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Oxidative stress in the context of youth mental health and the beneficial effects of exercise

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The generation of reactive oxygen species is a part of normal human metabolism, but when this production exceeds the capacity of the antioxidant system, oxidative stress may result. Oxidative stress has been associated with several mental health disorders; including schizophrenia, major depression and bipolar disorder. There is therapeutic potential from the beneficial effects of exercise training, which ultimately results in an adaptive response reducing the toxic effects of oxidative stress. This talk will address the altered stress mechanisms in youth mental health, as well as the beneficial effects of exercise training and a feasibility study taking place in Birmingham to assess the effect of exercise in a first-episode psychosis population, targeting early intervention.

Biography

Emily Fisher is currently pursuing PhD from the University of Birmingham, focusing on redox homeostasis in early psychosis and the effects of exercise on markers of stress and antioxidants in particular glutathione.

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