

PROFESSOR ANDREW SMITH

Professor Andy Smith, BSc., PhD., C.Psychol., FRSM.

Andrew Smith is Professor of Psychology and Director of the Centre for Occupational and Health Psychology, Cardiff University. He completed his undergraduate and post-graduate degrees at University College London. Following this he was a post-doctoral fellow at Oxford University, conducting research with Donald Broadbent on the effects of noise. This was followed by a job at the MRC Perceptual and Cognitive Performance Unit, Sussex University, where he carried out research on the effects of working hours, nutrition and behaviour and the effect of minor illnesses on performance efficiency.

In 1990 he moved to Cardiff University and then became Professor of Psychology at the University of Bristol in 1993. He returned to Cardiff in 1999 and has continued his research on nutritional neuroscience in a series of projects examining behavioural effects of caffeine, breakfast cereals, fibre, probiotics, snacks and chewing gum. He has published over 250 papers and given over 200 invited talks and conference papers.