

Curriculum Vitae:

Dr Chris Garrett, consultant in diabetes psychiatry

MBBS, MSc, PhD, MRCP, MRCPsych

Personal details

Name	Christopher Garrett
Date of birth	8 th January 1977
Work address	Bart's Health, 7th Floor, John Harrison House, Philpot Street, London E1 2DR
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GMC No.	605 0856

Education

2013-2019	Institute of Psychiatry, Psychology and Neuroscience, King's College London
2011-2013	Psychotherapy Training Dept., WLMHT Buckinghamshire New University
1996-2002	St Bartholomew's & The Royal London School of Medicine

Qualifications

2019	Doctor of Philosophy (Psychological Medicine)
2014	Masters distinction in psychotherapy
2009	Member of Royal College of Psychiatrists
2006	Member of Royal College of Physicians
2002	Bachelor of medicine and surgery

Publications since 2019

Garrett, C.J., Moulton, C.D, Lee, T., Amiel, S.A., Fonagy, P., Ismail, K. 2022. Can a mental health treatment reduce admissions for diabetic ketoacidosis? *Acta Diabetologica* 60, 455-457. 10.1007/s00592-022-01999-5

Naito, A. Nwokolo, M. Smith, E., de Zoysa, N. **Garrett, C.J.** Choudhary, P. Amiel, S.A. 2021 Personality traits of alexithymia and perfectionism in impaired awareness of hypoglycemia in adults with type 1 diabetes – An exploratory study. *Journal of psychosomatic research* 150, 11064

Garrett, C.J., Ismail, K., Fonagy P., 2021. Understanding developmental psychopathology in Type 1 diabetes through attachment, mentalization and diabetes distress. *Child Clinical Psychiatry and Psychology*. 3, 682-694. <https://doi.org/10.1177/1359104521994640>

Huda, M.S.B., Shaho, S., Trivedi, B., Fraterrigo, G., Chandrarajan, L., Zolfaghari, P., Dovey, T.M., **Garrett, C.J.**, Chowdhury, T.A., 2021. Diabetic emergencies during the COVID-19 pandemic: A case-control study. *Diabet. Med.* 38, e14416.

Garrett, C.J., Moulton, C.D, Choudhary, P., Amiel, S.A., Fonagy, P., Ismail, K. 2020. Psychopathology of recurrent diabetic ketoacidosis: a case-control study. *Diabet. Med.* 38, e14505

Garrett, C.J., Moulton, C.D, Choudhary, P., Amiel, S.A., Fonagy, P., Ismail, K. 2019. Recurrent diabetic ketoacidosis and a brief history of brittle diabetes research: contemporary and past evidence in diabetic ketoacidosis research including mortality, mental health and prevention. *Diabet Med.* 36, 1329-1335

Presentations since 2019

International	Psychosocial Aspects of diabetes, RAPID, Copenhagen, 2022
National	Diabetes UK Profession 2023 - Preventing diabetic ketoacidosis Diabetes UK Profession 2019 – Plenary speaker, Mental health and diabetes Diabetes UK Masterclass series 2020– Population approaches to mental health in diabetes
Regional	NHS England (London) 2020 – Diabetes and Mental Health Summit – Diabetes and Mental Health in North-East London NHS England (London) 2019 – London diabetes footcare network
Local (key)	Grand round Royal London Hospital 2024 – DKA: mental health cost and future mortality Grand round Whipps Cross Hospital 2024 - DKA: mental health cost and future mortality Cabinet meeting, Royal London Hospital Consultants training day 2022 – Diabetes and Mental Health

Courses since 2019

2019 - 2020	Transference focused psychotherapy
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Employment

March 2019 - present	Consultant in diabetes psychiatry, East London Foundation Trust and Bart's Health
April 2018 – March 2019	Psychiatry Speciality trainee, South London & Maudsley (Mother & Baby unit, Bethlem and St Christopher's Hospice)
November 2012 – April 2018	Clinical research fellow in diabetes and mental health, IOPPN, King's College London (KCH & Trinity Hospice, Clapham)
February 2010 – November 2012	Psychiatry Speciality trainee, South London & Maudsley (St Thomas' Hospital, Lambeth AOS, Lambeth psychotherapy service)
February 2006 – February 2010	Senior House Officer / Core Trainee, East London FT
August 2005 – February 2006	Renal Senior House Officer, Guy's and St Thomas' Hospital
February 2005 – August 2005	Cardiology Senior House Officer, St George's Hospital
August 2003 - February 2005	SHO, Acute Medical rotation, Broomfield Hospital, Essex
February 2003 – August 2003	Surgical House Officer, King George's Hospital, Ilford
August 2002 – February 2003	Medical House Officer, Whipps Cross Hospital, Leytonstone

Referees

Professor Khalida Ismail Psychological Medicine Department Institute of Psychiatry 3rd Floor, Weston Education Centre 10 Cutcombe Road, SE5 khalida.ismail@kcl.ac.uk	Dr Tennyson Lee Consultant Psychiatrist in Psychotherapy DeanCross, Burdett House, 275 Bancroft Road, London E1 4DG tennyson.lee1@nhs.net	Dr Bobby Huda Consultant in diabetes medicine Bart's Health, John Harrison House Philpot Street E1 2DR bobby.huda1@nhs.net
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