

## ROBERT CHARLES STEWART

Division of Psychiatry, University of Edinburgh, Edinburgh, UK  
Malawi Epidemiology and Intervention Research Unit (MEIRU), Lilongwe, Malawi

**Clinically qualified and clinically active** (Malawi Medical Council MCM/SP/0260)

### Education

BSc (Neuroscience, First Class Hons.)	University of Edinburgh	1994
MChB	University of Edinburgh	1996
MRCPsych	Royal College of Psychiatrists	2003
MRes (Public Health, with Distinction)	University of Manchester	2009
PhD (by Research Publications)	University of Edinburgh	2016

### Current appointments

Senior Clinical Research Fellow, Division of Psychiatry, University of Edinburgh,  
seconded to Malawi Epidemiology and Intervention Research Unit (MEIRU) 2019 ongoing

### Selected previous employments

Specialist Registrar in Psychiatry, North West Deanery, Manchester, UK	2004-2008
Honorary Lecturer, College of Medicine, University of Malawi.	2005-2006
Lecturer, College of Medicine (COM), University of Malawi (UNIMA)	2008-2011
Senior Lecturer, COM, UNIMA	2011-2012
Head of Department of Mental Health, COM, UNIMA	2011-2012
Research Fellow, University of Manchester	2012-2013
Consultant Psychiatrist, Manchester MHSC NHS Trust	2014-2016
Consultant Perinatal Psychiatrist, NHS Lothian	2016-2018
Honorary Senior Lecturer, College of Medicine, University of Malawi	2016-2018
Senior Lecturer and HOD, Department of Mental Health, COM, UNIMA	2018-2019
Project Director (Malawi), African Mental Health Research Initiative (AMARI)	2018-2019
Honorary Clinical Senior Lecturer, University of Edinburgh	2016-2019

### Awards and esteem indicators

Founder member and trustee of the Scotland Malawi Mental Health Education Project (SMMHEP)  
Registered Charity SC039523, 2007 ongoing

Founder member and interim convener of African Alliance for Maternal Mental Health (AAMMH),  
representative on committee of Global Alliance for Maternal Mental Health (GAMMH), 2016 ongoing

### Current and relevant grants

#### 1. University of Edinburgh

Co-I and Malawi lead for **Generation Malawi: A study of family, maternal and childhood mental health** (MRC GCRF MR/S035818/1, PI - Prof Andrew McIntosh, 2019-24, £3,736,794). Senior Clinical Research Fellowship attached to this project.

Co-I on **Healthy Lives - Malawi: Intergenerational Cohort of Chronic Conditions** (Wellcome Trust LPS, PI - Prof Amelia Crampin, 2019-24, £4,420,517)

Co-I and Malawi lead for **A Network For Studying Psychological Resilience In Low-And Middle-income Countries (NESP)** (MRC MR/R01910X/1, PI - Prof Andrew McIntosh, 2018-19, £188567).

## **2. Scotland Malawi Mental Health Education Project**

**1. Undergraduate teaching project:** Humanitarian Health Fund, Scottish Government, 2007-2008 (£10000); Tropical Health Education Trust 2007-2008 (£3000); Direct funding for International Development, Scottish Government 2008 (£30,000); bequest from estate of Mrs Majorie Robertson 2009 (£28,788); additional ongoing private donations.

Established model of volunteer psychiatrists from UK and elsewhere travelling to Malawi to support the delivery of undergraduate psychiatry teaching at the College of Medicine, University of Malawi. The model of volunteer teaching visits continues to date with >120 psychiatrists having taken part and > 700 students trained.

**2. Electro-convulsive Therapy (ECT) Improvement Project:** Humanitarian Health Fund, Scottish Government 2007-2008 (£9,896)

Prior to 2006, ECT at Zomba Mental Hospital was being prescribed excessively and administered without general anaesthesia. The project facilitated introduction of modified ECT and the use of modern equipment and up-to date protocols

**3. “Building Mental Health Education”:** Malawi Development Fund, Scottish Government 2010-2013 (£288,590).

- Malawi Mental Health Research and Practice Development Conferences. 3 annual conferences were held (2011-2013). Approximately 100 delegates from Malawi, UK, USA, Zimbabwe, Zambia and South Africa attended each conference.
- Establishing an MMed (Psychiatry) postgraduate programme. Prior to 2011 there was no postgraduate psychiatry training in Malawi. A curriculum for a 4-year course was developed. The first 3 trainees commenced the programme in 2011.
- Equipping of a learning resource centre at Zomba Mental Hospital and improving mental health clinic facilities at Queen Elizabeth Central Hospital.

**4. “Enhancing Mental Health Training”:** Malawi Development Fund, Scottish Government 2013-2016 (£382,180).

- Malawi Mental Health Research and Practice Development Conferences. 3 further annual conferences were held (2014-2016).
- District project – over 500 primary health care workers were trained in the recognition and treatment of common mental disorders using the WHO mhGAP guidelines.
- E-learning – an e-learning platform and materials for the undergraduate and postgraduate psychiatry courses were developed and are in use by current students and trainees.

**5. “Scotland-Malawi Psychiatry Capacity Development Project”:** International Development Fund, Scottish Government 2016-2023 (£288, 699).

This 7-year programme has funded the completion of the MMed (Psychiatry) programme by 3 trainees. They qualified in 2017 and have taken up posts in Ministry of Health and College of Medicine. Two of the four new trainees commenced the programme in 2017.

**6. “Consolidating Psychiatry Capacity Development in Malawi and Zambia”** International Development Fund, Scottish Government 2018-2020 (£185,750).

This 2-year project continues SMMHEP support for COM psychiatry teaching and extends it regionally through a Quality Improvement (QI) partnership between Malawi and Zambia.

## Publications List

*Selected Peer-Reviewed Articles (Total = 26)*

Ng'oma M, Meltzer-Brody S, Chirwa E, Stewart RC. (2019) "Passing through difficult times": Perceptions of perinatal depression and treatment needs in Malawi - a qualitative study to inform the development of a culturally sensitive intervention. *PLOS-ONE* 14(6): e0217102.

Stewart RC, Ashorn P, Umar E, Dewey KG, Ashorn U, Creed F, Rahman A, Tomenson B, Prado EL, Maleta K (2019). Associations between antenatal depression and neonatal outcomes in Malawi. *Maternal & Child Nutrition*, 15(2): e12709.

Ververs M, McGrath M, Gribble K, Fernandes C, Kerac M, Stewart RC (2018) Infant formula in Iraq: part of the problem and not a simple solution. *The Lancet Global Health* 6(3):e250.

Stewart RC, Ashorn P, Umar E, Dewey KG, Ashorn U, Creed F, Rahman A, Tomenson, B, Prado EL, Maleta K (2017) The impact of maternal diet fortification with lipid-based nutrient supplements on postpartum depression in rural Malawi: a randomised-controlled trial. *Maternal & Child Nutrition*, 13:12299. doi: 10.1111/mcn.12299.

Stewart RC, Umar E, Tomenson B, Creed F. (2014) Validation of the Multi-dimensional Scale of Perceived Social Support (MSPSS) and the relationship between social support, intimate partner violence and antenatal depression in Malawi. *BMC Psychiatry*. 14 (1):180

Stewart RC, Umar E, Gleadow-Ware S, Creed F, Bristow K. (2014) Perinatal distress and depression in Malawi: an exploratory qualitative study of stressors, supports and symptoms. *Archives Women's Mental Health*. Published online 25 June 2014

Stewart RC, Umar E, Tomenson B, Creed F (2013) A cross-sectional study of antenatal depression and associated factors in Malawi. *Archives Women's Mental Health*. Apr;17(2):145-54

Colman S, Stewart RC, MacArthur C, Kennedy N, Tomenson B, Creed F. (2013) Psychological distress in mothers of children admitted to a nutritional rehabilitation unit in Malawi - a comparison with other paediatric wards. *Maternal Child Nutrition*. Published online 14 Nov 2013. doi: 10.1111/mcn.12091

Stewart RC, Umar E, Tomenson B, Creed F (2013) Validation of screening tools for antenatal depression in Malawi - A comparison of the Edinburgh Postnatal Depression Scale and Self Reporting Questionnaire. *Journal of Affective Disorders* 150:1041–1047. doi: 10.1016/j.jad.2013.05.036

Stewart RC, Bunn J, Vokhiwa M, Umar E, Kauye F, Tomenson B, Rahman A, Creed F (2011); A Prospective Study of Psychological Distress Amongst Mothers of Children Admitted to a Nutritional Rehabilitation Unit in Malawi, and its Impact on Post-discharge Child Weight Gain. *Child: Care, Health and Development*. 37(1):55-63

Stewart RC, Bunn J, Vokhiwa M, Umar E, Kauye F, Fitzgerald M, Tomenson B, Rahman A, Creed F (2010); Common Mental Disorder and Associated Factors Amongst Women With Young Infants in Rural Malawi. *Social Psychiatry and Psychiatric Epidemiology*, 45(5):551-9

Stewart RC, Kauye F, Umar E, Bunn J, Vokhiwa M, Fitzgerald M, Tomenson B, Rahman A, Creed F (2008); Validation of Chichewa version of the Self-Reporting Questionnaire (SRQ) as a brief measure of Maternal Depressive Disorder in Malawi, Africa. *Journal of Affective Disorders*, 112, 126-34

Stewart RC, Umar E, Kauye F, Bunn J, Vokhiwa M, Fitzgerald M, Tomenson B, Rahman A, Creed F (2008); Maternal Common Mental Disorder and Infant Growth – A Cross-Sectional Study from Malawi. *Maternal Child Nutrition*, 4, 209-19

Stewart RC (2007); Maternal depression and infant growth: a review of recent evidence. *Maternal Child Nutrition*, 3, 94-107