Pills, Placebos, Exercise, and Interventions: How Best to Improve Mental Health?

Tuesday, November 3
4:00 p.m.
Oak Hall, Room 408
Reception to follow

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2015 Board of Trustees Distinguished Professor of Psychological Sciences

Depression and other mental health problems vex society, reducing functioning and often impairing physical health. Antidepressants are frequently prescribed, but their efficacy is often debated. Using evidence submitted to the U.S. Federal Drug Administration, this talk will examine how well—and for whom—antidepressants work best, examine exercise as an alternative to drugs, and consider depression levels as crucial for the success of interventions to reduce risk of transmitting HIV. The talk will conclude by examining correlates of anxiety, which often precedes the onset of depression.