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I undertook my medical training at the University of Cambridge and then Oxford University, and then trained in psychiatry before completing my PhD training in epidemiology and genetics at Cardiff University. I hold a joint appointment across Cardiff University and the University of Bristol as Professor of Psychiatric Epidemiology. My research focuses primarily on using epidemiological studies to investigate the aetiology of psychotic disorders. I am the Assistant Director for the MSc course in Psychiatry at Cardiff University, and have clinical commitments within the Cardiff Traumatic Stress Service, using psychological treatments for treating patients with post-traumatic stress disorder.