



**DEAKIN**  
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# Stress, Mental Health and Lifestyle Behaviours: Synthesising the Evidence

Hosted by DeLMAR

Wednesday 6 November 2019



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Deakin Downtown; Level 12, Tower 2, 727 Collins St, Docklands

8.30–8.55am	<b>Guest arrival</b> Collection of conference pack and name tag. Light breakfast, tea and coffee.
8.55–9am	<b>Associate Professor Susan Torres</b> Welcome to symposium
<b>Diet and stress</b>	
9–9.45am	<b>Professor Leigh Gibson, University of Roehampton</b> Stress, food choice and comfort eating: have the stress-diet meta-analyses missed a trick?
9.45–10.15am	<b>Associate Professor Susan Torres, Deakin University</b> Lifestyle behaviours, mental health and wellbeing across the lifespan
10.15–10.45	<b>Professor Andrew Scholey, Swinburn University</b> Nutrients for mood and cognition: clinical trials and errors
10.45–11.15	<b>Break</b> Morning tea
<b>Physical activity and mental health</b>	
11.15–11.45am	<b>Dr Megan Teychenne, Deakin University</b> Physical activity, sedentary behaviour and mental health: Taking a preventative approach
11.45am–12.15pm	<b>Dr Amanda Rebar, CQUniversity Queensland</b> A review of scientific evidence of the effects of exercise on depression and anxiety and what it means for people in the real-world
12.15–12.45am	<b>Dr Simon Rosenbaum, University of New South Wales</b> Muscling up on serious mental illness and trauma
12.45–1.15pm	Questions
1.15–2pm	<b>Break</b> Lunch

<b>Stress and disease development</b>	
2–2.45pm	<b>Professor Anna Whittaker, University of Stirling</b> Stress and healthy ageing: empirical data and meta-analyses
2.45–3.15pm	<b>Dr Anne Turner, Deakin University</b> The bidirectional multi-system reactivity hypothesis and the importance of Goldilocks stress responses: a synthesis of prospective evidence
3.15–3.35pm	<b>Dr Sisitha Jayasinghe, University of Tasmania</b> The importance of patterns of stress responding
3.35–4pm	<b>Break</b> Afternoon tea
<b>Combined lifestyle behaviours and mental health</b>	
4–4.20pm	<b>Mrs Sara Dingle, Deakin University</b> How analytical approaches are informing our understanding of the link between lifestyle and cognition: findings from a systematic review
4.20–4.50pm	<b>Dr Katrina Champion, University of Sydney</b> Multiple health behaviour change interventions to improve physical and mental health among adolescents
<b>Panel discussion: chaired by Dr Anne Turner</b>	
4.50–5.20pm	<b>Professor Leigh Gibson</b> <b>Professor Anna Whittaker</b>
5.20–5.30pm	Symposium close
5.30–6.30	Networking and drinks
7–10pm	Symposium dinner



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