

## *Clinical and Research Experience*

### **Consultant in General Adult and Rehabilitation Psychiatry**

Springbank Ward, Specialist Personality Disorder Unit, Fulbourn Hospital  
2015 – present

### **Acting Consultant**

South Cambridge Community Mental Health Team, Cambridge  
2015

### **Clinical Research Associate. Out-of-programme research experience.**

University of Cambridge, Cambridge  
2013 - 2014

### **Specialist training in General Adult Psychiatry and Rehabilitation Psychiatry**

Fulbourn Hospital, Cambridge  
2011-2015

### **Core Psychiatric Training and Academic Clinical Fellowship**

Fulbourn Hospital, Cambridge  
Addenbrooke's Hospital, Cambridge  
2008-2011

### **Academic Foundation Programme**

St. Thomas' Hospital, London  
Institute of Psychiatry at the Maudsley, London  
University Lewisham Hospital, London  
2006-2008

### **Bachelor of Sciences in Biomedical Sciences (Intercalated BSc)**

#### ***First Class Honours***

King's College London, England  
2002-2003

### **Medical Degree (MB BS)**

King's College London School of Medicine at Guy's, King's, and St. Thomas' Hospitals, England  
2000 – 2006

### **A-Levels**

Charterhouse School, Godalming, England  
1998-2000

## *Post-Graduate Training*

### **Dialectic Behaviour Therapy Prologued Exposure Intensive Training for Post-traumatic stress disorder**

British Isles DBT Training  
2023

### **Expert Witness Certificate**

Cardiff University Law School  
2020

### **Dialectical Behaviour Therapy Intensive Training**

British Isles DBT Training  
2017

### **Post-graduate certificate in healthcare leadership and management**

Mary Seacole Programme, Open University  
2014 – 2015

### **MPhil in Psychiatric Research**

University of Cambridge, Cambridge  
2012 –2014

### **Publications:**

1. Yue AC, Philbey AW, Crawford OA, Zimbron J. The Impact of Stopping Risk Assessment Checklists at a Specialist Personality Disorder Unit. *Cureus* [Internet]. 2023 Jan 18 [cited 2023 Jan 19];15(1). Available from: <https://www.cureus.com/articles/106062-the-impact-of-stopping-risk-assessment-checklists-at-a-specialist-personality-disorder-unit>
2. Zimbron J, Jones V, Harding K, Jones E, Dale O. Out of area placements for people with a personality disorder diagnosis in England [Internet]. *British and Irish Group for the Study of Personality Disorder*; 2022 [cited 2022 May 10]. Available from: <https://bigspd.org.uk/bigspd-ooa/>
3. Fernandez-Egea E, Chen S, Jenkins C, Turrion C, Mitchell SP, Dodwell DJF, et al. The Effect of Clozapine on Self-reported Duration of Sleep and Its Interaction With 23 Other Medications: A 5-Year Naturalistic Study. *J Clin Psychopharmacol* [Internet]. 2021 Jun 19 [cited 2021 Jun 21];Publish Ahead of Print. Available from: [https://journals.lww.com/psychopharmacology/Abstract/9000/The\\_Effect\\_of\\_Clozapine\\_on\\_Self\\_reported\\_Duration.98291.aspx](https://journals.lww.com/psychopharmacology/Abstract/9000/The_Effect_of_Clozapine_on_Self_reported_Duration.98291.aspx)
4. Burrin C, Daniels NF, Cardinal RN, Hayhurst C, Christmas D, Zimbron J. Iatrogenic Complications of Compulsory Treatment in a Patient Presenting with an Emotionally Unstable Personality Disorder and Self-Harm. *Case Rep Psychiatry*. 2021 May 27;2021:e6615723.
5. Henry J, Collins E, Griffin A, Zimbron J. Treatment of Severe Emotionally Unstable Personality Disorder with Comorbid Ehlers-Danos Syndrome and Functional Neurological Disorder in an Inpatient Setting: A Case for Specialist Units without Restrictive Interventions [Internet]. *Case Reports in Psychiatry*. 2021 [cited 2021 Feb 26]. Available from: <https://www.hindawi.com/journals/crips/2021/6664666/>
6. Crawford OA, Khan TS, Zimbron J. Rethinking Risk Assessments in a Borderline Personality Disorder Unit: Patient and Staff Perspectives. *Cureus* [Internet]. 2021 Feb 25 [cited 2021 Feb 26];13(2). Available from: <https://www.cureus.com/articles/46333-rethinking-risk-assessments-in-a-borderline-personality-disorder-unit-patient-and-staff-perspectives>
7. Nagrodzki J, Zimbron J. Attitudes towards a borderline personality disorder unit - a small-scale qualitative survey. *Psychiatr Danub*. 2019 Sep;31(Suppl 3):626–31.
8. Scoriels L, Zimbron J, Garcia-León N, Coll-Negre M, Giro M, Perez J, et al. Cross-sectional study of diet patterns in early and chronic schizophrenia. *Schizophr Res*. 2019 Apr 11;
9. Zimbron J, Khandaker GM, Toschi C, Jones PB, Fernandez-Egea E. A systematic review and meta-analysis of randomised controlled trials of treatments for clozapine-induced obesity and metabolic syndrome. *Eur Neuropsychopharmacol* [Internet]. 2016 Aug 2 [cited 2016 Aug 4];0(0). Available from: [/article/S0924-977X\(16\)30120-1/abstract](https://doi.org/10.1016/j.eurpsy.2016.08.000)
10. Kirkbride JB, Stochl J, Zimbrón J, Crane CM, Metastasio A, Aguilar E, et al. Social and spatial heterogeneity in psychosis proneness in a multilevel case-prodrome-control study. *Acta Psychiatr Scand*. 2014 Dec 31;
11. Zimbron J, Stahl D, Hutchinson G, Dazzan P, Morgan K, Doody GA, et al. Pre-morbid fertility in psychosis: Findings from the AESOP first episode study. *Schizophr Res*. 2014 Jul;156(2–3):168–73.
12. Perez J, Russo DA, Stochl J, Byford S, Zimbron J, Graffy JP, et al. Comparison of high and low intensity contact between secondary and primary care to detect people at ultra-high risk for psychosis: study protocol for a theory-based, cluster randomized controlled trial. *Trials*. 2013 Jul 17;14(1):222.
13. Zimbrón J, Ruiz de Azúa S, Khandaker GM, Gandamaneni PK, Crane CM, González-Pinto A, et al. Clinical and sociodemographic comparison of people at high-risk for psychosis and with first-episode psychosis. *Acta Psychiatr Scand*. 2013 Mar;127(3):210–6.
14. Khandaker GM, Zimbron J, Lewis G, Jones PB. Prenatal maternal infection, neurodevelopment and adult schizophrenia: a systematic review of population-based studies. *Psychol Med*. 2013 Feb;43(2):239–57.
15. Fernandez-Egea E, Garcia-Rizo C, Zimbron J, Kirkpatrick B. Diabetes or Prediabetes in Newly Diagnosed Patients With Nonaffective Psychosis? A Historical and Contemporary View. *Schizophr Bull* [Internet]. 2012 Nov 15 [cited 2012 Nov 16]; Available from: <http://schizophreniabulletin.oxfordjournals.org/content/early/2012/11/14/schbul.sbs134>
16. Khandaker GM, Zimbron J, Dalman C, Lewis G, Jones PB. Childhood infection and adult schizophrenia: A meta-analysis of population-based studies. *Schizophr Res*. 2012 Aug;139(1–3):161–8.
17. Zimbron J, Morgan C. Fertility in first-onset psychosis: A multicultural perspective from the findings of the AESOP study. *Schizophr Res*. 2008 Jun;102(1–3, Supplement 2):170.
18. Zimbron J. Full house. *BMJ*. 2007 Oct 6;335(7622):684–684.

### **Media:**

#### **BBC News**

<https://www.bbc.co.uk/news/health-47393050>

<https://www.bbc.com/news/amp/uk-england-cambridgeshire-52745817>

#### **BBC Radio 4** (starting at minute 25)

<https://www.bbc.co.uk/programmes/m0002r0c>

### **References:**

Available upon request.