

Dr Antony Psarras | MD MSc PhD MRCP

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Current Employment

2022 – present NIHR Academic Clinical Lecturer in Rheumatology
Kennedy Institute of Rheumatology
Nuffield Department Orthopaedics, Rheumatology and Musculoskeletal Sciences
University of Oxford

Education and Qualifications

2022 Member of the Royal College of Physicians, London (MRCP)
2018 University of Leeds, Doctor of Philosophy (PhD) in Immunology
2015 Imperial College London, Master of Science (MSc) in Immunology
2014 Aristotle University of Thessaloniki, Doctor of Medicine (MD)

Research Experience

07/2022 – present Postdoctoral Researcher
- Kennedy Institute of Rheumatology, NDORMS, University of Oxford
- High-dimensional immune metabolic profiling in patients with systemic lupus erythematosus at the single cell level
- Supervisor: Dr A. Clarke

10/2015 – 09/2018 Doctoral Researcher
- Leeds Institute of Rheumatic and Musculoskeletal Medicine, University of Leeds
- Regulation of type I interferons in health and autoimmune disease
- Supervisors: Dr E. Vital, Prof P. Emery, Dr M. Wittmann

06/2017 – 11/2017 Doctoral Researcher
- Beth Israel Deaconess Medical Center, Harvard Medical School
- Cross-talk between pDCs and CD4⁺ T cells in patients with SLE
- Supervisor: Prof G. Tsokos

03/2015 – 09/2015 Postgraduate Researcher
- Division of Immunology and Inflammation, Imperial College London
- Generation and characterisation of anti-dsDNA antibodies from patients with SLE
- Supervisors: Dr J. Mongkolsapaya, Prof M. Pickering, Prof G. Screaton

Clinical Experience

06/2022 – present Specialist Registrar in Rheumatology
- Nuffield Orthopaedic Centre, Oxford University Hospitals NHS Foundation Trust

08/2019 – 06/2022 Internal Medicine Training (IMT) in London Deanery
- Epsom & St Helier University Hospitals NHS Trust (IMT Year 1)
- King's College Hospital NHS Foundation Trust (IMT Year 2 & IMT Year 3)

08/2018 – 08/2019 Stand-alone Foundation Year 2 in East of England Deanery
- North Essex & East Suffolk NHS Foundation Trust

07/2017 – 07/2018 Clinical Fellow in Rheumatology
- Department of Rheumatology, Leeds Teaching Hospitals NHS Trust

Professional Activities

- Royal College of Physicians (London): Member
- British Society for Immunology: Member
- British Society of Rheumatology: Member
- Emerging EULAR Network (EMEUNET): Member
- American College of Rheumatology (ACR): Member
- European Lupus Society (SLEuro): Member

Honorary Distinctions & Awards

2024	British Society for Immunology (BSI): Travel bursary (£700) for EULAR 2024 Annual Congress in Vienna, Austria
2024	EULAR: Travel Bursary 7 th Course On Immunology in Frankfurt, Germany
2024	SLEuro: Training Bursary Programme (€2500) for 2-month lupus fellowship in Amsterdam Rheumatology and Immunology Center, The Netherlands
2023	ACR-EULAR: Research Exchange Programme (€2000) in San Diego, USA
2023	EULAR: Travel Bursary for Teaching and Learning Seminar in Berlin, Germany
2023	EULAR 2023 Annual Congress (Milan, Italy): Chair in session “Novel insights into disease taxonomy and immunophenotyping” and travel bursary as EULAR congress reporter
2023	SLEuro: Bursary for Advanced Workshop on SLE in Porto, Portugal
2020	EULAR 2020 Annual Congress (e-Congress): e-Bursary
2019	Japanese College of Rheumatology: Travel Bursary for 2019 Annual Congress in Kyoto, Japan
2018	Annual Yorkshire and Northern Rheumatology Meeting: Best Translational Prize
2018	EULAR 2018 Annual Congress in Amsterdam, Netherlands: Travel Bursary for oral presentation
2018	Japanese College of Rheumatology: Travel Bursary for 2018 Annual Congress in Tokyo, Japan
2017	Erdheim Travel Scholarship: Doctoral Award Scheme for Harvard Medical School
2017	British Society for Immunology: Travel Award Scheme for Harvard Medical School
2016	7 th NIHR Infrastructure Doctoral Research Training Camp at Ashridge Business School: Best Poster Award
2015	16 th EULAR Postgraduate Course in Rheumatology in Prague, Czech Republic: Travel Bursary for oral presentation

Grant awards, scholarships, and fellowships

07/2024 – 07/2026	Academy of Medical Sciences: Starter Grants for Clinical Lecturers (£30,000.00) Role: Lead applicant Title: "Spatial immunometabolic analysis of cutaneous lesions in systemic lupus erythematosus"
06/2024 – 07/2026	Versus Arthritis: Early Detection and Targeted Treatments Grant Award (£472,502.00) Role: Co-applicant (Lead Applicant: Dr E. Vital, University of Leeds) Title: "How do people develop SLE and can this be prevented?"
01/2023 – 06/2024	Lupus UK: Research Project Grant Award (£25,000.00) Role: Lead applicant Title: "High-dimensional immune metabolic profiling in patients with systemic lupus erythematosus at the single cell level"
06/2022 – 06/2026	NIHR Academic Clinical Lectureship in Rheumatology NDORMS, University of Oxford
10/2025 – 09/2018	University of Leeds 110 Anniversary Research Scholarship for PhD Leeds Institute of Rheumatic & Musculoskeletal Medicine, University of Leeds

Leadership

Member of Editorial Boards:

03/2023 – present	Frontiers in Lupus (journal): Guest Editor
12/2022 – present	Rheumatology (journal)
01/2021 – present	Clinical Immunology (journal)
05/2021 – present	Clinical Immunology Communications (journal)

Member of National & International Committees:

06/2024 – present	EULAR EMEUNET: Sub-Committee Member (Newsletter) The Sub-Committee Newsletter has the objective to keep young rheumatologists and researchers in the field updated on activities and latest news of EMEUNET, as well as any upcoming events, new projects and other information that could be considered as useful.
01/2023 – present	Versus Arthritis Autoimmune Rheumatic Diseases Research Advisory Group: Committee Member
06/2016 – 06/2020	British Society for Immunology (BSI): Committee Member of the BSI Forum

Member of National Guidelines:

02/2023 – present	British Society of Rheumatology (BSR) Guidelines on Management of Paediatric, Adolescent and Adult patients with SLE: Guideline Working Group member
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Investigator in Clinical Trials:

01/2024 – present	POETYK SLE-2 (IM011-247): Sub-investigator A phase III randomised double-blind placebo-controlled clinical trial, evaluating the safety and effectiveness of Deucravacitinib (Tyk2 inhibitor) in adults with active systemic lupus erythematosus (SLE).
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Training in Teaching

2022	University of Oxford: Advancing Teaching and Learning Programme
2021	Royal College of Physicians: Effective Teaching Skills
2019	University of Michigan: Instructional Methods in Health Professions Education
2017	University of Birmingham & Bristol Myers Squibb: Clinical Research and Education
2016	University of Leeds: Research and Parliamentary Impact
2016	University of Leeds: Communicating Complex Science to Public

Teaching Experience

09/2024 – present	University of Oxford, New College 1. Tutor for 6 th year medical students: - General Internal Medicine
08/2023 – present	University of Oxford, Green Templeton College 1. Tutor for 3 rd and 6 th year medical students: - General Internal Medicine 2. Tutor for 5 th year medical students: - Patient-based Learning: Rheumatology Case 3
08/2022 – present	Oxford University Hospitals NHS Foundation Trust 1. Clinical tutor for Foundation and Internal Medicine Training doctors: - General Internal Medicine - Rheumatology
08/2020 – 06/2022	King's College London 1. Organising tutor for "Supporting Life" of 2 nd year medical students: - Module 1: Cardiovascular examination - Module 2: Respiratory examination Formal feedback: Excellent/Very good (100%) 2. Clinical tutor for Foundation doctors: - Module: General Internal Medicine Formal feedback: Excellent/Very good (100%)
10/2015 – 08/2018	University of Leeds 1. Immunology supervisor for MSc students at LIRMM: - Human cell isolation - Cell and tissue culture - Flow cytometry - ELISA - Advanced microscopy - Next generation sequencing techniques - Data analysis & visualisation

List of Publications

1. Carter LM, Md Yusof MY, Wigston Z, Plant D, Wenlock S, Alase A, **Psarras A**, Vital EM. Blood RNA-sequencing across the continuum of ANA-positive autoimmunity reveals insights into initiating immunopathology. *Ann Rheum Dis.* 2024 May 13:ard-2023-225349.
2. Md Yusof MY, Smith EMD, Ainsworth S, Armon K, Beresford MW, Brown M, Cherry L, Edwards CJ, Flora K, Gilman R, Griffiths B, Gordon C, Howard P, Isenberg D, Jordan N, Kaul A, Lanyon P, Laws PM, Lightsone L, Lythgoe H, Mallen CD, Marks SD, Maxwell N, Moraitis E, Nash C, Pepper RJ, Pilkington C, **Psarras A**, Rostron H, Skeates J, Skeoch S, Tremarias D, Wincup C, Zoma A, Vital EM. Management and treatment of children, young people and adults with systemic lupus erythematosus: British Society for Rheumatology guideline scope. *Rheumatol Adv Pract.* 2023 Dec 5;7(3):rkad093.
3. Mathian A, Felten R, Alarcon-Riquelme ME, **Psarras A**, Mertz P, Chasset F, Vital EM, Arnaud L. Type 1 interferons: A target for immune-mediated inflammatory diseases (IMIDs). *Joint Bone Spine.* 2023 Aug 26;91(2):105627.
4. **Psarras A**, Clarke A. A cellular overview of immunometabolism in systemic lupus erythematosus. *Oxford Open Immunology.* 4 (1), 2023; iqad005.
5. Carter LM, Alase AA, Wigston Z, **Psarras A**, Burska A, Sutton E, Yusof MYM, Raynolds JA, McHugh N, Emery P, Wittmann M, Bruce IN, Vital EM. Gene expression and autoantibody analysis reveals distinct ancestry-specific profiles associated with response to rituximab in refractory systemic lupus erythematosus. *Arthritis Rheumatol.* 2023 May;75(5):697-710.
6. **Psarras A**, Vital EM. Anti-BDCA2 Antibody for Cutaneous Lupus Erythematosus. *N Engl J Med.* 387, 1528 – 1529.
7. **Psarras A**, Wittmann M, Vital EM. Emerging concepts of type I interferons in SLE pathogenesis and therapy. *Nat Rev Rheumatol* 18, 575–590 (2022).
8. **Psarras A**, Vital EM. Keratinocytes: From passive targets to active mediators of systemic autoimmunity. *Sci Transl Med.* 2022 Apr 27;14(642):eabo3961.
9. **Psarras A**, Antanaviciute A, Alase AA, Carr I, Wittmann M, Emery P, Tsokos G, Vital EM. TNF- α regulates human plasmacytoid dendritic cells by suppressing IFN- α production and enhancing T cell activation. *J Immunol.* 2021; 206(4):785-796.
10. **Psarras A**, Alase AA, Antanaviciute A, Carr I, Yusof MYM, Wittmann M, Emery P, Tsokos G, Vital EM. Functionally impaired plasmacytoid dendritic cells and non-haematopoietic sources of type I interferon characterize human autoimmunity. *Nat Commun.* 2020; 11(1):6149.
*Featured in *Nature Reviews Rheumatology* as research highlight: McHugh, J. Keratinocytes: wolves in sheep's clothing. *Nat Rev Rheumatol* 17, 67 (2021). <https://doi.org/10.1038/s41584-020-00569-9>

11. El-Sherbiny YM, Md Yusof MY, **Psarras A**, Hensor EMA, Kabba KZ, Dutton K, Mohamed AAA, Elewaut D, McGonagle D, Tooze R, Doody G, Wittmann M, Emery P, Vital EM. B cell tetherin: a flow-cytometric cell specific assay for response to Type-I interferon predicts clinical features and flares in SLE. *Arthritis Rheumatol.* 2020; 72(5):769-779.
12. Md Yusof MY*, **Psarras A***, El-Sherbiny YM, Hensor EMA, Dutton K, UI-Hassan S, Zayat AS, Shalbaf M, Alase A, Wittmann M, Emery P, Vital EM. Prediction of autoimmune connective tissue disease in an at-risk cohort: prognostic value of a novel two-score system for interferon status. *Ann Rheum Dis.* 2018; 77(10):1432-9.
*Joint first author
13. El-Sherbiny YM*, **Psarras A***, Yusof MYM, Hensor EMA, Tooze R, Doody G, Mohamed AAA, McGonagle D, Wittmann M, Emery P, Vital EM. A novel two-score system for interferon status segregates autoimmune diseases and correlates with clinical features. *Scientific Reports* 2018; 8(1):5793.
*Joint first author
14. **Psarras A**, Emery P, Vital EM. Type I interferon-mediated autoimmune diseases: pathogenesis, diagnosis and targeted therapy. *Rheumatology (Oxford)*. 2017; 56(10):1662-1675.
15. **Psarras A**, Soulaidopoulos S, Garyfallos A, Kitas G, Dimitroulas T. A critical view on cardiovascular risk in systemic sclerosis. *Rheumatol Int.* 2017; 37(1):85-95.
16. **Psarras A**, Tselios K, Gkougkourelas I, Sarantopoulos A, Boura P. Giant cell arteritis and systemic sclerosis: a rare overlap syndrome. *Rheumatology Reports* 2014; 6:5558.
17. **Psarras A**, Gkougkourelas I, Tselios K, Sarantopoulos A, Boura P. Systemic Sclerosis and Silicone Breast Implant: A Case Report and Review of the Literature. *Case Rep Rheumatol.* 2014; 2014:873189.

Chapters in Medical Textbooks

1. **Psarras A** & Vital EM. Systemic lupus erythematosus—clinical features and aetiopathogenesis. Chapter in the new edition of the Oxford Textbook of Rheumatology [in press; to be published in 2025].

International and National Presentations

1. Psarras A. Characterisation of immunometabolic reprogramming at the single cell level in patients with systemic lupus erythematosus and preclinical autoimmunity. ACR 2025 Congress, Chicago (USA), October 2025.
2. Psarras A. Systemic Lupus Erythematosus and type I interferon regulation. APLAR 2025 Congress, Fukuoka (Japan), September 2025.
3. Psarras A. Targeting the type I interferon regulation in Systemic Lupus Erythematosus. 10th Symposium for Systemic Autoimmune Diseases, Santander (Spain), February 2025.
4. Psarras A. Emerging concepts of type I interferon regulation in Systemic Lupus Erythematosus. Institute of Biomedical Science Congress, Birmingham (UK), March 2022.
5. Psarras A, et al. Immunophenotypic clusters of SLE patients reveal subgroups with severe disease resistant to conventional therapy. Annual European League Against Rheumatism (EULAR) e-Congress, June 2020.
6. Psarras A. The role of skin in type I interferon regulation and initiation of Systemic Lupus Erythematosus. Annual Congress of Japanese College of Rheumatology (JCR), Kyoto (Japan), April 2019.
7. Psarras A. Type I interferon is produced by non-haematopoietic tissue cells but not pDCs in preclinical autoimmunity and SLE. Annual Congress of American College of Rheumatology, Chicago (USA), October 2018.
8. Psarras A. The role of skin tissue in initiation of Systemic Lupus Erythematosus. Annual Northern and Yorkshire Rheumatology Meeting, York (UK), September 2018.
9. Psarras A. TNF- α regulates plasmacytoid dendritic cells by suppressing IFN- α production and enhancing Th1 and Th17 cell differentiation. Annual European League Against Rheumatism (EULAR) Congress, Madrid (Spain), June 2018.
10. Psarras A. Type I interferon is produced by non-haematopoietic tissue cells but not pDCs in preclinical autoimmunity and SLE. Annual European League Against Rheumatism (EULAR) Congress, Madrid (Spain), June 2018.
11. Psarras A. Prediction of connective tissue disease in at-risk cohort using a novel interferon-stimulated gene expression score. Annual Congress of Japanese College of Rheumatology (JCR), Tokyo (Japan), April 2018.
12. Psarras A. Type I interferon regulation in preclinical and established autoimmunity. Annual Northern and Yorkshire Rheumatology Meeting, York (UK), September 2017.
13. Psarras A. Distinct subsets of interferon-stimulated genes are associated with incomplete and established systemic lupus erythematosus. 36th European Workshop for Rheumatology Research, York (UK), February 2016.

14. Psarras A. Giant Cell Arteritis and Systemic Sclerosis: a rare overlap syndrome. 16th EULAR Postgraduate Course, Prague (Czech Republic), October 2015.
15. Psarras A, et al. Immediate adverse reactions in transfused Thalassemia patients. "Autoantigens: Forgotten partners in autoimmune disease", organized by RSM Regions and the Clinical Immunology & Allergy Section, Cambridge (UK), June 2014.
16. Psarras A, et al. The correlation between the microangiopathy pattern and the immunological screening in patients with Systemic Sclerosis. 9th National Immunology Congress, Athens (Greece), December 2013.
17. Psarras A, et al. Natural regulatory T cells in Systemic Lupus Erythematosus. 5th EFIS-EJI South Eastern European Immunology School, Sofia (Bulgaria), September 2013.

Dear SLEuro executive committee,

SLEuro is an outstanding European-centred organisation, which actively promotes medical education and evidence-based clinical practice in the treatment of systemic lupus erythematosus (SLE) across the international communities of Rheumatology, Nephrology, and other medical specialties. As a clinician scientist myself, I have dedicated the past decade of my professional career to deeply understanding the immune networks in lupus pathogenesis. I have acquired extensive clinical and research experience in immunology and complex research methods over the past years at top Rheumatology Institutions. My doctoral research, supervised by Dr Vital and Prof. Emery (University of Leeds) and Prof. Tsokos (Harvard Medical School), investigated type I interferon system regulation in SLE. That led to major discoveries that broadened our understanding of lupus pathogenesis. Currently at the University of Oxford, I continue working on immune regulation in SLE focussing on immunometabolism and complex immune-biology networks. I am also a core member of the Connective Tissue Disease clinic and our specialised clinical services for lupus patients at Oxford. We are a EULAR Centre of Excellence, and our service runs in a multidisciplinary team approach prioritising patient care.

Apart from my clinical and academic duties, I have been involved in educational roles teaching immunology-focused lectures in the 1st BILAG advanced course on SLE and the upcoming 8th SLEuro advanced workshop on SLE in Stockholm. I have also acted in various leadership roles actively participating in the committees of the British Society for Immunology (BSI), the British Society of Rheumatology (BSR) guidelines for the management of SLE, ArthritisUK Autoimmune Rheumatic Diseases Research Advisory Group, and the EULAR-EMEUNET in the Newsletter subcommittee.

Being part of the SLEuro executive committee would be a unique opportunity to interact, exchange data and ideas with fellow clinicians, scientists, patients, and finally contribute to our lupus community. In more detail, I aspire to:

- Actively represent the younger lupus community -either in training or early career- through a supportive and interactive network.
- Advocate about the need of a unifying state-of-the-art clinical training in lupus across Europe and overseas.
- Register the University of Oxford to the SLEuro Mentoring Program to provide clinical and research training to young clinicians and early career researchers in a world-class institution.
- Integrate the basic and translational research in lupus into the wider clinical landscape influencing guidelines, interpretations, and practices throughout the European nations and overseas.
- Support the organisation of the scientific programmes of SLEuro congress and advanced workshop in a productive and collaborative manner.
- Promote SLEuro as the top society exclusively focusing on the needs of patients living with SLE.

I fully recognise that participating in the SLEuro will be a serious commitment, which will require significant devotion and time management. It is expected that regular meetings and updates will be part of the responsibilities. As such, working in a collaborative manner is essential to achieve the society's aspirations and goals. I have had the chance to meet and interact with many SLEuro members in the past events and international conferences, and that was a catalyst for my current application. The future of lupus in Europe is bright, and we can achieve so much by harmoniously working together.

Yours faithfully,



Antony Psarras MD MSc PhD MRCP
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