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Dr. Muhammad Ayub graduated in 1985 from Nishtar Medical College, Multan Pakistan. He had his initial training in Psychiatry in Mayo Hospital Lahore. He then Joined Edinburgh Rotational Training Scheme in Psychiatry in 1991. He moved to Lahore to take the post of assistant professor in Psychiatry in 1996. This position involved provision of training to under and post graduate doctors in Psychiatry. He then trained as Specialist Registrar in Intellectual Disability Psychiatry in England before joining Tees, Esk and Wear Valleys NHS Foundation Trust as consultant Psychiatrist. He moved to Queen's University in 2013 to take the position of Associate Professor in Developmental Disability.

During his stay in Lahore he developed an interest in research in genetics of mental disorders and Intellectual Disability. His other areas of research are psychological consequences of trauma and measurement of psychopathology across cultural boundaries. He has published over 50 papers in peer review journals in addition to book chapters and reports.