

Chronic stress can lead to an increase in depression and social withdrawal, but the biological mechanism behind these effects remains unclear.

At UC Davis, Brian Trainor, a professor of psychology, leads NIH-funded research examining how stress affects brain function and behavior.

His lab studies how stress changes how hormones work in the brain, and how these changes affect behavior related to mental health disorders.

The goal is to discover new treatments for disorders such as PTSD.

Trainor's research on chronic stress influences social function, which is often impaired in individuals struggling with anxiety and depression. By understanding how the brain adapts to stress, his research

The students doing the research go on to get jobs in medicine, biotechnology, research and education. If laboratories shut down, these training opportunities will be eliminated."

— Brian Trainor, Ph.D.

AVIS