

**Anita Thapar**  
**PhD FRCPsych FMedSci CBE**  
Professor of Child and Adolescent Psychiatry  
Cardiff University

**Current position and contact details**

Head of Child & Adolescent Psychiatry academic section, Division of Psychological Medicine and Clinical Neurosciences DPMCN and theme lead, Developmental Disorders, MRC Centre for Neuropsychiatric Genetics and Genomics, Cardiff University  
Honorary consultant, Cwm Taf University Health Board  
Honorary Professor, School of Psychology, University of Sussex  
Honorary Senior Scientist, MRC Integrated Epidemiology Unit, Bristol University

**Education and elected fellowships**

MBBCh	1985	Welsh National School of Medicine, Cardiff
MRCPsych	1989	Royal College of Psychiatrists
CCT	1995	Child and Adolescent Psychiatry Clinical Accreditation
PhD	1995	University of Wales College of Medicine
FRCPsych	2005	Elected fellow of the Royal College of Psychiatrists
FLSW	2011	Fellow of the Learned Society of Wales
FMedSci	2011	Fellow of the Academy of Medical Sciences

**Prizes and honours**

*Welsh National School of Medicine:* Maldwyn Catell Memorial Prize, Geraint Walters Prize in Haematology 1985

*Royal College of Psychiatrists:* Laughlin Prize for highest marks and best recommendation in MRCPsych examinations 1989

*Brain and Behavior Research Foundation USA:* Ruane Prize for Outstanding Child & Adolescent Psychiatric Research 2014

*Royal College of Psychiatrists:* President's Medal for contribution to policy, public knowledge, education and meeting population and patient care needs 2015

*Queen's Honours:* CBE for services to Child and Adolescent Psychiatry 2017

*Learned Society of Wales:* Frances Hoggan Medal for outstanding research by women in Science, Technology, Engineering, Medicine or Mathematics 2017

*Professor of Psychiatry Club:* Academic Women in Psychiatry Award Prize for enhancing the careers of academic women in psychiatry 2017

**Previous posts**

Honorary NHS consultant in Child and Adolescent Psychiatry, Cardiff and Vale UHB and then Cwm Taf UHB 1999-2017.

Visiting academic 6-month sabbatical 2017. University of California, San Francisco; National Institute of Mental Health, USA and MRC IEU, Bristol University.

Senior Lecturer and Honorary Consultant in Child & Adolescent Psychiatry Department of Child & Adolescent Psychiatry, University of Manchester, Royal Manchester Children's Hospital. 1996-99 (including 1 maternity leave and p/t working)

Research Fellow, Department of Psychological Medicine, UWCM, Cardiff 1995

MRC Clinical Research Training Fellowship, UWCM, Cardiff (including 1 maternity leave and p/t working) 1991-95

Specialist Registrar, Child and Adolescent Psychiatry 1990-95

Clinical junior doctor posts in Psychiatry, Medicine and Surgery: South Wales 1985-1989

**Selected experience on boards and panels**

## **Policy and practice boards**

*Expert Reference Group advising “Together for Children and Young People” Welsh Government Policy: multi-agency programme (health, education and social care) to improve mental health and well-being of children and young people in Wales-2015-19.*

*Consultation panel for the National Institute for Health’s Research Development of a Ten-Year Strategy for Mental Health - Children and Young People-2016.*

*American Psychiatric Association Review Committee on Neurodevelopmental Disorders [Intellectual Disability, Learning Disorders, Communication Disorders, Autism Spectrum Disorders, Motor Disorders, ADHD] -2016-current*

*Nuffield Council on Bioethics. Working party on genetics and human behaviour 2001 - 2002*

## **Selected Scientific and Professional Boards**

Wellcome Trust Public Health and Tropical Medicine Interview Committee 2015

Academy of Medical Sciences Sectional Committee 2013-15

Academy of Medical Sciences Academic Careers Committee 2012-16

Norwegian Biology, Medicine and Health Research Evaluation Panel 2011

Autism Speaks Grant Review Panel 2009

Wellcome Trust Cognitive and Higher Systems Funding Committee 2004-7

UK Child and Adolescent Psychiatry Society Secretary and treasurer 2001-7

## **Editorial boards and editorships**

Associate Editor and Editorial Board of the American Journal of Psychiatry 2014-current

Lancet Psychiatry Advisory Board 2014-current

Lead Editor (Joint), 6<sup>th</sup> Edition Rutter’s Child and Adolescent Psychiatry 2012-15

Journal of Academy of Child and Adolescent Psychiatry corresponding associate 2014-17

Editor, European Child & Adolescent Psychiatry 2007-9

Scientific Advisory Board, Journal of Child Psychology and Psychiatry 2003

## **Selected key publications**

*> 300 publications, citations > 24K, H Index 86 Google scholar*

### **Developmental including gene-environment interplay**

1. Riglin L, Eyre O, Thapar AK, Stringaris A, Leibenluft E, Pine D, Tilling K, Davey Smith G, O’Donovan MC, **Thapar A**, (2019) Identifying novel types of irritability using a developmental genetic approach. *American Journal of Psychiatry*, Aug 1;176(8):635-642.

2. Riglin L, Hammerton G, Heron J, Collishaw S, Arseneault L, Thapar AK, Maughan B, O’Donovan MC, **Thapar A**. (2019). Developmental Contributions of Schizophrenia Risk Alleles and Childhood Peer Victimization to Early-Onset Mental Health Trajectories *American Journal of Psychiatry* 176(1):36-43

3. Rice, F., Riglin, L., Thapar, A.K., Heron, J., Anney, R., O’Donovan, M.C., **Thapar, A.** (2019) Characterizing Developmental Trajectories and the Role of Neuropsychiatric Genetic Risk Variants in Early-Onset Depression. *JAMA Psychiatry* 76(3): 306-313

4. Riglin L, Collishaw S, Richards A, Thapar AK, Maughan B, O’Donovan M.C., **Thapar A** (2017) Schizophrenia risk alleles and neurodevelopmental outcomes in childhood: a population-based cohort study, *Lancet Psychiatry* 4(1):57-62.

5. Riglin, L., Collishaw, S., Thapar, AK., Dalsgaard, S., Langley, K., Davey Smith, G., Stergiakouli, E., Maughan, B., O’Donovan, M. & **Thapar, A.** (2016) Association of genetic risk variants with Attention-Deficit/Hyperactivity Disorder trajectories in the general population. *JAMA Psychiatry*. 73 (12):1285-1292.

6. Rice F, Harold GT, Boivin J, Hay D, Van den Bree MB, **Thapar A.** (2009) Disentangling prenatal and inherited influences in humans with an experimental design. *Proceedings of the National Academy of Sciences*. USA, 106 (7): 2464-2467.

### **Genetics**

1. Williams NM, Zaharieva I, Martin A, Langley K, Mantripragada K, Fossdal R, Steffansson H, Stefansson K, Magnsson P, Gudmundsson OO, Gustafsson O, Holmans P, Owen MJ, O’Donovan MC, **Thapar A.** (2010). Rare chromosomal deletions and duplications in attention-deficit hyperactivity disorder: a genome-wide analysis. *Lancet*. 376(9750):1401-8.

2. Martin, J., Hamshere, M. L., Stergiakouli, E., O'Donovan, M. C., & **Thapar A.** (2014) Genetic risk for attention deficit hyperactivity disorder contributes to neurodevelopmental traits in the general population. *Biol Psychiatry*, 76(8):664-71
3. Hamshere M, Langley K, Martin J... **Thapar A** (2013). High loading of polygenic risk for ADHD in those with comorbid aggression, *Am J Psychiatry*,170(8):909-16
4. Stergiakouli E, Hamshere M, Holmans P, Langley K, Zaharieva I; decode Genetics; Psychiatric GWAS Consortium. **Thapar A.** (2012). Investigating the contribution of common genetic variants to the risk and pathogenesis of ADHD. *Am J Psychiatry*. 169(2):186-94.
5. **Thapar A**, Martin J, Mick E, Arias Vásquez A, Langley K, Scherer SW, Schachar R, Crosbie J, Williams N, Franke B, Elia J, Glessner J, Hakonarson H, Owen MJ, Faraone SV, O'Donovan MC, Holmans P. (2015) Psychiatric gene discoveries shape evidence on ADHD's biology. *Mol Psychiatry*. 21(9):1202-7.

#### **Clinical, services and intervention**

1. Rice F, Sellers R, Hammerton G, Eyre O, Bevan Jones R, Thapar AK, Collishaw S, Harold G, **Thapar A**, (2016) Antecedents of new-onset major depressive disorder in adolescence: a longitudinal familial high-risk study *JAMA Psychiatry* 74(2):153-160
2. Eyre O., Hughes R.A., Thapar A.K., Leibenluft E., Stringaris A., Davey Smith G., Stergiakouli E., Collishaw S., **Thapar A.**, (2019) Childhood neurodevelopmental difficulties and risk for adolescent depression: the role of irritability (2019) *Journal of Child Psychology and Psychiatry*: 60(8): 866–874
3. Bevan Jones, R, **Thapar A**, Rice F, Beeching H, Cichosz R, Mars B, Smith, DJ, Merry S, Stallard P, Jones I, Thapar AK, Simpson S (2018) A Web-Based Psychoeducational Intervention for Adolescent Depression: Design and Development of MoodHwb, *JMIR Mental Health*; 15;5(1); e13
4. Potter R, Mars B, Eyre O, Thomas S, Ford T, Sellers R, Craddock N, Frances Rice, Collishaw S, **Thapar A**, Thapar AK. (2012), Missed opportunities: mental disorder in children of depressed parents. *Br J Gen Pract*. 62(600).
5. Ford T, Fowler T, Langley K, Whittinger N, **Thapar A.** (2008) Five years on: Public sector service use related to mental health in young people with ADHD or Hyperkinetic Disorder five years after diagnosis. *Child and Adolescent Mental Health*. 13(3): 122-129.

#### **Social, environmental factors, cognitive/neuroscience**

1. Collishaw S, Hammerton G, Mahedy L, Sellers R, Owen MJ, Craddock N, Thapar AK, Harold GT, Rice F, **Thapar A** (2016) Mental health resilience in the adolescent offspring of parents with depression: a prospective longitudinal study; *Lancet Psychiatry*, 3(1):49-57
2. Airdrie JN, Langley K, **Thapar A**, van Goozen S (2018) Facial Emotion Recognition and Eye Gaze in Attention-Deficit/Hyperactivity Disorder With and Without Comorbid Conduct Disorder, *JAACAP* 57(8):561-570
3. Cooper M, **Thapar A**, Jones DK, (2015), ADHD severity is associated with white matter microstructure in the subgenual cingulum, *NeuroImage: Clinical*, 7: 653-660
4. Langley K, Heron J, Smith GD, **Thapar A.** (2012). Maternal and paternal smoking during pregnancy and risk of ADHD symptoms in offspring: testing for intrauterine effects. *Am. J. Epidemiol.* (2012) 176(3): 261-268.
5. Rice F, Harold GT, Boivin J, Van den Bree MB, Hay D, **Thapar A.** (2010). The links between prenatal stress and offspring development and psychopathology. *Psychol Med*. 40(2): 335-345

#### **Current grants**

*Wolfson Foundation.* Wolfson Centre for Young People's Mental Health. £ 10m:2020- 25.

*Swedish Research Council for Health Working Life and Welfare* (Stockholm). Investigating early-life environmental causes of ADHD and other neurodevelopmental disorders, using genetically informative study designs. Collaborator - £399k: 2019-2022.

*Norwegian Institute of Public Health.* Understanding development of mental health problems in the population utilizing large-scale health data and novel molecular genetic methods. Collaborator – 9.9m NOK:2018 – 2022.

MRC Mental Health Data Pathfinder. MytHICAL Mental Health Informatics in Children, Adolescents and young adults. How do my feelings become numbers? £708k: 2018 – 2020.  
MRC Mental Health Data Pathfinder. Integrating genetic, clinical and phenotypic data to advance stratification, prediction and treatment in mental health. £971k :2018 -2020.  
MQ Adolescent Data Platform. £799k: 2018 – 2020.  
Wellcome Trust ISSF3 Public Engagement Proof-of-Concept Award. Developing a short animation on what it means to have ADHD. £4,988: 2018 – 2019.  
MRC. Early-onset depression: characterising development and identifying risks. £751k: 2017 – 2020.  
Wellcome Trust Collaborative Award. Neurodevelopmental Disorders: What happens when children grow up and why? PI £875k: 2016 – 2020.  
Waterloo Foundation Trust. Feasibility Study of a Neurodevelopmental Disorders Assessment Unit. £287k: 2016 – 2019.  
Wellcome Trust. ADHD inattention symptoms as antecedents of later psychotic outcomes in 22q11.2 Deletion Syndrome and the contribution of genetic risk. (Lead supervisor, Sir Henry Wellcome Postdoctoral Fellowship) £250k: 2016 – 20.  
Wellcome Trust. A genetic study examining sex differences in the prevalence of ADHD and other neurodevelopmental disorders. (Lead supervisor for Sir Henry Wellcome Postdoctoral Fellowship) £250k: 2015 – 2019.

### **Selected previous funding**

MRC. Preterm birth and neuropsychiatric genetic risks. (PI). £190k:2016 – 19.  
Wellcome Trust Clinical Research Training Fellowship. Chronic Irritability in ADHD: Examining the clinical and genetic links with depression. Lead Supervisor. £196k: 2014 – 18.  
MRC. Identifying the impact of mental disorder risk alleles on childhood neurodevelopment. (PI). £379k: 2015 – 2017.  
ESRC. Utilising adoption-based research designs to examine the interplay between family relationship processes and child developmental outcomes. £159k: 2015 – 2017.  
MRC Centre Grant for The Centre for Neuropsychiatric Genetics and Genomics Renewal - £2.3m (£1.9m awarded to Cardiff University):2014 – 2017.  
NIHR. Developing and evaluating an online psycho-education package for adolescent depression. (Lead supervisor for Clinical Fellowship). £339k: 2013 – 2016.  
ESRC. Psychosocial resilience in adolescent offspring of mothers with depression: testing causal mechanisms. £228k :2013 – 2015.  
MRC Time trends in childhood mental health problems: a 40-year cross-cohort comparison. £157k: 2012 – 2014.  
Welsh Assembly Government (NISCHR). Biomedical Research Centre. £2.9m: 2011 – 2014  
Sir Jules Thorn Medical Trust. Programme Grant. Predicting and preventing adolescent depression. (PI.). £993k: 2007 – 2013.  
Wellcome Trust. Programme Grant. Identifying susceptibility genes for ADHD with antisocial behaviour as a covariate. (PI). £856k: 2007 - 2013.  
ESRC. Family and genetic influences on children's psychological development. £174k: 2007 – 2010.

### **Postdoctoral Fellowship and PhD Student supervision and career destinations**

Maria Niarchou 2016-20 Sir Henry Wellcome Trust Postdoctoral Fellowship 22q11.2 Deletion Syndrome and ADHD. Cardiff University.  
Joanna Martin PhD 2015, ADHD genetics. Sir Henry Wellcome Postdoctoral Fellowship 2015-19). Now Ser Cymru and BBRF Independent Investigator Fellowship. Cardiff University.  
Olga Eyre PhD 2019 (Wellcome Trust Clinical Research Training Fellowship). Irritability and epidemiology. Now Wales Clinical Academic Training Scheme  
Sharifah Agha PhD 2017 (NHS staff. Part time PhD) . Parents of children with ADHD. Now NHS funded lecturer.

*Rhys Bevan Jones*, PhD 2016 (Clinical NIHR Fellowship) Intervention for adolescent depression. Now NIHR post-doc clinical fellowship.

*Gemma Hammerton*, PhD 2015. Suicidal behaviour in adolescents. Now Sir Henry Wellcome Postdoctoral Fellowship, Bristol University.

*Miriam Cooper* PhD 2014 Imaging study of ADHD, Now NHS consultant Neurodevelopmental Disorders Service.

*Ruth Sellers* PhD 2013 Antisocial behaviour and depression. ESRC Young Leaders Post-Doctoral Fellowship. Now Senior Lecturer, Sussex University

*Becky Mars* PhD 2013 Depression and clinical indicators of family risk. Now post-doctoral research fellow, Bristol University.

*Gemma Lewis* PhD 2012 Environmental risks and depression. Now Lecturer UCL.

*Evie Stergiakouli* PhD 2011 Sex Differences in neurodevelopmental disorders. Now Senior Lecturer, Bristol University MRC IEU.

*Kate Lifford* PhD 2009 ESRC/MRC PhD studentship awardee. Gene-environment interplay and ADHD. Now Research Associate, Primary Care/ Public Health, Cardiff University.

*Kate Langley* PhD 2005 ADHD. Now Senior Lecturer, School of Psychology, Cardiff Uni.

*Tom Fowler* PhD 2003 Adolescent Chronic Fatigue Syndrome. Now Director of Public Health and Deputy Chief Scientist at Genomics England.

*Frances Rice* PhD 2002 Adolescent Depression. Now Professor and Director (joint) of Wolfson Centre for Youth Mental Health, Cardiff University School of Medicine.