Surname, first name(s) and initial Firth, Joseph
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Biography

Dr. Joseph Firth completed his PhD at The University of Manchester in the United Kingdom. His initial research projects investigated the physiological and psychological effects of physical activity in young people with mental illness. Since then, his research has expanded to cover multiple aspects of health behaviours (including physical activity, sedentary behaviour, sleep and diet) and the interaction this has with mental illness and brain health - particularly in young people. Alongside this, Dr. Firth's research also examines how digital technologies may influence mental health, and how these can potentially be used as novel methods for health promotion. Across these topics, Dr. Firth has published over 100 peer-reviewed articles in leading medical journals, and is currently leading The Lancet Psychiatry Commission on 'Improving physical health in mental illness', which will be launched in August, 2019. Dr. Firth's work in these areas has received thousands of academic citations and substantial media coverage; being featured in over 600 news stories from across the globe. His ongoing projects focus on developing and evaluating pragmatic and feasible programs aimed at helping vulnerable and disadvantaged populations to engage in regular exercise, and to adopt healthy lifestyles.