

Dr Mark Horowitz MBBS PhD is Clinical Research Fellow in Psychiatry in the National Health Service (NHS) in London, where he runs a psychiatric drug deprescribing clinic, helping patients to safely stop antidepressants and other psychiatric medications. He is an Honorary Clinical Research Fellow at University College London and a trainee psychiatrist. He is the lead author on the Maudsley Deprescribing Guidelines, a handbook aimed at clinicians interested in safely deprescribing psychiatric medications.

He has completed a PhD from the Institute of Psychiatry, Psychology and Neuroscience at King's College London in the neurobiology of depression and antidepressant action. He is Co-Investigator on the RELEASE trial in Australia evaluating the effect of gradual, hyperbolic tapering of antidepressants. He co-authored the Royal College of Psychiatry guidance on "Stopping Antidepressants", and his work informed the recent National Institute for Clinical Excellence (NICE) guidelines on safe discontinuation of psychiatric medications.

He has written several influential papers about safe approaches to tapering psychiatric medications including publications in The Lancet Psychiatry, JAMA Psychiatry and Schizophrenia Bulletin. He has an interest in rational psychopharmacology and deprescribing psychiatric medication. He has experienced the difficulty of coming off psychiatric medications first-hand which has informed much of his work.