



Prof. Joseph Firth Biography



Joseph Firth is a Professor of Psychology & Mental Health at The University of Manchester, whose research focuses on the role of lifestyle interventions and digital technologies in treatment of mental illness. He is a four-time recipient of the *Clarivate™ Highly Cited Researcher* award in Psychiatry/Psychology, was named Research.com's #1 "Rising Star" in 2023 across all fields in the UK, and received the USERN Laureate in Social Sciences in 2022 for his work in digital lifestyle interventions for psychosis. Prof. Firth has published over 300 peer-reviewed publications to date, including works in *The BMJ*, *The NEJM*, *Lancet Psychiatry*, and *World Psychiatry*, and has had leading roles in major policy/guideline pieces, including chairing the Lancet Commission on Physical Health in Mental Illness, acting as expert advisor for the World Health Organization's Physical Activity Guidelines, and the European Psychiatric Association's guidelines on exercise and lifestyle interventions in mental healthcare.