

Dr Dorothy Wade

Consultant health psychologist
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Employment

Feb 2023-Nov 2025 Consultant health psychologist, ICU, Royal Free London NHS Foundation Trust
2021-2022 Lead psychologist, Adult Intensive Care Unit, Chelsea & Westminster hospital and CNWL
2021 Consultant health psychologist, Critical Care, North East London Foundation Trust
2011-2021 Principal health psychologist, Critical Care, University College London Hospitals (UCLH)
Formerly: News reporter, investigative reporter, features editor, magazine editor, features writer, The Sunday Times newspaper, London

Qualifications

PhD in health psychology and healthcare evaluation, University College London
MSc in health psychology (distinction), Kings College, London
MA (1st) in English and French, (subsidiaries Latin and Philosophy) St Andrews University, Scotland

Professional affiliations

Health and Care Professions Council (HCPC) registered practitioner psychologist

Grants

- 2013-2019: Lead clinical investigator, Provision of psychological support to people in intensive care (POPPI) trial. £2.3 million grant from Health Services & Delivery Research programme, National Institute for Health Research
- 2011-2017: Award of £150,000 to support research into psychological aspects of critical care, UCL/UCLH Biomedical Research Centre
- 2007-2010: Medical Research Council PhD studentship at UCL
- 2007: Principal Investigator, European Respiratory Society grant (£20,000) psychology and ventilation study, Lane Fox Unit, KCL
- 2005-6: MRC studentship for MSc in Health Psychology at UCL/KCL

Other roles

- Co-founder and former co-chair, UK Psychologists in Intensive Care, PINC-UK
- Delirium guidelines working group, Intensive Care Society
- Member of European Society of Intensive Care Medicine's multi-professional working party
- Member of Thrive Initiative, Society of Critical Care Medicine, US
- Specialist member of NICE quality standards advisory committee on rehabilitation after critical illness
- Co-lead of British Psychological Society (BPS) guidance development group on meeting psychological needs of patients with severe Covid-19 disease
- Psychology representative for the Expert Clinical Reference Group (CRG) on Post-ITU Pathways in Acute Settings for COVID-19 Patients, NHS England
- Co-founder, Post-Covid Rehabilitation psychology network (CORE-psychnet)
- Member of Life after Critical Illness working group - a guide for developing and delivering aftercare services for critically ill patients, Faculty of Intensive Care Medicine

Recent invited talks

Symposium on Integrated psychosocial care, Berlin Charite medical university 2025
Psychologists in Intensive Care-UK, national conference London 2025
University College London, Psychological impact of outcomes of Intensive Care 2025
British Neuropsychiatry Association conference, Royal College of Physicians 2023
NHS Research Scotland Mental Health Annual Scientific Meeting 2023

Key publications list

1. Wade D, Howell D & Highfield J (In press). Guidelines for Provision of Intensive Care Services (GPICS), Chapter 2.2.10: Practitioner Psychologists (The Critical Care Team). *The Intensive Care Society*.
2. Hall E & Wade D (2026). Psychological Impact of Hospitalisation. In: Butcher B. (ed); Post ICS: A practical approach. Cambridge University Press.
3. Hall E, Deffner T & Wade D. (2026). Psychological Care in the Intensive Care Unit. In: Butcher B. (ed); Post ICS: A practical approach. Cambridge University Press.
4. Delirium guideline working party (2025) Guidance for: Delirium in the critically ill patient. Intensive Care Society. London: Intensive Care Society.
5. Shaikh M, Wade DM, King L, Mackay L, Symes I, Syeda A, Greenburgh A. Psychological interventions for patients with delirium in intensive care: A scoping review protocol. *PloS one*. 2024 Dec 20;19(12):e0315832.
6. Highfield J, Beadman M & Wade D (2024). Psychology: Person-Centred Care a Key to Successful Recovery. In: Boulanger C., McWilliams D. (eds) *Passport to Successful ICU Discharge*, 2nd ed. Springer.
7. Wade D (2023). The psychological scars of Intensive Care. *Journal of Neurology, Neurosurgery & Psychiatry* 2023;94:e2.
8. Wade D, Smyth D, Howell DC (2022). Research in the Critical Care Environment, in Stucky KJ & Jutte JS (eds), *Critical Care Psychology and Rehabilitation: Principles and Practice*, pp 345-372. (New York: Oxford University Press).
9. Wade D, Highfield J (2022). Future Directions for Psychology in Critical Care. *Critical Care Psychology and Rehabilitation: Principles and Practice*, p 373. (New York: Oxford University Press).
10. Highfield J, Wade D & Suntharalingam G (2022). Guidance and service specification: Integrated practitioner psychologists in Intensive Care Units. London: Intensive Care Society.
11. Haines K, Leggett N, Hibbert E et al. on behalf of the Society of Critical Care Medicine's Thrive Initiative (2022). Patient and Caregiver-Derived Health Service Improvements for Better Critical Care Recovery. *Critical Care Medicine* 50(12):p 1778-1787.
12. Greene T, El-Leithy S, Billings J, Albert I, Birch J, Campbell M et al. (2022). Anticipating PTSD in severe COVID survivors: the case for screen-and-treat. *European Journal of Psychotraumatology*. 13. 10.1080/20008198.2021.1959707.
13. McPeake J, Boehm L, Hibbert E, et al (2022) Modification of social determinants of health by critical illness and consequences of that modification for recovery: an international qualitative study. *BMJ Open* 2022;12:e060454. doi: 10.1136/bmjopen-2021-060454
14. Life after critical illness working party (2021). *Life after critical illness: A guide*. Faculty of Intensive Care Medicine.
15. Wade D, Howell D, Beadman M et al (2021). Characterising neuropsychiatric disorders in patients with COVID-19 *The Lancet Psychiatry*. 10.1016/S2215-0366(20)30380-1

16. Wade D, Georgieva M, Gunnewicht H, Finnigan J, MacCallum N (2021). Delivery of a psychological intervention to assess and reduce workplace stress among intensive care staff. *Journal of the Intensive Care Society*;22(1):52-59.
17. Beadman M, Highfield J, Wade D, Ford D, Wood F (2021). The health of intensive care unit teams: moving beyond a trauma focus. *Occupational Medicine*;71(8):386-387.
18. Groves J, Cahill J, Sturmey G, Peskett M, Wade D, and on behalf of the Patients and Relatives Committee of the Intensive Care Society and ICUsteps (2021). Patient support groups: a survey of United Kingdom practice, purpose and performance. *Journal of the Intensive Care Society*. 22(4):300-4.
19. Bell V & Wade D (2021). Mental health of clinical staff working in high-risk epidemic and pandemic health emergencies a rapid review of the evidence and living meta-analysis. *Soc Psychiatry Psychiatr Epidemiol*; 56:1–11.
20. Highfield J, Beadman M, Wade D. (2020). Psychology: Person-Centred Care a Key to Successful Recovery. In: Boulanger C., McWilliams D. (eds) *Passport to Successful ICU Discharge*. Springer.
21. Wade D, Murphy D & Guidance development group (2020). Meeting the psychological needs of people recovering from severe coronavirus disease: British Psychological Society
22. Covid trauma response working group (2020): Guidance on screening and active monitoring for post-traumatic stress disorder and other mental health consequences in people recovering from severe COVID-19 illness. University College London.
23. Wade D et al (2020). Patient and relatives guides and resources in COVID-19, Intensive Care Society.
24. McPeake J, Boehm L, Hibbert E, et al (2020). Key Components of ICU Recovery Programs: What Did Patients Report Provided Benefit? *Critical care explorations*; 2(4): e0088.
25. Weiss B and the Task Force and Working Groups for Diversity and Equality of the ESICM, 2019. Statement paper on diversity for the European Society of Intensive Care Medicine. *Intensive Care Med*; 45:1002-1005
26. McPeake J, Hirshberg, E, Christie L, Drumright K, Haines K, Hough C, Meyer J & Wade D (2019) Models of Peer Support to Remediate Post-Intensive Care Syndrome: A Report Developed by the Society of Critical Care Medicine Thrive International Peer Support Collaborative. *Crit Care Med*; 47(1):e21-e27
27. Mouncey PR, Wade D, Richards-Belle A, Sadique Z, Wulff J, Grieve R, Emerson LM, Brewin CR, Harvey S, Howell D, Hudson N (2019). A nurse-led, preventive, psychological intervention to reduce PTSD symptom severity in critically ill patients: the POPPI feasibility study and cluster RCT. *Health Services and Delivery Research*; 7(30):1-74.
28. Wade DM, Mouncey PR, Richards-Belle A, et al (2019). Effect of a Nurse-Led Preventive Psychological Intervention on Symptoms of Posttraumatic Stress Disorder Among Critically Ill Patients: A Randomized Clinical Trial. *JAMA*; 21(7):665–675.
29. Wade D, Als N, Bell V et al, on behalf of the POPPI Trial Investigators (2018). Providing psychological support to people in critical care: development and feasibility study of a nurse-led intervention to prevent acute stress and long-term morbidity. *BMJ Open*.
30. Richards-Belle A, Mouncey PR, Wade D et al, on behalf of the POPPI Trial Investigators (2018). Psychological Outcomes following a nurse-led Preventative Psychological Intervention for critically ill patients (POPPI): protocol for a cluster-randomised clinical trial of a complex intervention. *BMJ Open*.
31. Wulff J, Sadique Z, Grieve R, Howell D, Mouncey P, Wade D, Rowan K, Harrison D on behalf of the POPPI Trial Investigators (2018). Psychological outcomes following a nurse-led preventative psychological intervention for critically ill patients trial: Statistical and health economic analysis plan. *Journal of the Intensive Care Society*.
32. Hopkins RO, Wade D, Jackson JJ (2017). What's new in cognitive function in ICU survivors? *Intens Care Med*; 43: 223–225

33. Wade D & Howell D (2016): Guidelines for Provision of Intensive Care Services (GPICS), Chapter 2.2.10: Practitioner Psychologists (The Critical Care Team). *The Intensive Care Society*, edition 1.1 pp48-50
34. Wade D, Page V (2016). Long-term mental health after ICU, let's go through the looking-glass. *Crit Care Med*; 44(10): 1934 –35.
35. Wade D, Howell D. The evolving role of psychologists in intensive care. *ICUM* 2016, 16:242-244.
36. Wade DM, Moon Z, Windgassen SS, Harrison AM, Morris L, Weinman JA (2016). Non-pharmacological interventions to reduce ICU-related psychological stress: a systematic review. *Minerv Anesthesiol*; 82(4):465-478
37. Wade DM, Brewin CR, Howell DCJ, White E, Mythen M, Weinman JA (2015). Intrusive memories of hallucinations and delusions in traumatized intensive care patients: An interview study. *BJ Health Psych*; 20(3): 613-631
38. Wade, D. M., Hankins, M., Rhone, E. E., Smyth, D. A., Mythen, M. G., Howell, D. C. J. & Weinman, J. A (2014). Detecting acute distress and risk of future psychological morbidity in critically ill patients: Validation of the Intensive care psychological assessment tool. *Crit Care*; 18:519.
39. Wade D, Hardy R, Howell D, Mythen M (2013). Identifying clinical and acute psychological risk factors for PTSD after critical care: a systematic review. *Minerv Anesthesiol*; 79:1-20
40. Wade, DM, Howell, DC, Weinman JA, Hardy RJ, Mythen MG, Brewin, CR, Boluda SJ, Matejowsky CF, Raine RA (2012). Investigating risk factors for psychological morbidity three months after intensive care: a prospective cohort study. *Crit Care*; 16:R192.
41. Wade, D., Howell, D., Hankins, M., Mythen, M., Welch, J., Down, J. Weinman, J. (2012). Development Of A New Questionnaire To Assess Psychological Stress In Intensive Care. *Am. J. Respir. Crit. Care Med*; 185: A2292
42. Beinart N, Weinman J, Wade, Brady R (2012). Caregiver burden and psychoeducational interventions in Alzheimer's disease: a review. *Dement Geriatr Cogn Disord Extra*; 2:638-648
43. Wade D, Howell DC, Weinman J, Hardy R, Mythen M, Raine R (2011). An investigation of risk factors for adverse psycho-social outcomes after intensive care. *Am. J. Respir. Crit. Care Med*; 183: A4126.
44. Wade D, Hart N & Weinman J (2008). Psychosocial factors in intensive care patients who fail to wean from mechanical ventilation, *Psychology & Health*, 23, S1, 268.
45. Wade D, Sherry A, Lei K et al (2007). An exploratory study of psychosocial factors in the process of weaning from mechanical ventilation. *Thorax*, 62, S3, pA91.