School of Psychology and Exercise Science
Research Seminar

Speaker: Dr Adrian Lopresti
Title: Curcumin and Saffron for treating depression
Where: Kim Beazley Lecture Theatre (351.1.001)
When: 12:30 – 14:30, Friday 08 March 2019
Host: Professor Peter Drummond

Abstract:
Increasing research confirms that there is a relationship between diet and mental health conditions such as depression and anxiety. In this lecture, research on the relationship is reviewed, including studies demonstrating the therapeutic efficacy of dietary interventions in people with depression and anxiety. How diet and nutrients influence mental health will be covered and its potential as an adjunct treatment will be explored. Recent studies on the antidepressant and anxiolytic efficacy of spices such as curcumin and saffron, conducted here at Murdoch University, will also be reviewed.

Biography:
Dr. Adrian Lopresti is a Clinical Psychologist in private practice and researcher at Murdoch University. He has over 20 years of clinical experience working with children and adults suffering from a range of mental health conditions. Dr. Lopresti has experience in a range of psychological therapies and has received extensive training in nutritional and lifestyle treatments for mental-health disorders. Dr. Lopresti regularly publishes in peer-reviewed and high-impact journals on the effects of diet, nutraceuticals, sleep, and exercise for the treatment and prevention of depression, anxiety, attention deficit hyperactivity disorder (ADHD), and bipolar disorder. He has completed several clinical trials investigating the effects of curcumin, saffron, and ashwagandha for the treatment of anxiety and depression in children and adults. Dr. Lopresti is also the founder of Personalised Integrative Therapy, a treatment that incorporates psychological, dietary, lifestyle, social, and biological strategies to enhance mental and physical wellbeing in clients.

Meeting the presenter:
To arrange a meeting with the presenter, please contact the host.