



Dr Pranay Singh Deo

B.Sc., M.Sc., C.Psychol.

Chartered Practitioner Psychologist



Health Professions Council Registration: **PYL044350**
British Psychological Society Membership: **361430**

Dr Pranay Singh Deo is a dedicated HCPC Registered Practitioner Health Psychologist specialising in adult care, trauma, rehabilitation, and risk management. He is a published researcher in psychological self-management interventions for chronic health conditions and integrates evidence-based approaches to improve physical and mental wellbeing. Pranay provides culturally sensitive, client-centred care, ensuring systems surrounding the client inclusively meet their needs. His expertise spans clinical practice, medico-legal contexts, and multi-agency collaboration.

AREAS OF SPECIALISM

- Injury rehabilitation
- Depression, anxiety, chronic stress and sleep difficulties
- Trauma and adjustment to loss, illness, or injury
- Management of chronic health conditions
- Risk management and systemic family support
- Psychoeducation and challenging behaviours

PROFESSIONAL QUALIFICATIONS

- 2024** Doctorate in Health Psychology (DHealthPsych), University of West of England
- 2020** MSc Health Psychology, King's College London
- 2019** BSc Psychology, Aston University.

WORK HISTORY

2025 – Present **Associate Psychologist, PsychWorks Associates Ltd**

- Assessment, report writing and therapy for adults, couples, and families affected by catastrophic personal injury.
- Specialised input for brain injury, spinal cord injury, and systemic rehabilitation.
- Facilitating interdisciplinary team meetings, training carers, and liaising with medico-legal professionals.
- Delivering cost-effective, proactive services with high-quality report writing.

2025 – Present **Research Fellow, University of Warwick Medical School**

- Researching integration of psychological and physical interventions for NHS services.
- Conducting detailed analysis and producing reports for applications and publications.

2024 – Present **Associate Psychologist, Healthy Minds**

- Providing assessment and formulation using ACT, CFT, CBT, and mindfulness.
- Supporting clients with trauma, loss, depression, anxiety, and relational difficulties.

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2022 – 2024 Psychology Service, University Hospital Coventry and Warwickshire NHS Trust

- Clinical input within multidisciplinary frameworks for chronic health conditions.
- Delivered individual and group therapy addressing anxiety, depression, trauma, and emotional eating.

2019 – 2025 Health and Wellbeing Coach (Self-employed)

- Designed holistic care plans for physical and mental health improvement.
- Provided exercise and nutrition coaching, assessments, and remote support.

2019 – 2020 Pain Management Clinic, Guy's and St Thomas' Hospital London

- Supported adults with chronic pain and associated emotional difficulties.
- Worked collaboratively with physiotherapists and nurses in a multidisciplinary team.

2018 – 2020 Health and Wellbeing Coach, Nuffield Health

- Conducted health MOTs and delivered group fitness classes.
- Provided holistic care plans for diverse physical and mental health needs.

Consultancy**2024 – Present**

Company wellbeing interventions including 1-1 sessions, online support and regular physical and mental health content. Working alongside pharmacists to conduct psychological assessments for suitability of and risk management of patients for medication..

PUBLICATIONS AND RESEARCH

- Deo, P. S., Grove, A., Zhang, M., Abrams, K. R., Auguste, P., Barber, T. M., Gazeley, T., Green, R., Griffiths, F., Hazlehurst, J., Hee, S. W., Kaura, A., Mallipedhi, A., O'Toole, S., Panesar, A., Parsons, N., Scott, E., Summers, C., Thind, M., Thorpe, M., ... Hanson, P. (2026). Using real-world evidence to evaluate the long-term health and economic impact of the digital tool Grohealth W8Buddy supporting access to specialist weight management services: a protocol for a cohort observational study. *BMJ open*, 16(1), e109111. <https://doi.org/10.1136/bmjopen-2025-109111>
- Deo, P. S., Barber, T. M., Gotts, C., Villarreal, M., Randeve, H., Brown, S., Bath, J., O'Hare, P., Chaggar, S., & Hanson, P. (2024). A pilot study to assess the feasibility and uptake of MindDEC, a mindfulness-based self-management course for type 2 diabetes. *Complementary therapies in medicine*, 103059. Advance online publication. <https://doi.org/10.1016/j.ctim.2024.103059>
- Hanson P, Parmar D, Deo P, et al. Insights into optimising education for patients living with diabetes mellitus: A model for the post-pandemic era, informed by survey data. *Lifestyle Med*. 2022; 3:e64. <https://doi.org/10.1002/lim2.64>
- Castle, E., Dijk, G., Asgari, E., Shah, S., Phillips, R., Greenwood, J., Bramham, K., Chilcot, J. & Greenwood, S. A., 23 May 2022, In: *Frontiers in Nutrition*. 9, 887580. (Acknowledged in journal for contributions to research)