

# 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<sup>+</sup> 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. Sreaton

## 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):<br>Travel bursary (£700) for EULAR 2024 Annual Congress in Vienna, Austria  |
| 2024 | EULAR:<br>Travel Bursary 7 <sup>th</sup> Course On Immunology in Frankfurt, Germany   |
| 2024 | SLEuro:<br>Training Bursary Programme (€2500) for 2-month lupus fellowship in Amsterdam Rheumatology and Immunology Center, The Netherlands                               |
| 2023 | ACR-EULAR:<br>Research Exchange Programme (€2000) in San Diego, USA   |
| 2023 | EULAR:<br>Travel Bursary for Teaching and Learning Seminar in Berlin, Germany   |
| 2023 | EULAR 2023 Annual Congress (Milan, Italy):<br>Chair in session “Novel insights into disease taxonomy and immunophenotyping” and travel bursary as EULAR congress reporter |
| 2023 | SLEuro:<br>Bursary for Advanced Workshop on SLE in Porto, Portugal  |
| 2020 | EULAR 2020 Annual Congress (e-Congress):<br>e-Bursary   |
| 2019 | Japanese College of Rheumatology:<br>Travel Bursary for 2019 Annual Congress in Kyoto, Japan  |
| 2018 | Annual Yorkshire and Northern Rheumatology Meeting:<br>Best Translational Prize   |
| 2018 | EULAR 2018 Annual Congress in Amsterdam, Netherlands:<br>Travel Bursary for oral presentation   |
| 2018 | Japanese College of Rheumatology:<br>Travel Bursary for 2018 Annual Congress in Tokyo, Japan  |
| 2017 | Erdheim Travel Scholarship:<br>Doctoral Award Scheme for Harvard Medical School   |
| 2017 | British Society for Immunology:<br>Travel Award Scheme for Harvard Medical School   |
| 2016 | 7 <sup>th</sup> NIHR Infrastructure Doctoral Research Training Camp at Ashridge Business School:<br>Best Poster Award   |
| 2015 | 16 <sup>th</sup> EULAR Postgraduate Course in Rheumatology in Prague, Czech Republic:<br>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)<br>Role: Lead applicant<br>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)<br>Role: Co-applicant (Lead Applicant: Dr E. Vital, University of Leeds)<br>Title: “How do people develop SLE and can this be prevented?” |
| 01/2023 – 06/2024 | Lupus UK: Research Project Grant Award (£25,000.00)<br>Role: Lead applicant<br>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<br>NDORMS, University of Oxford  |
| 10/2025 – 09/2018 | University of Leeds 110 Anniversary Research Scholarship for PhD<br>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:<br>Sub-Committee Member (Newsletter)<br>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:<br>Committee Member   |
| 06/2016 – 06/2020 | British Society for Immunology (BSI):<br>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:<br>Guideline Working Group member |
|-------------------|---|

### **Investigator in Clinical Trials:**

|                   |   |
|-------------------|---|
| 01/2024 – present | POETYK SLE-2 (IM011-247):<br>Sub-investigator<br>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<br>1. Tutor for 6 <sup>th</sup> year medical students:<br>- General Internal Medicine   |
| 08/2023 – present | University of Oxford, Green Templeton College<br>1. Tutor for 3 <sup>rd</sup> and 6 <sup>th</sup> year medical students:<br>- General Internal Medicine<br><br>2. Tutor for 5 <sup>th</sup> year medical students:<br>- Patient-based Learning: Rheumatology Case 3   |
| 08/2022 – present | Oxford University Hospitals NHS Foundation Trust<br>1. Clinical tutor for Foundation and Internal Medicine Training doctors:<br>- General Internal Medicine<br>- Rheumatology   |
| 08/2020 – 06/2022 | King's College London<br>1. Organising tutor for "Supporting Life" of 2 <sup>nd</sup> year medical students:<br>- Module 1: Cardiovascular examination<br>- Module 2: Respiratory examination<br>Formal feedback: Excellent/Very good (100%)<br><br>2. Clinical tutor for Foundation doctors:<br>- Module: General Internal Medicine<br>Formal feedback: Excellent/Very good (100%) |
| 10/2015 – 08/2018 | University of Leeds<br>1. Immunology supervisor for MSc students at LIRMM:<br>- Human cell isolation<br>- Cell and tissue culture<br>- Flow cytometry<br>- ELISA<br>- Advanced microscopy<br>- Next generation sequencing techniques<br>- 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- $\alpha$  regulates human plasmacytoid dendritic cells by suppressing IFN- $\alpha$  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, Ul-Hassan S, Zayat AS, Shalhaf 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**, Soulaïdopoulos 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. 10<sup>th</sup> 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- $\alpha$  regulates plasmacytoid dendritic cells by suppressing IFN- $\alpha$  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. 36<sup>th</sup> 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. 9<sup>th</sup> National Immunology Congress, Athens (Greece), December 2013.
17. Psarras A, et al. Natural regulatory T cells in Systemic Lupus Erythematosus. 5<sup>th</sup> 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 1<sup>st</sup> BILAG advanced course on SLE and the upcoming 8<sup>th</sup> 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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