

Depression in African-Americans



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Wednesday, October 1, 2014

11:30am to 12:30pm

Room 144, OHSU School of Nursing

Research on anxiety, depression and exercise shows that the psychological and physical benefits of exercise can also help reduce anxiety and improve mood. The links between anxiety, depression and exercise aren't entirely clear — but working out can definitely help one relax and feel better. Exercise may also help keep anxiety and depression from coming back.

Elisa Torres, Ph.D., will describe her findings related to Major Depressive Disorder and Persistent Depressive Disorder in a nationally representative sample of African Americans.

Dr. Torres is an assistant professor in the School of Nursing at the University of Wisconsin-Madison, where she studies physical activity and depressive symptoms in ethnic minorities and uses neuroimaging to examine the effects of physical activity on areas of the brain that are impacted by depression.

The event is free and open to all. Clinicians and researchers interested in learning more about depression in African Americans are encouraged to attend.

To request accommodation, or for more information about the lecture, email cdi@ohsu.edu.