, 352-353.

Salkovskis, P.M., Warwick, H.M., Clark, D.M., and Wessels, D.J. (1986) A demonstration of acute hyperventilation during naturally occurring panic attacks. *Behaviour Research and Therapy*, 24, 91-94.

Salkovskis, P.M., Jones, D.R.O., and Clark, D.M. (1986) Respiratory control in the treatment of panic attacks: replication and extension with concurrent measurement of behaviour and

pCO₂. *British Journal of Psychiatry*, 148, 526-532.

Martin, M. and Clark, D.M. (1986) On the response bias explanation of selective memory effects in depression. *Cognitive Therapy and Research*, 10, 267-270.

Martin, M. and Clark, D.M. (1986) Selective memory, depression, and response bias: an unbiased response. *Cognitive Therapy and Research*, 10, 275-278.

Clark, D.M. (1986) A cognitive approach to panic. *Behaviour Research and Therapy*, 24, 461-470.

Clark, D.M. (1986) Cognitive therapy for anxiety. *Behavioural Psychotherapy*, 14, 283-294.

Ashcroft, G.W., Bonn, J., Brandon, S., Briggs, A., Clark, D.M., et al (1987) Consensus Statement: Panic Disorder. *British Journal of Psychiatry*, 150, 557-558.

Clark, D.M. (1988) Cognitive treatments for anxiety disorders. *Practical Reviews of Psychiatry*, 2, 6-8.

Clark, D.M. (1988) Applied relaxation: a new look at an old technique. *Scandinavian Journal of Behaviour Therapy*, 17, 79-82.

Salkovskis, P.M. and Clark, D.M. (1988) Le controle respiratoire et le traitement cognitif de la panique. *Actualité Médicale Internationale*, 79, 53-58.

Salkovskis, P.M. and Clark, D.M. (1989) Therapie cognitive des obsessions et des attaques de panique. *Actualites Psychiatrique*, 7, 27-35.

Salkovskis, P.M. and Clark, D.M. (1990) Affective response to hyperventilation; a test of the cognitive model of panic. *Behaviour Research and Therapy*, 28, 51-61.

Clark, D.M. and Gelder, M.G. (1990) Psychological treatment of panic disorder. *Clinical Neuropharmacology*, 13, (Suppl 2), 344-346.

Anastasiades, P., Clark, D.M., Salkovskis, P.M., Middleton, H., Hackmann, A., and Gelder, M.G. and Johnston, D.W. (1990) Psychophysiological responses to panic and stress. *Journal of Psychophysiology*, 4, 331-338.

Salkovskis, P.M., Clark, D.M., and Hackmann, A. (1991) Treatment of panic attacks using cognitive therapy without exposure or breathing retraining. *Behaviour Research and Therapy*, 29, 161-166.

Martin, M., Williams, R., and Clark, D.M. (1991) Does anxiety lead to selective processing of threat cues? *Behaviour Research and Therapy*, 29, 147-160.

Clark, D.M., Ball, S., and Pape, D.T. (1991) An experimental investigation of thought suppression. *Behaviour Research and Therapy*, 29, 253-258.

Salkovskis, P.M. and Clark, D.M. (1991) Cognitive therapy for panic attacks. *Journal of Cognitive*

Psychotherapy, 3, 215-226.

- Stewart, D.A., Stein, A., Forrest, G. and Clark, D.M. (1992) Psychosocial adjustment in siblings of children with chronic life-threatening illness. *Journal of Child Psychology and Psychiatry*, 33, 779-784.
- Margraf, J., Barlow, D., Clark, D.M., and Telch, M.J. (1993) Psychological treatment of panic: work in progress on outcome, active ingredients, and follow up. *Behaviour Research and Therapy*, 31, 1-8.
- Stopa, L. and Clark, D.M. (1993) Cognitive processes in social phobia. *Behaviour Research and Therapy*, 31, 255-267.
- Clark, D.M. and Ehlers, A. (1993) An illustration of the cognitive approach to understanding and treating anxiety disorders. *Boletín de Psicología*, 36, 7-28.
- Clark, D.M. Winton, E., and Thynn, L.A. (1993) Further experimental investigations of thought suppression. *Behaviour Research and Therapy*, 31, 207-210.
- Clark, D.M. (1993) Cognitive mediation of panic attacks induced by biological challenge tests. *Advances in Behaviour Research and Therapy*, 15, 75-84.
- Salkovskis, P.M. and Clark, D.M. (1993) Panic disorder and hypochondriasis. *Advances in Behaviour Research and Therapy*, 15, 23-48.
- Clark, D. M. and Ehlers, A. (1993) An overview of the cognitive theory and treatment of panic disorder. *Applied and Preventative Psychology*, 2, 131-139.
- Cooper, M., Clark, D.M., and Fairburn, C.F. (1993) An experimental study of the relationship between thoughts and eating behaviour in bulimia nervosa. *Behaviour Research and Therapy*, 31, 749-758.
- Gelder, M. G., Clark, D.M., and Salkovskis, P.M. (1993) Cognitive treatment for panic disorder. *Journal of Psychiatric Research* Suppl 1, 171-178.
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Clark, D.M. (2019) Panel on prevention and treatment mental health problems at the World Government Summit, Dubai, February, 2019
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<http://legacy.audio-digest.org/adfwebcasts/mp3/PG0806/pg0806.mp3>

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Clark, D.M. (2021) “Realizing the Mass Public Benefit of evidence-based psychological therapies”. Keynote Address (Virtual) at the All-Russian Mental Health Awareness Program for University Students Conference. Moscow, 11th March 2021. <https://www.youtube.com/watch?v=5pbQ9ObS6Jk>

5. Official Blogs for the NHS

IAPT at 10: Achievements and challenges
<https://www.england.nhs.uk/blog/iapt-at-10-achievements-and-challenges/>

A Guide to Improving Access to psychological Therapies.
<https://www.england.nhs.uk/blog/a-guide-to-improving-access-to-psychological-therapies-services/>

Improving access to psychological therapies and long-term conditions: what do the evaluations tell us?
<https://www.england.nhs.uk/blog/improving-access-to-psychological-therapies-and-long-term-conditions-what-do-the-evaluations-tell-us/>

NHS urges people with mental health worries to seek help (17th November 2020)
<https://www.england.nhs.uk/2020/11/nhs-urges-people-with-mental-health-worries-to-seek-help/>

6) Free therapist resources website

David Clark’s research group have created a website (www.oxacadatresources.com) that provides therapists with free access to materials that support the delivery of the cognitive therapies for

anxiety-related problems that were developed by the group. The materials includes numerous short video illustrations of key techniques, helpful measures, and therapist manuals.