

SCAN THE QR CODE USING
YOUR MOBILE DEVICE TO
ACCESS THE COMPLETE
RESEARCH ARTICLE!

PUBLICATION TITLE



BEHAVIORAL ACTIVATION THERAPY FOR DEPRESSION IS ASSOCIATED WITH A REDUCTION IN THE CONCENTRATION OF CIRCULATING QUINOLINIC ACID

BACKGROUND

Depression has been associated with chronic inflammation and lower immune system function. This may be one way in which our mental health impacts our physical health.

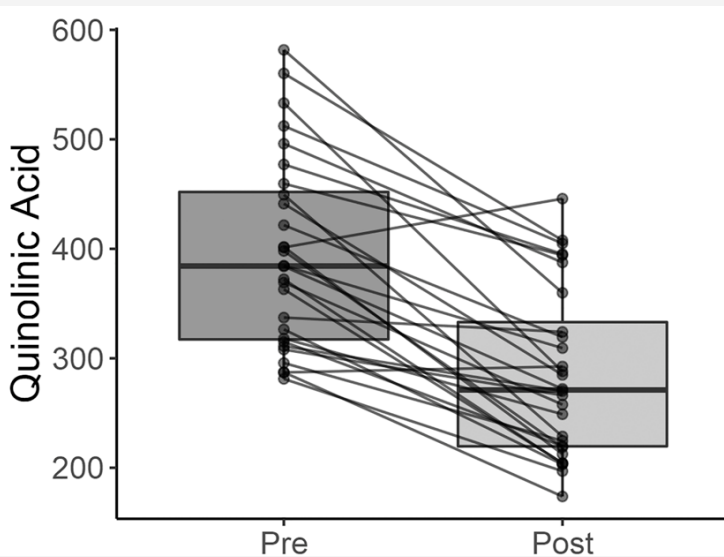
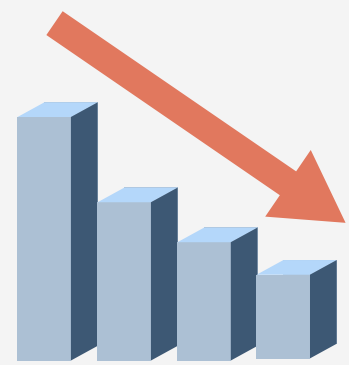
**RESEARCH QUESTION:
DOES BEHAVIORAL THERAPY HAVE A
POSITIVE EFFECT ON INFLAMMATION?**

BEHAVIORAL ACTIVATION THERAPY

Behavioral activation (BA) therapy focused on building a more meaningful life by increasing engagement in rewarding and value-driven activities.

RESULTS

Behavioral activation led to significant decreases in symptoms of depression and reports of how much these symptoms impacted on's life.

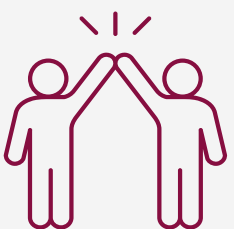


Behavioral activation also led to a significant reduction in quinolinic acid, measured from blood draws before and after treatment

Quinolinic acid: A neurotoxic ("bad for the brain") inflammatory metabolite of the kynurenine pathway.

BUT WHAT DOES THIS MEAN??

Therapy for depression may work in part through improving inflammation - which could result in greater benefit for both mental and physical health.



THANK YOU TO ALL THOSE WHO
VOLUNTEERED THEIR TIME FOR
THIS TREATMENT STUDY!!!

