

CIRICULUM VITAE

HIP HOP PSYCH

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OUR VISION

HIP HOP PSYCH is a unique social initiative drawing connections between mental health and hip-hop music through (i) public health campaigns to de-stigmatise mental health and educate the general public in diverse settings (e.g., prisons, lecture halls, night clubs, pubs, African Caribbean Societies, large concert and conference halls etc.); (ii) supporting the recruitment of medical students into psychiatry and improving knowledge among psychiatry trainees in psychopathology, addiction, psychosocial models etc.; (iii) exploring how hip-hop could be used to refine psychotherapies and supplement neuroscience research and music therapy environments.

HIGHLIGHTS

Key outcomes include: (i) HIP HOP PSYCH's *The Lancet Psychiatry* publication (2015) is ranked no. 1 of all time for most Shares, Likes, Comments on the University of Cambridge Facebook Page and ranked no. 9 of all time for most views on the University of Cambridge website, which captured a much broader, younger audience; (ii) Interviewed by BBC World Service, broadcasted to ~200 million listeners; (iii) Senior Communications Prize (British Association of Psychopharmacology), (iv) Plenary Speaker at the World Congress of Psychiatric Genetics (2015); regular international press coverage.

PUBLICATIONS

Sule A, Inkster B. "A public health perspective on hip-hop's response to the COVID-19 pandemic: Experiences of illness, spread of misinformation, and mobilization of resources" Accepted, December 2020. *Public Health in Practice*.

Sule A, Inkster B. Rap's battle with mental health: how hip-hop's progressive narratives are helping to tackle stigma. Accepted, December 2020. Opinion platform, *The BMJ*.

Sule A, Inkster B. Hip-hop's survival anthems: Incarceration narratives and identifying resilience factors in Maino's lyrics. *Forensic Science International: Mind and Law*. Accepted. 2020.

Sule A, Inkster B. Eminem's character, Stan: a bio-psycho-social autopsy. Accepted. *The Journal of Hip Hop Studies*, 2017.

Sule A, Inkster B. Kendrick Lamar: street poet of mental health. *The Lancet Psychiatry*. 2015; 2(6): 496-7.

Inkster B, Sule A. Drug term trends in American hip-hop lyrics. *J Public Mental Health*. 2015; 14(3): 169-73.

Sule A, Inkster B. A hip-hop state of mind. *The Lancet Psychiatry*. 2014; 1(7): 494-495.

PRESENTATIONS

WELLCOME TRUST & JAMAL EDWARDS DELVE, LONDON, UK, 20th JANUARY & 30th MARCH 2021

THRIVE EDINBURGH, 10th OCTOBER 2020.

BBC & GEORGE THE POET, LONDON, UK, 18th OCTOBER 2019.

BRITISH ASSOCIATION FOR PSYCHOPHARMACOLOGY ANNUAL CONFERENCE, PUBLIC EVENT, MANCHESTER, UK, 14th JULY 2019.

THRIVE EDINBURGH, UK, 7th SEPTEMBER 2018.

SCOTTISH MENTAL HEALTH ARTS AND FILM FESTIVAL, THE MENTAL HEALTH FOUNDATION, 20 APRIL 2017

AUTP ANNUAL GENERAL MEETING, LONDON, 7th APRIL 2017

INTERNATIONAL HIP HOP STUDIES CONFERENCE, CAMBRIDGE, 23 JUNE 2016

WORLD CONGRESS OF PSYCHIATRIC GENETICS IN PARTNERSHIP WITH THE CENTRE FOR ADDICTION AND MENTAL HEALTH, TORONTO, CANADA, 17th OCTOBER 2015

THE LANCET PSYCHIATRY HOSTED EVENT AT THE DYLAN THOMAS CENTRE, SWANSEA, WALES, UK 13th APRIL 2015

PARC PRISON YOUNG OFFENDERS INSTITUTION, BRIDGEND, WALES, UK
14TH APRIL 2015

HEADLINERS FOR THE CAMBRIDGE FESTIVAL OF IDEAS 20th OCTOBER 2014, Cambridge, UK

BEDFORD PRISON, JAN 21ST 2015,

MAUDSLEY NHS EVENT, THE ORTUS CENTRE BUILDIGN LAUNCH, 21st NOVEMBER 2013

THE CENTRE OF MEDICAL HISTORY, UNIVERSITY OF EXETER, 17TH OCTOBER 2013

STUDENT PSYCHIATRY SOCIETY, UNIVERSITY OF CAMBRIDGE, 13TH NOVEMBER 2012

PINT OF SCIENCE, CAMBRIDGE, 20TH NOVEMBER 2012

AFRICAN CARIBBEAN SOCIETY, UNIVERSITY OF OXFORD 16th MAY 2014

AWARDS

SENIOR COMMUNICATION PRIZE, BRITISH ASSOCIATION OF PSYCHOPHARMACOLOGY 28th
JULY 2015

MEDIA COVERAGE HIGHLIGHTS

<https://www.audio-technica.co.jp/always-listening/articles/hip-hop-psych/>

<https://www.theguardian.com/society/2016/nov/25/kanye-wests-travails-help-hip-hop-open-up-on-mental-health>

http://www.medscape.com/viewarticle/877127#vp_2

<http://www.latercera.com/noticia/la-ultima-barrera-cayo-hip-hop/>

<http://www.vibe.com/2016/10/hip-hop-depression/>

<https://medicalxpress.com/news/2015-05-exploring-mental-health-kendrick-lamar.html>

<https://www.thestar.com/life/2015/10/26/hip-hop-psych-raising-awareness-about-mental-health-through-music.html>

<HTTP://WWW.XXLMAG.COM/NEWS/2014/10/ HIP-HOP-PSYCH-MENTAL-ILLNESS/>

[HTTP://WWW.MTV.COM/NEWS/1961593/ HIP-HOP-HELP-TREAT-DEPRESSION-MENTAL-ILLNESS/](http://www.mtv.com/news/1961593/hip-hop-help-treat-depression-mental-illness/)

[HTTP://WWW.POWER1051FM.COM/ ONAIR/ANGIE-MARTINEZ-54909/UK- DOCTORS-ARE-USING-HIPHOP-TO-12857573/](http://www.power1051fm.com/onair/angie-martinez-54909/uk-doctors-are-using-hiphop-to-12857573/)

[HTTP://WWW.BBC.CO.UK/NEWSBEAT /29595426](http://www.bbc.co.uk/newsbeat/29595426)

[HTTP://THEBOOMBOX.COM/HIP-HOP-INSPIRES-DOCTORS -TREAT-MENTAL-ILLNESS/](http://theboombox.com/hip-hop-inspires-doctors-treat-mental-illness/)

[HTTP://WWW.BET.COM/NEWS/MUSIC/ 2014/10/14/UK-DOCTORS-HIP-HOP -HELPS-WITH-MENTAL-ILLNESS.HTML](http://www.bet.com/news/music/2014/10/14/uk-doctors-hip-hop-helps-with-mental-illness.html)

[HTTP://ALLHIPHOP.COM/2014/10/13/CAMBRIDGE-UNIVERSITY -NEUROSCIENTIST-BECKY-INKSTER-AKEEM-SULE -HIP-HOP-PYSCH-MENTAL-ILLNESS-PHAROAHE-MONCH/](http://allhiphop.com/2014/10/13/cambridge-university-neuroscientist-becky-inkster-akeem-sule-hip-hop-psych-mental-illness-pharoahe-monch/)

[HTTP://WWW.VIBE.COM/ARTICLE/CAN-HIP-HOP-HELP -TREAT-MENTAL-ILLNESS](http://www.vibe.com/article/can-hip-hop-help-treat-mental-illness)

[HTTP://UK.COMPLEX.COM/MUSIC/2014/ 10/CAMBRIDGE-UNIVERSITY-MENTAL -ILLNESS-HIP-HOP-DOCTOR](http://uk.complex.com/music/2014/10/cambridge-university-mental-illness-hip-hop-doctor)

[HTTP://HIPHOPWIRED.COM/2014/10/13/HIP-HOP- MUSIC-MAY-HELP-TREAT-MENTAL-ILLNESS/](http://hiphopwired.com/2014/10/13/hip-hop-music-may-help-treat-mental-illness/)

[HTTP://WWW.CAM.AC.UK/RESEARCH/NEWS/HIP-HOP-PSYCH-INITIATIVE-AIMS-TO-TACKLE-MENTAL-HEALTH-ISSUES-THROUGH-HIP-HOP#STHASH.TX4VF0DF.DPUF](http://www.cam.ac.uk/research/news/hip-hop-psych-initiative-aims-to-tackle-mental-health-issues-through-hip-hop#sthash.TX4VF0DF.DPUF)

[HTTP://GENIUS.COM/CHRISTOPHER-HOOTON-HIP-HOP-CAN-HELP-TREAT-DEPRESSION-PSYCHIATRISTS-CLAIM-LYRICS](http://genius.com/christopher-hooton-hip-hop-can-help-treat-depression-psychiatrists-claim-lyrics)

[HTTP://WWW.WOLFSON.CAM.AC.UK/NEWS/HIP-HOP-PSYCH-INITIATIVE-AIMS-TACKLE-MENTAL-HEALTH-ISSUES-THROUGH-HIP-HOP](http://www.wolfson.cam.ac.uk/news/hip-hop-psych-initiative-aims-tackle-mental-health-issues-through-hip-hop)

[HTTP://WWW.MEDICALDAILY.COM/HIP-HOP-MUSIC-OFFERS-MENTAL-ILLNESS-SUFFERERS-RELIEF-THROUGH-THERAPY-POWER-TUPAC-311038](http://www.medicaldaily.com/hip-hop-music-offers-mental-illness-sufferers-relief-through-therapy-power-tupac-311038)

<http://www.independent.co.uk/life-style/health-and-families/health-news/hiphop-can-help-treat-depression-psychiatrists-claim-9790582.html>

<http://www.theguardian.com/society/2014/oct/11/hip-hop-rap-therapy-mental-health-psychiatrists-pharrell-happy>

<http://www.bbc.co.uk/newsbeat/29595426>

<http://hereisthecity.com/en-gb/2014/10/12/hip-hop-therapy-is-new-route-to-mental-wellbeing-say-psychiatrists/>

<http://www.newstatesman.com/sci-tech/2015/05/what-do-kendrick-lamar-s-lyrics-tell-us-about-mental-health-and-addiction>

<http://www.thedailybeast.com/articles/2014/11/17/hip-hop-psychology-using-music-to-fight-mental-illness.html>

<http://guardianlv.com/2014/10/mental-illness-treated-by-hip-hop-music/>