

JEREMY HOWICK, Ph.D. Curriculum Vitae

Contact information

Faculty of Philosophy
Radcliffe Humanities Building, Oxford OX2 6GG
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Education

Dartmouth College 1988-92 BA, Major in Engineering
University of Oxford 1995-96 Diploma in Social Studies (distinction)
London School of Economics 1996-97 MS.c., Philosophy
London School of Economics 2006-08 Post Graduate Teaching Certificate
London School of Economics 2003-08 Ph.D., Philosophy of Science

Current Positions

Senior Researcher and Impact Fellow, Faculty of Philosophy, University of Oxford, 2013—present
Director, Oxford Empathy Programme, University of Oxford, 2015—present
Executive Secretary, Philosophy and Medicine Network, University of Oxford, 2019—present
Fellow, Kellogg College, University of Oxford, 2013—present

Current Honorary Positions

Honorary Lecturer, Bond University, Australia, 2019—present
Honorary lecturer, Leicester University Medical School, 2018—present

Previous Positions

Visiting Professor, University of Bologna, October-November 2019
Visiting Professor Lectureship, University of Buffalo, June 2019
Wendy MacDonald Chair Visiting Professorship, McGill University, June 2019
Senior Researcher in the Behavioural Medicine Group, Nuffield Department of Primary Care Health Sciences, University of Oxford. 2015—2019
National Institute of Health Research (NIHR) Fellow, Centre for Evidence-Based Medicine, University of Oxford, 2012—15
Medical Research Council (MRC) Research Fellow, Centre for Evidence-Based Medicine, University of Oxford, United Kingdom, 2008 – 2011
Lecturer (part-time), Department of Science and Technology Studies, University College London, 2009 – 2011
Research Fellow, Centre for Evidence-Based Medicine, University of Oxford, United Kingdom, 2007 – 2008
Research Fellow, Centre for the Philosophy of the Natural and Social Sciences, London School of Economics, United Kingdom, 2005 – 2008

Publication Summary

3 books
5 book chapters
89 articles, including: *Philosophy of Science*, *Synthèse*, *Journal of Medical Ethics*, *American Journal of Bioethics*, *The Lancet*, *PLoS One*, *BMJ*, *Annals of Internal Medicine*, *Journal of the Royal Society of Medicine*
H-factor on Google Scholar of 29 (as of 22 July 2019).

Research Areas

Interdisciplinary research in the medical humanities, straddling boundary between epidemiology, philosophy of science, and applied ethics. I focus on foundational issues within evidence-based medicine (how do we know interventions work in the absence of trials?) and placebo effects (including the effects of empathic care).

Media Coverage Summary

Press: Feature articles in most UK dailies including *The Guardian*, *The Telegraph*, *The Daily Mail*.

Television and radio: Designed and featured in BBC Horizon Documentary about placebos for back pain (record 1.7 million viewers), featured on *The Doctors* (US), *National Public Radio*.

Honors and Distinctions

John Locke Award. The Worshipful Society for Apothecaries 2020.

Waynflete Studies Biology Prize, September 2019. (Won by my tutee)

Best presentation at British Psychological Society Psychogenesis conference. 2019.

National Institute for Health Research (NIHR) Infrastructure Short Placement Award for Research Collaboration (SPARC) (with Doug Hardiman, University of Southampton). 2019

Departmental Award for Excellence (awarded to members of the Nuffield Department of Primary Care Health Sciences who have performed research, teaching, and academic citizenship duties well above and beyond what is expected from someone at their level). 2017

North American Primary Care Research Group 'Pearls' (best presentation in an annual conference). 2015

Oxford Learning Institute Teaching Award for Innovative Use of Weblearn, University of Oxford, United Kingdom. 2013

London School of Economics Departmental Teaching Award Winner for two consecutive years, London School of Economics, United Kingdom. 2006,7

Distinction, University of Oxford, United Kingdom. 1996

Teaching and supervision

Ph.D Supervisions: 6

External examinations: 4

Masters supervisions: 20

Undergrad over 30; two have won awards for best dissertation.

Degree coordination

Masters Dissertation and Pre-Dissertation Coordinator, Intercolated BSc in Philosophy and Medicine

Post-Graduate Courses Taught

Ethics for Biosciences, History and Philosophy of Evidence-Based Healthcare, Introduction to Evidence-Based Healthcare

Undergraduate Courses Taught

Philosophy of Science, Introduction to Philosophy, [Kuhnian] Revolutions in Medicine. Observation and Discovery in Medicine

Examination

External reviewer for 1 tenureship application, 2 examination boards (UCL, Oxford), and one National Research Federation application

Memberships

Society for Interdisciplinary Placebo Studies (SIPS, International), Philosophy of Science Association (US), British Society for the Philosophy of Science (UK)

Grants

- (£13,736.69) Oxford Humanities Division REF Support. I am the principal investigator on this project to extend the Template for intervention description and replication (TIDieR) to placebo controls. 2019—2020
- (£24,227) CLARHC. TACKling statin intolerance with N-of-1 trials in primary care (TASINI): testing the feasibility of a GP delivered behavioural intervention to increase statin adherence. I am a co-applicant on this project, led by Professor Paul Aveyard. 2018 – 2019
- (£394,262) School for Primary Care Research. Expectation Management for Patients in Primary Care: Developing and Feasibility Testing a New Digital Intervention for Practitioners. I am a co-applicant on this project. 2018 – 2021
- (£575,000) Health Technology Assessment. Cognitive Behavioural Therapy: An overview of systematic reviews and meta-analyses. I am a co-applicant on this project. 2017 – 2019
- (£2825) Society for Applied Philosophy. Conference funding for interdisciplinary conference *Too Much Medicine* (Oxford, 19-20 April). 2017
- (£60,000) British Medical Association Dawkins and Strutt Award. Hosted at Nuffield Department of Primary Care Health Sciences, University of Oxford, United Kingdom. 2016 - 2017
- (£243,600) National Institute for Health Research Non-Clinical Fellowship Hosted at the Centre for Evidence-Based Medicine, Nuffield Department of Primary Care Health Sciences, University of Oxford, United Kingdom. 2012 – 2015
- (£8000) Nuffield Department of Primary Care Health Sciences Internal Award, University of Oxford, United Kingdom. 2012
- (£174,407) Joint Medical Research Council (MRC) / Economics and Social Science Research Council (ESRC) Postdoctoral Fellowship, hosted at the Centre for Evidence-Based Medicine, Nuffield Department of Primary Care Health Sciences, University of Oxford, United Kingdom. 2008 – 2011
- (£11,000) University of Oxford Bridging Fund Scholarship, University of Oxford, United Kingdom. 2007 – 2008

Consultancies

- Consulting expert for the National Institutes of Health (United States, 2012), the National Institute of Health and Clinical Excellence (United Kingdom. 2012), the medical device industry and the BBC (via Oxford Innovation (United Kingdom, 2014-19)
- Speaker at the National Institutes of Health (US), Health Technology Assessment International
- Member of All Party Parliamentary Group (APPG): Yoga in Healthcare (2017-present)

Publications

Books

Howick J (2020). *The Philosophy of the Placebo*. (draft completed, submitting to Princeton University Press February 2020).

Howick J (2017). *Doctor You*. London: Hodder & Stoughton.

<https://www.hodder.co.uk/Books/detail.page?isbn=9781473654235>.

- Translated into 7 languages (Polish, Italian, Chinese, Romanian, French; Number 1 on Amazon (UK, US, Canada)

Heneghan CJ, Onakpoya I, Jones MA, Doshi P, Del Mar C, Hama R, Thompson MJ, Spencer EA, Mahtani KR, Nunan D, **Howick J**, Jefferson T (2016). **Neuraminidase inhibitors for influenza: a systematic review and meta-analysis of regulatory and mortality data.** *Health Technology Assessment* 20(42). ISSN 1366-5278. <https://www.ncbi.nlm.nih.gov/books/NBK363109/>.

- Altmetric score 93

Howick J (2011). *The Philosophy of Evidence-Based Medicine*. Oxford: Blackwell-Wiley. eu.wiley.com/WileyCDA/WileyTitle/productCd-140519667X.html.

- Cited by 388; Translated into Korean

Book chapters

Howick J (2017). The ethics of placebos in clinical practice. In A. Papanikitas, J. Spicer (Eds.), *The Handbook of Clinical Ethics*. Florida, US: CRC Press. <https://www.taylorfrancis.com/books/e/9781498783378/chapters/10.1201%2F9781315155487-4>.

Bowles, S. V., Millegan, J., Berry, K. G., Bunt, C., Gassaway, J. B., Pastel, R... & **Howick, J.** (2018). Use of Mindfulness and Acupuncture in the American Military. In S. Bowles & P. Bartone (Eds.), *Handbook of Military Psychology: Clinical and Organizational Practice*. New York, NY, US: Springer.

Howick J (2017). Measuring placebo effects, in Solomon M, Simon J, and Kincaid H (eds) *The Routledge Companion to Contemporary Philosophy of Medicine*. Routledge Publishing. <https://www.routledge.com/The-Routledge-Companion-to-Philosophy-of-Medicine/Solomon-Simon-Kincaid/p/book/9781138846791>.

Howick J. Justification of Evidence-Based Medicine Epistemology (2016). In Markum J (ed.) *The Bloomsbury Companion to Contemporary Philosophy of Medicine*.

Howick J, Mebius A. Randomized trials and observational studies: the current controversy (2015). In Schramme T, Edwards S (eds.) *Handbook of the Philosophy of Medicine*. DOI: 10.1177/0141076817732523. PMID: 28920755.

Articles—Philosophy and interdisciplinary

Howick J. Unethical informed consent caused by overlooking poorly measured nocebo effects. *Journal of Medical Ethics* (accepted for publication 30 December 2019, forthcoming).

Howick J, Kelly P, Kelly M (2019). Establishing a Causal Link between Social Relationships and Health using the Bradford Hill Guidelines. *SSM - Population Health*, Volume 8. DOI: <https://doi.org/10.17863/CAM.39486>

Howick J (2019). Exploring the Asymmetrical Relationship Between the Power of Finance Bias and Evidence. *Perspectives in Biology and Medicine*, 62(1): 159-187. DOI: [10.1353/pbm.2019.0009](https://doi.org/10.1353/pbm.2019.0009).

Hardman DI and **Howick J.** (2019) The friendly relationship between therapeutic empathy and person-centred care, *European Journal for Person Centred Healthcare*, 7(2), 351-357. doi:10.5750/ejpch.v7i2.1689

Uusitalo S, **Howick J** (2018). Philosophy of too much medicine conference report. *Journal of Evaluation in Clinical Practice*. 24(5):1011-12. Doi:10.1111/jep.13000.

Bailey R, **Howick J** (2018). Did John Stuart Mill influence the design of controlled clinical trials? *JLL Bulletin: Commentaries on the history of treatment evaluation* (<http://www.jameslindlibrary.org/articles/john-stuart-mill-influence-design-controlled-clinical-trials/>)

Mebius A, Graham Kennedy A, **Howick J** (2016). Research gaps in the philosophy of evidence-based medicine. *Philosophy Compass*, Volume 11, Issue 11, Pages 757-771. <http://onlinelibrary.wiley.com/doi/10.1111/phc3.12352/abstract>

- Boussageon R, Naudet F, **Howick J**, Falissard B (2016). L'efficacité thérapeutique. Entre médecine scientifique et médecine soignante. *Presse Med* 45: 700-704. <http://dx.doi.org/10.1016/j.lpm.2016.07.005>.
- Howick J**. Aulus Cornelius Celsus and 'empirical' and 'dogmatic' medicine (2016). *Journal of the Royal Society of Medicine* 109(11): 426-430. <https://doi.org/10.1177/0141076816672397>.
- Howick J**. Aulus Cornelius Celsus and 'empirical' and 'dogmatic' medicine (2016). *JLL Bulletin: Commentaries on the history of treatment evaluation* (<http://www.jameslindlibrary.org/articles/aulus-cornelius-celsus-and-empirical-and-dogmatic-medicine/>)
- Howick J**, Bohlen BA, McCulloch P, Thompson M, Skinner SA (2016). Foundations for Intraoperative Monitoring. *Clinical Neurophysiology* 127(1): 81-90. <https://doi.org/10.1016/j.clinph.2015.05.033>.
- Howick J** (2017). The relativity of placebos: defending a modified version of Grünbaum's scheme. *Synthese* 194(4):1363–1396. 1363. DOI 10.1007/s11229-015-1001-0
- Maddocks M, Kerry R, Turner A, **Howick J** (2016). Problematic placebos in physical therapy trials. *Journal of Evaluation in Clinical Practice* 22(4): 598-602. DOI: 10.1111/jep.12582.
- Kelly MP, Heath I, **Howick J**, Greenhalgh T. The importance of values in evidence-based medicine (2015). *BMC Medical Ethics* 16:69 DOI: 10.1186/s12910-015-0063-3.
- Howick J**. Strengthening Holt-Lunstad et al.'s conclusion about a causal relationship between social networks and health (2015). *PLoS Med*. DOI: 10.1371/journal.pmen.1000316.
- Howick J**, Graham Kennedy A, Mebius A. Philosophy of Evidence-Based Medicine (2015). *Oxford Bibliographies*. www.oxfordbibliographies.com. DOI: 093/obo/9780195396577-0253
- Howick J**, Mebius A. In search of justification for the unpredictability paradox (2014). *Trials* 15: 480. DOI: 10.1186/1745-6215-15-480.
- Greenhalgh T, **Howick J**, Maskrey N. (2014) Evidence-Based Medicine: a movement in crisis? *BMJ*;348:g3725. DOI: [http://dx.DOI.org/10.1136/bmj.g3725](http://dx.doi.org/10.1136/bmj.g3725). PMID: 24927763
- Every-Palmer S, Howick J (2014). How Evidence-Based Medicine is failing due to biased trials and selective publication. *Journal of Evaluation in Clinical Practice* 20(6): 908-14. DOI:10.1111/jep.12147.
- Howick J**, Glasziou P, Aronson JK (2013). Problems with using mechanisms to solve the problem of extrapolation. *Theoretical Medicine and Bioethics* 34(4): 275-91. DOI: 10.1007/s11017-013-9266-0.
- Howick J**, Glasziou P, Aronson JK (2013). Can understanding mechanisms solve the problem of extrapolating from study to target populations (the problem of 'external validity')? *Journal of the Royal Society of Medicine* 106(3): 81-86. DOI: 10.1177/0141076813476498. PMID: 23481429
- Howick J**. Saying things the "right" way: avoiding "nocebo" effects and providing full informed consent. *Am J Bioeth* 12(3):33-34 2012
- Howick J** (2012). Exposing the vanities – and a qualified defense – of mechanistic reasoning in health care decision making. *Philosophy of Science*, 78(5):926-940.
- Howick J**, Glasziou P, Aronson JK (2010). Evidence-Based Mechanistic Reasoning. *Journal of the Royal Society of Medicine*. 103(11): 433-41. DOI: 10.1258/jrsm.2010.100146. PMID: 21037334.
- Howick J**. (2009). Placebo misery. Escaping from placebo prison. *BMJ* 338: b1898. doi: 10.1136/bmj.b1898.
- Howick J** (2009). If children understand drawing straws and flipping coins, research

participants can understand randomization. *American Journal of Bioethics* 9(2): 19-20. doi: 10.1080/15265160802657775.

Howick J (2008). *Philosophical Issues in Evidence-Based Medicine: Evaluating the Epistemological Role of Double Blinding and Placebo Controls*. PhD thesis. London: London School of Economics. <http://etheses.lse.ac.uk/2973/>.

Howick J (2008). Double-Blinding: the benefits and risks of being kept in the dark. In series: Contingency and Dissent in Science Technical Report 03/08. D. Fennell (ed). London: Contingency And Dissent in Science Project.

Articles—Medicine

Howick J, Webster R, Kirby N, Hood K (2018). Rapid Review of Systematic Reviews of Nocebo Effects Reported by Patients Taking Placebos in Clinical Trials. *Trials* 19:674. DOI: <https://doi.org/10.1186/s13063-018-3042-4>.

Howick J, Hoffmann T (2018). How placebos influence intervention effects: The importance of knowing what they really are. *CMAJ* 190(30):E908-E911. DOI: 10.1503/cmaj.171400.

Howick J, Bizzari V, Dambha-Miller H (2018). Therapeutic empathy: what it is and what it isn't. *Journal of the Royal Society of Medicine*, 111(7) 233-236. DOI: 10.1177/0141076818781403

Evers A, Colloca L, Blease C, ... **Howick J**, et al (2018). Implications of Placebo and Nocebo Effects for Clinical Practice: Expert Consensus. *Psychotherapy and Psychosomatics*. Published online 12 June 2018. DOI: 10.1159/000490354.

Gray M, Gray J, **Howick J**. Personalised healthcare and population healthcare. *The Journal of the Royal Society of Medicine*. Royal Society of Medicine; 111(2) 51–56 DOI: 10.1177/0141076818769477

Fordham B, Sugavanam T, Hopewell S, Heming K, **Howick J**, Kirtley S, das Nair R, Hamer-Hunt J, Lamb Se. Effectiveness of cognitive-behavioural therapy: a protocol for an overview of systematic reviews and meta-analyses *BMJ Open* 2018;8:e025761. doi: 10.1136/bmjopen-2018-025761

Colloca L, **Howick J** (2018). Placebos without deception: outcomes, mechanisms, and ethics. *International Review of Neurobiology*. Published online 2018 Apr 4. DOI: 10.1016/bs.irn.2018.01.005. PMID: 29681327.

Howick J, Moscrop A, Mebius A, Lewith G, Bishop F, Little P, Mistiaen P, Roberts NW, Onakpoya I (2018). Effects of empathic and positive communication in healthcare consultations: a systematic review and meta-analysis. *The Journal of the Royal Society of Medicine*. Royal Society of Medicine; 0(0) 1–13 DOI: 10.1177/0141076818769477.

Batra S, **Howick J**. Empirical evidence against placebo controls. Published online 10 August 2017. doi: 10.1136/medethics-2016-103970. PMID: 28794240

Howick J, Ulyte A, Steinkopf L, Meissner K (2017). How empathic is your healthcare practitioner? A systematic review and meta-analysis of patient surveys. *BMC Research Methodology* 17(1): 136. doi: 10.1186/s12909-017-0967-3.

Howick J, Rees S, the Oxford Empathy Programme. Overthrowing barriers to empathy in healthcare: empathy in the age of the internet (2017). *Journal of the Royal Society of Medicine*. Published online. DOI: 10.1177/0141076817714443.

Petkovic G, Charlesworth JEG, Kelley J, Miller F, Roberts N, **Howick J**. Effects of placebos without deception a systematic review and meta-analysis (2017). *Journal for Evidence Based Medicine*. 27 April 2017 DOI: 10.1111/jebm.12251.

Howick J, Fanshawe T, Mebius A, Bishop F, Mistiaen P, van Osch M, van Dulmen

- S, Christelis N, Lewith G, Kaptchuk T (2017). Positive messages may reduce patient pain: A meta-analysis. *European Journal of Integrative Medicine*. <http://dx.doi.org/10.1016/j.eujim.2017.03.005>
- Banerjee K, Mathie RT, Costelloe C, **Howick J** (2017). Homeopathy for allergic rhinitis: a systematic review. *The Journal of Alternative and Complementary Medicine*. DOI: 10.1089/acm.2016.0310.
- Howick J**, Bossuyt PM, Cals J (2016). Point of care testing in family practice: common myths debunked. *Family Practice*, 1-3. doi:10.1093/fampra/cmz082.
- Howick J** (2016). Correction: Are treatments more effective than placebos? A systematic review and meta-analysis. *PLoS One* 11(1), e0147354. <https://doi.org/10.1371/journal.pone.0147354>
- Howick J**, Ulyte A, Steinkopf L, Meissner K (2016). Measuring practitioner empathy with patient surveys: a systematic review and meta-analysis (protocol). PROSPERO record no. CRD42016037456.
- Howick J**, Bohan BA, McCulloch P, Thompson M, Skinner SA (2016). Foundations for Intraoperative Monitoring. *Clinical Neurophysiology* 127(1): 81-90. <https://doi.org/10.1016/j.clinph.2015.05.033>.
- Turner PJ, Van Den Bruel A, Jones CHD, Plüddemann A, Heneghan C, Thompson MJ, Price CP, **Howick J** (2016). Point-of-care testing in UK primary care: a survey to establish clinical needs. *Family Practice* 33 (4), 388-394. doi:10.1093/fampra/cmz018.
- Howick J**, Fanshawe TR, Mebius A, Lewith G, Heneghan CJ, Bishop F, Little P, Mistiaen P, Roberts NW. Effects of changing practitioner empathy and patient expectations in healthcare consultations. *Cochrane Database of Systematic Reviews* (2015), Issue 11. Art. No.: CD011934. DOI: 10.1002/14651858.CD011934.
- Mistiaen P, van Osch M, van Vliet L, **Howick J**, Bishop F, Di Blasi Z, Bensing J, van Dulmen S (2015). The effect of patient-practitioner communication on pain: a systematic review. *European Journal of Pain* May20(5):675-88. doi: 10.1002/ejp.797. DOI: 10.1002/ejp.797.
- Petkovic G, Charlesworth JEG, Kelley J, Miller F, Roberts N, **Howick J**. Effects of placebos without deception: protocol for a systematic review and meta-analysis (2015). *BMJ Open*. 5(11), e009428. <http://dx.doi.org/10.1136/bmjopen-2015-009428>
- Beinortas T, Bauza K, **Howick J**, Nunan D, Mahtani KM. The first centre for evidence-based medicine in Lithuania: an opportunity to change culture and improve clinical practice (2015). *Journal of Evidence-Based Medicine* 8(2): 108-110. DOI: 10.1111/jebm.12156.
- Bishop FL, **Howick J**, Heneghan C, Stevens S, Hobbs FDR, Lewith G (2014) Ethical dilemmas and scientific misunderstandings: exploring general practitioners' views on placebo effects. *The Journal of Alternative and Complementary Medicine* 20 (5), A20-A20. <https://doi.org/10.1089/acm.2014.5048.abstract>.
- Del Mar C, Doshi P, Hama R, Jones M, Jefferson T, Heneghan C, Onakpoya I, **Howick J**. Neuraminidase inhibitors for influenza complications (2014). *The Lancet* 384(9950): 1260-1. DOI: 10.1016/S0140-6736(14)61761-X. PMID: 25283565.
- Jefferson T, Jones MA, Doshi P, Del Mar CB, Hama R, Thompson MJ, Spencer EA, Onakpoya IJ, Mahtani KR, Nunan D, **Howick J**, Heneghan CJ (2014). Neuraminidase inhibitors for preventing and treating influenza in healthy adults and children. *Cochrane Database of Systematic Reviews* 2014, Issue 4. Art. No.: CD008965. DOI: 10.1002/14651858.CD008965.pub4.
- Banerjee K, Costelloe C, Mathie RT, Howick, J. Homeopathy for allergic rhinitis: protocol for a systematic review. *Systematic Reviews* 3(59). DOI:10.1186/2046-4053-3-59
- Nunan D, Heneghan C, Mahtani K, **Howick J**, Thompson M. Presenting Evidence of

- Effectiveness of Interventions and More: The Evidence of Effects Page (2014). *British Journal of Health Informatics and Monitoring* 1(2).
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*joint first author.
- Howick J**, Cals J, Jones C et al. Current and future use of point-of-care tests in primary care: an international survey in Australia, Belgium, the Netherlands, the United Kingdom, and the United States (2014). *BMJ Open*;4:e005611. DOI:10.1136/bmjopen-2014-005611.
- Greenhalgh T, **Howick J**, Maskrey N. (2014) 循证医学正面临危机? 苏虹, 熊玮仪, 唐金陵, 英国医学杂志: 中文版 (BMJ), 16-23 [Translation of 'Evidence-Based Medicine: a movement in crisis?']
- Bishop FL, **Howick J**, Heneghan C, Stevens S, Hobbs FDR, Lewith G (2014). Placebo use in the UK: a qualitative study exploring GPs' views on placebo effects in clinical practice. *Family Practice* 31(3): 357-63. DOI: 10.1093/fampra/cmu016. Epub 2014 Apr 15.
- Jones B, **Howick J***, Hopewell J, Liew S-M (2014). Response to "Position Statement" on ethics, equipoise, and research on charged particle therapy. *Journal of Medical Ethics* 40(8): 576-7 DOI:10.1136/medethics-2014-102105. (*Howick is senior and corresponding author.)
- Jones CHD, **Howick J**, Roberts NW, Price CP, Heneghan C, Plüddemann A, Thompson M (2013). Primary care clinicians' attitudes towards point-of-care blood testing: a systematic review of qualitative studies. *BMC Methodology* 14(117).
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- Howick J**, Goldet G (2013). Understanding GRADE: an introduction. *Journal for Evidence-Based Medicine* 6(1) *Medicine* 6(1): 50-54.
- Heneghan C, **Howick J**, O'Neill B, Gill PJ, Lasserson DS, Cohen D, Davis R, Ward A, Smith A, Jones G, et al. (2012). The evidence underpinning sports performance products: A systematic assessment. *BMJ Open* 2(4). DOI: 10.1136/bmjopen-2012-001702.
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- Heneghan C, Thompson M, Perera-Salazar R, Gill P, O'Neill B, Nunan D, **Howick J**, Lasserson D, Mahtani K (2012). Clarification from EFSA Reply. *BMJ* 345.
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- Durieux N, Pasleau F, **Howick J**, Chalmers, et al. (2012). Explanation of the 2011

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- Durieux N, Pasleau F, **Howick J**, Chalmers, et al. (2012). Introduction to the 2011 Oxford Centre for Evidence-Based Medicine (OCEBM) Table of Evidence– Traduction française. Oxford, Oxford Centre for Evidence-Based Medicine.
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- Howick J**, Glasziou P, and Aronson J (2009). The evolution of evidence hierarchies: what can Bradford Hill's 'guidelines for causation' contribute? *Journal of the Royal Society of Medicine* 102(5): 186-194. DOI: 10.1258/jrsm.2009.090020. PMID: 19417051
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- Howick J** et al. (2009). Oxford Centre for Evidence-Based Medicine Levels of Evidence. Available from: <http://www.cebm.net/index.aspx>.

Selected blogs, reports, newsletters

From May 2019, Dr Howick has had a monthly blog in *Psychology Today*

- Howick J** (September 2019). Pain, Brains, and Feeling Your Clothes. *Psychology Today* <https://www.psychologytoday.com/intl/blog/doctor-you/201909/pain-brains-and-feeling-your-clothes>.
- Howick J** (September 2019). Can You Think Yourself Thin? *Psychology Today*. <https://www.psychologytoday.com/intl/blog/doctor-you/201909/can-you-think-yourself-thin>.
- Howick J** (May 2019). Empathy in Healthcare is finally making a comeback. *TheConversation*. <https://theconversation.com/empathy-in-healthcare-is-finally-making-a-comeback-113593>
- Howick J** (May 2019). Using Red Monkeys to Stop Nocebo-ing Ourselves. *Psychology Today*. <https://www.psychologytoday.com/intl/blog/doctor-you/201907/using-red-monkeys-stop-nocebo-ing-ourselves>.
- Howick J** (May 2019). It's Time for Depression to Make Friends With the Placebo. *Psychology Today*. <https://www.psychologytoday.com/intl/blog/doctor-you/201907/its-time-depression-make-friends-the-placebo>.
- Howick J** (October 2018). Where do I get those placebos I saw on TV? *Connect*

- (inaugural edition). <http://www.kellogg.ox.ac.uk/wp-content/uploads/2019/05/Connect-Magazine.pdf>.
- Howick J** (21 November 2017). I ran my first marathon and saved the NHS £2000. *Medium.com*. <https://medium.com/@jhowick/i-ran-my-first-marathon-and-saved-the-nhs-2000-6cbdf8f6c>.
- Howick J** (16 October 2017). Can you teach an old dog new tricks? *Huffington Post*. http://www.huffingtonpost.co.uk/jeremy-howick/old-dogs-new-tricks_b_18282576.html.
- Howick J** (10 May 2017). Placebos work even when patients know what they are. *TheConversation*. <https://theconversation.com/placebos-work-even-when-patients-know-what-they-are-77074>.
- Howick J** (31 Jan 2017). Size matters. *Medium*. <https://medium.com/@jhowick/size-matters-3ea5fb4a910a#.qhb0iphnu>.
- Howick J** (31 October 2016). Truth about stop smoking drug 'cytisine' beats conspiracies. *Medium*. <https://medium.com/@jhowick/truth-about-stop-smoking-drug-cytisine-beats-conspiracies-9c68b36e6a9f#.fw3en9i1g>.
- Howick J** (15 July 2016). What's the truth about placebo effects? *Huffington Post*. http://www.huffingtonpost.co.uk/jeremy-howick/placebo-effects_b_10906256.html.
- Howick J** (08 June 2016). Hero of Harlem beats Ayn Rand with altruism. *Huffington Post*. http://www.huffingtonpost.co.uk/jeremy-howick/hero-of-harlem-beats-ayn-rand-with-altruism_b_10326490.html.
- Howick J** (24 May 2016). Why doing good can do you good. *The Conversation*. <https://theconversation.com/why-doing-good-can-do-you-good-59106>.
- Howick J** (3 March 2015). It is never just in your mind (and exposing Descartes' error). Available from: <http://www.cebm.net/author/jeremyhowick/>.
- Howick J** (9 July 2014). The double-edged sword of the Evidence-Based Medicine Renaissance. <http://www.cebm.net/author/jeremyhowick/>.
- Howick J** (8 April 2014). Ask big questions and think critically. Available from: <http://www.cebm.net/author/jeremyhowick/>.
- Howick J** (21 January 2014). Rethinking evidence-based medicine: from rubbish to real. Available from: <http://www.cebm.net/author/jeremyhowick/>.
- Howick J** (12 November 2013). Bias is good. Available from: <http://www.cebm.net/author/jeremyhowick/>.
- Howick J** (21 October 2013). A new generation of bias in EBM. Available from: <http://www.cebm.net/author/jeremyhowick/>.
- Howick J** (2011). The truth, the whole truth, and 'nocebo' effects. *Trusttheevidence.net* 28 December 2011. Available from: <http://blogs.trusttheevidence.net/dr-placebo>
- Howick J** (2011). Nothing is as Good as Obecalp. *Trusttheevidence.net* 24 October 2011. Available from: <http://blogs.trusttheevidence.net/dr-placebo>
- Howick J** (2011). The Power of Belief to Reduce Pain and Alter Arteries. *Trusttheevidence.net* 21 September 2011. Available from: <http://blogs.trusttheevidence.net/dr-placebo>
- Howick J** (2011). Can Placebos Cure Asthma? It Depends on your Point of View *Trusttheevidence.net* 11 August 2011. Available from: <http://blogs.trusttheevidence.net/dr-placebo>

Book reviews

- Howick J** (2011). *Stats.con. Journal of Evaluation in Clinical Practice* 17(5).
- Howick J** (2009). The Selfish Meme. *Philosophy Today* 19(50).
- Howick J** (2008). Rethinking Randomized Trials. *Canadian Medical Association Journal* 179(11).

Plenary lectures / invited talks

2019

- 5 November 2019. [Using empirical philosophy to rethink mechanisms in medicine](#). Bologna, Italy.
- 4 November, 2019. 'Why every healthcare consultation needs a dose of empathy'. Royal Society of Medicine, London, UK.
- 7 June, 2019. 'Why every healthcare consultation needs a dose of empathy'. University of Buffalo. Buffalo, NY.
- 5 June 2019. 'Why every healthcare consultation needs a dose of empathy'. McGill University Wendy MacDonald Visiting Professorship Lecture. Montreal, Canada
- 2 March 2019. How can we be positive and honest? London, UK

2018

- 6 December 2018. Why empathy is required for person-centred care which is required for evidence-based medicine. European Society for Person-Centred Care Conference. London, UK
- 7 December 2018. Mining methods for new treatment discovery: mechanisms or observations? Bologna, Italy
- 26 November 2018. 'Reviewing the ethics and epistemology of placebos in light of recent evidence'. London School of Economics, UK.
- 24 October 2018. How to avoid harmful communication: the ethics and epistemology of nocebo effects in medicine. Ethox, University of Oxford. Oxford, UK
- 29 October 2018. Implementing the evidence that positive empathic communication for the nursing profession. University of Technology Sydney
- 15 October 2018. How to avoid harmful communication: the ethics and epistemology of nocebo effects in medicine. Delft, The Netherlands
- 13 October 2018. 'Using the power of placebos to enhance your health'. Manchester, UK.
- 9 October 2018. Putting empathy into practice. All day Continuing Professional Development (CPD) Workshop at Royal Society of Medicine, London, UK
- 4 October 2018. Placebo effects: evidence, ethics, and what you can do about it. Psychology in the Pub talk. The Yorkshire Grey, 2 Theobalds Road, London
- 3 October 2018. Why every healthcare consultation needs a dose of empathy. Impact Hub, Kings Cross, London, UK
- 21 July 2018. 'Fixing the problems with Evidence-Based Medicine'. University of Oxford.
- 3 June 2018. 'Decision-Oriented Evidence: Uncertainties And Opportunities'. Health Technology Assessment international Conference. Vancouver, Canada. (<https://www.htai2018.org/plenaries/>)
- 22 June 2018. 'Putting Empathy into Practice'. Department of Psychiatry, University of Oxford.
- 21 July 2018. 'Fixing the problems with Evidence-Based Medicine'. University of Oxford.
- 17 May 2018 'Placebos, empathy, and expectations: how these change your patients minds and bodies' Psychologists in the Pub, London UK.
- 21 May 2018 'Introducing the Hard Science of Self Healing' Balens Continuing Professional Development Conference, Birmingham, UK (<http://www.balens.co.uk/cpd.aspx>)
- 27 April 2018. Stanford Medicine X Pre-Conference Workshop: '[Mine your placebo potential, unleash empathy, and meet the power of Doctor You](#)', A 1-day workshop facilitated by Dr. Jeremy Howick and Dr. Amy Price (University of Oxford).
- 28 April 2018. Stanford Medicine X Plenary 'Why every healthcare consultation

- needs a dose of Empathy' Stanford Medicine X.
- 1 March 2018. 'Why every healthcare consultation needs a dose of empathy'
Department of Primary Care Health Sciences, Oxford
(<https://talks.ox.ac.uk/talks/id/f25cef80-09c6-4800-bbdc-213776098691/>)
- 13 March 2018 'The Ethics of Placebo Treatments' Health Psychology Seminars,
King's College London
(<https://www.kcl.ac.uk/ioppn/depts/psychology/research/ResearchGroupings/healthpsych/seminars/Seminars.aspx>)
- 24 March 2018 'How to use placebos to help patients' Continuing Professional
Development course for manual and physical therapists
(http://www.cpdo.net/prg/howick_placebos.php).
- 26 January 2018. "Using empirical philosophy to evaluate the ethics of placebos in
clinical practice". University of British Columbia, Canada.
- 26 January 2018. "Why every healthcare consultation needs a dose of empathy".
Grand rounds talk. University of British Columbia, Canada.
- 22 January 2018. "Why every healthcare consultation needs a dose of empathy".
Stanford Medicine X, USA.
- 22 January 2018. "Why every healthcare consultation needs a dose of empathy".
Stanford Medicine X, USA.

2017 and earlier

- 17 November 2017. 'Ethics, Nocebos, and informed consent'. Cardiff University
<https://twitter.com/CTRCardiffUni/status/927533008898453504>
- 21 July 2017. "Placebo is an ethically endorsed treatment and not deceitful quackery"
(Debate against Professor David Healy). Royal Society of Medicine. London,
UK.
- 11 May 2017. "The emerging discipline of empirical philosophy and why it is needed
to inform evidence-based policy". Evidence-Based Policy: One-Day
Workshop. Copenhagen, Denmark.
- 20 April 2017. "The need for empirical philosophy: evidence from three case-studies".
Too Much Medicine. Oxford, UK.
- 13 April 2017. "Why it is ethical to exploit placebo effects in clinical practice".
Sherborne Science Café. Sherborne, UK.
- 3 April 2017. "Using empirical research and philosophy to revolutionize placebo use
in clinical practice". Society for International Placebo Studies Inaugural Conference.
Leiden, The Netherlands.
- 25 October 2016. "The emerging evidence for the benefits of empathetic care"
Inaugural National Empathy Colloquium. Oxford, UK.
- 19 October 2016. "Developing collaborative actions to support Uganda Ministry of
Health to reduce child mortality" British Medical Association, London, UK.
- 8 September 2016. Royal College of Chiropractors Continuing Professional
Development Event. "The Difficulty in designing placebos for complex
treatments like chiropractic, and why the mind/body separation doesn't make
sense"
- 21 June 2016 (London, UK). iWGC (I Want Great Care) Symposium 2016. How
empathetic care improves patient outcomes, patient satisfaction, reduces
medico-legal risk, and improves job satisfaction.
- 20 April 2016. "Evidential support for the view that we need to think about
mechanisms: necessary or a search in the dark? Munich Center for
Mathematical Philosophy. Ludwig-Maximilians-Universität München. Munich,
Germany.
- 20 January 2016. "Exploring the epistemological role of mechanism in medical
treatment discovery by evaluating the meta-research data" University of Oslo
Science Studies Colloquium. Oslo, Norway.

- 20 May 2015. "Why stories are important for teaching". Launch of the James Lind Library. Oxford, UK.
- 10 November 2015. "Why it is ethical to prescribe placebos in Clinical Practice". Oxford Café Scientifique. Oxford, UK.
- 14 October 2015. "Why it is ethical to prescribe placebos in Clinical Practice". Bath Science Café. Bath, UK.
- 13 May 2015. "Mindfulness for Leadership". Said Business School. Oxford, UK.
- 25 March 2015. "Questioning the Usefulness of Basic Science Research for Generating Clinically Useful Treatments". McGill University, Montreal.
- 18 March 2015. "Applying Evidence-Based Medicine to Cancer Trials". Cancer Research UK. London, UK.
- 7 December 2015. "Why placebos are better than amphetamines for boys who can't down in school" Ludwig-Maxmillians Universität München Institute of Medical Psychology, Munich, Germany.
- 28 February 2014. "The need to define placebos to have rational policies about ethical placebo use in clinical trials and practice: defending a modified version of Grünbam's scheme" University of California, San Diego (UCSD). La Jolla, US.
- 7 February 2014. "A justification for the 2011 Oxford Centre for Evidence-Based Medicine Levels of Evidence" European Urology Association (EUA). London, UK.
- 13 November 2014. "Bias in Animal Studies". National Institutes for Health Research, Washington DC, USA
- 6-9 November 2014. "What Counts as a Placebo is Relative to a Target Disorder and Therapeutic Theory: Defending a Modified Version of Grünbaum's Scheme". Philosophy of Science Association Biennial Meeting, Chicago, USA.
- 21 October 2014. "Defending a definition of placebo controls". Harvard University Placebo Studies Programme. Boston, USA.
- 7 October 2013. "Evidence according to the Oxford Centre for Evidence-Based Medicine: where it is going next" Danish Society for Obstetrics and Gynaecology (DSOG). Copenhagen, Denmark.
- 5 April 2013. "Evidence-Based Medicine" (Inaugural lecture for the Lithuanian Centre for Evidence-Based Medicine). Vilnius, Lithuania.
- 6 May 2012. "Evidence-Based Neurophysiological Monitoring" (Presidential Address to the American Society of Neurophysiological Monitoring). Salt Lake City, Utah (USA).
- 31 January 2012. "The importance of conceptualizing 'placebos' when attempting to empirically measure 'placebo' effects". King's College London.
- 13 December 2011. "Problems with Using Mechanisms to Solve the Problem of External Validity: Reply to Cartwright". Philosophy of Epidemiology Conference.
- 9 November 2011. "Using Mechanisms to Solve the Problem of Applying Average Trial Results". Zentrum Geschichte des Wissens, Zurich, Switzerland.
- 3 November 2011. "Problems with Using Mechanisms to Solve the Problem of External Validity: Reply to Cartwright". Philosophy of Medicine Roundtable. University of the Basque Country, Spain.
- 25 October 2011. "Randomization and Blinding in Animal Experiments: a Call to Arms for Blinding Mice" (poster presentation). Evidence Live 2011. London, United Kingdom.
- 15 April 2010. "Placebo controls: problematic and misleading 'baseline measure of effectiveness'". University of Bristol, United Kingdom.
- 12 February 2010. "What Evidence do Experts Provide?" University College London, United Kingdom.
- 12 October 2009. "Questioning the methodological superiority of 'placebo' over 'active' controlled trials". Cochrane Colloquium. Singapore.
- 10 September 2009. "Defining a Role for Mechanistic Reasoning in Evidence-Based

- Medicine". Mechanisms and Causality in the Sciences. University of Kent, Canterbury, UK.
- 6-9 November 2008. "Double-Masking: The Benefits and Risks of Being in the Dark". Philosophy of Science Association Biennial Meeting, Pittsburgh, USA.
- 7 March 2008. "Double-Masking: The Benefits and Risks of Being in the Dark" *Society for Academic Primary Care*. Warwick Medical School, Warwick.
- 19-20 June 2006. "Evidence from Above: Allowing Background Knowledge and Preventing Prejudice". *Contingency and Dissent Workshop*. LSE.
- 29-31 May 2006. "Placebo Controls: Epistemic Virtue or Vice?" *International Conference of the Canadian Society for the History and Philosophy of Science* Toronto, Canada.
- 24 September 2009. "What on Earth was Medicine Based on Before Evidence-Based Medicine?" Descartes Centre, University of Utrecht, Netherlands.
- 2 June 2006. "Placebo Controls: Epistemic Virtue or Vice" International Conference on Philosophy, Athens Institute for Education and Research, Greece.
- 12 April 2006. (Given in Spanish) "The Assumption of Additivity in Randomized Controlled Trials (RCTs)". *First Annual Conference in the Philosophy of Medicine*. Computense, Madrid, Spain.
- 18 November 2005. "Placebo Controls: Epistemic Virtue or Vice". Philosophy of Medicine Roundtable, University of Alabama, Birmingham, USA.
- 10 March 2005. "The Role of Randomization: A Response to John Worrall's "Why Randomize?" Experimental Philosophy Laboratory (EPL). University of California, San Diego, USA (<http://mind.ucsd.edu/epl/>).

Podcasts

- 17 December 2018. "The Importance of the History and Philosophy of Evidence-Based Healthcare". http://media.podcasts.ox.ac.uk/cebm/2018-12-04-history_howick.mp3
- 17 December 2018. "Doctor You: the hard science of self-healing". http://media.podcasts.ox.ac.uk/cebm/2018-12-04-dr-you_howick.mp3
- 16 June 2014. "What counts as a placebo is relative to a target disorder and therapeutic theory: defending a modified version of Grünbaum's scheme" (podcast). St. Cross, Oxford. <http://podcasts.ox.ac.uk/st-cross-seminar-what-counts-placebo-relative-target-disorder-and-therapeutic-theory>

Service to Profession

Editorial Responsibilities

Grant reviewer, *Arts and Humanities Research Council (AHRC, UK)* 2015 – Member of Editorial Board for *BMC Medical Research Methodology*, 2014 – 2016

Reviewer for journals: *The Lancet*, *Philosophy of Science*, *The British Journal for the Philosophy of Science*, *BMJ*, *American Journal of Bioethics*, *Nature*, *Studies in the History and Philosophy of Science*, *Rerum Causae*, *the Journal for Medical Ethics*, *BMC Medical Research Methodology*, *Journal of Evaluation in Clinical Practice*, *Synthèse*, *Canadian Medical Association Journal*

Review panel member for funding agencies: Wellcome Trust, United Kingdom

Reviewer for book publishers: *Oxford University Press* (3x)

Organisation of scientific meetings

- 2019 Chief organizer for the 3rd Empathy Colloquium, Oxford, United Kingdom.
- 2018 Chief organizer for interdisciplinary 'Too Much Medicine' conference, Oxford, United Kingdom

- 2017 Chief organizer for the 2nd Empathy Colloquium, Oxford, United Kingdom.
- 2016 Chief organizer for the Inaugural Empathy Colloquium, Oxford, United Kingdom.
- 2015 Member of organizing committee for “Evidence Live 2015”, Oxford, United Kingdom.
- 2014 Organizer for opening meeting for “Real Versus Rubbish Evidence-Based Medicine”, Oxford, United Kingdom.
- 2013 Organizer for “Evidence Live 2013”, United Kingdom
- 2011 Organizer for “Philosophy of Epidemiology”, Johannesburg, South Africa
- 2010 Organizer for “Progress in Medicine”, Bristol, United Kingdom
- 2007 – 2010 Organizer of the Internal Journal Club, University of Oxford, United Kingdom
- 2006 Organizer “Philosophy Graduate Conference”, United Kingdom

Service to University

College boat club coordinator for Oxford University Boat Club (2018-),
 Impact coordinator, University of Oxford (2016-)
 Member of Kellogg College Rowing Club Committee (2014-)
 Examination Board, University of Oxford (2013-)
 Student advisor, Kellogg College, University of Oxford (2013-)
 Faculty member, Department of Science and Technology Studies, University College London, United Kingdom (2009-11)
 Examination Board, University College London (2009-11)
 Elected PhD student representative, London School of Economics, United Kingdom (2003-4)

Research Impact

2014 REF Impact Case Study. My research led the University of Oxford to submit my work as an ‘Impact Case Study’ for the 2014 Research Exercise Framework (REF), that was part of a highly ranked submission. The Study involved evidence that my research on evidence-based medicine and placebos had influenced policy.

2021 REF. I have two Impact Case Studies, arising from two lines of research, both of which have been informally ranked as having a high impact.

Research in the press

My research is widely cited in the press (see Google News: <http://bit.ly/2eGWTtb>).

In addition:

- A list of media articles ensuing from PLOS ONE survey article can be found here: <http://www.plosone.org/annotation/listThread.action?root=63233>
- Press reports on the article ‘What’s in Placebos: Who Knows?’ can be found here: <http://www.reuters.com/article/2010/10/18/us-whats-placebo-idUSTRE69H51L20101018>
- July 2015. “What is the placebo effect?” (Consultant for BBC Horizon programme on placebos) <http://www.bbc.co.uk/guides/zq8mhv4>
- 14 April 2015. “What Evidence-Based Medicine Needs”. BMJ podcast. https://www.youtube.com/watch?v=Ah5_tzFuAJY.
- 2 September 2014. “What to do if you need a second opinion from another doctor: considering the evidence”. BBC Radio Oxford. Oxford, United Kingdom.

- “Duck Quacks Don't Echo” <http://bit.ly/2CoeuC7>

Major collaborations

Oxford Empathy Programme, Point of Care Testing Research, Real Versus Rubbish Evidence-Based Medicine, TIDieR-Placebo

Leadership

I lead the drive within the University of Oxford Faculty of Philosophy to expand the breadth of impact philosophy has outside academia. This involves collaborating with other philosophers, ethicists, and other medical humanities researchers. So far, I have been successful, and the Faculty has submitted 18 draft Impact Case Studies for the forthcoming 2021 REF.

I was selected as the Oxford candidate for the International Primary Care Research Leadership Programme (www.phc.ox.ac.uk/events/international-primary-care-research-leadership-programme). This international programme is highly selective and aims to identify and train future leaders in Primary Care research. Our leadership cohort is currently collaborating on a project investigating the potential benefits of vitamin D.

Sport & Coaching

I was a competitive rower for nine years, competing for Canada at the World Rowing Championships, and representing the University of Oxford against Cambridge. I believe in the benefits of exercise and currently practice and teach Yoga. I am also a level II qualified rowing coach, and have won races and coaching awards in Canada and the UK

Volunteer

I have also always done volunteer community work alongside my career at organizations including the Calthorpe Project (United Kingdom), the Erf 1 Foster Farm (South Africa), and the YMCA (Canada), 1992 –. I am currently a council member of John Cassian charity.

References

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