

I thoroughly enjoyed my visit to Groningen and research internship with Professor Kas' team. Professor Kas kindly organised a number of meetings and activities across the two-week period, spanning a variety of research disciplines. These included molecular and evolutionary biology, animal research, clinical studies, psychology and ecological momentary assessment, data science and qualitative research.

Not only did I learn many new perspectives about an area of pre-existing interest of mine – digital phenotyping – I also learnt how this research methodology can be integrated with other research approaches, such as neuroimaging, genetics and animal work, to investigate the clinical challenge of social withdrawal. Having little prior experience of these disciplines, this was a really informative and valuable opportunity for me. I also learnt about the practicalities of conducting such research and designing digital phenotyping studies, which I hope will inform my own research in the future. I was particularly inspired by Professor Kas' approach of integrating a variety of research disciplines to study the aetiology of transdiagnostic constructs relevant to psychiatry.

I was fortunate to discuss my own research work with members of Professor Kas' team, and to receive valuable advice and feedback on this. We are currently collaborating on a systematic review project and I hope this collaboration will continue beyond the duration of the research internship.

I found Groningen to be an interesting and vibrant city, with many picturesque areas to explore in my free time. I would encourage any future applicants to the ECNP internship to consider visiting Professor Kas' team for both an enjoyable and informative visit.

I am very grateful to both ECNP and Professor Kas for making this visit possible, and especially for the patience in organising the internship amid the COVID-19 pandemic.

