

WEBVTT

NOTE duration:"01:09:25.9840000"

NOTE language:en-us

NOTE Confidence: 0.8469741

00:00:00.000 --> 00:00:02.807 A very brief a couple of very

NOTE Confidence: 0.8469741

00:00:02.807 --> 00:00:04.957 brief comments to Department and

NOTE Confidence: 0.8469741

00:00:04.957 --> 00:00:07.946 then and then pass it over to.

NOTE Confidence: 0.8469741

00:00:07.950 --> 00:00:09.310 Doctor Gelernter to introduce

NOTE Confidence: 0.8469741

00:00:09.310 --> 00:00:11.010 our grand round speaker today.

NOTE Confidence: 0.8469741

00:00:11.010 --> 00:00:15.077 Who I'm thrilled. To that we are

NOTE Confidence: 0.8469741

00:00:15.077 --> 00:00:17.540 hosting Doctor Kerriston Conan.

NOTE Confidence: 0.8469741

00:00:17.540 --> 00:00:22.344 So. We had planned to have a

NOTE Confidence: 0.8469741

00:00:22.344 --> 00:00:25.083 departmentally town Hall next. Thursday.

NOTE Confidence: 0.8469741

00:00:25.083 --> 00:00:29.198 To discuss the evolving vision,

NOTE Confidence: 0.8469741

00:00:29.200 --> 00:00:32.656 mission and values statement

NOTE Confidence: 0.8469741

00:00:32.656 --> 00:00:35.248 for the Department.

NOTE Confidence: 0.8469741

00:00:35.250 --> 00:00:37.255 I appreciate the comments that

NOTE Confidence: 0.8469741

00:00:37.255 --> 00:00:40.124 we received so far and also the

NOTE Confidence: 0.8469741

00:00:40.124 --> 00:00:42.482 feedback that it would be helpful

NOTE Confidence: 0.8469741

00:00:42.482 --> 00:00:45.202 before we proposed a draft of

NOTE Confidence: 0.8469741

00:00:45.202 --> 00:00:47.054 the Vision mission statement.

NOTE Confidence: 0.8469741

00:00:47.060 --> 00:00:49.560 To have some interest groups

NOTE Confidence: 0.8469741

00:00:49.560 --> 00:00:51.560 to get peoples input.

NOTE Confidence: 0.8469741

00:00:51.560 --> 00:00:54.367 Into the primary drafting of the document.

NOTE Confidence: 0.8469741

00:00:54.370 --> 00:00:57.430 So we're going to cancel the.

NOTE Confidence: 0.8469741

00:00:57.430 --> 00:00:59.908 Town Hall for next Thursday and began

NOTE Confidence: 0.8469741

00:00:59.908 --> 00:01:02.758 to use that as a planning strategy

NOTE Confidence: 0.8469741

00:01:02.758 --> 00:01:05.320 to develop a more inclusive approach

NOTE Confidence: 0.8469741

00:01:05.394 --> 00:01:07.889 to developing the vision mission

NOTE Confidence: 0.8469741

00:01:07.889 --> 00:01:10.384 values statement for the Department.

NOTE Confidence: 0.8469741

00:01:10.390 --> 00:01:12.772 And just wanted to let everybody

NOTE Confidence: 0.8469741

00:01:12.772 --> 00:01:15.187 know that we're going to send

NOTE Confidence: 0.8469741

00:01:15.187 --> 00:01:17.443 that out in writing to everybody.

NOTE Confidence: 0.8469741

00:01:17.450 --> 00:01:20.208 With that I'm going to pass it  
NOTE Confidence: 0.8469741

00:01:20.208 --> 00:01:22.709 over to Doctor Galanter Joel.  
NOTE Confidence: 0.8469741

00:01:22.710 --> 00:01:23.565 No thanks,  
NOTE Confidence: 0.8469741

00:01:23.565 --> 00:01:26.055 I'm very happy to introduce Doctor  
NOTE Confidence: 0.8469741

00:01:26.055 --> 00:01:28.705 Karsten Conan is one of the  
NOTE Confidence: 0.8469741

00:01:28.705 --> 00:01:30.477 most influential and productive  
NOTE Confidence: 0.8469741

00:01:30.477 --> 00:01:32.776 investigators in the field of  
NOTE Confidence: 0.8469741

00:01:32.776 --> 00:01:34.560 PTSD and resilience research,  
NOTE Confidence: 0.8469741

00:01:34.560 --> 00:01:35.656 especially genetics.  
NOTE Confidence: 0.8469741

00:01:35.656 --> 00:01:38.944 Although that's not her only focus.  
NOTE Confidence: 0.8469741

00:01:38.950 --> 00:01:40.850 Doctor Konen is professor of  
NOTE Confidence: 0.8469741

00:01:40.850 --> 00:01:42.750 psychiatric Epidemiology at the Harvard  
NOTE Confidence: 0.8469741

00:01:42.810 --> 00:01:44.598 TH Chan School of Public Health.  
NOTE Confidence: 0.8469741

00:01:44.600 --> 00:01:46.455 She also has appointments at  
NOTE Confidence: 0.8469741

00:01:46.455 --> 00:01:48.310 the Broad Institute and the  
NOTE Confidence: 0.8469741

00:01:48.385 --> 00:01:50.510 Department of Psychiatry at MBH.

NOTE Confidence: 0.8469741

00:01:50.510 --> 00:01:52.934 She did her BA at Wellesley

NOTE Confidence: 0.8469741

00:01:52.934 --> 00:01:54.898 College Masters at Columbia, Dr.

NOTE Confidence: 0.8469741

00:01:54.898 --> 00:01:57.334 It'd be you and her postdoc at

NOTE Confidence: 0.8469741

00:01:57.334 --> 00:01:59.959 Columbia and psychiatric Epidemiology.

NOTE Confidence: 0.8469741

00:01:59.960 --> 00:02:01.692 She's had faculty appointments

NOTE Confidence: 0.8469741

00:02:01.692 --> 00:02:03.857 at BU Columbia and Harvard

NOTE Confidence: 0.8469741

00:02:03.857 --> 00:02:05.740 first early in her career,

NOTE Confidence: 0.8469741

00:02:05.740 --> 00:02:08.510 and now again since 2013.

NOTE Confidence: 0.8469741

00:02:08.510 --> 00:02:11.396 She has numerous major research initiatives.

NOTE Confidence: 0.8469741

00:02:11.400 --> 00:02:15.256 She's copii on the NIH funded Aurora study,

NOTE Confidence: 0.8469741

00:02:15.260 --> 00:02:18.146 which aims to improve the understanding,

NOTE Confidence: 0.8469741

00:02:18.150 --> 00:02:20.900 prevention and recovery of individuals

NOTE Confidence: 0.8469741

00:02:20.900 --> 00:02:23.650 who've experienced a traumatic event.

NOTE Confidence: 0.8469741

00:02:23.650 --> 00:02:27.178 She Co leads the PTSD working group of

NOTE Confidence: 0.8469741

00:02:27.178 --> 00:02:29.779 the Psychiatric Genomics consortium.

NOTE Confidence: 0.8469741

00:02:29.780 --> 00:02:31.952 And she leads the Nuro psychiatric  
NOTE Confidence: 0.8469741

00:02:31.952 --> 00:02:33.400 genetics of African populations  
NOTE Confidence: 0.8469741

00:02:33.463 --> 00:02:35.043 and neuro psychiatric genetics  
NOTE Confidence: 0.8469741

00:02:35.043 --> 00:02:36.623 and Mexican populations programs  
NOTE Confidence: 0.8469741

00:02:36.623 --> 00:02:38.812 to build collaborations in nuro  
NOTE Confidence: 0.8469741

00:02:38.812 --> 00:02:40.147 psychiatric genetics research  
NOTE Confidence: 0.8469741

00:02:40.147 --> 00:02:41.927 in non European populations,  
NOTE Confidence: 0.8469741

00:02:41.930 --> 00:02:44.222 which is a critical need in  
NOTE Confidence: 0.8469741

00:02:44.222 --> 00:02:46.390 the field of complex traits.  
NOTE Confidence: 0.8469741

00:02:46.390 --> 00:02:47.893 Genetics in general,  
NOTE Confidence: 0.8469741

00:02:47.893 --> 00:02:50.398 not just in psychiatric genetics.  
NOTE Confidence: 0.8469741

00:02:50.400 --> 00:02:52.638 And she also investigates how violence,  
NOTE Confidence: 0.8469741

00:02:52.640 --> 00:02:54.854 trauma and PTSD affect long term  
NOTE Confidence: 0.8469741

00:02:54.854 --> 00:02:56.740 physical health and accelerate aging.  
NOTE Confidence: 0.8469741

00:02:56.740 --> 00:02:59.218 Lot of this work is done in  
NOTE Confidence: 0.8469741

00:02:59.218 --> 00:03:00.840 the nurses Health study,

NOTE Confidence: 0.8469741

00:03:00.840 --> 00:03:03.248 which is a study of risk factors

NOTE Confidence: 0.8469741

00:03:03.248 --> 00:03:05.830 for major chronic diseases in women

NOTE Confidence: 0.8469741

00:03:05.830 --> 00:03:07.798 with about 280,000 participants.

NOTE Confidence: 0.8469741

00:03:07.800 --> 00:03:10.736 And she plays a public role and advocacy

NOTE Confidence: 0.8469741

00:03:10.736 --> 00:03:13.108 for survivors of violence and trauma.

NOTE Confidence: 0.8469741

00:03:13.110 --> 00:03:16.068 She's received numerous honors and awards.

NOTE Confidence: 0.8469741

00:03:16.070 --> 00:03:18.950 She's past president of the International

NOTE Confidence: 0.8469741

00:03:18.950 --> 00:03:21.490 Society for Traumatic Stress Studies,

NOTE Confidence: 0.8469741

00:03:21.490 --> 00:03:23.462 Fellow of the American

NOTE Confidence: 0.8469741

00:03:23.462 --> 00:03:24.448 Psychopathological Association,

NOTE Confidence: 0.8469741

00:03:24.450 --> 00:03:26.770 Scientific Councilmember anxiety and

NOTE Confidence: 0.8469741

00:03:26.770 --> 00:03:29.090 Depression Association of America.

NOTE Confidence: 0.8469741

00:03:29.090 --> 00:03:30.550 Besides being an outstanding

NOTE Confidence: 0.8469741

00:03:30.550 --> 00:03:31.645 scientist and mentor,

NOTE Confidence: 0.8469741

00:03:31.650 --> 00:03:33.470 she's a valued collaborator and

NOTE Confidence: 0.8469741

00:03:33.470 --> 00:03:34.926 among her other accomplishments.  
NOTE Confidence: 0.8469741

00:03:34.930 --> 00:03:37.282 This year she was on a podcast with  
NOTE Confidence: 0.8469741

00:03:37.282 --> 00:03:40.040 one of the world's great songwriters,  
NOTE Confidence: 0.8469741

00:03:40.040 --> 00:03:42.908 and he met.  
NOTE Confidence: 0.8469741

00:03:42.910 --> 00:03:45.190 Her talk today is trauma and  
NOTE Confidence: 0.8469741

00:03:45.190 --> 00:03:46.710 Women's Health within and  
NOTE Confidence: 0.80813056

00:03:46.782 --> 00:03:49.640 across generations. Karsten. Thank  
NOTE Confidence: 0.8178171

00:03:49.640 --> 00:03:51.880 you Joanne. Thank you for having me.  
NOTE Confidence: 0.8178171

00:03:51.880 --> 00:03:53.800 Thanks for that really kind introduction.  
NOTE Confidence: 0.8178171

00:03:53.800 --> 00:03:54.760 Embarrassing introduction and  
NOTE Confidence: 0.8178171

00:03:54.760 --> 00:03:57.000 I really wish I could be here.  
NOTE Confidence: 0.8178171

00:03:57.000 --> 00:03:59.880 I'll be at Yellen person to be doing this.  
NOTE Confidence: 0.8178171

00:03:59.880 --> 00:04:01.800 An meeting with folks when we.  
NOTE Confidence: 0.8178171

00:04:01.800 --> 00:04:03.802 I think when we plan this which  
NOTE Confidence: 0.8178171

00:04:03.802 --> 00:04:05.959 time is we were during covid.  
NOTE Confidence: 0.8178171

00:04:05.960 --> 00:04:08.660 But I think we thought I might be able

NOTE Confidence: 0.8178171

00:04:08.660 --> 00:04:11.551 to come in person but maybe you know

NOTE Confidence: 0.8178171

00:04:11.551 --> 00:04:14.412 maybe some time in a few months I can

NOTE Confidence: 0.8178171

00:04:14.412 --> 00:04:16.908 at least come and talk to people person.

NOTE Confidence: 0.8178171

00:04:16.908 --> 00:04:19.420 So I'm going to talk today about.

NOTE Confidence: 0.8178171

00:04:19.420 --> 00:04:21.345 One of my areas of research which

NOTE Confidence: 0.8178171

00:04:21.345 --> 00:04:23.359 is on PTSD in Women's Health.

NOTE Confidence: 0.8178171

00:04:23.360 --> 00:04:25.178 I'm actually not going to talk

NOTE Confidence: 0.8178171

00:04:25.178 --> 00:04:26.390 about my genetics research,

NOTE Confidence: 0.8178171

00:04:26.390 --> 00:04:27.598 which some people might

NOTE Confidence: 0.8178171

00:04:27.598 --> 00:04:28.806 be more familiar with,

NOTE Confidence: 0.8178171

00:04:28.810 --> 00:04:30.580 but I'm happy to answer questions

NOTE Confidence: 0.8178171

00:04:30.580 --> 00:04:32.737 about that or about any of the

NOTE Confidence: 0.8178171

00:04:32.737 --> 00:04:34.267 other things that Joel mentioned.

NOTE Confidence: 0.8178171

00:04:34.270 --> 00:04:37.900 The work we're doing in Africa.

NOTE Confidence: 0.8178171

00:04:37.900 --> 00:04:39.762 So um, get started and we should

NOTE Confidence: 0.8178171



00:04:39.762 --> 00:04:41.699 have plenty of time for questions.

NOTE Confidence: 0.8178171

00:04:41.700 --> 00:04:44.382 'cause I don't think I will

NOTE Confidence: 0.8178171

00:04:44.382 --> 00:04:46.170 take a whole hour.

NOTE Confidence: 0.8178171

00:04:46.170 --> 00:04:47.901 So to start.

NOTE Confidence: 0.8178171

00:04:47.901 --> 00:04:50.209 I have no disclosures.

NOTE Confidence: 0.8323475

00:04:52.340 --> 00:04:54.979 So I don't know if trauma is

NOTE Confidence: 0.8323475

00:04:54.979 --> 00:04:57.657 more common now than in the past,

NOTE Confidence: 0.8323475

00:04:57.660 --> 00:05:00.005 but it seems like we hear about

NOTE Confidence: 0.8323475

00:05:00.005 --> 00:05:01.948 knew traumatic events daily and

NOTE Confidence: 0.8323475

00:05:01.948 --> 00:05:04.118 especially about mass casualty events,

NOTE Confidence: 0.8323475

00:05:04.120 --> 00:05:05.448 whether it's before covid.

NOTE Confidence: 0.8323475

00:05:05.448 --> 00:05:07.940 What hit the news mostly was terrorist

NOTE Confidence: 0.8323475

00:05:07.940 --> 00:05:10.574 attacks in school shootings or disasters.

NOTE Confidence: 0.8323475

00:05:10.580 --> 00:05:12.084 And then you know,

NOTE Confidence: 0.8323475

00:05:12.084 --> 00:05:15.140 for the last almost for last year now,

NOTE Confidence: 0.8323475

00:05:15.140 --> 00:05:16.850 we've been dealing with the

NOTE Confidence: 0.8323475

00:05:16.850 --> 00:05:18.560 various aspects of cobit and

NOTE Confidence: 0.8323475

00:05:18.626 --> 00:05:20.458 related stressors and traumas.

NOTE Confidence: 0.83441114

00:05:22.770 --> 00:05:25.450 And the central point of this talk is

NOTE Confidence: 0.83441114

00:05:25.450 --> 00:05:27.471 to illustrate how trauma adversely

NOTE Confidence: 0.83441114

00:05:27.471 --> 00:05:30.033 effects Women's Health and how these

NOTE Confidence: 0.83441114

00:05:30.033 --> 00:05:32.696 effects extend to women to the offspring.

NOTE Confidence: 0.83441114

00:05:32.700 --> 00:05:34.610 So seven points for consideration.

NOTE Confidence: 0.83441114

00:05:34.610 --> 00:05:36.686 One, I'm sure this isn't news

NOTE Confidence: 0.83441114

00:05:36.686 --> 00:05:38.810 to anyone in this audience,

NOTE Confidence: 0.83441114

00:05:38.810 --> 00:05:40.720 but trauma exposure even before

NOTE Confidence: 0.83441114

00:05:40.720 --> 00:05:43.550 you know covid, it's got a lot of

NOTE Confidence: 0.83441114

00:05:43.550 --> 00:05:46.070 kind of press now with comments,

NOTE Confidence: 0.83441114

00:05:46.070 --> 00:05:48.359 so we know this from not just

NOTE Confidence: 0.83441114

00:05:48.359 --> 00:05:50.371 from anecdotes or media reports

NOTE Confidence: 0.83441114

00:05:50.371 --> 00:05:52.275 right from Epidemiology so.

NOTE Confidence: 0.83441114

00:05:52.280 --> 00:05:54.792 I'm in a study in the World Mental  
NOTE Confidence: 0.83441114

00:05:54.792 --> 00:05:56.714 Health Surveys which is led by  
NOTE Confidence: 0.83441114

00:05:56.714 --> 00:05:58.244 Ron Kessler out of Harvard.  
NOTE Confidence: 0.83441114

00:05:58.250 --> 00:05:59.852 We surveyed a number of different  
NOTE Confidence: 0.83441114

00:05:59.852 --> 00:06:01.655 countries and in all countries surveyed  
NOTE Confidence: 0.83441114

00:06:01.655 --> 00:06:03.345 over half the population reported  
NOTE Confidence: 0.83441114

00:06:03.345 --> 00:06:05.780 exposure to at least one traumatic events.  
NOTE Confidence: 0.83441114

00:06:05.780 --> 00:06:07.664 This is these are the countries  
NOTE Confidence: 0.83441114

00:06:07.664 --> 00:06:08.920 that were in the.  
NOTE Confidence: 0.83441114

00:06:08.920 --> 00:06:11.782 In this study we did at the time the  
NOTE Confidence: 0.83441114

00:06:11.782 --> 00:06:14.658 grey or places that weren't surveyed.  
NOTE Confidence: 0.83441114

00:06:14.660 --> 00:06:16.380 And then in the US,  
NOTE Confidence: 0.83441114

00:06:16.380 --> 00:06:18.090 consistently this isn't old data,  
NOTE Confidence: 0.83441114

00:06:18.090 --> 00:06:20.449 but over 50% of the US population  
NOTE Confidence: 0.83441114

00:06:20.449 --> 00:06:22.888 report exposure to more than one trauma.  
NOTE Confidence: 0.83441114

00:06:22.890 --> 00:06:23.542 So well.

NOTE Confidence: 0.83441114

00:06:23.542 --> 00:06:25.824 When I started in the field now

NOTE Confidence: 0.83441114

00:06:25.824 --> 00:06:27.009 quite awhile ago,

NOTE Confidence: 0.83441114

00:06:27.010 --> 00:06:28.725 people kind of considered trauma

NOTE Confidence: 0.83441114

00:06:28.725 --> 00:06:30.097 as a rare event.

NOTE Confidence: 0.83441114

00:06:30.100 --> 00:06:32.494 Actually, exposure to trauma is quite common.

NOTE Confidence: 0.83311033

00:06:34.740 --> 00:06:37.365 Everything we know about trauma is that

NOTE Confidence: 0.83311033

00:06:37.365 --> 00:06:40.158 it occurs over the entire life course,

NOTE Confidence: 0.83311033

00:06:40.160 --> 00:06:42.592 but the type of trauma exposure varies with

NOTE Confidence: 0.83311033

00:06:42.592 --> 00:06:45.730 age and why this is important is because

NOTE Confidence: 0.83311033

00:06:45.730 --> 00:06:47.919 youth are disproportionately exposed to

NOTE Confidence: 0.83311033

00:06:47.919 --> 00:06:49.827 interpersonal violence and accidents,

NOTE Confidence: 0.83311033

00:06:49.830 --> 00:06:52.158 so these are age cumulative curves.

NOTE Confidence: 0.83311033

00:06:52.160 --> 00:06:54.560 So the way you read these is if

NOTE Confidence: 0.83311033

00:06:54.560 --> 00:06:57.566 you look at the yellow Vine that

NOTE Confidence: 0.83311033

00:06:57.566 --> 00:06:59.891 represents everyone in the population,

NOTE Confidence: 0.83311033

00:06:59.900 --> 00:07:02.182 and this is from the world mental  
NOTE Confidence: 0.83311033

00:07:02.182 --> 00:07:04.300 health surveys who is exposed  
NOTE Confidence: 0.83311033

00:07:04.300 --> 00:07:05.368 interpersonal violence?  
NOTE Confidence: 0.83311033

00:07:05.370 --> 00:07:08.324 And then it looks of everyone exposed  
NOTE Confidence: 0.83311033

00:07:08.324 --> 00:07:10.758 interpersonal violence by what time in  
NOTE Confidence: 0.83311033

00:07:10.758 --> 00:07:12.948 their life was their first exposure,  
NOTE Confidence: 0.83311033

00:07:12.950 --> 00:07:16.436 and you can see that for  
NOTE Confidence: 0.83311033

00:07:16.436 --> 00:07:17.598 interpersonal violence.  
NOTE Confidence: 0.83311033

00:07:17.600 --> 00:07:19.777 People who are going to get exposed  
NOTE Confidence: 0.83311033

00:07:19.777 --> 00:07:22.267 60% or exposed before the age of 18,  
NOTE Confidence: 0.83311033

00:07:22.270 --> 00:07:23.200 and you know,  
NOTE Confidence: 0.83311033

00:07:23.200 --> 00:07:24.750 sort of similarly for accidents,  
NOTE Confidence: 0.83311033

00:07:24.750 --> 00:07:26.955 while other events happen all over the  
NOTE Confidence: 0.83311033

00:07:26.955 --> 00:07:29.235 entire life course and you don't have  
NOTE Confidence: 0.83311033

00:07:29.235 --> 00:07:31.155 half the population exposed until about  
NOTE Confidence: 0.83311033

00:07:31.216 --> 00:07:33.148 you know until close to middle age.

NOTE Confidence: 0.87395513

00:07:36.390 --> 00:07:38.142 And this is important for women

NOTE Confidence: 0.87395513

00:07:38.142 --> 00:07:40.510 because women and girls are more highly

NOTE Confidence: 0.87395513

00:07:40.510 --> 00:07:42.030 exposed to interpersonal violence,

NOTE Confidence: 0.87395513

00:07:42.030 --> 00:07:44.976 events and these events have the

NOTE Confidence: 0.87395513

00:07:44.976 --> 00:07:47.430 highest conditional risk for PTSD.

NOTE Confidence: 0.87395513

00:07:47.430 --> 00:07:50.134 So one of the things that sometimes people

NOTE Confidence: 0.87395513

00:07:50.134 --> 00:07:52.349 aren't aware about trauma is that we,

NOTE Confidence: 0.87395513

00:07:52.350 --> 00:07:55.293 when we look at sort of any traumatic event,

NOTE Confidence: 0.87395513

00:07:55.300 --> 00:07:57.268 men are actually in most studies.

NOTE Confidence: 0.87395513

00:07:57.270 --> 00:07:59.886 Men are more likely to experience any events,

NOTE Confidence: 0.87395513

00:07:59.890 --> 00:08:01.874 so we just have a list of events

NOTE Confidence: 0.87395513

00:08:01.874 --> 00:08:04.117 and say you experience any more

NOTE Confidence: 0.87395513

00:08:04.117 --> 00:08:05.793 mental actually endorsed that.

NOTE Confidence: 0.87395513

00:08:05.800 --> 00:08:07.570 But women are more likely to

NOTE Confidence: 0.87395513

00:08:07.570 --> 00:08:09.184 experience certain kinds events like

NOTE Confidence: 0.87395513

00:08:09.184 --> 00:08:10.716 for interpersonal violence events.  
NOTE Confidence: 0.87395513

00:08:10.720 --> 00:08:12.565 Actually, an average man are  
NOTE Confidence: 0.87395513

00:08:12.565 --> 00:08:14.041 usually consistently more likely  
NOTE Confidence: 0.87395513

00:08:14.041 --> 00:08:15.690 to experience accidents.  
NOTE Confidence: 0.87395513

00:08:15.690 --> 00:08:17.934 And this is important because these  
NOTE Confidence: 0.87395513

00:08:17.934 --> 00:08:20.632 kinds of events have a higher conditional  
NOTE Confidence: 0.87395513

00:08:20.632 --> 00:08:23.146 risk of PTSD, so this slide is.  
NOTE Confidence: 0.87395513

00:08:23.146 --> 00:08:25.950 This was a it's a review article,  
NOTE Confidence: 0.87395513

00:08:25.950 --> 00:08:28.246 sort of, with data compiled from a  
NOTE Confidence: 0.87395513

00:08:28.246 --> 00:08:30.509 whole bunch of different studies,  
NOTE Confidence: 0.87395513

00:08:30.510 --> 00:08:32.682 and the important part of this  
NOTE Confidence: 0.87395513

00:08:32.682 --> 00:08:34.690 slide is that certain events,  
NOTE Confidence: 0.87395513

00:08:34.690 --> 00:08:36.590 like accidents, are quite common,  
NOTE Confidence: 0.87395513

00:08:36.590 --> 00:08:38.870 but the conditional risk of PTSD.  
NOTE Confidence: 0.87395513

00:08:38.870 --> 00:08:40.390 The proportion of people  
NOTE Confidence: 0.87395513

00:08:40.390 --> 00:08:41.530 exposed accidents develop.

NOTE Confidence: 0.87395513

00:08:41.530 --> 00:08:43.810 PTSD is on the lower side,

NOTE Confidence: 0.87395513

00:08:43.810 --> 00:08:46.156 it's usually around 10 to 20%.

NOTE Confidence: 0.87395513

00:08:46.160 --> 00:08:48.248 If you're looking at accidents that

NOTE Confidence: 0.87395513

00:08:48.248 --> 00:08:51.157 lead people to go to the emergency room,

NOTE Confidence: 0.87395513

00:08:51.160 --> 00:08:52.832 some more significant accidents.

NOTE Confidence: 0.87395513

00:08:52.832 --> 00:08:54.922 While something like rape the

NOTE Confidence: 0.87395513

00:08:54.922 --> 00:08:56.870 conditional risk of PTSD is about 50%.

NOTE Confidence: 0.85231626

00:08:59.380 --> 00:09:02.251 And the other thing we know is that recovery

NOTE Confidence: 0.85231626

00:09:02.251 --> 00:09:04.676 from PTSD actually is influenced by the

NOTE Confidence: 0.85231626

00:09:04.676 --> 00:09:07.468 type of event the person is exposed to,

NOTE Confidence: 0.85231626

00:09:07.470 --> 00:09:10.094 so these are also data from the world

NOTE Confidence: 0.85231626

00:09:10.094 --> 00:09:12.496 Mental Health Survey and you can see

NOTE Confidence: 0.85231626

00:09:12.496 --> 00:09:14.880 that PTSD related to violence is slower.

NOTE Confidence: 0.85231626

00:09:14.880 --> 00:09:16.728 The recovery from PTSD related to

NOTE Confidence: 0.85231626

00:09:16.728 --> 00:09:19.118 violence is slower than that for other

NOTE Confidence: 0.85231626



00:09:19.118 --> 00:09:20.943 traumatic event Caesar recovery curves,  
NOTE Confidence: 0.85231626

00:09:20.950 --> 00:09:23.866 so you can see that the proportion of people  
NOTE Confidence: 0.85231626

00:09:23.866 --> 00:09:26.338 still in Episode 4 war related trauma,  
NOTE Confidence: 0.85231626

00:09:26.340 --> 00:09:27.908 physical violence, interpersonal violent.  
NOTE Confidence: 0.85231626

00:09:27.908 --> 00:09:29.476 In our payment partners,  
NOTE Confidence: 0.85231626

00:09:29.480 --> 00:09:30.968 sexual violence is higher,  
NOTE Confidence: 0.85231626

00:09:30.968 --> 00:09:34.100 the recovery is slower than for other things,  
NOTE Confidence: 0.85231626

00:09:34.100 --> 00:09:35.255 like for example.  
NOTE Confidence: 0.85231626

00:09:35.255 --> 00:09:37.180 Again, accidents recovery is quicker,  
NOTE Confidence: 0.85231626

00:09:37.180 --> 00:09:39.145 although I would note that  
NOTE Confidence: 0.85231626

00:09:39.145 --> 00:09:41.110 everyone's recovery when they develop  
NOTE Confidence: 0.85231626

00:09:41.177 --> 00:09:42.957 PTSD is not incredibly rapid,  
NOTE Confidence: 0.85231626

00:09:42.960 --> 00:09:45.270 so we're looking at years here.  
NOTE Confidence: 0.8653118

00:09:47.760 --> 00:09:50.360 The other thing we know from the world  
NOTE Confidence: 0.8653118

00:09:50.360 --> 00:09:52.545 mental health about the importance of  
NOTE Confidence: 0.8653118

00:09:52.545 --> 00:09:55.206 violence in terms of Women's Health and

NOTE Confidence: 0.8653118

00:09:55.206 --> 00:09:57.504 actually the population burden of PTSD,

NOTE Confidence: 0.8653118

00:09:57.510 --> 00:10:00.114 is that physical and sexual violence account.

NOTE Confidence: 0.8653118

00:10:00.120 --> 00:10:02.070 Are over half the PTSD burden

NOTE Confidence: 0.8653118

00:10:02.070 --> 00:10:04.233 in the US population and the way

NOTE Confidence: 0.8653118

00:10:04.233 --> 00:10:06.095 we look at this in the world,

NOTE Confidence: 0.8653118

00:10:06.100 --> 00:10:08.564 Mental Health surveys is we count the number

NOTE Confidence: 0.8653118

00:10:08.564 --> 00:10:11.178 of months of that of PTSD in the population.

NOTE Confidence: 0.8653118

00:10:11.180 --> 00:10:13.628 So if I have PTSD and I've had it

NOTE Confidence: 0.8653118

00:10:13.628 --> 00:10:15.966 for I have it for three months,

NOTE Confidence: 0.8653118

00:10:15.970 --> 00:10:18.056 and you have PTSD for two years.

NOTE Confidence: 0.8653118

00:10:18.060 --> 00:10:19.872 We count 24 months for you

NOTE Confidence: 0.8653118

00:10:19.872 --> 00:10:21.350 in three months for me.

NOTE Confidence: 0.8653118

00:10:21.350 --> 00:10:24.230 So when we look at the number of

NOTE Confidence: 0.8653118

00:10:24.230 --> 00:10:27.010 months of PTSD in the population.

NOTE Confidence: 0.8653118

00:10:27.010 --> 00:10:28.886 The largest proportion of those months can

NOTE Confidence: 0.8653118

00:10:28.886 --> 00:10:30.969 be attributed to events related to violence,  
NOTE Confidence: 0.8653118

00:10:30.970 --> 00:10:32.046 and this is true.  
NOTE Confidence: 0.8653118

00:10:32.046 --> 00:10:33.391 Actually we look in the  
NOTE Confidence: 0.8653118

00:10:33.391 --> 00:10:34.649 surveys globally as well,  
NOTE Confidence: 0.8653118

00:10:34.650 --> 00:10:36.354 although sometimes if you look at  
NOTE Confidence: 0.8653118

00:10:36.354 --> 00:10:38.049 specific countries this this isn't true,  
NOTE Confidence: 0.8653118

00:10:38.050 --> 00:10:40.024 but it is true in the US.  
NOTE Confidence: 0.8328606

00:10:42.790 --> 00:10:43.747 So considering this,  
NOTE Confidence: 0.8328606

00:10:43.747 --> 00:10:45.980 how do trauma and PTSD alters womenshealth  
NOTE Confidence: 0.8328606

00:10:46.036 --> 00:10:47.756 trajectory's over the life course?  
NOTE Confidence: 0.8328606

00:10:47.760 --> 00:10:50.098 And this is something that I got  
NOTE Confidence: 0.8328606

00:10:50.098 --> 00:10:52.445 interested in actually way back in my  
NOTE Confidence: 0.8328606

00:10:52.445 --> 00:10:54.371 training during Graduate School at BU,  
NOTE Confidence: 0.8328606

00:10:54.380 --> 00:10:56.662 I worked at I did an internship  
NOTE Confidence: 0.8328606

00:10:56.662 --> 00:10:58.678 or practicum at the Boston VA,  
NOTE Confidence: 0.8328606

00:10:58.680 --> 00:11:01.088 which many of you may know in the

NOTE Confidence: 0.8328606

00:11:01.088 --> 00:11:02.870 Women's Health Sciences division and

NOTE Confidence: 0.8328606

00:11:02.870 --> 00:11:05.090 there I started seeing patients as

NOTE Confidence: 0.8328606

00:11:05.090 --> 00:11:07.686 my first patient with PTSD and I just

NOTE Confidence: 0.8328606

00:11:07.686 --> 00:11:09.918 notice that my patients with PTSD also

NOTE Confidence: 0.8328606

00:11:09.918 --> 00:11:11.880 had all these physical health problems

NOTE Confidence: 0.8328606

00:11:11.939 --> 00:11:13.629 and we're struggling with these.

NOTE Confidence: 0.8328606

00:11:13.630 --> 00:11:15.400 Chronic diseases and it was really

NOTE Confidence: 0.8328606

00:11:15.400 --> 00:11:17.226 from those experiences early in my

NOTE Confidence: 0.8328606

00:11:17.226 --> 00:11:18.701 training that I started wondering

NOTE Confidence: 0.8328606

00:11:18.701 --> 00:11:19.890 what's the relationship between

NOTE Confidence: 0.8328606

00:11:19.890 --> 00:11:21.378 these two and a clinical way.

NOTE Confidence: 0.8328606

00:11:21.380 --> 00:11:23.326 I could see how their mental health

NOTE Confidence: 0.8328606

00:11:23.326 --> 00:11:24.540 affected their physical health,

NOTE Confidence: 0.8328606

00:11:24.540 --> 00:11:26.381 but I thought you know what they

NOTE Confidence: 0.8328606

00:11:26.381 --> 00:11:28.371 have gotten sick anyway and it sort

NOTE Confidence: 0.8328606

00:11:28.371 --> 00:11:30.081 of really stimulated a whole bunch  
NOTE Confidence: 0.8328606

00:11:30.137 --> 00:11:31.943 of questions that then years later  
NOTE Confidence: 0.8328606

00:11:31.943 --> 00:11:34.461 I had the opportunity to follow up.  
NOTE Confidence: 0.8328606

00:11:34.461 --> 00:11:36.646 In the nurses health study.  
NOTE Confidence: 0.8328606

00:11:36.650 --> 00:11:37.733 So, um Dylan,  
NOTE Confidence: 0.8328606

00:11:37.733 --> 00:11:39.538 mention the nurses health study,  
NOTE Confidence: 0.8328606

00:11:39.540 --> 00:11:42.236 so it's a cohort of 100 and 16,000  
NOTE Confidence: 0.8328606

00:11:42.236 --> 00:11:43.510 ish female nurses.  
NOTE Confidence: 0.8328606

00:11:43.510 --> 00:11:45.676 They were recruited in 1989 and  
NOTE Confidence: 0.8328606

00:11:45.676 --> 00:11:46.759 they've been followed.  
NOTE Confidence: 0.8328606

00:11:46.760 --> 00:11:49.322 Since we're actually working on the  
NOTE Confidence: 0.8328606

00:11:49.322 --> 00:11:51.440 2021 questionnaire like this week.  
NOTE Confidence: 0.8328606

00:11:51.440 --> 00:11:54.632 They were there now 55 to about 72  
NOTE Confidence: 0.8328606

00:11:54.632 --> 00:11:57.520 years old and it's pretty white,  
NOTE Confidence: 0.8328606

00:11:57.520 --> 00:11:58.548 95% Caucasian,  
NOTE Confidence: 0.8328606

00:11:58.548 --> 00:12:01.118 which represents the sort of

NOTE Confidence: 0.8328606

00:12:01.118 --> 00:12:03.789 population of nurses at that time.

NOTE Confidence: 0.8328606

00:12:03.790 --> 00:12:05.848 And there followed with biennial by

NOTE Confidence: 0.8328606

00:12:05.848 --> 00:12:07.660 only questionnaires on diseases and

NOTE Confidence: 0.8328606

00:12:07.660 --> 00:12:09.176 health related lifestyle factors.

NOTE Confidence: 0.8328606

00:12:09.180 --> 00:12:11.274 The study was designed to look

NOTE Confidence: 0.8328606

00:12:11.274 --> 00:12:12.670 at environmental and behavioral

NOTE Confidence: 0.8328606

00:12:12.733 --> 00:12:14.197 factors in Women's Health.

NOTE Confidence: 0.8328606

00:12:14.200 --> 00:12:16.900 So the data is very good on those things

NOTE Confidence: 0.8328606

00:12:16.900 --> 00:12:19.642 and I've had the opportunity over the

NOTE Confidence: 0.8328606

00:12:19.642 --> 00:12:22.458 years to embed questions on mental health,

NOTE Confidence: 0.8328606

00:12:22.460 --> 00:12:22.823 stress,

NOTE Confidence: 0.8328606

00:12:22.823 --> 00:12:23.186 trauma,

NOTE Confidence: 0.8328606

00:12:23.186 --> 00:12:26.504 violence and PTSD within the cohort so we can

NOTE Confidence: 0.8328606

00:12:26.504 --> 00:12:29.280 look at the those factors and Women's Health.

NOTE Confidence: 0.8328606

00:12:29.280 --> 00:12:31.149 One of the strengths of the cohort

NOTE Confidence: 0.8328606

00:12:31.149 --> 00:12:33.550 is that the physical health outcomes  
NOTE Confidence: 0.8328606

00:12:33.550 --> 00:12:35.089 like cardiovascular disease.  
NOTE Confidence: 0.8328606

00:12:35.090 --> 00:12:37.010 Are based on medical record review,  
NOTE Confidence: 0.8328606

00:12:37.010 --> 00:12:37.790 so LTC survey.  
NOTE Confidence: 0.8328606

00:12:37.790 --> 00:12:40.069 Did they say oh I was diagnosed with  
NOTE Confidence: 0.8328606

00:12:40.069 --> 00:12:42.445 diabetes or cardiovascular disease or lupus,  
NOTE Confidence: 0.8328606

00:12:42.450 --> 00:12:44.220 then the cohort requests for medical  
NOTE Confidence: 0.8328606

00:12:44.220 --> 00:12:45.970 records and they have positions.  
NOTE Confidence: 0.8328606

00:12:45.970 --> 00:12:47.250 Review the medical records  
NOTE Confidence: 0.8328606

00:12:47.250 --> 00:12:48.530 to verify the diagnosis.  
NOTE Confidence: 0.8328606

00:12:48.530 --> 00:12:50.700 So there's a lot of benefits in  
NOTE Confidence: 0.8328606

00:12:50.700 --> 00:12:52.671 working in the cohort and that  
NOTE Confidence: 0.8328606

00:12:52.671 --> 00:12:54.603 I don't have to go through.  
NOTE Confidence: 0.8328606

00:12:54.610 --> 00:12:56.850 Asking people you know, are you depressed?  
NOTE Confidence: 0.8328606

00:12:56.850 --> 00:12:58.440 Have you experienced trauma or  
NOTE Confidence: 0.8328606

00:12:58.440 --> 00:13:00.690 do you PTSD and do you have?

NOTE Confidence: 0.8328606

00:13:00.690 --> 00:13:03.609 I don't have to rely on self

NOTE Confidence: 0.8328606

00:13:03.609 --> 00:13:06.509 report for all the health data.

NOTE Confidence: 0.8328606

00:13:06.510 --> 00:13:08.754 So these are some new data

NOTE Confidence: 0.8328606

00:13:08.754 --> 00:13:09.876 these aren't published.

NOTE Confidence: 0.8328606

00:13:09.880 --> 00:13:12.724 We did a web survey as part of our

NOTE Confidence: 0.8328606

00:13:12.724 --> 00:13:15.490 grant on PTSD and accelerated aging,

NOTE Confidence: 0.8328606

00:13:15.490 --> 00:13:18.474 and I'll talk about some of the results.

NOTE Confidence: 0.8328606

00:13:18.480 --> 00:13:19.160 From that.

NOTE Confidence: 0.8328606

00:13:19.160 --> 00:13:21.540 We did a web survey that went

NOTE Confidence: 0.8328606

00:13:21.540 --> 00:13:22.970 out in 2018-2019.

NOTE Confidence: 0.8328606

00:13:22.970 --> 00:13:25.358 These are the responses to the

NOTE Confidence: 0.8328606

00:13:25.358 --> 00:13:27.891 survey before covid and you can see

NOTE Confidence: 0.8328606

00:13:27.891 --> 00:13:30.402 we this is based on about a sample

NOTE Confidence: 0.8328606

00:13:30.402 --> 00:13:33.342 about 32,000 women and these are the

NOTE Confidence: 0.8328606

00:13:33.342 --> 00:13:35.534 prevalence of different traumas reported.

NOTE Confidence: 0.8328606



00:13:35.534 --> 00:13:38.670 So you can see that these are.  
NOTE Confidence: 0.8328606

00:13:38.670 --> 00:13:39.082 Again,  
NOTE Confidence: 0.8328606

00:13:39.082 --> 00:13:41.142 this is probably a fairly  
NOTE Confidence: 0.8328606

00:13:41.142 --> 00:13:42.790 homogeneous group of women  
NOTE Confidence: 0.8505819

00:13:42.861 --> 00:13:45.653 who've at least at least had a nursing  
NOTE Confidence: 0.8505819

00:13:45.653 --> 00:13:48.100 degree when they entered the cohort.  
NOTE Confidence: 0.8505819

00:13:48.100 --> 00:13:50.458 You can see in this cohort,  
NOTE Confidence: 0.8505819

00:13:50.460 --> 00:13:52.430 even despite their relative privilege,  
NOTE Confidence: 0.8505819

00:13:52.430 --> 00:13:53.994 about 40% have experienced  
NOTE Confidence: 0.8505819

00:13:53.994 --> 00:13:54.776 interpersonal violence,  
NOTE Confidence: 0.8505819

00:13:54.780 --> 00:13:57.138 and you know a third report.  
NOTE Confidence: 0.8505819

00:13:57.140 --> 00:13:59.498 About 20% report nursing related trauma,  
NOTE Confidence: 0.8505819

00:13:59.500 --> 00:14:01.744 and then they also reported the  
NOTE Confidence: 0.8505819

00:14:01.744 --> 00:14:03.820 whole range of other things,  
NOTE Confidence: 0.8505819

00:14:03.820 --> 00:14:04.999 accidents or disasters.  
NOTE Confidence: 0.9115899

00:14:07.860 --> 00:14:11.460 We also see that when we.

NOTE Confidence: 0.9115899

00:14:11.460 --> 00:14:16.230 Start my dogs coming in. Thank you.

NOTE Confidence: 0.9115899

00:14:16.230 --> 00:14:18.300 In the crack again, thank you.

NOTE Confidence: 0.9115899

00:14:18.300 --> 00:14:20.829 My dogs coming from work so we we also

NOTE Confidence: 0.9115899

00:14:20.829 --> 00:14:23.429 look at the age just as I mentioned

NOTE Confidence: 0.9115899

00:14:23.429 --> 00:14:25.715 the beginning from the world Mental

NOTE Confidence: 0.9115899

00:14:25.715 --> 00:14:27.810 health surveys that there's different

NOTE Confidence: 0.9115899

00:14:27.810 --> 00:14:29.886 points in the life where people

NOTE Confidence: 0.9115899

00:14:29.886 --> 00:14:32.198 are more likely to be exposed to

NOTE Confidence: 0.9115899

00:14:32.198 --> 00:14:34.168 different kinds of traumatic events.

NOTE Confidence: 0.9115899

00:14:34.170 --> 00:14:36.222 You can see here that in

NOTE Confidence: 0.9115899

00:14:36.222 --> 00:14:38.309 the nurses as well the age,

NOTE Confidence: 0.9115899

00:14:38.310 --> 00:14:40.753 the mean age of exposure to interpersonal

NOTE Confidence: 0.9115899

00:14:40.753 --> 00:14:42.800 sexual violence is much lower than,

NOTE Confidence: 0.9115899

00:14:42.800 --> 00:14:44.870 for example, Sonic or unexpected death.

NOTE Confidence: 0.9115899

00:14:44.870 --> 00:14:46.394 Although again people do

NOTE Confidence: 0.9115899

00:14:46.394 --> 00:14:47.537 experience these events.  
NOTE Confidence: 0.9115899

00:14:47.540 --> 00:14:50.620 All over the life course.  
NOTE Confidence: 0.9115899

00:14:50.620 --> 00:14:52.657 And so when we've been looking at  
NOTE Confidence: 0.9115899

00:14:52.657 --> 00:14:54.659 trauma and PTSD in Women's Health,  
NOTE Confidence: 0.9115899

00:14:54.660 --> 00:14:57.420 we've been looking at.  
NOTE Confidence: 0.9115899

00:14:57.420 --> 00:14:57.978 Of course,  
NOTE Confidence: 0.9115899

00:14:57.978 --> 00:14:59.931 our real goal is look at the  
NOTE Confidence: 0.9115899

00:14:59.931 --> 00:15:01.490 health outcomes of disease,  
NOTE Confidence: 0.9115899

00:15:01.490 --> 00:15:03.555 but we've been also looking at a  
NOTE Confidence: 0.9115899

00:15:03.555 --> 00:15:05.187 number of different pathways to  
NOTE Confidence: 0.9115899

00:15:05.187 --> 00:15:06.892 the disease and leveraging some  
NOTE Confidence: 0.9115899

00:15:06.892 --> 00:15:08.827 of the strengths of the women  
NOTE Confidence: 0.9115899

00:15:08.827 --> 00:15:10.247 of the nurses Health study,  
NOTE Confidence: 0.9115899

00:15:10.250 --> 00:15:12.062 which is to look at behavioral  
NOTE Confidence: 0.9115899

00:15:12.062 --> 00:15:13.270 factors and some biological  
NOTE Confidence: 0.9115899

00:15:13.331 --> 00:15:14.946 factors as pathways to disease.

NOTE Confidence: 0.83306426

00:15:18.890 --> 00:15:21.137 So first looking at some of the

NOTE Confidence: 0.83306426

00:15:21.137 --> 00:15:22.368 behavioral factors, for example,

NOTE Confidence: 0.83306426

00:15:22.368 --> 00:15:24.132 we've shown that women who develop

NOTE Confidence: 0.83306426

00:15:24.132 --> 00:15:25.949 PTSD reduced their physical activity.

NOTE Confidence: 0.83306426

00:15:25.950 --> 00:15:28.344 So one of the strengths of the cohort is

NOTE Confidence: 0.83306426

00:15:28.344 --> 00:15:30.620 that we nestar measures within the collection

NOTE Confidence: 0.83306426

00:15:30.620 --> 00:15:33.339 of data on all these health behaviors,

NOTE Confidence: 0.83306426

00:15:33.340 --> 00:15:36.290 and so we can look at women before they are

NOTE Confidence: 0.83306426

00:15:36.362 --> 00:15:39.106 exposed to trauma or develop PTSD and C.

NOTE Confidence: 0.83306426

00:15:39.110 --> 00:15:41.308 Do we notice changes in their behaviors

NOTE Confidence: 0.83306426

00:15:41.308 --> 00:15:43.609 after they develop their exposed to trauma,

NOTE Confidence: 0.83306426

00:15:43.610 --> 00:15:45.850 develop PTSD? And you could see that,

NOTE Confidence: 0.83306426

00:15:45.850 --> 00:15:47.790 for example in this case.

NOTE Confidence: 0.83306426

00:15:47.790 --> 00:15:49.438 Before they develop trauma,

NOTE Confidence: 0.83306426

00:15:49.438 --> 00:15:52.674 for they are exposed to trauma, develop PTSD.

NOTE Confidence: 0.83306426

00:15:52.674 --> 00:15:54.584 There's really no difference between  
NOTE Confidence: 0.83306426

00:15:54.584 --> 00:15:56.849 women on their physical activity,  
NOTE Confidence: 0.83306426

00:15:56.850 --> 00:15:58.086 but after trauma,  
NOTE Confidence: 0.83306426

00:15:58.086 --> 00:15:59.734 those who develop PTSD,  
NOTE Confidence: 0.83306426

00:15:59.740 --> 00:16:01.388 their physical activity declines.  
NOTE Confidence: 0.84125596

00:16:03.800 --> 00:16:06.140 In a somewhat more complicated picture,  
NOTE Confidence: 0.84125596

00:16:06.140 --> 00:16:08.480 although it sort of corresponds to  
NOTE Confidence: 0.84125596

00:16:08.480 --> 00:16:10.820 the physical activity, we can look  
NOTE Confidence: 0.84125596

00:16:10.820 --> 00:16:12.770 at things like television viewing.  
NOTE Confidence: 0.84125596

00:16:12.770 --> 00:16:14.720 So after exposure to trauma,  
NOTE Confidence: 0.84125596

00:16:14.720 --> 00:16:16.670 the women who develop have  
NOTE Confidence: 0.84125596

00:16:16.670 --> 00:16:18.230 the highest PTSD symptoms.  
NOTE Confidence: 0.84125596

00:16:18.230 --> 00:16:21.074 We use us a screen in our in our  
NOTE Confidence: 0.84125596

00:16:21.074 --> 00:16:22.909 questionnaire questionnaire survey,  
NOTE Confidence: 0.84125596

00:16:22.910 --> 00:16:26.030 so the women who have the highest symptoms  
NOTE Confidence: 0.84125596

00:16:26.030 --> 00:16:29.233 or her screen positive for PTSD four to

NOTE Confidence: 0.84125596

00:16:29.233 --> 00:16:32.470 five or above is screen positive are.

NOTE Confidence: 0.84125596

00:16:32.470 --> 00:16:34.654 Tend to increase their television viewing

NOTE Confidence: 0.84125596

00:16:34.654 --> 00:16:37.219 compared to women who experience trauma,

NOTE Confidence: 0.84125596

00:16:37.220 --> 00:16:38.808 but don't develop PTSD.

NOTE Confidence: 0.8197422

00:16:40.950 --> 00:16:42.302 And then not surprisingly,

NOTE Confidence: 0.8197422

00:16:42.302 --> 00:16:43.992 this then is manifested in

NOTE Confidence: 0.8197422

00:16:43.992 --> 00:16:45.578 things like body mass index.

NOTE Confidence: 0.8197422

00:16:45.580 --> 00:16:48.559 So when we looked over the life of the

NOTE Confidence: 0.8197422

00:16:48.559 --> 00:16:51.554 cohort, we found that PTSD at baseline

NOTE Confidence: 0.8197422

00:16:51.554 --> 00:16:54.245 was associated with higher BMI and

NOTE Confidence: 0.8197422

00:16:54.245 --> 00:16:56.753 a greater increase in BMI overtime.

NOTE Confidence: 0.8197422

00:16:56.760 --> 00:16:58.812 But probably like but more interesting

NOTE Confidence: 0.8197422

00:16:58.812 --> 00:17:01.616 was that we saw more rapid weight gain

NOTE Confidence: 0.8197422

00:17:01.616 --> 00:17:04.454 after PTSD onset then for those who were

NOTE Confidence: 0.8197422

00:17:04.454 --> 00:17:06.967 exposed to trauma and didn't develop PTSD.

NOTE Confidence: 0.8197422

00:17:06.970 --> 00:17:09.076 So similar to the figures I  
NOTE Confidence: 0.8197422

00:17:09.076 --> 00:17:10.840 showed a couple slides ago.  
NOTE Confidence: 0.8197422

00:17:10.840 --> 00:17:13.472 We can look at the slopes and weight  
NOTE Confidence: 0.8197422

00:17:13.472 --> 00:17:16.120 gain before women are exposed to trauma,  
NOTE Confidence: 0.8197422

00:17:16.120 --> 00:17:18.912 and then once they're exposed we can see  
NOTE Confidence: 0.8197422

00:17:18.912 --> 00:17:21.399 that through the slope changes we made.  
NOTE Confidence: 0.8197422

00:17:21.400 --> 00:17:23.160 Who developed PTSD versus those  
NOTE Confidence: 0.8197422

00:17:23.160 --> 00:17:24.568 with Trump who don't.  
NOTE Confidence: 0.8197422

00:17:24.570 --> 00:17:25.554 And it does.  
NOTE Confidence: 0.8197422

00:17:25.554 --> 00:17:27.522 Women who develop PTSD tend to  
NOTE Confidence: 0.8197422

00:17:27.522 --> 00:17:29.497 have more rapid weight gain.  
NOTE Confidence: 0.8380775

00:17:33.680 --> 00:17:37.253 So 1 pathway by which trauma and PTSD affects  
NOTE Confidence: 0.8380775

00:17:37.253 --> 00:17:40.479 health is through these behavioral factors.  
NOTE Confidence: 0.8380775

00:17:40.480 --> 00:17:43.602 On the other one that we've been  
NOTE Confidence: 0.8380775

00:17:43.602 --> 00:17:47.268 looking at most present one set of data.  
NOTE Confidence: 0.8380775

00:17:47.270 --> 00:17:51.347 Here is pathways such as HPA access in Flint,

NOTE Confidence: 0.8380775

00:17:51.350 --> 00:17:53.330 inflammation, etc.

NOTE Confidence: 0.8380775

00:17:53.330 --> 00:17:55.860 So so for example, Jennifer Sumner,

NOTE Confidence: 0.8380775

00:17:55.860 --> 00:17:59.000 who was a postdoc with us in, is now at UCLA.

NOTE Confidence: 0.8380775

00:17:59.000 --> 00:18:01.388 She did work a lot of work on

NOTE Confidence: 0.8380775

00:18:01.388 --> 00:18:02.606 PTSD and inflammation,

NOTE Confidence: 0.8380775

00:18:02.610 --> 00:18:04.140 and looking in the cohort,

NOTE Confidence: 0.8380775

00:18:04.140 --> 00:18:06.282 so one of the other things that's

NOTE Confidence: 0.8380775

00:18:06.282 --> 00:18:08.393 embedded in the cohort is they

NOTE Confidence: 0.8380775

00:18:08.393 --> 00:18:10.268 have done blood samples overtime.

NOTE Confidence: 0.8380775

00:18:10.270 --> 00:18:12.250 And she showed that women with

NOTE Confidence: 0.8380775

00:18:12.250 --> 00:18:14.790 chronic PTSD tend to have these higher

NOTE Confidence: 0.8380775

00:18:14.790 --> 00:18:16.318 levels of inflammation measured

NOTE Confidence: 0.8380775

00:18:16.318 --> 00:18:19.030 by CRP or the TNF Alpha receptor,

NOTE Confidence: 0.8380775

00:18:19.030 --> 00:18:21.585 and that these tended to persist overtime.

NOTE Confidence: 0.8380775

00:18:21.590 --> 00:18:23.410 And these are in women,

NOTE Confidence: 0.8380775



00:18:23.410 --> 00:18:25.235 a disease free women were  
NOTE Confidence: 0.8380775

00:18:25.235 --> 00:18:27.060 selected for disease free women,  
NOTE Confidence: 0.8380775

00:18:27.060 --> 00:18:30.144 so inflammation could be another pathway  
NOTE Confidence: 0.8380775

00:18:30.144 --> 00:18:32.860 by which traumatised influence disease.  
NOTE Confidence: 0.8380775

00:18:32.860 --> 00:18:35.916 And then finally to look at disease outcomes.  
NOTE Confidence: 0.8380775

00:18:35.920 --> 00:18:36.682 So we've,  
NOTE Confidence: 0.8380775

00:18:36.682 --> 00:18:39.349 we've looked at our original work with,  
NOTE Confidence: 0.8380775

00:18:39.350 --> 00:18:42.764 aiming to look at PTSD and  
NOTE Confidence: 0.8380775

00:18:42.764 --> 00:18:45.040 risk of cardiovascular disease.  
NOTE Confidence: 0.8380775

00:18:45.040 --> 00:18:47.623 And so we found that women with  
NOTE Confidence: 0.8380775

00:18:47.623 --> 00:18:50.059 trauma an forkless symptoms of PTSD,  
NOTE Confidence: 0.8380775

00:18:50.060 --> 00:18:52.550 which is the screen positive on  
NOTE Confidence: 0.8380775

00:18:52.550 --> 00:18:55.364 our PTSD screen had increased risk  
NOTE Confidence: 0.8380775

00:18:55.364 --> 00:18:58.039 of MI and stroke prospectively.  
NOTE Confidence: 0.8380775

00:18:58.040 --> 00:19:00.903 But also have risk of a number  
NOTE Confidence: 0.8380775

00:19:00.903 --> 00:19:02.130 of other outcomes.

NOTE Confidence: 0.8380775

00:19:02.130 --> 00:19:03.477 So for example,

NOTE Confidence: 0.8380775

00:19:03.477 --> 00:19:06.620 women with the highest PTSD symptoms had

NOTE Confidence: 0.8380775

00:19:06.702 --> 00:19:09.828 increased incidence of type 2 diabetes.

NOTE Confidence: 0.8380775

00:19:09.830 --> 00:19:12.356 Over the life of the cohort.

NOTE Confidence: 0.8380775

00:19:12.360 --> 00:19:15.744 As well as kind of more surprising to me,

NOTE Confidence: 0.8380775

00:19:15.750 --> 00:19:18.318 and I'm still quite.

NOTE Confidence: 0.8380775

00:19:18.320 --> 00:19:19.922 Like sceptical of?

NOTE Confidence: 0.8380775

00:19:19.922 --> 00:19:23.126 This of this this these findings,

NOTE Confidence: 0.8380775

00:19:23.130 --> 00:19:24.980 although they are very robust,

NOTE Confidence: 0.8380775

00:19:24.980 --> 00:19:27.200 everything we looked at more recently.

NOTE Confidence: 0.8380775

00:19:27.200 --> 00:19:29.276 We've been looking at trying PTSD

NOTE Confidence: 0.8380775

00:19:29.276 --> 00:19:31.518 and cancer and found that PTSD

NOTE Confidence: 0.8380775

00:19:31.518 --> 00:19:33.488 increases risk of ovarian cancer,

NOTE Confidence: 0.8380775

00:19:33.490 --> 00:19:35.476 and particularly the effect is really

NOTE Confidence: 0.8380775

00:19:35.476 --> 00:19:37.929 seen in the pre menopausal women.

NOTE Confidence: 0.8380775

00:19:37.930 --> 00:19:39.342 As you can see,  
NOTE Confidence: 0.8380775

00:19:39.342 --> 00:19:41.460 the ends are very small incidents  
NOTE Confidence: 0.8380775

00:19:41.540 --> 00:19:43.850 with varying cancer is is small,  
NOTE Confidence: 0.8380775

00:19:43.850 --> 00:19:46.447 so you need a very large cohort  
NOTE Confidence: 0.8380775

00:19:46.447 --> 00:19:47.920 to look at it,  
NOTE Confidence: 0.8380775

00:19:47.920 --> 00:19:50.976 but we've kind of been digging into this.  
NOTE Confidence: 0.8380775

00:19:50.980 --> 00:19:55.005 Actually found in PTSD and ovarian cancer.  
NOTE Confidence: 0.8380775

00:19:55.010 --> 00:19:57.440 And then other outcomes such as  
NOTE Confidence: 0.8380775

00:19:57.440 --> 00:19:58.655 hyperthyroid hyperthyroidism is  
NOTE Confidence: 0.8380775

00:19:58.655 --> 00:20:00.438 associated with PTSD perspectivevely,  
NOTE Confidence: 0.8380775

00:20:00.440 --> 00:20:03.026 so really we've found that trauma  
NOTE Confidence: 0.8380775

00:20:03.026 --> 00:20:05.594 PTSD are associated with a pretty  
NOTE Confidence: 0.8380775

00:20:05.594 --> 00:20:07.130 wide host of diseases.  
NOTE Confidence: 0.8380775

00:20:07.130 --> 00:20:09.638 Other papers have looked at lupus,  
NOTE Confidence: 0.8380775

00:20:09.640 --> 00:20:11.730 so it's not specific to  
NOTE Confidence: 0.8380775

00:20:11.730 --> 00:20:12.566 cardiometabolic disease,

NOTE Confidence: 0.8380775

00:20:12.570 --> 00:20:14.660 which was the error that

NOTE Confidence: 0.8380775

00:20:14.660 --> 00:20:16.750 I was most interested in,

NOTE Confidence: 0.8380775

00:20:16.750 --> 00:20:20.758 but it really seems to have this wide.

NOTE Confidence: 0.8380775

00:20:20.760 --> 00:20:23.900 Association of My training Association.

NOTE Confidence: 0.8380775

00:20:23.900 --> 00:20:25.100 And not surprisingly,

NOTE Confidence: 0.8380775

00:20:25.100 --> 00:20:27.500 given this effect on chronic disease,

NOTE Confidence: 0.8380775

00:20:27.500 --> 00:20:30.300 we also find now that PTSD, trauma,

NOTE Confidence: 0.8380775

00:20:30.300 --> 00:20:31.900 and PTSD, especially competing,

NOTE Confidence: 0.8380775

00:20:31.900 --> 00:20:33.500 come depression when combined.

NOTE Confidence: 0.8380775

00:20:33.500 --> 00:20:35.100 So when it's comorbid,

NOTE Confidence: 0.8380775

00:20:35.100 --> 00:20:38.300 increased risk of early death in the cohort.

NOTE Confidence: 0.8380775

00:20:38.300 --> 00:20:39.362 So in this,

NOTE Confidence: 0.8380775

00:20:39.362 --> 00:20:41.840 in this analysis we found that women

NOTE Confidence: 0.8380775

00:20:41.918 --> 00:20:44.750 with high PTSD symptoms and probable

NOTE Confidence: 0.8380775

00:20:44.750 --> 00:20:47.898 depression had almost there was a 3.8 volts,

NOTE Confidence: 0.8380775

00:20:47.900 --> 00:20:50.066 almost a four fold greater risk  
NOTE Confidence: 0.8380775

00:20:50.066 --> 00:20:52.700 of death in women without trauma,  
NOTE Confidence: 0.8380775

00:20:52.700 --> 00:20:54.836 exposure or depression, and.  
NOTE Confidence: 0.8380775

00:20:54.836 --> 00:20:55.370 I'm.  
NOTE Confidence: 0.8380775

00:20:55.370 --> 00:20:58.247 This was this was somewhat explained by  
NOTE Confidence: 0.8380775

00:20:58.247 --> 00:21:00.369 differences in behavioral risk factors,  
NOTE Confidence: 0.8380775

00:21:00.370 --> 00:21:01.534 although not completely.  
NOTE Confidence: 0.8380775

00:21:01.534 --> 00:21:01.922 Unfortunately,  
NOTE Confidence: 0.8380775

00:21:01.922 --> 00:21:04.250 our cause of death data is  
NOTE Confidence: 0.8387924

00:21:04.313 --> 00:21:06.624 incomplete, so this didn't seem  
NOTE Confidence: 0.8387924

00:21:06.624 --> 00:21:08.704 to be totally explained by,  
NOTE Confidence: 0.8387924

00:21:08.710 --> 00:21:11.218 for example, sudden death or suicide.  
NOTE Confidence: 0.8387924

00:21:11.220 --> 00:21:13.300 But you know, are there  
NOTE Confidence: 0.8387924

00:21:13.300 --> 00:21:14.964 records or someone incomplete,  
NOTE Confidence: 0.8387924

00:21:14.970 --> 00:21:18.132 so we're hoping in the future  
NOTE Confidence: 0.8387924

00:21:18.132 --> 00:21:22.079 we can look more cause of death.

NOTE Confidence: 0.8387924

00:21:22.080 --> 00:21:24.894 So the effects that we've seen entron

NOTE Confidence: 0.8387924

00:21:24.894 --> 00:21:28.239 PTSD on all these different diseases.

NOTE Confidence: 0.8387924

00:21:28.240 --> 00:21:31.880 How to start thinking about whether Truman

NOTE Confidence: 0.8387924

00:21:31.880 --> 00:21:34.880 PTSD accelerates aging in a broader way?

NOTE Confidence: 0.8387924

00:21:34.880 --> 00:21:37.925 Then we could capture by just looking

NOTE Confidence: 0.8387924

00:21:37.925 --> 00:21:40.343 at specific health conditions and

NOTE Confidence: 0.8387924

00:21:40.343 --> 00:21:42.395 also particularly in cognitive

NOTE Confidence: 0.8387924

00:21:42.395 --> 00:21:45.310 aging as these women get older.

NOTE Confidence: 0.83601785

00:21:47.640 --> 00:21:50.997 And part of this interest came from a pilot

NOTE Confidence: 0.83601785

00:21:50.997 --> 00:21:54.392 study we did in in a small sample from the

NOTE Confidence: 0.83601785

00:21:54.392 --> 00:21:57.306 cohort there were 116 women who had data

NOTE Confidence: 0.83601785

00:21:57.306 --> 00:21:59.952 on trauma and PTSD and telomere length,

NOTE Confidence: 0.83601785

00:21:59.952 --> 00:22:03.677 and we found that PTSD diagnosis was a show

NOTE Confidence: 0.83601785

00:22:03.677 --> 00:22:05.837 associated with shorter telomere length.

NOTE Confidence: 0.83601785

00:22:05.840 --> 00:22:08.374 Which is considered a marker of cellular

NOTE Confidence: 0.83601785

00:22:08.374 --> 00:22:10.938 aging, and so we decided to extend the  
NOTE Confidence: 0.83601785

00:22:10.938 --> 00:22:13.958 work to see if PTSD was associated with  
NOTE Confidence: 0.83601785

00:22:13.958 --> 00:22:16.699 a wider range of biomarkers of aging.  
NOTE Confidence: 0.83601785

00:22:16.700 --> 00:22:19.241 So right now one of our studies  
NOTE Confidence: 0.83601785

00:22:19.241 --> 00:22:21.404 is to look at, for example,  
NOTE Confidence: 0.83601785

00:22:21.404 --> 00:22:23.938 PTSD and trauma and the epigenetic Clock.  
NOTE Confidence: 0.83601785

00:22:23.940 --> 00:22:26.348 We have some broader analysis on telomere  
NOTE Confidence: 0.83601785

00:22:26.348 --> 00:22:29.009 length and some other biomarkers of aging.  
NOTE Confidence: 0.83601785

00:22:29.010 --> 00:22:31.980 A lot of that work actually has been held  
NOTE Confidence: 0.83601785

00:22:31.980 --> 00:22:35.157 up due to Cobit and Doodle apps closing,  
NOTE Confidence: 0.83601785

00:22:35.160 --> 00:22:36.126 but our cognitive.  
NOTE Confidence: 0.83601785

00:22:36.126 --> 00:22:37.736 Data collection is still going,  
NOTE Confidence: 0.83601785

00:22:37.740 --> 00:22:39.574 so we hopefully and maybe a six  
NOTE Confidence: 0.83601785

00:22:39.574 --> 00:22:42.257 months or a year will have the other  
NOTE Confidence: 0.83601785

00:22:42.257 --> 00:22:44.087 cellular data cellular marker data.  
NOTE Confidence: 0.83601785

00:22:44.090 --> 00:22:45.810 Um, from our initial analysis,

NOTE Confidence: 0.83601785

00:22:45.810 --> 00:22:48.218 this is also not published at this.

NOTE Confidence: 0.83601785

00:22:48.220 --> 00:22:50.964 I think it just got this last week.

NOTE Confidence: 0.83601785

00:22:50.970 --> 00:22:53.161 We looked at a much bigger sample

NOTE Confidence: 0.83601785

00:22:53.161 --> 00:22:55.438 in the nurses health study about.

NOTE Confidence: 0.83601785

00:22:55.440 --> 00:22:57.393 I think this is 1800 women and

NOTE Confidence: 0.83601785

00:22:57.393 --> 00:22:59.569 looked at the relationship trauma,

NOTE Confidence: 0.83601785

00:22:59.570 --> 00:22:59.957 PTSD,

NOTE Confidence: 0.83601785

00:22:59.957 --> 00:23:01.892 depression and telomere length and

NOTE Confidence: 0.83601785

00:23:01.892 --> 00:23:04.774 what we found when we dug into the

NOTE Confidence: 0.83601785

00:23:04.774 --> 00:23:07.050 data that it's really the effect we

NOTE Confidence: 0.83601785

00:23:07.050 --> 00:23:08.940 see on telomere length is really

NOTE Confidence: 0.83601785

00:23:08.940 --> 00:23:11.262 the women in the women with high

NOTE Confidence: 0.83601785

00:23:11.262 --> 00:23:12.634 PTSD symptoms and depression.

NOTE Confidence: 0.83601785

00:23:12.640 --> 00:23:14.800 We see the shorter telomere length.

NOTE Confidence: 0.83601785

00:23:14.800 --> 00:23:16.546 And not in the other groups

NOTE Confidence: 0.83601785



00:23:16.546 --> 00:23:18.688 which you can see in this slide.  
NOTE Confidence: 0.85849625

00:23:20.970 --> 00:23:22.944 So to talk about our cognitive data,  
NOTE Confidence: 0.85849625

00:23:22.950 --> 00:23:24.970 so we've been collecting cognitive  
NOTE Confidence: 0.85849625

00:23:24.970 --> 00:23:27.920 data in the cohort for a while now.  
NOTE Confidence: 0.85849625

00:23:27.920 --> 00:23:29.190 Using the Cogstate brief battery,  
NOTE Confidence: 0.85849625

00:23:29.190 --> 00:23:30.648 which I'm which I'll present a  
NOTE Confidence: 0.85849625

00:23:30.648 --> 00:23:32.239 bit and happy to talk about.  
NOTE Confidence: 0.85849625

00:23:32.240 --> 00:23:34.517 There's a lot of pros and cons to it,  
NOTE Confidence: 0.85849625

00:23:34.520 --> 00:23:36.590 but one of the pros is  
NOTE Confidence: 0.85849625

00:23:36.590 --> 00:23:38.270 that you can administer it.  
NOTE Confidence: 0.85849625

00:23:38.270 --> 00:23:40.586 You know online which has been  
NOTE Confidence: 0.85849625

00:23:40.586 --> 00:23:42.680 a huge advantage in Covid,  
NOTE Confidence: 0.85849625

00:23:42.680 --> 00:23:44.930 an also a big advantage when  
NOTE Confidence: 0.85849625

00:23:44.930 --> 00:23:47.330 you have a national cohort where  
NOTE Confidence: 0.85849625

00:23:47.330 --> 00:23:49.772 doing you know in person testing  
NOTE Confidence: 0.85849625

00:23:49.772 --> 00:23:52.310 is not going to be possible.

NOTE Confidence: 0.85849625  
00:23:52.310 --> 00:23:55.910 So our Cox 8 brief battery has four tasks,  
NOTE Confidence: 0.85849625  
00:23:55.910 --> 00:23:58.717 two tasks to put that focus on  
NOTE Confidence: 0.85849625  
00:23:58.717 --> 00:24:00.321 psycho motor speed, inattention,  
NOTE Confidence: 0.85849625  
00:24:00.321 --> 00:24:03.128 and two on learning and working memory.  
NOTE Confidence: 0.85849625  
00:24:03.130 --> 00:24:05.524 And these tasks were were selected  
NOTE Confidence: 0.85849625  
00:24:05.524 --> 00:24:08.506 to be sensitive to changes overtime  
NOTE Confidence: 0.85849625  
00:24:08.506 --> 00:24:11.118 and particularly cognitive decline.  
NOTE Confidence: 0.85849625  
00:24:11.120 --> 00:24:13.031 And there's a lot of work out  
NOTE Confidence: 0.85849625  
00:24:13.031 --> 00:24:15.029 there with the Cox State battery.  
NOTE Confidence: 0.85849625  
00:24:15.030 --> 00:24:16.150 It's been around awhile.  
NOTE Confidence: 0.85849625  
00:24:16.150 --> 00:24:18.530 I think it was one of the first  
NOTE Confidence: 0.85849625  
00:24:18.530 --> 00:24:20.444 batteries that was done on line,  
NOTE Confidence: 0.85849625  
00:24:20.450 --> 00:24:21.960 so now there are many,  
NOTE Confidence: 0.85849625  
00:24:21.960 --> 00:24:23.465 many different batteries and some  
NOTE Confidence: 0.85849625  
00:24:23.465 --> 00:24:24.970 have advantages over Cox State.  
NOTE Confidence: 0.85849625

00:24:24.970 --> 00:24:26.629 But what they found is that there  
NOTE Confidence: 0.85849625

00:24:26.629 --> 00:24:28.580 was a robust relationship contagion.  
NOTE Confidence: 0.85849625

00:24:28.580 --> 00:24:29.628 Cognitive functioning on this  
NOTE Confidence: 0.85849625

00:24:29.628 --> 00:24:31.200 battery for each year of increasing  
NOTE Confidence: 0.85849625

00:24:31.241 --> 00:24:32.645 age was associated significantly  
NOTE Confidence: 0.85849625

00:24:32.645 --> 00:24:33.698 worse cognitive performance.  
NOTE Confidence: 0.85849625

00:24:33.700 --> 00:24:35.576 So then these are the effects for  
NOTE Confidence: 0.85849625

00:24:35.576 --> 00:24:37.114 Psycho motor speed and attention  
NOTE Confidence: 0.85849625

00:24:37.114 --> 00:24:38.809 and learning and working memory.  
NOTE Confidence: 0.8890142

00:24:41.670 --> 00:24:45.086 So to start with the Psycho motor speed,  
NOTE Confidence: 0.8890142

00:24:45.090 --> 00:24:50.820 speed and attention. Battery tasks.  
NOTE Confidence: 0.8890142

00:24:50.820 --> 00:24:53.188 So the this is the detection task and  
NOTE Confidence: 0.8890142

00:24:53.188 --> 00:24:55.089 it measures processing speed using  
NOTE Confidence: 0.8890142

00:24:55.089 --> 00:24:57.164 a simple reaction time paradigm.  
NOTE Confidence: 0.8890142

00:24:57.170 --> 00:24:59.543 It on the instructions are have the  
NOTE Confidence: 0.8890142

00:24:59.543 --> 00:25:02.101 card has the car turned over and

NOTE Confidence: 0.8890142

00:25:02.101 --> 00:25:04.303 a playing card is presented face

NOTE Confidence: 0.8890142

00:25:04.378 --> 00:25:06.709 down in the center of the screen,

NOTE Confidence: 0.8890142

00:25:06.710 --> 00:25:09.083 the card flips over so it's face

NOTE Confidence: 0.8890142

00:25:09.083 --> 00:25:11.999 up as soon as the card flips over,

NOTE Confidence: 0.8890142

00:25:12.000 --> 00:25:13.770 the participant must present yes.

NOTE Confidence: 0.8890142

00:25:13.770 --> 00:25:15.178 So is there such

NOTE Confidence: 0.82689816

00:25:15.180 --> 00:25:17.298 a thing as a retirement fund?

NOTE Confidence: 0.82689816

00:25:17.300 --> 00:25:18.350 Tord health expenses?

NOTE Confidence: 0.74456984

00:25:24.060 --> 00:25:25.230 Only some employees.

NOTE Confidence: 0.81360257

00:25:26.950 --> 00:25:29.100 Someone might not be muted.

NOTE Confidence: 0.81360257

00:25:29.100 --> 00:25:30.820 Sorry, I was confused.

NOTE Confidence: 0.81360257

00:25:30.820 --> 00:25:34.260 I thought so was asking me a question.

NOTE Confidence: 0.81360257

00:25:34.260 --> 00:25:36.990 Yeah no, just a reminder to mute

NOTE Confidence: 0.81360257

00:25:36.990 --> 00:25:39.850 your mute your computers if you're

NOTE Confidence: 0.81360257

00:25:39.850 --> 00:25:41.570 particular having other conversations.

NOTE Confidence: 0.81360257

00:25:41.570 --> 00:25:42.860 Thank you, thanks.  
NOTE Confidence: 0.82357734

00:25:44.910 --> 00:25:47.086 OK man sorry and then they there's an  
NOTE Confidence: 0.82357734

00:25:47.086 --> 00:25:48.878 identification task which measures attention.  
NOTE Confidence: 0.82357734

00:25:48.880 --> 00:25:50.716 I'm using a choice reaction time  
NOTE Confidence: 0.82357734

00:25:50.716 --> 00:25:53.139 paradigm in is it the question is is  
NOTE Confidence: 0.82357734

00:25:53.139 --> 00:25:55.522 the card read and a playing card is  
NOTE Confidence: 0.82357734

00:25:55.522 --> 00:25:57.713 presented in the center of the screen?  
NOTE Confidence: 0.82357734

00:25:57.720 --> 00:25:59.785 The card flips over so it's face  
NOTE Confidence: 0.82357734

00:25:59.785 --> 00:26:02.300 up and as soon as it flips over,  
NOTE Confidence: 0.82357734

00:26:02.300 --> 00:26:03.516 the participant must decide  
NOTE Confidence: 0.82357734

00:26:03.516 --> 00:26:05.036 if it's red or not.  
NOTE Confidence: 0.82357734

00:26:05.040 --> 00:26:06.870 So it's a very simple task.  
NOTE Confidence: 0.88522184

00:26:09.260 --> 00:26:11.773 And we found that elevated PTSD symptoms  
NOTE Confidence: 0.88522184

00:26:11.773 --> 00:26:13.740 were associated with significantly worse  
NOTE Confidence: 0.88522184

00:26:13.740 --> 00:26:16.624 performance in terms of psycho motor speed,  
NOTE Confidence: 0.88522184

00:26:16.630 --> 00:26:19.734 an attention, and if you look over here,

NOTE Confidence: 0.88522184

00:26:19.740 --> 00:26:21.292 these are the results.

NOTE Confidence: 0.88522184

00:26:21.292 --> 00:26:23.620 After adjusting for both health behaviors,

NOTE Confidence: 0.88522184

00:26:23.620 --> 00:26:25.168 health conditions, health behaviors,

NOTE Confidence: 0.88522184

00:26:25.168 --> 00:26:26.716 health conditions and depression,

NOTE Confidence: 0.88522184

00:26:26.720 --> 00:26:29.970 and you see this effect.

NOTE Confidence: 0.88522184

00:26:29.970 --> 00:26:32.651 And then on the learning and working

NOTE Confidence: 0.88522184

00:26:32.651 --> 00:26:35.608 memory task we again there's 22 tasks.

NOTE Confidence: 0.88522184

00:26:35.610 --> 00:26:36.849 These are the.

NOTE Confidence: 0.88522184

00:26:36.849 --> 00:26:38.914 This is the first task.

NOTE Confidence: 0.88522184

00:26:38.920 --> 00:26:41.440 Is this one card learning task which

NOTE Confidence: 0.88522184

00:26:41.440 --> 00:26:43.807 measures visual memory and the question is,

NOTE Confidence: 0.88522184

00:26:43.810 --> 00:26:46.594 have you seen this card before this test?

NOTE Confidence: 0.88522184

00:26:46.600 --> 00:26:48.502 A playing card is presented based

NOTE Confidence: 0.88522184

00:26:48.502 --> 00:26:51.330 up in the center of the screen and

NOTE Confidence: 0.88522184

00:26:51.330 --> 00:26:52.826 the participants decide whether

NOTE Confidence: 0.88522184

00:26:52.826 --> 00:26:54.970 they have seen the card before.  
NOTE Confidence: 0.88522184

00:26:54.970 --> 00:26:58.111 In the past they might have seen it in  
NOTE Confidence: 0.88522184

00:26:58.111 --> 00:27:00.500 the other tasks that I just presented,  
NOTE Confidence: 0.88522184

00:27:00.500 --> 00:27:03.507 and then there is a one back task which  
NOTE Confidence: 0.88522184

00:27:03.507 --> 00:27:06.139 the instructions are as a previous card,  
NOTE Confidence: 0.88522184

00:27:06.140 --> 00:27:08.270 the same and a playing card  
NOTE Confidence: 0.88522184

00:27:08.270 --> 00:27:09.335 is presented face.  
NOTE Confidence: 0.88522184

00:27:09.340 --> 00:27:11.330 Up in the center of the screen and the person  
NOTE Confidence: 0.88522184

00:27:11.375 --> 00:27:13.097 participants decide if they've seen it.  
NOTE Confidence: 0.88522184

00:27:13.100 --> 00:27:16.580 If it's the same as the previous card.  
NOTE Confidence: 0.88522184

00:27:16.580 --> 00:27:17.664 And they said yes.  
NOTE Confidence: 0.88522184

00:27:17.664 --> 00:27:20.498 If it's the same and now it's not so again,  
NOTE Confidence: 0.88522184

00:27:20.500 --> 00:27:22.840 it's it very simple task.  
NOTE Confidence: 0.88522184

00:27:22.840 --> 00:27:25.367 And what we've found is elevated PTSD  
NOTE Confidence: 0.88522184

00:27:25.367 --> 00:27:27.399 symptoms were associated with significantly  
NOTE Confidence: 0.88522184

00:27:27.399 --> 00:27:29.604 worse learning and working memory.

NOTE Confidence: 0.88522184

00:27:29.610 --> 00:27:32.202 You see here and if we look at

NOTE Confidence: 0.88522184

00:27:32.202 --> 00:27:34.525 what the the mean difference to

NOTE Confidence: 0.88522184

00:27:34.525 --> 00:27:37.420 see get a sense of affect site.

NOTE Confidence: 0.88522184

00:27:37.420 --> 00:27:39.934 The mean difference for four to

NOTE Confidence: 0.88522184

00:27:39.934 --> 00:27:42.316 seven PTSD symptoms versus no PTSD

NOTE Confidence: 0.88522184

00:27:42.316 --> 00:27:44.852 was for that of four years of aging.

NOTE Confidence: 0.739706

00:27:48.620 --> 00:27:53.635 And so, um. Moving on these so we

NOTE Confidence: 0.739706

00:27:53.635 --> 00:27:56.450 see these effects of trumpetist EON.

NOTE Confidence: 0.739706

00:27:56.450 --> 00:27:58.502 Women's Health behavior is health and

NOTE Confidence: 0.739706

00:27:58.502 --> 00:28:00.930 then also on this cognitive aging,

NOTE Confidence: 0.739706

00:28:00.930 --> 00:28:03.366 and we're collecting more data and more

NOTE Confidence: 0.739706

00:28:03.366 --> 00:28:05.399 longitudinal data on cognitive aging,

NOTE Confidence: 0.739706

00:28:05.400 --> 00:28:08.432 so I will have better data on that

NOTE Confidence: 0.739706

00:28:08.432 --> 00:28:10.619 and hopefully in the next year.

NOTE Confidence: 0.739706

00:28:10.620 --> 00:28:13.609 But we've also seen the adverse effects

NOTE Confidence: 0.739706



00:28:13.609 --> 00:28:16.910 of trauma and PTSD across generations.  
NOTE Confidence: 0.739706

00:28:16.910 --> 00:28:19.438 Um, so our first study on this week  
NOTE Confidence: 0.739706

00:28:19.438 --> 00:28:21.971 I got interested in this because  
NOTE Confidence: 0.739706

00:28:21.971 --> 00:28:24.701 having been worked in working in  
NOTE Confidence: 0.739706

00:28:24.782 --> 00:28:27.020 the trauma field for a while,  
NOTE Confidence: 0.739706

00:28:27.020 --> 00:28:29.743 there were a lot of studies which  
NOTE Confidence: 0.739706

00:28:29.743 --> 00:28:32.050 had looked at, for example, Rachel,  
NOTE Confidence: 0.739706

00:28:32.050 --> 00:28:34.330 who does work on Holocaust survivors  
NOTE Confidence: 0.739706

00:28:34.330 --> 00:28:36.360 or there's work on refugees.  
NOTE Confidence: 0.739706

00:28:36.360 --> 00:28:38.688 So work on moms and children  
NOTE Confidence: 0.739706

00:28:38.688 --> 00:28:39.852 were on families.  
NOTE Confidence: 0.739706

00:28:39.860 --> 00:28:41.700 An really severely traumatized  
NOTE Confidence: 0.739706

00:28:41.700 --> 00:28:43.540 populations which showed relationships  
NOTE Confidence: 0.739706

00:28:43.540 --> 00:28:45.539 between parental and offspring PTSD.  
NOTE Confidence: 0.739706

00:28:45.540 --> 00:28:47.773 Um and we wanted to see in  
NOTE Confidence: 0.739706

00:28:47.773 --> 00:28:49.240 the nurses Health study,

NOTE Confidence: 0.739706

00:28:49.240 --> 00:28:51.214 which is sort of a more community

NOTE Confidence: 0.739706

00:28:51.214 --> 00:28:53.269 sort of typical civilian population.

NOTE Confidence: 0.739706

00:28:53.270 --> 00:28:55.713 Whether we saw some of the same

NOTE Confidence: 0.739706

00:28:55.713 --> 00:28:57.300 relationships and we did so,

NOTE Confidence: 0.739706

00:28:57.300 --> 00:28:58.980 we basically took it with.

NOTE Confidence: 0.739706

00:28:58.980 --> 00:29:00.388 This was an opportunistic.

NOTE Confidence: 0.739706

00:29:00.388 --> 00:29:02.500 We were going along imbedding trauma

NOTE Confidence: 0.739706

00:29:02.563 --> 00:29:04.684 and PTSD measures in the nurses study.

NOTE Confidence: 0.739706

00:29:04.690 --> 00:29:05.092 Meanwhile,

NOTE Confidence: 0.739706

00:29:05.092 --> 00:29:07.102 there's another study called the

NOTE Confidence: 0.739706

00:29:07.102 --> 00:29:09.103 growing Up Today study which

NOTE Confidence: 0.739706

00:29:09.103 --> 00:29:10.728 is children of the nurses.

NOTE Confidence: 0.739706

00:29:10.730 --> 00:29:13.457 That was set up and folks who led that

NOTE Confidence: 0.739706

00:29:13.457 --> 00:29:15.649 study put some of the same measures

NOTE Confidence: 0.739706

00:29:15.649 --> 00:29:18.378 that we did in the moms in the kids,

NOTE Confidence: 0.739706

00:29:18.380 --> 00:29:20.198 and so the kids were separately  
NOTE Confidence: 0.739706

00:29:20.198 --> 00:29:21.750 assessed for trauma and PTSD,  
NOTE Confidence: 0.739706

00:29:21.750 --> 00:29:23.928 as well as all the other  
NOTE Confidence: 0.739706

00:29:23.928 --> 00:29:25.380 things are assessed for.  
NOTE Confidence: 0.739706

00:29:25.380 --> 00:29:27.306 In sort of laid out lessons,  
NOTE Confidence: 0.739706

00:29:27.310 --> 00:29:29.236 early adulthood for the first time.  
NOTE Confidence: 0.739706

00:29:29.240 --> 00:29:30.206 So Andrea Roberts,  
NOTE Confidence: 0.739706

00:29:30.206 --> 00:29:33.109 who works with me on a lot of this,  
NOTE Confidence: 0.739706

00:29:33.110 --> 00:29:35.366 had the idea of looking at PTSD in  
NOTE Confidence: 0.739706

00:29:35.366 --> 00:29:37.641 the moms and see how that related  
NOTE Confidence: 0.739706

00:29:37.641 --> 00:29:40.035 to trauma in the children and what  
NOTE Confidence: 0.739706

00:29:40.035 --> 00:29:42.081 we found was that children and  
NOTE Confidence: 0.739706

00:29:42.081 --> 00:29:43.733 mothers with PTSD were exposed  
NOTE Confidence: 0.739706

00:29:43.733 --> 00:29:45.017 to more traumatic events,  
NOTE Confidence: 0.739706

00:29:45.020 --> 00:29:46.889 and that this was true even when  
NOTE Confidence: 0.739706

00:29:46.889 --> 00:29:49.234 we took out any events that could

NOTE Confidence: 0.739706

00:29:49.234 --> 00:29:51.454 possibly have been shared between them.

NOTE Confidence: 0.739706

00:29:51.460 --> 00:29:52.292 You know,

NOTE Confidence: 0.739706

00:29:52.292 --> 00:29:55.620 such as like a house fire or something.

NOTE Confidence: 0.739706

00:29:55.620 --> 00:29:57.396 And then, not surprisingly,

NOTE Confidence: 0.739706

00:29:57.396 --> 00:30:00.060 children of mothers with PTSD were

NOTE Confidence: 0.739706

00:30:00.134 --> 00:30:02.606 more likely to have also have

NOTE Confidence: 0.739706

00:30:02.606 --> 00:30:03.430 PTSD themselves,

NOTE Confidence: 0.739706

00:30:03.430 --> 00:30:07.638 and this didn't seem to be totally explained

NOTE Confidence: 0.739706

00:30:07.638 --> 00:30:10.750 by differences in exposure to trauma.

NOTE Confidence: 0.739706

00:30:10.750 --> 00:30:12.575 When this became an so

NOTE Confidence: 0.739706

00:30:12.575 --> 00:30:14.400 I mean I study genetics,

NOTE Confidence: 0.739706

00:30:14.400 --> 00:30:14.778 PTSD,

NOTE Confidence: 0.739706

00:30:14.778 --> 00:30:16.668 so this isn't really wasn't

NOTE Confidence: 0.739706

00:30:16.668 --> 00:30:18.939 really surprising to me when this

NOTE Confidence: 0.739706

00:30:18.939 --> 00:30:20.664 became sort of more interesting

NOTE Confidence: 0.739706

00:30:20.664 --> 00:30:22.840 is when we extended the timeline  
NOTE Confidence: 0.739706

00:30:22.840 --> 00:30:25.346 and we decided to look at trauma  
NOTE Confidence: 0.739706

00:30:25.350 --> 00:30:27.542 that occur due to mothers before  
NOTE Confidence: 0.739706

00:30:27.542 --> 00:30:29.730 their child would have been born.  
NOTE Confidence: 0.739706

00:30:29.730 --> 00:30:33.090 So we looked at maternal childhood trauma.  
NOTE Confidence: 0.739706

00:30:33.090 --> 00:30:35.130 An outcomes in the kids,  
NOTE Confidence: 0.739706

00:30:35.130 --> 00:30:36.345 and particularly outcomes  
NOTE Confidence: 0.739706

00:30:36.345 --> 00:30:37.965 beyond mental health outcomes.  
NOTE Confidence: 0.739706

00:30:37.970 --> 00:30:41.226 So I'll just present a little of that.  
NOTE Confidence: 0.739706

00:30:41.230 --> 00:30:42.436 So, for example,  
NOTE Confidence: 0.739706

00:30:42.436 --> 00:30:44.446 we looked at maternal experience  
NOTE Confidence: 0.739706

00:30:44.446 --> 00:30:46.931 of childhood abuse, which was this.  
NOTE Confidence: 0.739706

00:30:46.931 --> 00:30:49.780 This variable is a combination of sexual,  
NOTE Confidence: 0.739706

00:30:49.780 --> 00:30:51.468 physical and emotional abuse.  
NOTE Confidence: 0.739706

00:30:51.468 --> 00:30:54.495 So we looked at children of mothers  
NOTE Confidence: 0.739706

00:30:54.495 --> 00:30:57.400 who were abused and we found that

NOTE Confidence: 0.739706

00:30:57.400 --> 00:30:59.669 maternal abuse was for example

NOTE Confidence: 0.739706

00:30:59.669 --> 00:31:01.939 related to smoking and offspring.

NOTE Confidence: 0.8652089

00:31:01.940 --> 00:31:04.452 And it was sort of remarkable about this

NOTE Confidence: 0.8652089

00:31:04.452 --> 00:31:06.955 was this is actually also the case in

NOTE Confidence: 0.8652089

00:31:06.955 --> 00:31:09.318 children of mom to wear non smokers.

NOTE Confidence: 0.8652089

00:31:09.320 --> 00:31:12.038 So it wasn't. Entirely of course,

NOTE Confidence: 0.8652089

00:31:12.040 --> 00:31:13.936 mothers smoking played a

NOTE Confidence: 0.8652089

00:31:13.936 --> 00:31:16.780 part in this the level of.

NOTE Confidence: 0.8652089

00:31:16.780 --> 00:31:18.614 Smoking in this court is actually a

NOTE Confidence: 0.8652089

00:31:18.614 --> 00:31:20.489 little lower than the population level,

NOTE Confidence: 0.8652089

00:31:20.490 --> 00:31:22.730 and even if we look at the

NOTE Confidence: 0.8652089

00:31:22.730 --> 00:31:24.230 month we didn't smoke.

NOTE Confidence: 0.8652089

00:31:24.230 --> 00:31:26.678 Kids up of moms who had severe who were

NOTE Confidence: 0.8652089

00:31:26.678 --> 00:31:29.434 in the severe abuse category were more

NOTE Confidence: 0.8652089

00:31:29.434 --> 00:31:31.965 likely to initiate smoking early and

NOTE Confidence: 0.8652089

00:31:31.965 --> 00:31:34.095 maintain high levels of consumption.  
NOTE Confidence: 0.8652089

00:31:34.100 --> 00:31:35.996 And then also they were they  
NOTE Confidence: 0.8652089

00:31:35.996 --> 00:31:37.816 were more likely to, for example,  
NOTE Confidence: 0.8652089

00:31:37.816 --> 00:31:39.484 to have higher BMI's and higher  
NOTE Confidence: 0.8652089

00:31:39.484 --> 00:31:40.740 risk weight trajectory's.  
NOTE Confidence: 0.8652089

00:31:40.740 --> 00:31:42.630 So the children and moms who  
NOTE Confidence: 0.8652089

00:31:42.630 --> 00:31:44.210 are abused had higher BMI.  
NOTE Confidence: 0.8652089

00:31:44.210 --> 00:31:45.788 Sort of pretty consistently overtime.  
NOTE Confidence: 0.8652089

00:31:45.790 --> 00:31:48.318 And if you look at this more severe,  
NOTE Confidence: 0.8652089

00:31:48.320 --> 00:31:49.038 moderate abuse.  
NOTE Confidence: 0.8652089

00:31:49.038 --> 00:31:51.192 Fine, but then what was striking  
NOTE Confidence: 0.8652089

00:31:51.192 --> 00:31:53.329 is when these kids got older.  
NOTE Confidence: 0.8652089

00:31:53.330 --> 00:31:55.160 So and actually at the time  
NOTE Confidence: 0.8652089

00:31:55.160 --> 00:31:56.740 they'd mostly be leaving home.  
NOTE Confidence: 0.8652089

00:31:56.740 --> 00:31:58.945 They also had these higher risk weight  
NOTE Confidence: 0.8652089

00:31:58.945 --> 00:32:00.520 trajectories where they were gaining

NOTE Confidence: 0.8652089

00:32:00.520 --> 00:32:02.230 weight more rapidly and this again

NOTE Confidence: 0.8652089

00:32:02.230 --> 00:32:04.179 was also not explained by maternal.

NOTE Confidence: 0.8652089

00:32:04.180 --> 00:32:05.134 Be in mind,

NOTE Confidence: 0.8652089

00:32:05.134 --> 00:32:07.042 which is something we actually have

NOTE Confidence: 0.8652089

00:32:07.042 --> 00:32:09.135 very good data for in the nurses.

NOTE Confidence: 0.8567368

00:32:12.540 --> 00:32:15.276 So that got so that is doesn't work there.

NOTE Confidence: 0.8567368

00:32:15.280 --> 00:32:17.394 And then we've been doing a lot

NOTE Confidence: 0.8567368

00:32:17.394 --> 00:32:19.229 of other stuff in that area.

NOTE Confidence: 0.8567368

00:32:19.230 --> 00:32:20.398 I can talk about.

NOTE Confidence: 0.8567368

00:32:20.398 --> 00:32:21.566 Andrea Roberts has pursued

NOTE Confidence: 0.8567368

00:32:21.566 --> 00:32:23.178 is really leading that work.

NOTE Confidence: 0.8567368

00:32:23.180 --> 00:32:25.835 But before I move to move on to like

NOTE Confidence: 0.8567368

00:32:25.835 --> 00:32:28.350 the sort of 2nd part of the talk,

NOTE Confidence: 0.8567368

00:32:28.350 --> 00:32:30.478 which I'll talk a little bit more.

NOTE Confidence: 0.8567368

00:32:30.480 --> 00:32:32.594 So what do we do about this?

NOTE Confidence: 0.8567368



00:32:32.600 --> 00:32:34.658 And we see all these negative effects  
NOTE Confidence: 0.8567368

00:32:34.658 --> 00:32:36.860 of PTSD etc over the life course.  
NOTE Confidence: 0.8567368

00:32:36.860 --> 00:32:39.371 I did want to mention I did want to  
NOTE Confidence: 0.8567368

00:32:39.371 --> 00:32:41.802 mention a little bit of work that we're  
NOTE Confidence: 0.8567368

00:32:41.802 --> 00:32:44.259 doing that was motivated by this work.  
NOTE Confidence: 0.8567368

00:32:44.260 --> 00:32:46.240 On the effects of maternal  
NOTE Confidence: 0.8567368

00:32:46.240 --> 00:32:48.707 experience of stress and trauma and  
NOTE Confidence: 0.8567368

00:32:48.707 --> 00:32:50.757 the health effects of offspring.  
NOTE Confidence: 0.8567368

00:32:50.760 --> 00:32:52.860 So I had the opportunity during  
NOTE Confidence: 0.8567368

00:32:52.860 --> 00:32:55.793 Covid to join a group out of  
NOTE Confidence: 0.8567368

00:32:55.793 --> 00:32:57.245 something called registry,  
NOTE Confidence: 0.8567368

00:32:57.250 --> 00:32:59.602 which is a sort of social media  
NOTE Confidence: 0.8567368

00:32:59.602 --> 00:33:01.649 platform for to connect pregnant  
NOTE Confidence: 0.8567368

00:33:01.649 --> 00:33:04.049 and postpartum women with health  
NOTE Confidence: 0.8567368

00:33:04.049 --> 00:33:06.719 information to do a mental health  
NOTE Confidence: 0.8567368

00:33:06.719 --> 00:33:09.035 and stress survey of women pregnant

NOTE Confidence: 0.8567368

00:33:09.035 --> 00:33:11.426 or recently postpartum during covid.

NOTE Confidence: 0.8567368

00:33:11.426 --> 00:33:15.859 So this was the survey it was launched in.

NOTE Confidence: 0.8567368

00:33:15.860 --> 00:33:19.588 What was that May in June of 2020?

NOTE Confidence: 0.8567368

00:33:19.590 --> 00:33:22.467 Um, we controlled about 7500 women globally.

NOTE Confidence: 0.8567368

00:33:22.470 --> 00:33:24.520 There were 68 countries represented,

NOTE Confidence: 0.8567368

00:33:24.520 --> 00:33:26.164 about 30 two countries,

NOTE Confidence: 0.8567368

00:33:26.164 --> 00:33:27.808 with over 100 participants,

NOTE Confidence: 0.8567368

00:33:27.810 --> 00:33:29.454 and this is again,

NOTE Confidence: 0.8567368

00:33:29.454 --> 00:33:31.920 this is a social media platform,

NOTE Confidence: 0.8567368

00:33:31.920 --> 00:33:34.386 so it's not a representative survey,

NOTE Confidence: 0.8567368

00:33:34.390 --> 00:33:36.435 so there's sort of disproportionately

NOTE Confidence: 0.8567368

00:33:36.435 --> 00:33:38.480 more highly educated group more

NOTE Confidence: 0.8567368

00:33:38.543 --> 00:33:39.728 likely with partner,

NOTE Confidence: 0.8567368

00:33:39.730 --> 00:33:43.013 and we had about 25% who identified it.

NOTE Confidence: 0.8567368

00:33:43.013 --> 00:33:44.657 Healthcare or essential workers,

NOTE Confidence: 0.8567368

00:33:44.660 --> 00:33:46.304 and they're not young,  
NOTE Confidence: 0.8567368

00:33:46.304 --> 00:33:47.537 particularly young moms.  
NOTE Confidence: 0.8567368

00:33:47.540 --> 00:33:51.243 It could be 18 or above to join, but.  
NOTE Confidence: 0.8567368

00:33:51.243 --> 00:33:53.308 The mean age was 31.  
NOTE Confidence: 0.8567368

00:33:53.310 --> 00:33:53.658 So,  
NOTE Confidence: 0.8567368

00:33:53.658 --> 00:33:54.006 um.  
NOTE Confidence: 0.8567368

00:33:54.006 --> 00:33:56.094 It's interesting the result when you  
NOTE Confidence: 0.8567368

00:33:56.094 --> 00:33:58.334 take into account that on average  
NOTE Confidence: 0.8567368

00:33:58.334 --> 00:34:00.963 these are probably sort of better off  
NOTE Confidence: 0.8567368

00:34:00.963 --> 00:34:03.448 women than is typical in the population,  
NOTE Confidence: 0.8567368

00:34:03.450 --> 00:34:05.322 so I'll just present a little  
NOTE Confidence: 0.8567368

00:34:05.322 --> 00:34:06.949 of this experience during kovit  
NOTE Confidence: 0.8567368

00:34:06.949 --> 00:34:08.845 since we're still living with it,  
NOTE Confidence: 0.8567368

00:34:08.850 --> 00:34:10.746 so this is represents this is  
NOTE Confidence: 0.8567368

00:34:10.746 --> 00:34:12.350 where the participants were from,  
NOTE Confidence: 0.8567368

00:34:12.350 --> 00:34:15.254 so you can get a sense of what

NOTE Confidence: 0.8567368

00:34:15.254 --> 00:34:17.030 countries were represented.

NOTE Confidence: 0.8567368

00:34:17.030 --> 00:34:17.580 Um?

NOTE Confidence: 0.89876926

00:34:21.230 --> 00:34:25.924 And. OK, some things going on in my porch,

NOTE Confidence: 0.89876926

00:34:25.930 --> 00:34:27.775 but so as part of the survey we had

NOTE Confidence: 0.89876926

00:34:27.775 --> 00:34:29.818 a bunch of questionnaires on stress

NOTE Confidence: 0.89876926

00:34:29.818 --> 00:34:31.934 and depression and anxiety and PTSD

NOTE Confidence: 0.89876926

00:34:31.934 --> 00:34:33.880 and I'll present some of that data,

NOTE Confidence: 0.89876926

00:34:33.880 --> 00:34:36.152 but we also had comment boxes where women

NOTE Confidence: 0.89876926

00:34:36.152 --> 00:34:38.262 could write in and say you know anything

NOTE Confidence: 0.89876926

00:34:38.262 --> 00:34:40.700 they want to tell us about their experience.

NOTE Confidence: 0.89876926

00:34:40.700 --> 00:34:42.548 So this is just some of the

NOTE Confidence: 0.89876926

00:34:42.548 --> 00:34:43.820 things that women shared.

NOTE Confidence: 0.89876926

00:34:43.820 --> 00:34:44.753 I had preeclampsia.

NOTE Confidence: 0.89876926

00:34:44.753 --> 00:34:46.930 I think it would have been detected

NOTE Confidence: 0.89876926

00:34:46.995 --> 00:34:48.934 sooner if I wouldn't have had to

NOTE Confidence: 0.89876926

00:34:48.934 --> 00:34:50.510 cancel a doctors appointment.  
NOTE Confidence: 0.89876926

00:34:50.510 --> 00:34:51.674 I'm feeling depressed because  
NOTE Confidence: 0.89876926

00:34:51.674 --> 00:34:52.256 of unemployment.  
NOTE Confidence: 0.89876926

00:34:52.260 --> 00:34:53.710 Financially, my family is struggling.  
NOTE Confidence: 0.89876926

00:34:53.710 --> 00:34:55.530 It seems like Corona is going to  
NOTE Confidence: 0.89876926

00:34:55.530 --> 00:34:57.199 make our lives more difficult.  
NOTE Confidence: 0.89876926

00:34:57.200 --> 00:34:58.946 I'm worried about my upcoming baby.  
NOTE Confidence: 0.89876926

00:34:58.950 --> 00:35:01.860 I feel like this is the end of the world,  
NOTE Confidence: 0.89876926

00:35:01.860 --> 00:35:03.580 the whole birth experience  
NOTE Confidence: 0.89876926

00:35:03.580 --> 00:35:04.870 was mentally devastating.  
NOTE Confidence: 0.89876926

00:35:04.870 --> 00:35:06.460 And I'm scared for my children  
NOTE Confidence: 0.89876926

00:35:06.460 --> 00:35:08.220 ability to care for my children.  
NOTE Confidence: 0.89876926

00:35:08.220 --> 00:35:09.057 I can't breastfeed.  
NOTE Confidence: 0.89876926

00:35:09.057 --> 00:35:11.010 I'm worried about my husband gets it.  
NOTE Confidence: 0.89876926

00:35:11.010 --> 00:35:12.684 I'm worried that I'll get sick  
NOTE Confidence: 0.89876926

00:35:12.684 --> 00:35:14.677 and leave my kids alone and you

NOTE Confidence: 0.89876926

00:35:14.677 --> 00:35:16.588 can see some of the other things.

NOTE Confidence: 0.89876926

00:35:16.590 --> 00:35:17.985 Other things I thought went

NOTE Confidence: 0.89876926

00:35:17.985 --> 00:35:19.380 for an important and I'm,

NOTE Confidence: 0.89876926

00:35:19.380 --> 00:35:21.046 you know I'm scared and up and

NOTE Confidence: 0.89876926

00:35:21.046 --> 00:35:22.783 praying at night so women really

NOTE Confidence: 0.89876926

00:35:22.783 --> 00:35:24.398 feeling isolated and lonely really.

NOTE Confidence: 0.89876926

00:35:24.400 --> 00:35:26.346 Women really shared a lot in these.

NOTE Confidence: 0.89876926

00:35:26.350 --> 00:35:27.750 I'm not a qualitative researcher,

NOTE Confidence: 0.89876926

00:35:27.750 --> 00:35:29.244 but in these comment boxes they

NOTE Confidence: 0.89876926

00:35:29.244 --> 00:35:30.919 really showed a lot of their

NOTE Confidence: 0.89876926

00:35:30.919 --> 00:35:32.489 experiences and was really striking.

NOTE Confidence: 0.89876926

00:35:32.490 --> 00:35:34.714 Is that you know through this platform again,

NOTE Confidence: 0.89876926

00:35:34.720 --> 00:35:35.088 these.

NOTE Confidence: 0.89876926

00:35:35.088 --> 00:35:36.928 Women who connected with this

NOTE Confidence: 0.89876926

00:35:36.928 --> 00:35:38.032 on social media.

NOTE Confidence: 0.89876926

00:35:38.040 --> 00:35:40.230 How how similar their experiences were,  
NOTE Confidence: 0.89876926

00:35:40.230 --> 00:35:42.095 whether they were writing from  
NOTE Confidence: 0.89876926

00:35:42.095 --> 00:35:44.250 Mexico or China or the US,  
NOTE Confidence: 0.89876926

00:35:44.250 --> 00:35:46.765 which were the three countries  
NOTE Confidence: 0.89876926

00:35:46.765 --> 00:35:49.810 we had the highest numbers from.  
NOTE Confidence: 0.89876926

00:35:49.810 --> 00:35:52.554 So just to give a flavor of what  
NOTE Confidence: 0.89876926

00:35:52.554 --> 00:35:54.270 women reported experiencing.  
NOTE Confidence: 0.89876926

00:35:54.270 --> 00:35:55.955 So these women who participate  
NOTE Confidence: 0.89876926

00:35:55.955 --> 00:35:58.231 in our survey had really reported  
NOTE Confidence: 0.89876926

00:35:58.231 --> 00:36:00.339 really significantly high anxiety,  
NOTE Confidence: 0.89876926

00:36:00.340 --> 00:36:01.555 depression, and PTSD.  
NOTE Confidence: 0.89876926

00:36:01.555 --> 00:36:04.394 You can see that over 40% met  
NOTE Confidence: 0.89876926

00:36:04.394 --> 00:36:07.626 we use the impact of N scale 6,  
NOTE Confidence: 0.89876926

00:36:07.630 --> 00:36:10.689 which is a brief measure of PTSD  
NOTE Confidence: 0.89876926

00:36:10.689 --> 00:36:13.710 that has been used in a lot of,  
NOTE Confidence: 0.89876926

00:36:13.710 --> 00:36:16.140 but we adapted it for covid.

NOTE Confidence: 0.89876926

00:36:16.140 --> 00:36:18.570 So this is covid related PTSD.

NOTE Confidence: 0.89876926

00:36:18.570 --> 00:36:20.070 We adapted it from.

NOTE Confidence: 0.89876926

00:36:20.070 --> 00:36:24.070 It's been used in a lot of other epidemics,

NOTE Confidence: 0.89876926

00:36:24.070 --> 00:36:24.902 epidemics globally,

NOTE Confidence: 0.89876926

00:36:24.902 --> 00:36:27.814 and we compare that to meta analysis

NOTE Confidence: 0.89876926

00:36:27.814 --> 00:36:30.845 of PERI and postpartum women pre covid.

NOTE Confidence: 0.89876926

00:36:30.850 --> 00:36:33.160 So this meta analysis results that

NOTE Confidence: 0.89876926

00:36:33.160 --> 00:36:36.194 were out in the literature and then

NOTE Confidence: 0.89876926

00:36:36.194 --> 00:36:39.020 at the time the general population.

NOTE Confidence: 0.89876926

00:36:39.020 --> 00:36:41.788 And data that was come out in Covid.

NOTE Confidence: 0.89876926

00:36:41.790 --> 00:36:43.860 So again, it's not representative sample,

NOTE Confidence: 0.89876926

00:36:43.860 --> 00:36:45.936 but at least the woman responded.

NOTE Confidence: 0.89876926

00:36:45.940 --> 00:36:48.016 The Surveyor really reporting high levels,

NOTE Confidence: 0.89876926

00:36:48.020 --> 00:36:49.400 anxiety, depression and PTSD,

NOTE Confidence: 0.89876926

00:36:49.400 --> 00:36:51.125 so we'll be following this,

NOTE Confidence: 0.89876926



00:36:51.130 --> 00:36:54.235 but did want to share something of our code.

NOTE Confidence: 0.89876926

00:36:54.240 --> 00:36:56.920 Would work.

NOTE Confidence: 0.89876926

00:36:56.920 --> 00:36:59.488 So I realize I painted a pretty dismal

NOTE Confidence: 0.89876926

00:36:59.488 --> 00:37:01.090 experience, a dismal picture here,

NOTE Confidence: 0.89876926

00:37:01.090 --> 00:37:03.659 with the high levels of exposure to trauma,

NOTE Confidence: 0.89876926

00:37:03.660 --> 00:37:03.981 PTSD,

NOTE Confidence: 0.89876926

00:37:03.981 --> 00:37:06.549 and then the effects over the life course.

NOTE Confidence: 0.89876926

00:37:06.550 --> 00:37:09.115 So I do did want to in the last

NOTE Confidence: 0.89876926

00:37:09.115 --> 00:37:11.572 part of this talk talk about what

NOTE Confidence: 0.89876926

00:37:11.572 --> 00:37:13.290 we can do about it,

NOTE Confidence: 0.89876926

00:37:13.290 --> 00:37:14.838 and one of the things that

NOTE Confidence: 0.89876926

00:37:14.838 --> 00:37:15.870 we're learning is that

NOTE Confidence: 0.85280365

00:37:15.926 --> 00:37:17.741 effectively treating PTSD may attenuate

NOTE Confidence: 0.85280365

00:37:17.741 --> 00:37:19.967 the adverse effects of trauma and

NOTE Confidence: 0.85280365

00:37:19.967 --> 00:37:23.450 physical health, so that is just.

NOTE Confidence: 0.85280365

00:37:23.450 --> 00:37:27.032 You know those of us in mental health know

NOTE Confidence: 0.85280365

00:37:27.032 --> 00:37:30.728 that we can effectively treat PTSD in many

NOTE Confidence: 0.85280365

00:37:30.728 --> 00:37:33.970 cases and reduce people suffering and.

NOTE Confidence: 0.85280365

00:37:33.970 --> 00:37:36.215 What's becoming interesting is that

NOTE Confidence: 0.85280365

00:37:36.215 --> 00:37:38.460 that those those treatments that

NOTE Confidence: 0.85280365

00:37:38.528 --> 00:37:40.408 may that affect people's mental

NOTE Confidence: 0.85280365

00:37:40.408 --> 00:37:42.832 health may also have some long-term

NOTE Confidence: 0.85280365

00:37:42.832 --> 00:37:45.197 benefit on their physical health.

NOTE Confidence: 0.85280365

00:37:45.200 --> 00:37:47.648 So we got interested in this and have been

NOTE Confidence: 0.85280365

00:37:47.648 --> 00:37:49.819 trying to model this in our observation.

NOTE Confidence: 0.85280365

00:37:49.820 --> 00:37:51.554 ULL data which is all the

NOTE Confidence: 0.85280365

00:37:51.554 --> 00:37:52.710 limitations of observational data.

NOTE Confidence: 0.85280365

00:37:52.710 --> 00:37:54.155 But because we have this

NOTE Confidence: 0.85280365

00:37:54.155 --> 00:37:55.600 long little to no cohort,

NOTE Confidence: 0.85280365

00:37:55.600 --> 00:37:58.596 we can look at questions such as.

NOTE Confidence: 0.85280365

00:37:58.600 --> 00:38:00.040 You know it doesn't matter.

NOTE Confidence: 0.85280365

00:38:00.040 --> 00:38:01.460 The data presented earlier with  
NOTE Confidence: 0.85280365

00:38:01.460 --> 00:38:03.190 the people at women had PTSD.  
NOTE Confidence: 0.85280365

00:38:03.190 --> 00:38:04.590 They already creased risk,  
NOTE Confidence: 0.85280365

00:38:04.590 --> 00:38:06.340 for example for cardiovascular disease.  
NOTE Confidence: 0.85280365

00:38:06.340 --> 00:38:09.260 But then we can look more carefully in  
NOTE Confidence: 0.85280365

00:38:09.260 --> 00:38:12.128 the Cohen say doesn't matter if their  
NOTE Confidence: 0.85280365

00:38:12.128 --> 00:38:15.099 PTSD is severe and ongoing or if it's.  
NOTE Confidence: 0.85280365

00:38:15.100 --> 00:38:17.298 Ramets at some point and as remission  
NOTE Confidence: 0.85280365

00:38:17.298 --> 00:38:20.014 of PTSD also result in attenuation of  
NOTE Confidence: 0.85280365

00:38:20.014 --> 00:38:22.144 the risk for cardiovascular disease.  
NOTE Confidence: 0.85280365

00:38:22.150 --> 00:38:25.118 And we can see that it does so.  
NOTE Confidence: 0.85280365

00:38:25.120 --> 00:38:27.241 In this slide they just show that  
NOTE Confidence: 0.85280365

00:38:27.241 --> 00:38:29.093 severe ongoing PTSD symptoms is  
NOTE Confidence: 0.85280365

00:38:29.093 --> 00:38:30.849 associated with increased risk  
NOTE Confidence: 0.85280365

00:38:30.849 --> 00:38:32.166 of cardiovascular disease,  
NOTE Confidence: 0.85280365

00:38:32.170 --> 00:38:34.837 which is similar to what I showed

NOTE Confidence: 0.85280365

00:38:34.837 --> 00:38:37.179 in the earlier earlier slide.

NOTE Confidence: 0.85280365

00:38:37.180 --> 00:38:39.490 But the difference here is we took

NOTE Confidence: 0.85280365

00:38:39.490 --> 00:38:41.796 out people with the women whose

NOTE Confidence: 0.85280365

00:38:41.796 --> 00:38:43.876 whose moderate severe PTSD symptoms

NOTE Confidence: 0.85280365

00:38:43.876 --> 00:38:45.500 remitted an their risk.

NOTE Confidence: 0.85280365

00:38:45.500 --> 00:38:47.008 For CVD West attenuated.

NOTE Confidence: 0.8043219

00:38:49.460 --> 00:38:51.530 And there's a number of studies.

NOTE Confidence: 0.8043219

00:38:51.530 --> 00:38:54.635 The other work that I'm aware of in this.

NOTE Confidence: 0.8043219

00:38:54.640 --> 00:38:55.330 That's this.

NOTE Confidence: 0.8043219

00:38:55.330 --> 00:38:57.400 The observational work is inviere data.

NOTE Confidence: 0.8043219

00:38:57.400 --> 00:39:00.232 So for example, there's a study by Berg

NOTE Confidence: 0.8043219

00:39:00.232 --> 00:39:02.920 which looked at treatment and PTSD in VA,

NOTE Confidence: 0.8043219

00:39:02.920 --> 00:39:03.841 electronic health records,

NOTE Confidence: 0.8043219

00:39:03.841 --> 00:39:05.990 and what they found was PTSD was

NOTE Confidence: 0.8043219

00:39:06.051 --> 00:39:07.587 associated with increased for

NOTE Confidence: 0.8043219

00:39:07.587 --> 00:39:09.123 hypertension and the records.

NOTE Confidence: 0.8043219

00:39:09.130 --> 00:39:11.020 But that treatment did attenuate the

NOTE Confidence: 0.8043219

00:39:11.020 --> 00:39:13.609 effect of PTSD and risk for hypertension.

NOTE Confidence: 0.8043219

00:39:13.610 --> 00:39:16.375 In this case they were able to

NOTE Confidence: 0.8043219

00:39:16.375 --> 00:39:18.343 actually define treatment in a

NOTE Confidence: 0.8043219

00:39:18.343 --> 00:39:20.108 way I think that's reasonable.

NOTE Confidence: 0.8043219

00:39:20.110 --> 00:39:22.265 Treatment included either 8 individual

NOTE Confidence: 0.8043219

00:39:22.265 --> 00:39:24.420 psychotherapy sessions are 50 minutes

NOTE Confidence: 0.8043219

00:39:24.477 --> 00:39:26.481 or longer during a consecutive six

NOTE Confidence: 0.8043219

00:39:26.481 --> 00:39:28.816 months or a prescription for SSR eyes

NOTE Confidence: 0.8043219

00:39:28.816 --> 00:39:30.688 which is or medications that are

NOTE Confidence: 0.8043219

00:39:30.688 --> 00:39:32.820 indicated for the treatment of PTSD.

NOTE Confidence: 0.8043219

00:39:32.820 --> 00:39:35.468 So they you know they had limitations and

NOTE Confidence: 0.8043219

00:39:35.468 --> 00:39:38.258 how they could define treatment as well,

NOTE Confidence: 0.8043219

00:39:38.260 --> 00:39:40.899 but with their sort of treatment defined

NOTE Confidence: 0.8043219

00:39:40.899 --> 00:39:43.340 better than we can in our cohort.

NOTE Confidence: 0.8043219

00:39:43.340 --> 00:39:45.206 They did find this attenuation of

NOTE Confidence: 0.8043219

00:39:45.206 --> 00:39:48.018 risk of on the relation between PTSD

NOTE Confidence: 0.8043219

00:39:48.018 --> 00:39:50.018 and hypertension with treatment.

NOTE Confidence: 0.8043219

00:39:50.020 --> 00:39:52.764 So I think there's lots of opportunities

NOTE Confidence: 0.8043219

00:39:52.764 --> 00:39:55.060 for here for going forward,

NOTE Confidence: 0.8043219

00:39:55.060 --> 00:39:56.320 particularly potentially with

NOTE Confidence: 0.8043219

00:39:56.320 --> 00:39:58.000 treatment studies of PTSD.

NOTE Confidence: 0.8043219

00:39:58.000 --> 00:40:01.360 Whether they could look at down the line,

NOTE Confidence: 0.8043219

00:40:01.360 --> 00:40:04.370 whether this treatment in attenuates

NOTE Confidence: 0.8043219

00:40:04.370 --> 00:40:07.380 the health implications of PTSD.

NOTE Confidence: 0.8043219

00:40:07.380 --> 00:40:09.844 But one of the challenges is that most

NOTE Confidence: 0.8043219

00:40:09.844 --> 00:40:12.109 people with PTSD don't receive any

NOTE Confidence: 0.8043219

00:40:12.109 --> 00:40:14.479 health treat any mental health treatment.

NOTE Confidence: 0.8043219

00:40:14.480 --> 00:40:16.965 So these are data from the World

NOTE Confidence: 0.8043219

00:40:16.965 --> 00:40:18.030 Mental health surveys,

NOTE Confidence: 0.8043219

00:40:18.030 --> 00:40:20.870 and so this is data from people who  
NOTE Confidence: 0.8043219

00:40:20.870 --> 00:40:23.357 met criteria for PTSD in the survey,  
NOTE Confidence: 0.8043219

00:40:23.360 --> 00:40:25.873 so they had diagnosed PTSD and even  
NOTE Confidence: 0.8043219

00:40:25.873 --> 00:40:28.076 among people diagnosed PTSD in high  
NOTE Confidence: 0.8043219

00:40:28.076 --> 00:40:30.194 income countries only about a third  
NOTE Confidence: 0.8043219

00:40:30.194 --> 00:40:32.720 reported specialty mental health treatment.  
NOTE Confidence: 0.8043219

00:40:32.720 --> 00:40:34.670 And that doesn't even differentiate  
NOTE Confidence: 0.8043219

00:40:34.670 --> 00:40:37.398 whether this was any kind of good  
NOTE Confidence: 0.8043219

00:40:37.398 --> 00:40:39.178 mental health treatment or not.  
NOTE Confidence: 0.8043219

00:40:39.180 --> 00:40:41.840 And in the nurses health study cohort,  
NOTE Confidence: 0.8043219

00:40:41.840 --> 00:40:43.740 we've asked now about treatment,  
NOTE Confidence: 0.8043219

00:40:43.740 --> 00:40:47.727 and it's about half of the women who have.  
NOTE Confidence: 0.8043219

00:40:47.730 --> 00:40:49.014 Diagnosed PTSD.  
NOTE Confidence: 0.8043219

00:40:49.014 --> 00:40:52.866 Meet all the criteria for diagnosis.  
NOTE Confidence: 0.8043219

00:40:52.870 --> 00:40:55.030 And we would consider it chronic.  
NOTE Confidence: 0.8043219

00:40:55.030 --> 00:40:58.117 Only about half of them have received

NOTE Confidence: 0.8043219

00:40:58.117 --> 00:41:00.819 any specialty mental health treatment.

NOTE Confidence: 0.8043219

00:41:00.820 --> 00:41:03.109 And what's sad about this is that

NOTE Confidence: 0.8043219

00:41:03.109 --> 00:41:05.300 there are effective for PTSD and

NOTE Confidence: 0.8043219

00:41:05.300 --> 00:41:06.820 effective treatments for PTSD.

NOTE Confidence: 0.8043219

00:41:06.820 --> 00:41:08.585 The 3rd edition of effective

NOTE Confidence: 0.8043219

00:41:08.585 --> 00:41:09.644 treatments for PTSD,

NOTE Confidence: 0.8043219

00:41:09.650 --> 00:41:13.318 I think just came out in 2020.

NOTE Confidence: 0.8043219

00:41:13.320 --> 00:41:16.050 And so in these treatments have

NOTE Confidence: 0.8043219

00:41:16.050 --> 00:41:17.870 been pretty widely disseminated

NOTE Confidence: 0.8043219

00:41:17.951 --> 00:41:19.756 in getting the VA system,

NOTE Confidence: 0.8043219

00:41:19.760 --> 00:41:23.701 but I think less so in the

NOTE Confidence: 0.8043219

00:41:23.701 --> 00:41:24.827 general population.

NOTE Confidence: 0.8043219

00:41:24.830 --> 00:41:27.694 And so to close I'm just going to

NOTE Confidence: 0.8043219

00:41:27.694 --> 00:41:30.187 talk about one of the treatments

NOTE Confidence: 0.8043219

00:41:30.187 --> 00:41:32.725 that I've been involved in as.

NOTE Confidence: 0.8043219



00:41:32.730 --> 00:41:35.322 Is that and how that works and its  
NOTE Confidence: 0.8043219

00:41:35.322 --> 00:41:37.698 implications in terms of thinking about  
NOTE Confidence: 0.8043219

00:41:37.698 --> 00:41:40.188 Women's Health and development and PTSD.  
NOTE Confidence: 0.8043219

00:41:40.190 --> 00:41:42.678 So one of the treatments that is in  
NOTE Confidence: 0.8043219

00:41:42.678 --> 00:41:44.437 the effective treatments PTSD book  
NOTE Confidence: 0.8043219

00:41:44.437 --> 00:41:46.929 is that maybe less widely known and  
NOTE Confidence: 0.8043219

00:41:46.993 --> 00:41:48.745 prolonged exposure or cognitive  
NOTE Confidence: 0.8043219

00:41:48.745 --> 00:41:51.373 processing therapy is sterope E which  
NOTE Confidence: 0.8043219

00:41:51.380 --> 00:41:53.690 is a treatment that was developed  
NOTE Confidence: 0.8043219

00:41:53.690 --> 00:41:56.001 originally by Marilyn Cloitre and to  
NOTE Confidence: 0.8043219

00:41:56.001 --> 00:41:57.771 treat adult survivors of childhood  
NOTE Confidence: 0.8043219

00:41:57.771 --> 00:41:58.833 abuse and sense.  
NOTE Confidence: 0.8043219

00:41:58.840 --> 00:42:00.710 Then in the second edition,  
NOTE Confidence: 0.8043219

00:42:00.710 --> 00:42:04.850 which is here which came out just last year.  
NOTE Confidence: 0.8043219

00:42:04.850 --> 00:42:07.070 Has been extended to people with  
NOTE Confidence: 0.8043219

00:42:07.070 --> 00:42:08.550 any kind of interpersonal

NOTE Confidence: 0.8627269

00:42:08.613 --> 00:42:10.860 trauma, but she's as well as well

NOTE Confidence: 0.8627269

00:42:10.860 --> 00:42:12.766 done it with other populations

NOTE Confidence: 0.8627269

00:42:12.766 --> 00:42:15.370 being including, for example,

NOTE Confidence: 0.8627269

00:42:15.370 --> 00:42:18.695 first responders, things like that.

NOTE Confidence: 0.8627269

00:42:18.700 --> 00:42:20.750 And this is based on,

NOTE Confidence: 0.8627269

00:42:20.750 --> 00:42:23.042 I mean trauma treatment that are

NOTE Confidence: 0.8627269

00:42:23.042 --> 00:42:25.649 the ones that are widely known.

NOTE Confidence: 0.8627269

00:42:25.650 --> 00:42:28.722 The one that I was training which is

NOTE Confidence: 0.8627269

00:42:28.722 --> 00:42:31.269 prolonged exposure are based on cognitive

NOTE Confidence: 0.8627269

00:42:31.269 --> 00:42:33.825 behavioral models of trauma of trauma.

NOTE Confidence: 0.8627269

00:42:33.830 --> 00:42:34.952 So for example,

NOTE Confidence: 0.8627269

00:42:34.952 --> 00:42:36.822 exposure therapies based primarily on

NOTE Confidence: 0.8627269

00:42:36.822 --> 00:42:39.202 PTSD as a conditioned fear response

NOTE Confidence: 0.8627269

00:42:39.202 --> 00:42:41.554 resolved by repeated imagine or even

NOTE Confidence: 0.8627269

00:42:41.621 --> 00:42:44.303 vivo exposure and or cognitive therapy

NOTE Confidence: 0.8627269

00:42:44.303 --> 00:42:46.091 like cognitive processing therapy,  
NOTE Confidence: 0.8627269

00:42:46.100 --> 00:42:48.315 where which is focused on  
NOTE Confidence: 0.8627269

00:42:48.315 --> 00:42:49.644 trauma related cognitions.  
NOTE Confidence: 0.8627269

00:42:49.650 --> 00:42:52.230 Which are maladaptive and recovery  
NOTE Confidence: 0.8627269

00:42:52.230 --> 00:42:54.294 involves reappraisal adjustment of  
NOTE Confidence: 0.8627269

00:42:54.294 --> 00:42:56.878 these beliefs and stereotypes include  
NOTE Confidence: 0.8627269

00:42:56.878 --> 00:42:59.909 some of these aspects of both of these.  
NOTE Confidence: 0.8627269

00:42:59.910 --> 00:43:02.038 But it's it's based more on a  
NOTE Confidence: 0.8627269

00:43:02.038 --> 00:43:04.058 resource last model of trauma which  
NOTE Confidence: 0.8627269

00:43:04.058 --> 00:43:06.140 comes from its origins in treating  
NOTE Confidence: 0.8627269

00:43:06.140 --> 00:43:08.358 adult survivors of childhood abuse,  
NOTE Confidence: 0.8627269

00:43:08.360 --> 00:43:10.824 and that is trauma is an experience  
NOTE Confidence: 0.8627269

00:43:10.824 --> 00:43:11.880 of resource loss,  
NOTE Confidence: 0.8627269

00:43:11.880 --> 00:43:13.962 where trauma results in the loss  
NOTE Confidence: 0.8627269

00:43:13.962 --> 00:43:16.152 of social resources such as the  
NOTE Confidence: 0.8627269

00:43:16.152 --> 00:43:18.348 sense of connection to others and

NOTE Confidence: 0.8627269

00:43:18.348 --> 00:43:20.131 emotional resources is the ability

NOTE Confidence: 0.8627269

00:43:20.131 --> 00:43:22.105 to identify and manage emotions and

NOTE Confidence: 0.8627269

00:43:22.105 --> 00:43:24.546 the loss of identity lost of mastery,

NOTE Confidence: 0.8627269

00:43:24.550 --> 00:43:25.633 competency and goodness.

NOTE Confidence: 0.8627269

00:43:25.633 --> 00:43:28.160 And you can see that this extends

NOTE Confidence: 0.8627269

00:43:28.228 --> 00:43:30.430 to all kinds of trauma beyond

NOTE Confidence: 0.8627269

00:43:30.430 --> 00:43:32.280 childhood abuse and something that.

NOTE Confidence: 0.8627269

00:43:32.280 --> 00:43:34.917 Maybe many of us can relate to our people

NOTE Confidence: 0.8627269

00:43:34.917 --> 00:43:38.019 or relate to in the lives of people we know.

NOTE Confidence: 0.8627269

00:43:38.020 --> 00:43:40.990 Given all the losses people have

NOTE Confidence: 0.8627269

00:43:40.990 --> 00:43:42.970 experienced through computer Kobe.

NOTE Confidence: 0.8627269

00:43:42.970 --> 00:43:45.700 Stair narrative therapy is 18 sessions.

NOTE Confidence: 0.8627269

00:43:45.700 --> 00:43:47.065 The first part,

NOTE Confidence: 0.8627269

00:43:47.065 --> 00:43:48.885 start focuses on skills,

NOTE Confidence: 0.8627269

00:43:48.890 --> 00:43:50.706 training and emotional regulation

NOTE Confidence: 0.8627269

00:43:50.706 --> 00:43:52.068 and interpersonal skills,  
NOTE Confidence: 0.8627269

00:43:52.070 --> 00:43:55.122 and the second part is more traditional  
NOTE Confidence: 0.8627269

00:43:55.122 --> 00:43:57.080 exposure therapy with account,  
NOTE Confidence: 0.8627269

00:43:57.080 --> 00:44:01.021 which is basically a modified form of  
NOTE Confidence: 0.8627269

00:44:01.021 --> 00:44:04.219 prolonged exposure and meaning making.  
NOTE Confidence: 0.8627269

00:44:04.220 --> 00:44:05.816 And there's lots of.  
NOTE Confidence: 0.8627269

00:44:05.816 --> 00:44:09.010 There's been RCT's with stair this is leader,  
NOTE Confidence: 0.8627269

00:44:09.010 --> 00:44:11.536 some list some below and I'm  
NOTE Confidence: 0.8627269

00:44:11.536 --> 00:44:14.601 happy to share my slides and as  
NOTE Confidence: 0.8627269

00:44:14.601 --> 00:44:17.611 well as the effect size is forced  
NOTE Confidence: 0.8627269

00:44:17.704 --> 00:44:20.449 air versus treatment as usual.  
NOTE Confidence: 0.8627269

00:44:20.450 --> 00:44:22.380 But it's it's evidence based,  
NOTE Confidence: 0.8627269

00:44:22.380 --> 00:44:24.690 and I think this in the  
NOTE Confidence: 0.8627269

00:44:24.690 --> 00:44:26.230 comparison to prolonged exposure.  
NOTE Confidence: 0.8627269

00:44:26.230 --> 00:44:30.090 It sort of was equivalent.  
NOTE Confidence: 0.8627269

00:44:30.090 --> 00:44:30.748 And so,

NOTE Confidence: 0.8627269

00:44:30.748 --> 00:44:33.380 just to give a little more detail on

NOTE Confidence: 0.8627269

00:44:33.462 --> 00:44:36.157 scare before I close the first part,

NOTE Confidence: 0.8627269

00:44:36.160 --> 00:44:36.516 this.

NOTE Confidence: 0.8627269

00:44:36.516 --> 00:44:39.364 These are the components of the first part.

NOTE Confidence: 0.8627269

00:44:39.370 --> 00:44:42.106 You can see with a big chunk of

NOTE Confidence: 0.8627269

00:44:42.106 --> 00:44:43.300 the first part,

NOTE Confidence: 0.8627269

00:44:43.300 --> 00:44:44.728 focusing on emotional awareness

NOTE Confidence: 0.8627269

00:44:44.728 --> 00:44:45.799 and naming feelings,

NOTE Confidence: 0.8627269

00:44:45.800 --> 00:44:47.936 understanding how feelings affect your body,

NOTE Confidence: 0.8627269

00:44:47.940 --> 00:44:50.866 your mind in behavior and then learning

NOTE Confidence: 0.8627269

00:44:50.866 --> 00:44:53.051 emotional regulation skills in the service

NOTE Confidence: 0.8627269

00:44:53.051 --> 00:44:55.440 of goals that you value in your life.

NOTE Confidence: 0.8627269

00:44:55.440 --> 00:44:57.984 And then the second part is around connecting

NOTE Confidence: 0.8627269

00:44:57.984 --> 00:44:59.800 so understanding relationship patterns.

NOTE Confidence: 0.8627269

00:44:59.800 --> 00:45:01.415 And how those have been

NOTE Confidence: 0.8627269

00:45:01.415 --> 00:45:02.707 influenced by your trauma,  
NOTE Confidence: 0.8627269

00:45:02.710 --> 00:45:05.860 history and then how you can develop  
NOTE Confidence: 0.8627269

00:45:05.860 --> 00:45:07.210 flexibility in relationships.  
NOTE Confidence: 0.8627269

00:45:07.210 --> 00:45:09.373 And then once did after those are  
NOTE Confidence: 0.8627269

00:45:09.373 --> 00:45:12.602 the sort of idea of stair is that in  
NOTE Confidence: 0.8627269

00:45:12.602 --> 00:45:14.850 certain populations of trauma survivors,  
NOTE Confidence: 0.8627269

00:45:14.850 --> 00:45:16.854 so skills need to be enhanced  
NOTE Confidence: 0.8627269

00:45:16.854 --> 00:45:19.453 before you can go on to focus  
NOTE Confidence: 0.8627269

00:45:19.453 --> 00:45:21.037 on their trauma experience.  
NOTE Confidence: 0.8627269

00:45:21.040 --> 00:45:23.128 So in narrative therapy it is  
NOTE Confidence: 0.8627269

00:45:23.128 --> 00:45:24.960 combination of narrating the traumatic  
NOTE Confidence: 0.8627269

00:45:24.960 --> 00:45:27.585 experience and making meaning out of it.  
NOTE Confidence: 0.8627269

00:45:27.590 --> 00:45:30.866 And it does work like sort of a tradition.  
NOTE Confidence: 0.8411416

00:45:30.870 --> 00:45:32.705 More traditional exposure therapy that  
NOTE Confidence: 0.8411416

00:45:32.705 --> 00:45:34.870 many people might be familiar with.  
NOTE Confidence: 0.8411416

00:45:34.870 --> 00:45:36.800 I think the one difference.

NOTE Confidence: 0.8411416

00:45:36.800 --> 00:45:39.418 From the way I was trained originally

NOTE Confidence: 0.8411416

00:45:39.418 --> 00:45:41.570 was that it's also sort of.

NOTE Confidence: 0.8411416

00:45:41.570 --> 00:45:44.097 It really looks at the trauma story,

NOTE Confidence: 0.8411416

00:45:44.100 --> 00:45:46.314 and in lysis schemas and how

NOTE Confidence: 0.8411416

00:45:46.314 --> 00:45:47.421 those influence people's

NOTE Confidence: 0.8411416

00:45:47.421 --> 00:45:49.170 behavior in their current life.

NOTE Confidence: 0.84679

00:45:52.490 --> 00:45:54.476 So I mentioned some of this,

NOTE Confidence: 0.84679

00:45:54.480 --> 00:45:57.136 but I'm happy to answer questions about this,

NOTE Confidence: 0.84679

00:45:57.140 --> 00:45:59.282 so I think steer is different than

NOTE Confidence: 0.84679

00:45:59.282 --> 00:46:00.790 other empirically based therapies,

NOTE Confidence: 0.84679

00:46:00.790 --> 00:46:03.044 in that it does have the skills

NOTE Confidence: 0.84679

00:46:03.044 --> 00:46:04.010 training component before

NOTE Confidence: 0.84679

00:46:04.072 --> 00:46:05.767 doing the trauma focused work,

NOTE Confidence: 0.84679

00:46:05.770 --> 00:46:08.242 and so it does have this very present

NOTE Confidence: 0.84679

00:46:08.242 --> 00:46:10.264 day component of of building skills

NOTE Confidence: 0.84679



00:46:10.264 --> 00:46:12.268 that help people in their current  
NOTE Confidence: 0.84679

00:46:12.329 --> 00:46:14.369 lives and connecting the trauma to  
NOTE Confidence: 0.84679

00:46:14.369 --> 00:46:16.394 their B2 behaviors in current life.  
NOTE Confidence: 0.84679

00:46:16.394 --> 00:46:18.386 And it's different for then DBT.  
NOTE Confidence: 0.84679

00:46:18.390 --> 00:46:20.496 For example an that it was  
NOTE Confidence: 0.84679

00:46:20.496 --> 00:46:21.900 created for trauma patients.  
NOTE Confidence: 0.84679

00:46:21.900 --> 00:46:24.525 And it's it's a shorter duration individual.  
NOTE Confidence: 0.84679

00:46:24.530 --> 00:46:26.410 There's also a group format,  
NOTE Confidence: 0.84679

00:46:26.410 --> 00:46:28.666 and it's focused on improving functioning.  
NOTE Confidence: 0.84679

00:46:28.670 --> 00:46:31.370 It's not as focused on  
NOTE Confidence: 0.84679

00:46:31.370 --> 00:46:32.990 life threatening behaviors.  
NOTE Confidence: 0.84679

00:46:32.990 --> 00:46:35.188 Um and I would say there's there's.  
NOTE Confidence: 0.84679

00:46:35.190 --> 00:46:37.710 There's real differences in sort of the  
NOTE Confidence: 0.84679

00:46:37.710 --> 00:46:39.930 patients they are oriented towards.  
NOTE Confidence: 0.84679

00:46:39.930 --> 00:46:42.012 DBT usually focuses on patients who  
NOTE Confidence: 0.84679

00:46:42.012 --> 00:46:44.241 are really high risk for injuries

NOTE Confidence: 0.84679

00:46:44.241 --> 00:46:46.186 and self in suicidal behaviors.

NOTE Confidence: 0.84679

00:46:46.190 --> 00:46:48.392 Although Stair has a lot of

NOTE Confidence: 0.84679

00:46:48.392 --> 00:46:49.493 components of DBT,

NOTE Confidence: 0.84679

00:46:49.500 --> 00:46:52.566 it is a shorter and sort of

NOTE Confidence: 0.84679

00:46:52.566 --> 00:46:54.980 less wrap around treatment.

NOTE Confidence: 0.84679

00:46:54.980 --> 00:46:57.476 And during Covid I wasn't developing

NOTE Confidence: 0.84679

00:46:57.476 --> 00:46:59.140 problem development of this,

NOTE Confidence: 0.84679

00:46:59.140 --> 00:46:59.884 but Marilyn,

NOTE Confidence: 0.84679

00:46:59.884 --> 00:47:02.488 her team did develop a web version

NOTE Confidence: 0.84679

00:47:02.488 --> 00:47:04.743 for Telemental Health web version

NOTE Confidence: 0.84679

00:47:04.743 --> 00:47:07.455 of Stair which is available now.

NOTE Confidence: 0.84679

00:47:07.460 --> 00:47:10.012 I know it's being used in the VA

NOTE Confidence: 0.84679

00:47:10.012 --> 00:47:12.996 and they have a project to work

NOTE Confidence: 0.84679

00:47:12.996 --> 00:47:15.256 with specially rural Villiers using

NOTE Confidence: 0.84679

00:47:15.338 --> 00:47:18.098 Webster and there also exist aircoach

NOTE Confidence: 0.84679

00:47:18.098 --> 00:47:21.419 that people can check out if there

NOTE Confidence: 0.84679

00:47:21.419 --> 00:47:24.377 interested people in clinical work or.

NOTE Confidence: 0.84679

00:47:24.380 --> 00:47:25.664 Just interested, it's available,

NOTE Confidence: 0.84679

00:47:25.664 --> 00:47:29.178 you know, by your App Store.

NOTE Confidence: 0.84679

00:47:29.180 --> 00:47:31.202 And so if folks are interested

NOTE Confidence: 0.84679

00:47:31.202 --> 00:47:33.000 in learning more about Stair,

NOTE Confidence: 0.84679

00:47:33.000 --> 00:47:35.108 here's the information that's

NOTE Confidence: 0.84679

00:47:35.108 --> 00:47:37.216 available through the NC&C.

NOTE Confidence: 0.84679

00:47:37.220 --> 00:47:38.790 PTSD website.

NOTE Confidence: 0.8560182

00:47:41.330 --> 00:47:43.150 So I will end there.

NOTE Confidence: 0.8560182

00:47:43.150 --> 00:47:45.316 I'm happy to answer any questions.

NOTE Confidence: 0.8560182

00:47:45.320 --> 00:47:47.630 Just want to acknowledge all the

NOTE Confidence: 0.8560182

00:47:47.630 --> 00:47:49.562 different people who worked on

NOTE Confidence: 0.8560182

00:47:49.562 --> 00:47:51.488 many of the studies I presented.

NOTE Confidence: 0.8560182

00:47:51.490 --> 00:47:52.663 Especially highlight Andrea

NOTE Confidence: 0.8560182

00:47:52.663 --> 00:47:54.618 Roberts who has been working

NOTE Confidence: 0.8560182

00:47:54.618 --> 00:47:56.940 with me on this since like 2008,

NOTE Confidence: 0.8560182

00:47:56.940 --> 00:47:59.481 as well as all my students who

NOTE Confidence: 0.8560182

00:47:59.481 --> 00:48:02.338 who have many have gone out but

NOTE Confidence: 0.8560182

00:48:02.338 --> 00:48:04.443 who contributed to the work.

NOTE Confidence: 0.8560182

00:48:04.450 --> 00:48:06.844 The work presented as well as

NOTE Confidence: 0.8560182

00:48:06.844 --> 00:48:09.370 acknowledge all my funders cluding NIH,

NOTE Confidence: 0.8560182

00:48:09.370 --> 00:48:11.668 and also the funders for the

NOTE Confidence: 0.8560182

00:48:11.668 --> 00:48:14.161 Nurses health study and the WHL

NOTE Confidence: 0.8560182

00:48:14.161 --> 00:48:15.929 World Mental Health Surveys.

NOTE Confidence: 0.8588316

00:48:19.000 --> 00:48:20.470 And finally, I always like

NOTE Confidence: 0.8588316

00:48:20.470 --> 00:48:22.410 this is where I usually finish.

NOTE Confidence: 0.8588316

00:48:22.410 --> 00:48:24.228 My life was like to acknowledge

NOTE Confidence: 0.8588316

00:48:24.228 --> 00:48:26.130 all of the people out there.

NOTE Confidence: 0.8588316

00:48:26.130 --> 00:48:27.370 The advocacy organizations and

NOTE Confidence: 0.8588316

00:48:27.370 --> 00:48:29.230 those who are who you know,

NOTE Confidence: 0.8588316

00:48:29.230 --> 00:48:30.780 really spend their lives focused

NOTE Confidence: 0.8588316

00:48:30.780 --> 00:48:32.330 on preventing trauma and violence,

NOTE Confidence: 0.8588316

00:48:32.330 --> 00:48:34.810 which would really be.

NOTE Confidence: 0.8588316

00:48:34.810 --> 00:48:35.954 In the first place,

NOTE Confidence: 0.8588316

00:48:35.954 --> 00:48:38.504 to put our efforts in order to prevent

NOTE Confidence: 0.8588316

00:48:38.504 --> 00:48:40.424 all these negative mental health

NOTE Confidence: 0.8588316

00:48:40.424 --> 00:48:42.430 and physical health consequences,

NOTE Confidence: 0.8588316

00:48:42.430 --> 00:48:44.250 both to women and people.

NOTE Confidence: 0.8588316

00:48:44.250 --> 00:48:46.178 Generally an across generations.

NOTE Confidence: 0.8588316

00:48:46.178 --> 00:48:47.624 And then finally,

NOTE Confidence: 0.8588316

00:48:47.630 --> 00:48:50.718 because I can't do a talk on trauma

NOTE Confidence: 0.8588316

00:48:50.718 --> 00:48:52.915 and stress without acknowledging that

NOTE Confidence: 0.8588316

00:48:52.915 --> 00:48:56.790 we are in covid and I want to just.

NOTE Confidence: 0.8588316

00:48:56.790 --> 00:48:58.764 Thank you everyone for taking time today.

NOTE Confidence: 0.8588316

00:48:58.770 --> 00:49:00.564 I'm sure people's lives are really

NOTE Confidence: 0.8588316

00:49:00.564 --> 00:49:02.283 crazy and also acknowledge all the

NOTE Confidence: 0.8588316

00:49:02.283 --> 00:49:03.928 over 2 million people have died of

NOTE Confidence: 0.8588316

00:49:03.928 --> 00:49:05.737 covid and their friends and family

NOTE Confidence: 0.8588316

00:49:05.737 --> 00:49:07.257 members who are grieving actually

NOTE Confidence: 0.8588316

00:49:07.260 --> 00:49:09.346 used the slide not that long ago

NOTE Confidence: 0.8588316

00:49:09.346 --> 00:49:12.135 and I had to increase the number of

NOTE Confidence: 0.8588316

00:49:12.135 --> 00:49:14.589 people who died double it so it's.

NOTE Confidence: 0.8588316

00:49:14.590 --> 00:49:16.125 Heard that we're still living

NOTE Confidence: 0.8588316

00:49:16.125 --> 00:49:17.046 through this and.

NOTE Confidence: 0.85068744

00:49:19.440 --> 00:49:22.518 That's my contact information and again,

NOTE Confidence: 0.85068744

00:49:22.520 --> 00:49:25.090 happy to share my slides,

NOTE Confidence: 0.85068744

00:49:25.090 --> 00:49:28.170 answer any questions and.

NOTE Confidence: 0.85068744

00:49:28.170 --> 00:49:31.734 Thank you very much and I will stop sharing.

NOTE Confidence: 0.85068744

00:49:31.740 --> 00:49:33.990 Thank you. Now I see their

NOTE Confidence: 0.85068744

00:49:33.990 --> 00:49:36.688 stuff in the chat and I didn't.

NOTE Confidence: 0.85068744

00:49:36.690 --> 00:49:39.170 OK, good thank you.

NOTE Confidence: 0.85068744

00:49:39.170 --> 00:49:40.598 So yeah, happy to answer questions.  
NOTE Confidence: 0.85068744

00:49:40.600 --> 00:49:42.280 I see there's some questions I didn't.  
NOTE Confidence: 0.85068744

00:49:42.280 --> 00:49:44.670 I didn't look at the chat like I was talking,  
NOTE Confidence: 0.85068744

00:49:44.670 --> 00:49:46.812 so let me see if there's anything to me.  
NOTE Confidence: 0.8539901

00:49:49.810 --> 00:49:54.242 So I see one question in the weather  
NOTE Confidence: 0.8539901

00:49:54.242 --> 00:49:58.017 101 question in the chat which is  
NOTE Confidence: 0.8539901

00:49:58.017 --> 00:50:02.379 related to whether I see the effects in.  
NOTE Confidence: 0.8539901

00:50:02.380 --> 00:50:06.280 Attacks I'm observing in people who.  
NOTE Confidence: 0.8539901

00:50:06.280 --> 00:50:08.360 Don't remember who had amnesia  
NOTE Confidence: 0.8539901

00:50:08.360 --> 00:50:09.608 after childhood trauma.  
NOTE Confidence: 0.8539901

00:50:09.610 --> 00:50:13.746 Then recall more as adults in my work.  
NOTE Confidence: 0.8539901

00:50:13.750 --> 00:50:15.280 That is a good question,  
NOTE Confidence: 0.8539901

00:50:15.280 --> 00:50:17.720 so we only have women in our cohort.  
NOTE Confidence: 0.8539901

00:50:17.720 --> 00:50:19.544 We are assessing we are following  
NOTE Confidence: 0.8539901

00:50:19.544 --> 00:50:21.680 women in adulthood, so we rely on  
NOTE Confidence: 0.8539901

00:50:21.680 --> 00:50:23.205 their reports of childhood abuse.

NOTE Confidence: 0.8539901

00:50:23.210 --> 00:50:25.166 So I actually don't really in

NOTE Confidence: 0.8539901

00:50:25.166 --> 00:50:26.869 the types of studies I do,

NOTE Confidence: 0.8539901

00:50:26.870 --> 00:50:29.456 we don't really have people who've.

NOTE Confidence: 0.8539901

00:50:29.460 --> 00:50:31.188 We don't have people with documented

NOTE Confidence: 0.8539901

00:50:31.188 --> 00:50:33.015 abuse histories who then forgot, or,

NOTE Confidence: 0.8539901

00:50:33.015 --> 00:50:34.785 you know, don't don't remember it,

NOTE Confidence: 0.8539901

00:50:34.790 --> 00:50:36.850 so I can't really answer.

NOTE Confidence: 0.8539901

00:50:36.850 --> 00:50:39.258 That question I think the best work

NOTE Confidence: 0.8539901

00:50:39.258 --> 00:50:41.868 on that is Kathy Williams work,

NOTE Confidence: 0.8539901

00:50:41.870 --> 00:50:44.096 where she followed a cohort of

NOTE Confidence: 0.8539901

00:50:44.096 --> 00:50:46.069 kids who had documented abuse

NOTE Confidence: 0.8539901

00:50:46.069 --> 00:50:48.547 histories and then actually ask them

NOTE Confidence: 0.8539901

00:50:48.547 --> 00:50:50.749 about their abuse and you have.

NOTE Confidence: 0.8539901

00:50:50.750 --> 00:50:52.675 She actually does analysis of

NOTE Confidence: 0.8539901

00:50:52.675 --> 00:50:56.098 women have people, men, women who.

NOTE Confidence: 0.8539901



00:50:56.100 --> 00:50:57.465 Forgot their abuse,  
NOTE Confidence: 0.8539901

00:50:57.465 --> 00:50:59.740 which are very interesting and  
NOTE Confidence: 0.8539901

00:50:59.740 --> 00:51:01.560 actually quite complicated.  
NOTE Confidence: 0.8539901

00:51:01.560 --> 00:51:05.630 So I would encourage you to look at her work.  
NOTE Confidence: 0.8539901

00:51:05.630 --> 00:51:07.330 OK, more questions, can you?  
NOTE Confidence: 0.83026344

00:51:10.140 --> 00:51:12.918 Yes, so good question from Frank.  
NOTE Confidence: 0.83026344

00:51:12.920 --> 00:51:16.190 So yeah, comment on the generalizability  
NOTE Confidence: 0.83026344

00:51:16.190 --> 00:51:18.720 of the nurses registry so.  
NOTE Confidence: 0.83026344

00:51:18.720 --> 00:51:19.526 Yeah, Interestingly,  
NOTE Confidence: 0.83026344

00:51:19.526 --> 00:51:22.750 I think so in a couple of ways.  
NOTE Confidence: 0.83026344

00:51:22.750 --> 00:51:25.168 One is they are they are,  
NOTE Confidence: 0.83026344

00:51:25.170 --> 00:51:28.458 you know, sort of.  
NOTE Confidence: 0.83026344

00:51:28.460 --> 00:51:30.926 You know more educated abit more  
NOTE Confidence: 0.83026344

00:51:30.926 --> 00:51:33.538 if you look at the population  
NOTE Confidence: 0.83026344

00:51:33.538 --> 00:51:36.597 they look at women from the ages  
NOTE Confidence: 0.83026344

00:51:36.597 --> 00:51:39.722 in the US from 55 to 70 mid 70s

NOTE Confidence: 0.83026344

00:51:39.722 --> 00:51:42.355 they are going to be somewhat more

NOTE Confidence: 0.83026344

00:51:42.355 --> 00:51:44.340 educated so somewhat higher SES.

NOTE Confidence: 0.83026344

00:51:44.340 --> 00:51:47.119 So there's quite a bit of diversity.

NOTE Confidence: 0.83026344

00:51:47.120 --> 00:51:49.769 Again, 95% white.

NOTE Confidence: 0.83026344

00:51:49.770 --> 00:51:52.160 And so they're sort of.

NOTE Confidence: 0.83026344

00:51:52.160 --> 00:51:53.240 A bit more bad,

NOTE Confidence: 0.83026344

00:51:53.240 --> 00:51:55.959 a bit better off in a bit healthier.

NOTE Confidence: 0.83026344

00:51:55.960 --> 00:51:57.545 They probably have lower smoking

NOTE Confidence: 0.83026344

00:51:57.545 --> 00:51:59.130 and although they look pretty

NOTE Confidence: 0.83026344

00:51:59.185 --> 00:52:00.720 normal with exercise in obese,

NOTE Confidence: 0.83026344

00:52:00.720 --> 00:52:01.988 like the general population

NOTE Confidence: 0.83026344

00:52:01.988 --> 00:52:03.256 with many health respecters,

NOTE Confidence: 0.83026344

00:52:03.260 --> 00:52:04.845 they are probably a little

NOTE Confidence: 0.83026344

00:52:04.845 --> 00:52:06.430 bit on the healthier side.

NOTE Confidence: 0.83026344

00:52:06.430 --> 00:52:10.637 Maybe sort of like UK biobank is.

NOTE Confidence: 0.83026344

00:52:10.640 --> 00:52:12.200 At the same time,  
NOTE Confidence: 0.83026344

00:52:12.200 --> 00:52:14.540 they report a lot of trauma,  
NOTE Confidence: 0.83026344

00:52:14.540 --> 00:52:17.270 so in particular in the latest survey,  
NOTE Confidence: 0.83026344

00:52:17.270 --> 00:52:19.850 the Ocelot about occupational trauma like  
NOTE Confidence: 0.83026344

00:52:19.850 --> 00:52:22.339 things they had witnessed as a nurse,  
NOTE Confidence: 0.83026344

00:52:22.340 --> 00:52:24.476 and they reported really high levels  
NOTE Confidence: 0.83026344

00:52:24.476 --> 00:52:27.800 and a lot of distress related to that.  
NOTE Confidence: 0.83026344

00:52:27.800 --> 00:52:29.270 So I think.  
NOTE Confidence: 0.83026344

00:52:29.270 --> 00:52:30.740 In some ways,  
NOTE Confidence: 0.83026344

00:52:30.740 --> 00:52:32.056 they're an interesting counterpoint  
NOTE Confidence: 0.83026344

00:52:32.056 --> 00:52:34.030 to the to the veteran population,  
NOTE Confidence: 0.83026344

00:52:34.030 --> 00:52:35.670 which is, you know, different,  
NOTE Confidence: 0.83026344

00:52:35.670 --> 00:52:37.315 so there are different in  
NOTE Confidence: 0.83026344

00:52:37.315 --> 00:52:38.960 their sort of better off,  
NOTE Confidence: 0.83026344

00:52:38.960 --> 00:52:40.610 but there's ways in which,  
NOTE Confidence: 0.83026344

00:52:40.610 --> 00:52:42.250 from their lease their self

NOTE Confidence: 0.83026344

00:52:42.250 --> 00:52:44.659 reports of trauma, they look more.

NOTE Confidence: 0.83026344

00:52:44.659 --> 00:52:48.700 Stressed an impact it then you might expect.

NOTE Confidence: 0.862257

00:52:50.730 --> 00:52:54.800 OK. Symptom clusters, oh, OK.

NOTE Confidence: 0.862257

00:52:54.800 --> 00:52:59.259 Or a lot of Frank OK exposed to yes.

NOTE Confidence: 0.862257

00:52:59.260 --> 00:53:01.270 Yes I would say yeah,

NOTE Confidence: 0.862257

00:53:01.270 --> 00:53:03.198 they're they're exposed to.

NOTE Confidence: 0.862257

00:53:03.198 --> 00:53:04.644 Pretty chronically exposed.

NOTE Confidence: 0.862257

00:53:04.650 --> 00:53:07.758 They also they report pretty high levels

NOTE Confidence: 0.862257

00:53:07.758 --> 00:53:10.310 of having experienced child abuse too.

NOTE Confidence: 0.862257

00:53:10.310 --> 00:53:12.416 So I think that is true that they are.

NOTE Confidence: 0.862257

00:53:12.420 --> 00:53:13.585 They don't just have one

NOTE Confidence: 0.862257

00:53:13.585 --> 00:53:14.924 or two in defects, traumas.

NOTE Confidence: 0.862257

00:53:14.924 --> 00:53:17.348 In terms of differences in PTSD

NOTE Confidence: 0.862257

00:53:17.348 --> 00:53:19.800 prevalence or outcome by race ethnicity,

NOTE Confidence: 0.862257

00:53:19.800 --> 00:53:22.588 which is another question.

NOTE Confidence: 0.862257

00:53:22.590 --> 00:53:25.033 We can't really look at that in  
NOTE Confidence: 0.862257

00:53:25.033 --> 00:53:27.413 the nurses because of our small  
NOTE Confidence: 0.862257

00:53:27.413 --> 00:53:29.089 proportion of nonwhite nurses  
NOTE Confidence: 0.862257

00:53:29.089 --> 00:53:31.258 and other studies I have done.  
NOTE Confidence: 0.862257

00:53:31.260 --> 00:53:33.510 In general population surveys we  
NOTE Confidence: 0.862257

00:53:33.510 --> 00:53:35.760 have found differences in exposure  
NOTE Confidence: 0.862257

00:53:35.832 --> 00:53:38.317 to trauma and PTSD by race ethnicity.  
NOTE Confidence: 0.862257

00:53:38.320 --> 00:53:44.026 Um, the sort of summary of that is certain.  
NOTE Confidence: 0.862257

00:53:44.030 --> 00:53:47.159 Minority populations black.  
NOTE Confidence: 0.862257

00:53:47.160 --> 00:53:51.648 And Native American and.  
NOTE Confidence: 0.862257

00:53:51.650 --> 00:53:53.615 Tend to have report higher  
NOTE Confidence: 0.862257

00:53:53.615 --> 00:53:55.580 incidence of exposure to violence,  
NOTE Confidence: 0.862257

00:53:55.580 --> 00:53:57.101 particular interpersonal violence.  
NOTE Confidence: 0.862257

00:53:57.101 --> 00:53:59.129 And because of that,  
NOTE Confidence: 0.862257

00:53:59.130 --> 00:54:01.990 higher prevalence of PTSD.  
NOTE Confidence: 0.862257

00:54:01.990 --> 00:54:04.425 Um, with lower prevalence is

NOTE Confidence: 0.862257

00:54:04.425 --> 00:54:06.860 reported in certain Asian groups

NOTE Confidence: 0.862257

00:54:06.943 --> 00:54:09.577 and but that somewhat depends on.

NOTE Confidence: 0.862257

00:54:09.580 --> 00:54:11.260 The origin of the different groups,

NOTE Confidence: 0.862257

00:54:11.260 --> 00:54:13.220 so we still are some differences there,

NOTE Confidence: 0.862257

00:54:13.220 --> 00:54:14.585 for example between Mexican Americans

NOTE Confidence: 0.862257

00:54:14.585 --> 00:54:16.580 in Puerto Rican's or an Asian groups,

NOTE Confidence: 0.862257

00:54:16.580 --> 00:54:17.980 whether they originate from serve,

NOTE Confidence: 0.862257

00:54:17.980 --> 00:54:19.285 for example like.

NOTE Confidence: 0.862257

00:54:19.285 --> 00:54:21.025 Vietnam or from China.

NOTE Confidence: 0.862257

00:54:21.030 --> 00:54:22.920 So there are some differences,

NOTE Confidence: 0.862257

00:54:22.920 --> 00:54:25.194 but in the nurses cohort we

NOTE Confidence: 0.862257

00:54:25.194 --> 00:54:26.710 can't look at that.

NOTE Confidence: 0.45472524

00:54:29.340 --> 00:54:32.960 Jefferson City um?

NOTE Confidence: 0.35083115

00:54:36.190 --> 00:54:39.288 K. Um can help

NOTE Confidence: 0.591055

00:54:39.290 --> 00:54:40.718 you with the question.

NOTE Confidence: 0.84930784

00:54:43.250 --> 00:54:45.084 I'm having trouble going through.  
NOTE Confidence: 0.84930784

00:54:45.084 --> 00:54:47.290 Yeah, they're starting to pile up,  
NOTE Confidence: 0.84930784

00:54:47.290 --> 00:54:50.584 so I'll try and read them as you answer.  
NOTE Confidence: 0.84930784

00:54:50.590 --> 00:54:52.420 Now. Have you compared your  
NOTE Confidence: 0.84930784

00:54:52.420 --> 00:54:53.884 data on ethnic minorities,  
NOTE Confidence: 0.84930784

00:54:53.890 --> 00:54:56.098 non dominant groups versus ethnic majorities?  
NOTE Confidence: 0.84930784

00:54:56.100 --> 00:54:57.930 Dominant groups in different countries?  
NOTE Confidence: 0.84930784

00:54:57.930 --> 00:55:00.126 Is that data available to you?  
NOTE Confidence: 0.58503497

00:55:01.400 --> 00:55:03.320 That's a good question, um.  
NOTE Confidence: 0.8661202

00:55:05.910 --> 00:55:07.704 You know I mentioned the one  
NOTE Confidence: 0.8661202

00:55:07.704 --> 00:55:10.359 study we did in the US in the  
NOTE Confidence: 0.8661202

00:55:10.359 --> 00:55:12.094 world Mental health surveys I'm,  
NOTE Confidence: 0.8661202

00:55:12.100 --> 00:55:13.730 I'm thinking I I'm not.  
NOTE Confidence: 0.8661202

00:55:13.730 --> 00:55:16.338 I have not been involved in a study.  
NOTE Confidence: 0.8661202

00:55:16.340 --> 00:55:17.240 Have done that.  
NOTE Confidence: 0.8661202

00:55:17.240 --> 00:55:19.930 There's a lot of work in those surveys,

NOTE Confidence: 0.8661202

00:55:19.930 --> 00:55:21.302 and I don't recall,

NOTE Confidence: 0.8661202

00:55:21.302 --> 00:55:23.840 and I don't know how available it is.

NOTE Confidence: 0.8661202

00:55:23.840 --> 00:55:26.311 One of the challenges in the world

NOTE Confidence: 0.8661202

00:55:26.311 --> 00:55:28.595 Mental Health surveys is that their

NOTE Confidence: 0.8661202

00:55:28.595 --> 00:55:30.525 general population surveys so thus.

NOTE Confidence: 0.8661202

00:55:30.530 --> 00:55:32.126 At best you get,

NOTE Confidence: 0.8661202

00:55:32.126 --> 00:55:34.121 you get the representation of

NOTE Confidence: 0.8661202

00:55:34.121 --> 00:55:36.155 different groups at whatever they

NOTE Confidence: 0.8661202

00:55:36.155 --> 00:55:38.501 are in the population so often.

NOTE Confidence: 0.8661202

00:55:38.510 --> 00:55:40.450 That makes it difficult

NOTE Confidence: 0.8661202

00:55:40.450 --> 00:55:41.905 unless you oversample.

NOTE Confidence: 0.8661202

00:55:41.910 --> 00:55:44.647 And minority group and Ethnic minority group.

NOTE Confidence: 0.8661202

00:55:44.650 --> 00:55:46.906 You don't end up getting enough

NOTE Confidence: 0.8661202

00:55:46.906 --> 00:55:48.900 people in the different groups

NOTE Confidence: 0.8661202

00:55:48.900 --> 00:55:51.402 who participate and then also the

NOTE Confidence: 0.8661202



00:55:51.402 --> 00:55:53.803 other challenge with the kind of  
NOTE Confidence: 0.8661202

00:55:53.803 --> 00:55:55.598 population based work is that,  
NOTE Confidence: 0.8661202

00:55:55.600 --> 00:55:57.948 especially if there's no  
NOTE Confidence: 0.8661202

00:55:57.948 --> 00:56:00.296 ethnic tension or other.  
NOTE Confidence: 0.8661202

00:56:00.300 --> 00:56:01.640 Issues within a country.  
NOTE Confidence: 0.8661202

00:56:01.640 --> 00:56:04.021 The ethnic minority group is probably even  
NOTE Confidence: 0.8661202

00:56:04.021 --> 00:56:06.198 less likely to participate in the survey.  
NOTE Confidence: 0.8661202

00:56:06.200 --> 00:56:08.824 So so basically the answer is is no.  
NOTE Confidence: 0.8661202

00:56:08.830 --> 00:56:11.446 Not in my work and other people's work.  
NOTE Confidence: 0.8661202

00:56:11.450 --> 00:56:12.054 For example,  
NOTE Confidence: 0.8661202

00:56:12.054 --> 00:56:14.470 an in some of the studies that have  
NOTE Confidence: 0.8661202

00:56:14.541 --> 00:56:17.109 been done on PTSD and some of the  
NOTE Confidence: 0.8661202

00:56:17.109 --> 00:56:18.513 different African countries I've  
NOTE Confidence: 0.8661202

00:56:18.513 --> 00:56:20.935 worked in there have been there has  
NOTE Confidence: 0.8661202

00:56:20.935 --> 00:56:23.240 been work on higher levels of trauma  
NOTE Confidence: 0.8661202

00:56:23.240 --> 00:56:24.920 experience in certain ethnic minority

NOTE Confidence: 0.8661202

00:56:24.920 --> 00:56:26.870 groups and higher levels of PTSD.

NOTE Confidence: 0.8927288

00:56:29.100 --> 00:56:30.668 But there's limited data on it.

NOTE Confidence: 0.8768808

00:56:32.180 --> 00:56:34.676 OK, we find that peripheral inflammation

NOTE Confidence: 0.8768808

00:56:34.676 --> 00:56:36.962 markers are associated with evidence

NOTE Confidence: 0.8768808

00:56:36.962 --> 00:56:39.166 of suppression of neuroinflammation.

NOTE Confidence: 0.8768808

00:56:39.170 --> 00:56:43.426 And in both PET scans in postmortem tissue,

NOTE Confidence: 0.8768808

00:56:43.430 --> 00:56:47.735 are you aware of any clinical signatures

NOTE Confidence: 0.8768808

00:56:47.735 --> 00:56:49.580 of immunosuppression infections

NOTE Confidence: 0.8768808

00:56:49.670 --> 00:56:52.320 or tumors associated with PTSD?

NOTE Confidence: 0.8768808

00:56:52.320 --> 00:56:55.658 That's from Doctor Crystal course. Thanks

NOTE Confidence: 0.72545964

00:56:55.660 --> 00:56:57.319 John. Extending my.

NOTE Confidence: 0.9233739

00:56:59.640 --> 00:57:00.800 I.

NOTE Confidence: 0.9257707

00:57:03.620 --> 00:57:07.000 So I actually I.

NOTE Confidence: 0.9257707

00:57:07.000 --> 00:57:10.800 Someone one of the people I I mentioned,

NOTE Confidence: 0.9257707

00:57:10.800 --> 00:57:13.866 Andrew is doing an analysis in a

NOTE Confidence: 0.9257707

00:57:13.866 --> 00:57:16.782 subsample of of the nurses related  
NOTE Confidence: 0.9257707

00:57:16.782 --> 00:57:20.296 to an extension of this cancer work.  
NOTE Confidence: 0.9257707

00:57:20.300 --> 00:57:24.206 I presented and he is looking at.  
NOTE Confidence: 0.9257707

00:57:24.210 --> 00:57:27.409 Um? Tumors in specific type of tumor.  
NOTE Confidence: 0.9257707

00:57:27.410 --> 00:57:29.272 So I may have something on you  
NOTE Confidence: 0.9257707

00:57:29.272 --> 00:57:31.469 I can get back to you on that,  
NOTE Confidence: 0.9257707

00:57:31.470 --> 00:57:33.638 so not off the top of my head,  
NOTE Confidence: 0.9257707

00:57:33.640 --> 00:57:35.104 but I believe they're looking at  
NOTE Confidence: 0.9257707

00:57:35.104 --> 00:57:36.708 it and I can't remain remember  
NOTE Confidence: 0.9257707

00:57:36.708 --> 00:57:38.424 exactly if they are far enough  
NOTE Confidence: 0.9257707

00:57:38.424 --> 00:57:40.140 along to know what they found,  
NOTE Confidence: 0.9257707

00:57:40.140 --> 00:57:41.480 but it would be.  
NOTE Confidence: 0.9257707

00:57:41.480 --> 00:57:43.889 I think it would be possible to  
NOTE Confidence: 0.9257707

00:57:43.889 --> 00:57:46.164 look at that in the nurses data.  
NOTE Confidence: 0.9257707

00:57:46.170 --> 00:57:48.060 If they haven't because of the  
NOTE Confidence: 0.9257707

00:57:48.060 --> 00:57:49.861 amount of information they do have

NOTE Confidence: 0.9257707

00:57:49.861 --> 00:57:51.562 an an those factors the focus of

NOTE Confidence: 0.9257707

00:57:51.562 --> 00:57:53.517 the nurses has been their husband.

NOTE Confidence: 0.9257707

00:57:53.520 --> 00:57:54.560 A lot on cancer.

NOTE Confidence: 0.9257707

00:57:54.560 --> 00:57:56.750 An I mean it's oppression and infection.

NOTE Confidence: 0.9257707

00:57:56.750 --> 00:57:58.472 Things like that that hasn't been

NOTE Confidence: 0.9257707

00:57:58.472 --> 00:58:00.579 linked to the mental health stuff yet,

NOTE Confidence: 0.9257707

00:58:00.580 --> 00:58:02.338 so that would be really interesting.

NOTE Confidence: 0.8092649

00:58:04.050 --> 00:58:06.780 Doctor Jordan, do you want to ask

NOTE Confidence: 0.8092649

00:58:06.780 --> 00:58:09.089 your question before I'll be quick.

NOTE Confidence: 0.8092649

00:58:09.090 --> 00:58:11.810 Thank you so much for your talk.

NOTE Confidence: 0.8092649

00:58:11.810 --> 00:58:14.140 I really enjoyed it. Thank you.

NOTE Confidence: 0.8092649

00:58:14.140 --> 00:58:16.835 Are there and I appreciate you bringing

NOTE Confidence: 0.8092649

00:58:16.835 --> 00:58:19.242 awareness to the trauma of experiencing

NOTE Confidence: 0.8092649

00:58:19.242 --> 00:58:21.986 so many deaths with COVID-19 and I

NOTE Confidence: 0.8092649

00:58:22.061 --> 00:58:24.287 think I just respectfully take a

NOTE Confidence: 0.8092649

00:58:24.287 --> 00:58:27.260 step further and just say how it has  
NOTE Confidence: 0.8092649

00:58:27.260 --> 00:58:28.370 impacted minoritized communities  
NOTE Confidence: 0.8092649

00:58:28.370 --> 00:58:30.356 even more because of structural  
NOTE Confidence: 0.8092649

00:58:30.356 --> 00:58:32.376 racism and a disproportionate rates  
NOTE Confidence: 0.8092649

00:58:32.376 --> 00:58:34.090 up death and morbidity.  
NOTE Confidence: 0.8092649

00:58:34.090 --> 00:58:37.380 That's kind of where my question lies,  
NOTE Confidence: 0.8092649

00:58:37.380 --> 00:58:40.684 because I've been thinking about as a  
NOTE Confidence: 0.8092649

00:58:40.684 --> 00:58:44.181 minoritized person more and more kind of  
NOTE Confidence: 0.8092649

00:58:44.181 --> 00:58:46.676 the ongoing vicarious trauma experienced.  
NOTE Confidence: 0.8092649

00:58:46.680 --> 00:58:50.070 Through just kind of being in this country,  
NOTE Confidence: 0.8092649

00:58:50.070 --> 00:58:52.884 but definitely what we've been seeing in  
NOTE Confidence: 0.8092649

00:58:52.884 --> 00:58:55.918 terms of social media platforms in the  
NOTE Confidence: 0.8092649

00:58:55.918 --> 00:58:58.546 sharing more more of police brutality,  
NOTE Confidence: 0.8092649

00:58:58.550 --> 00:59:01.100 violence, killing, you know thinking about.  
NOTE Confidence: 0.8092649

00:59:01.100 --> 00:59:02.366 Obviously, Brianna Taylor.  
NOTE Confidence: 0.8092649

00:59:02.366 --> 00:59:04.914 George Floyd on my Arbury very

NOTE Confidence: 0.8092649

00:59:04.914 --> 00:59:06.610 present in our consciousness.

NOTE Confidence: 0.8092649

00:59:06.610 --> 00:59:10.130 And so my question is.

NOTE Confidence: 0.8092649

00:59:10.130 --> 00:59:12.914 How do we think about that in the

NOTE Confidence: 0.8092649

00:59:12.914 --> 00:59:15.890 context of PTSD, how do we study that?

NOTE Confidence: 0.8092649

00:59:15.890 --> 00:59:18.050 There was a wonderful scholar, Doctor,

NOTE Confidence: 0.8092649

00:59:18.050 --> 00:59:20.570 Lawanda Hill that talked about really there.

NOTE Confidence: 0.8092649

00:59:20.570 --> 00:59:23.349 Being no post period for Minoritized books

NOTE Confidence: 0.8092649

00:59:23.349 --> 00:59:25.829 because you're just constantly in this.

NOTE Confidence: 0.8092649

00:59:25.830 --> 00:59:28.790 Prime State waiting for the next trauma,

NOTE Confidence: 0.8092649

00:59:28.790 --> 00:59:29.213 right?

NOTE Confidence: 0.8092649

00:59:29.213 --> 00:59:32.174 And so there's some work I know.

NOTE Confidence: 0.8092649

00:59:32.180 --> 00:59:33.256 Really wonderful,

NOTE Confidence: 0.8092649

00:59:33.256 --> 00:59:35.408 burgeoning young neuroscientist Aza

NOTE Confidence: 0.8092649

00:59:35.408 --> 00:59:38.778 from our group that's looking at this.

NOTE Confidence: 0.8092649

00:59:38.780 --> 00:59:39.880 On a molecular level,

NOTE Confidence: 0.8092649

00:59:39.880 --> 00:59:41.530 but I'm trying to understand like  
NOTE Confidence: 0.8092649

00:59:41.587 --> 00:59:42.985 how do you think about this?  
NOTE Confidence: 0.8092649

00:59:42.990 --> 00:59:44.300 How do you approach it?  
NOTE Confidence: 0.8092649

00:59:44.300 --> 00:59:47.044 I don't think that we can use our.  
NOTE Confidence: 0.8092649

00:59:47.050 --> 00:59:48.975 Regular kind of paradigm in  
NOTE Confidence: 0.8092649

00:59:48.975 --> 00:59:50.900 terms of studying the post,  
NOTE Confidence: 0.8092649

00:59:50.900 --> 00:59:53.264 because there's really no posts an  
NOTE Confidence: 0.8092649

00:59:53.264 --> 00:59:55.910 if you're able to kind of lead,  
NOTE Confidence: 0.8092649

00:59:55.910 --> 00:59:57.486 give me some thoughts.  
NOTE Confidence: 0.8092649

00:59:57.486 --> 00:59:57.889 Yeah,  
NOTE Confidence: 0.8092649

00:59:57.889 --> 00:59:58.292 sure,  
NOTE Confidence: 0.8092649

00:59:58.292 --> 01:00:00.307 it also provides some folks  
NOTE Confidence: 0.8092649

01:00:00.307 --> 01:00:02.447 who are doing this work that  
NOTE Confidence: 0.85271317

01:00:02.450 --> 01:00:04.903 would be really helpful. Sure, absolutely.  
NOTE Confidence: 0.85271317

01:00:04.903 --> 01:00:10.030 So I think you hit on the big challenge is.  
NOTE Confidence: 0.85271317

01:00:10.030 --> 01:00:13.014 Is that that the whole concept and not

NOTE Confidence: 0.85271317

01:00:13.020 --> 01:00:15.780 let it historically that kind of how PTSD

NOTE Confidence: 0.85271317

01:00:15.780 --> 01:00:18.347 has been defined is related to trauma

NOTE Confidence: 0.85271317

01:00:18.347 --> 01:00:20.497 XDA Post traumatic stress disorder.

NOTE Confidence: 0.85271317

01:00:20.500 --> 01:00:23.484 So traumas happen and even if they were,

NOTE Confidence: 0.85271317

01:00:23.490 --> 01:00:25.740 chronic trauma such as having combat

NOTE Confidence: 0.85271317

01:00:25.740 --> 01:00:27.982 in Vietnam, let's say things that

NOTE Confidence: 0.85271317

01:00:27.982 --> 01:00:30.114 happened overtime, the person was safe.

NOTE Confidence: 0.85271317

01:00:30.114 --> 01:00:32.840 And then we're still having these symptoms,

NOTE Confidence: 0.85271317

01:00:32.840 --> 01:00:36.206 and I think that's exactly what you hit on.

NOTE Confidence: 0.85271317

01:00:36.210 --> 01:00:38.360 And it's actually a challenge

NOTE Confidence: 0.85271317

01:00:38.360 --> 01:00:40.080 for the entire field.

NOTE Confidence: 0.85271317

01:00:40.080 --> 01:00:42.928 And how we as you even even define

NOTE Confidence: 0.85271317

01:00:42.928 --> 01:00:45.336 the language about what is and

NOTE Confidence: 0.85271317

01:00:45.336 --> 01:00:47.356 who decides what is traumatic,

NOTE Confidence: 0.85271317

01:00:47.360 --> 01:00:50.034 for whom, and how we define trauma.

NOTE Confidence: 0.85271317



01:00:50.040 --> 01:00:52.714 And then this whole issue of post.  
NOTE Confidence: 0.85271317

01:00:52.720 --> 01:00:55.789 So that's just to say I think you have  
NOTE Confidence: 0.85271317

01:00:55.789 --> 01:00:58.626 framed the issue that is challenging the  
NOTE Confidence: 0.85271317

01:00:58.626 --> 01:01:01.907 entire field in the field has not really,  
NOTE Confidence: 0.85271317

01:01:01.910 --> 01:01:03.059 greatly, you know,  
NOTE Confidence: 0.85271317

01:01:03.059 --> 01:01:04.208 grappled with that.  
NOTE Confidence: 0.85271317

01:01:04.210 --> 01:01:07.460 And I will say that in our I didn't present  
NOTE Confidence: 0.85271317

01:01:07.540 --> 01:01:10.336 these in our Global Pregnancy survey,  
NOTE Confidence: 0.85271317

01:01:10.340 --> 01:01:12.490 we did ask questions about.  
NOTE Confidence: 0.85271317

01:01:12.490 --> 01:01:14.810 Experiences of racism and discrimination,  
NOTE Confidence: 0.85271317

01:01:14.810 --> 01:01:17.504 which were sort of like really  
NOTE Confidence: 0.85271317

01:01:17.504 --> 01:01:19.300 astronomically associated with the  
NOTE Confidence: 0.85271317

01:01:19.374 --> 01:01:22.206 mental health outcomes that we presented.  
NOTE Confidence: 0.85271317

01:01:22.210 --> 01:01:25.521 And it's a little challenging to present  
NOTE Confidence: 0.85271317

01:01:25.521 --> 01:01:28.924 these data because this is global, so how?  
NOTE Confidence: 0.85271317

01:01:28.924 --> 01:01:30.659 How discrimination and race is

NOTE Confidence: 0.85271317  
01:01:30.659 --> 01:01:32.250 defined differs by country,  
NOTE Confidence: 0.85271317  
01:01:32.250 --> 01:01:34.410 so it gets kind of complex to present it.  
NOTE Confidence: 0.85271317  
01:01:34.410 --> 01:01:36.210 So that's just to say.  
NOTE Confidence: 0.85271317  
01:01:36.210 --> 01:01:40.730 Technology in and I think is there are.  
NOTE Confidence: 0.85271317  
01:01:40.730 --> 01:01:43.663 A number of different people in the  
NOTE Confidence: 0.85271317  
01:01:43.663 --> 01:01:46.599 field that are doing work on this.  
NOTE Confidence: 0.85271317  
01:01:46.600 --> 01:01:50.208 I think we did a population health session  
NOTE Confidence: 0.85271317  
01:01:50.208 --> 01:01:53.556 on which I can share in the chat on  
NOTE Confidence: 0.85271317  
01:01:53.556 --> 01:01:57.489 racism as a as a traumatic event at Harvard,  
NOTE Confidence: 0.85271317  
01:01:57.490 --> 01:02:01.252 which had a number of speakers so I can.  
NOTE Confidence: 0.85271317  
01:02:01.260 --> 01:02:04.500 I'm happy if you want to.  
NOTE Confidence: 0.85271317  
01:02:04.500 --> 01:02:07.794 The email me I can connect you with them  
NOTE Confidence: 0.85271317  
01:02:07.794 --> 01:02:10.912 so you could look at their different  
NOTE Confidence: 0.85271317  
01:02:10.912 --> 01:02:13.970 work and see which would be best.  
NOTE Confidence: 0.85271317  
01:02:13.970 --> 01:02:14.858 Like you know,  
NOTE Confidence: 0.85271317

01:02:14.858 --> 01:02:17.310 most most may be relevant to the work.  
NOTE Confidence: 0.85271317

01:02:17.310 --> 01:02:20.118 You are doing, but I think that I don't.  
NOTE Confidence: 0.85271317

01:02:20.120 --> 01:02:22.928 I wish I had an easy answer for it,  
NOTE Confidence: 0.85271317

01:02:22.930 --> 01:02:23.707 but I don't.  
NOTE Confidence: 0.85271317

01:02:23.707 --> 01:02:25.916 I think it's a challenge for the entire  
NOTE Confidence: 0.85271317

01:02:25.916 --> 01:02:27.586 field and the traditional measures  
NOTE Confidence: 0.85271317

01:02:27.586 --> 01:02:29.789 we use on trauma don't include.  
NOTE Confidence: 0.85271317

01:02:29.790 --> 01:02:30.414 I mean,  
NOTE Confidence: 0.85271317

01:02:30.414 --> 01:02:31.974 they actually don't even include  
NOTE Confidence: 0.85271317

01:02:31.974 --> 01:02:32.598 sexual harassment,  
NOTE Confidence: 0.85271317

01:02:32.600 --> 01:02:34.155 let alone anything on racism  
NOTE Confidence: 0.85271317

01:02:34.155 --> 01:02:35.088 or structural racism,  
NOTE Confidence: 0.85271317

01:02:35.090 --> 01:02:38.018 and that those assessments have developed.  
NOTE Confidence: 0.85271317

01:02:38.020 --> 01:02:39.560 They shouldn't just almost separately,  
NOTE Confidence: 0.85271317

01:02:39.560 --> 01:02:41.656 and I do think that we need to  
NOTE Confidence: 0.85271317

01:02:41.656 --> 01:02:43.560 bring the two things together.

NOTE Confidence: 0.85271317  
01:02:43.560 --> 01:02:43.870 Yeah,  
NOTE Confidence: 0.85271317  
01:02:43.870 --> 01:02:44.180 no,  
NOTE Confidence: 0.8864366  
01:02:44.180 --> 01:02:48.250 I I appreciate that and I think it's good to.  
NOTE Confidence: 0.8864366  
01:02:48.250 --> 01:02:50.007 That the field, at least his wrestling  
NOTE Confidence: 0.8864366  
01:02:50.007 --> 01:02:52.052 with it and realizing that that is  
NOTE Confidence: 0.8864366  
01:02:52.052 --> 01:02:53.530 a major shortcoming, right right?  
NOTE Confidence: 0.8864366  
01:02:53.530 --> 01:02:54.924 You can't make any meaningful  
NOTE Confidence: 0.8864366  
01:02:54.924 --> 01:02:56.309 conclusions if we're not even.  
NOTE Confidence: 0.8864366  
01:02:56.310 --> 01:02:57.700 I'm asking about it for  
NOTE Confidence: 0.87583226  
01:02:57.700 --> 01:02:58.531 sure. Yeah, right?  
NOTE Confidence: 0.87583226  
01:02:58.531 --> 01:03:00.193 And the one of the people.  
NOTE Confidence: 0.87583226  
01:03:00.200 --> 01:03:01.870 One of my colleagues work  
NOTE Confidence: 0.87583226  
01:03:01.870 --> 01:03:03.970 that I really like on this.  
NOTE Confidence: 0.87583226  
01:03:03.970 --> 01:03:05.490 Says Alex Tsai at MGH.  
NOTE Confidence: 0.87583226  
01:03:05.490 --> 01:03:08.208 He did a paper that was in The Lancet,  
NOTE Confidence: 0.87583226

01:03:08.210 --> 01:03:12.044 I think. Sort of time is a little bit.  
NOTE Confidence: 0.87583226

01:03:12.050 --> 01:03:14.717 Big in my head this last year,  
NOTE Confidence: 0.87583226

01:03:14.720 --> 01:03:17.394 but on which is on, for example,  
NOTE Confidence: 0.87583226

01:03:17.394 --> 01:03:19.304 police shootings and mental health.  
NOTE Confidence: 0.87583226

01:03:19.310 --> 01:03:21.548 And what was really powerful about  
NOTE Confidence: 0.87583226

01:03:21.548 --> 01:03:24.269 his paper was not just focused on,  
NOTE Confidence: 0.87583226

01:03:24.270 --> 01:03:26.180 I mean the shooting and  
NOTE Confidence: 0.87583226

01:03:26.180 --> 01:03:27.326 the individuals involved,  
NOTE Confidence: 0.87583226

01:03:27.330 --> 01:03:30.490 but how it affected.  
NOTE Confidence: 0.87583226

01:03:30.490 --> 01:03:31.702 Population mental health.  
NOTE Confidence: 0.87583226

01:03:31.702 --> 01:03:32.510 For example,  
NOTE Confidence: 0.87583226

01:03:32.510 --> 01:03:35.324 Blacks and whites in the United States,  
NOTE Confidence: 0.87583226

01:03:35.330 --> 01:03:37.622 and it's a complex analysis 'cause  
NOTE Confidence: 0.87583226

01:03:37.622 --> 01:03:40.051 it looks at shootings and media  
NOTE Confidence: 0.87583226

01:03:40.051 --> 01:03:42.131 reports and data and population  
NOTE Confidence: 0.87583226

01:03:42.131 --> 01:03:43.790 based mental health data.

NOTE Confidence: 0.87583226

01:03:43.790 --> 01:03:47.417 But I think that has a lot to contribute.

NOTE Confidence: 0.87583226

01:03:47.420 --> 01:03:49.982 And then the other person who we

NOTE Confidence: 0.87583226

01:03:49.982 --> 01:03:52.476 have had we've been talking to

NOTE Confidence: 0.87583226

01:03:52.476 --> 01:03:54.666 the most is Jessica Lopresti,

NOTE Confidence: 0.87583226

01:03:54.670 --> 01:03:56.690 who is in at Suffolk,

NOTE Confidence: 0.87583226

01:03:56.690 --> 01:03:59.096 and her work is really excellent.

NOTE Confidence: 0.87583226

01:03:59.100 --> 01:04:01.190 I mean, she's she's she's.

NOTE Confidence: 0.87583226

01:04:01.190 --> 01:04:03.110 She's young, she's an assistant professor,

NOTE Confidence: 0.87583226

01:04:03.110 --> 01:04:05.350 but I think in terms of work.

NOTE Confidence: 0.87583226

01:04:05.350 --> 01:04:07.290 Looking at framing racism and

NOTE Confidence: 0.87583226

01:04:07.290 --> 01:04:08.842 discrimination as a trauma.

NOTE Confidence: 0.87583226

01:04:08.850 --> 01:04:10.530 Her work is really excellent,

NOTE Confidence: 0.87583226

01:04:10.530 --> 01:04:13.210 so those are like two of the people,

NOTE Confidence: 0.87583226

01:04:13.210 --> 01:04:15.220 but there's like there's obviously many.

NOTE Confidence: 0.87583226

01:04:15.220 --> 01:04:15.890 So yeah,

NOTE Confidence: 0.87583226

01:04:15.890 --> 01:04:16.225 thanks.  
NOTE Confidence: 0.87583226  
01:04:16.225 --> 01:04:16.560 Thank  
NOTE Confidence: 0.8468497  
01:04:16.560 --> 01:04:17.499 you, you're welcome.  
NOTE Confidence: 0.8468497  
01:04:17.499 --> 01:04:19.064 Yeah, you have a question  
NOTE Confidence: 0.8468497  
01:04:19.064 --> 01:04:20.240 from Doctor Missouri.  
NOTE Confidence: 0.8468497  
01:04:20.240 --> 01:04:21.915 Have you examined sex differences  
NOTE Confidence: 0.8468497  
01:04:21.915 --> 01:04:23.255 in PTSD trauma occurrence?  
NOTE Confidence: 0.8468497  
01:04:23.260 --> 01:04:25.150 If so, do you find similar  
NOTE Confidence: 0.8468497  
01:04:25.150 --> 01:04:26.832 different findings in terms of  
NOTE Confidence: 0.8468497  
01:04:26.832 --> 01:04:28.280 adverse effects in children?  
NOTE Confidence: 0.87011015  
01:04:30.100 --> 01:04:32.459 That is, yeah, that's a great question,  
NOTE Confidence: 0.87011015  
01:04:32.460 --> 01:04:35.828 so I can say so yes, I've done some work  
NOTE Confidence: 0.87011015  
01:04:35.828 --> 01:04:39.700 on sex differences, so in terms of.  
NOTE Confidence: 0.87011015  
01:04:39.700 --> 01:04:42.616 The in our in our in our specific data.  
NOTE Confidence: 0.87011015  
01:04:42.620 --> 01:04:44.874 Looking at the effects of maternal trauma,  
NOTE Confidence: 0.87011015  
01:04:44.880 --> 01:04:46.626 an offspring we actually just say

NOTE Confidence: 0.87011015

01:04:46.626 --> 01:04:48.769 we don't find big sex differences,

NOTE Confidence: 0.87011015

01:04:48.770 --> 01:04:50.765 so the whether it's a male or

NOTE Confidence: 0.87011015

01:04:50.765 --> 01:04:52.777 female offspring of the mother who's

NOTE Confidence: 0.87011015

01:04:52.777 --> 01:04:54.597 experienced trauma we don't find,

NOTE Confidence: 0.87011015

01:04:54.600 --> 01:04:56.868 I we won't find big sex references,

NOTE Confidence: 0.87011015

01:04:56.870 --> 01:04:58.490 which is why I didn't.

NOTE Confidence: 0.87011015

01:04:58.490 --> 01:04:59.678 You know, present them,

NOTE Confidence: 0.87011015

01:04:59.678 --> 01:05:01.881 and in fact even looking at outcomes

NOTE Confidence: 0.87011015

01:05:01.881 --> 01:05:03.676 like 80 HD Andrew Robertson,

NOTE Confidence: 0.87011015

01:05:03.680 --> 01:05:05.300 some work on maternal moms,

NOTE Confidence: 0.87011015

01:05:05.300 --> 01:05:06.800 experience of childhood abuse and

NOTE Confidence: 0.87011015

01:05:06.800 --> 01:05:08.860 increased risk of ADHD in offspring.

NOTE Confidence: 0.87011015

01:05:08.860 --> 01:05:11.128 And there wasn't a different sex effect,

NOTE Confidence: 0.87011015

01:05:11.130 --> 01:05:13.080 even though obviously there's a

NOTE Confidence: 0.87011015

01:05:13.080 --> 01:05:16.940 sex difference in ADHD. So, um.

NOTE Confidence: 0.87011015



01:05:16.940 --> 01:05:19.080 In our sort of observation,  
NOTE Confidence: 0.87011015

01:05:19.080 --> 01:05:22.488 ull work we don't. Separately there is some.  
NOTE Confidence: 0.87011015

01:05:22.490 --> 01:05:23.777 This is debated,  
NOTE Confidence: 0.87011015

01:05:23.777 --> 01:05:26.351 but there are some some interesting  
NOTE Confidence: 0.87011015

01:05:26.351 --> 01:05:28.984 work from the from the genetics point  
NOTE Confidence: 0.87011015

01:05:28.984 --> 01:05:32.405 of view on the that some studies have  
NOTE Confidence: 0.87011015

01:05:32.405 --> 01:05:34.333 found differences in heritability  
NOTE Confidence: 0.87011015

01:05:34.333 --> 01:05:36.980 of PTSD between men and women.  
NOTE Confidence: 0.87011015

01:05:36.980 --> 01:05:39.500 How much that is explained by  
NOTE Confidence: 0.87011015

01:05:39.588 --> 01:05:42.416 differences in that end set the men  
NOTE Confidence: 0.87011015

01:05:42.416 --> 01:05:45.562 have PTSD tend to be for military  
NOTE Confidence: 0.87011015

01:05:45.562 --> 01:05:46.948 samples versus women.  
NOTE Confidence: 0.87011015

01:05:46.950 --> 01:05:48.720 Is Filion we don't know.  
NOTE Confidence: 0.87011015

01:05:48.720 --> 01:05:50.876 So in some ways I've been really  
NOTE Confidence: 0.87011015

01:05:50.876 --> 01:05:52.610 interested in sex differences.  
NOTE Confidence: 0.87011015

01:05:52.610 --> 01:05:54.566 Mainly because when I saw patients

NOTE Confidence: 0.87011015

01:05:54.566 --> 01:05:56.860 I observed big sex differences in.

NOTE Confidence: 0.87011015

01:05:56.860 --> 01:05:59.338 I felt like the expression of PTSD,

NOTE Confidence: 0.87011015

01:05:59.340 --> 01:06:01.110 but we haven't seen again,

NOTE Confidence: 0.87011015

01:06:01.110 --> 01:06:03.934 at least in these sort of FB observation.

NOTE Confidence: 0.87011015

01:06:03.940 --> 01:06:06.418 ULL studies we haven't seen big differences.

NOTE Confidence: 0.8738254

01:06:10.510 --> 01:06:11.560 More questions.

NOTE Confidence: 0.86001074

01:06:15.500 --> 01:06:16.000 OK.

NOTE Confidence: 0.9183382

01:06:18.500 --> 01:06:20.676 Other questions I should jump on here.

NOTE Confidence: 0.8755577

01:06:22.300 --> 01:06:23.884 If you have a question that

NOTE Confidence: 0.8755577

01:06:23.884 --> 01:06:24.676 hasn't been addressed,

NOTE Confidence: 0.8755577

01:06:24.680 --> 01:06:26.258 you can unmute yourself and just

NOTE Confidence: 0.8755577

01:06:26.260 --> 01:06:28.364 jump in. If you 'cause I want to.

NOTE Confidence: 0.78542143

01:06:32.330 --> 01:06:36.430 Hi. I wanted to ask about

NOTE Confidence: 0.78542143

01:06:36.430 --> 01:06:39.410 the the control for the.

NOTE Confidence: 0.78542143

01:06:39.410 --> 01:06:42.482 Groups where you saw the patients

NOTE Confidence: 0.78542143

01:06:42.482 --> 01:06:44.880 with PTSD having increased BMI  
NOTE Confidence: 0.8622189

01:06:44.880 --> 01:06:47.360 and then the impact on  
NOTE Confidence: 0.8622189

01:06:47.360 --> 01:06:48.848 cardiovascular and inflammatory  
NOTE Confidence: 0.8622189

01:06:48.850 --> 01:06:51.340 markers, and I was wondering,  
NOTE Confidence: 0.8622189

01:06:51.340 --> 01:06:54.320 is this related to the BMI  
NOTE Confidence: 0.8622189

01:06:54.320 --> 01:06:57.298 or is it related to PTSD?  
NOTE Confidence: 0.8622189

01:06:57.300 --> 01:07:00.728 It seems like the the biggest.  
NOTE Confidence: 0.8622189

01:07:00.728 --> 01:07:02.020 Different your  
NOTE Confidence: 0.81231534

01:07:02.020 --> 01:07:04.944 data was showing that the PTSD is  
NOTE Confidence: 0.81231534

01:07:04.944 --> 01:07:08.620 causing the the weight gain. But  
NOTE Confidence: 0.8870437

01:07:08.620 --> 01:07:14.700 then the the. Impact of weight gain on the.  
NOTE Confidence: 0.83522207

01:07:14.700 --> 01:07:16.475 Give a score and inflammation  
NOTE Confidence: 0.83522207

01:07:16.475 --> 01:07:18.261 is might be the reason.  
NOTE Confidence: 0.83522207

01:07:18.261 --> 01:07:20.750 Might be the actually the the weight  
NOTE Confidence: 0.83522207

01:07:20.750 --> 01:07:25.790 again right? Yeah so we look at that an if.  
NOTE Confidence: 0.83522207

01:07:25.790 --> 01:07:27.470 And when we model it,

NOTE Confidence: 0.83522207

01:07:27.470 --> 01:07:29.703 there's you know some proportion of the

NOTE Confidence: 0.83522207

01:07:29.703 --> 01:07:31.820 whether it's heart disease or diabetes,

NOTE Confidence: 0.83522207

01:07:31.820 --> 01:07:33.842 for example, is explained by weight

NOTE Confidence: 0.83522207

01:07:33.842 --> 01:07:35.839 gain and other factors like that,

NOTE Confidence: 0.83522207

01:07:35.840 --> 01:07:38.185 like health behaviors, but not the majority.

NOTE Confidence: 0.83522207

01:07:38.190 --> 01:07:40.200 An actually in the diabetes paper.

NOTE Confidence: 0.83522207

01:07:40.200 --> 01:07:42.210 The most surprising finding was so.

NOTE Confidence: 0.83522207

01:07:42.210 --> 01:07:43.880 So I think weight gain,

NOTE Confidence: 0.83522207

01:07:43.880 --> 01:07:45.220 if I'm remembering correctly,

NOTE Confidence: 0.83522207

01:07:45.220 --> 01:07:46.895 the way to explain it.

NOTE Confidence: 0.83522207

01:07:46.900 --> 01:07:48.570 It was a good chunk.

NOTE Confidence: 0.83522207

01:07:48.570 --> 01:07:51.729 It was like 30 to 40% of the effect

NOTE Confidence: 0.83522207

01:07:51.729 --> 01:07:55.570 you know is a big chunk of the effect.

NOTE Confidence: 0.83522207

01:07:55.570 --> 01:07:57.266 But actually, antidepressants explained

NOTE Confidence: 0.83522207

01:07:57.266 --> 01:07:59.810 the biggest proportion of the relation

NOTE Confidence: 0.83522207

01:07:59.873 --> 01:08:01.667 between PTSD and type 2 diabetes.  
NOTE Confidence: 0.83522207

01:08:01.670 --> 01:08:03.956 And I remember this so clearly  
NOTE Confidence: 0.83522207

01:08:03.956 --> 01:08:05.099 because of course,  
NOTE Confidence: 0.83522207

01:08:05.100 --> 01:08:07.218 that's what the media lot jumped  
NOTE Confidence: 0.83522207

01:08:07.218 --> 01:08:09.669 on after the paper was published.  
NOTE Confidence: 0.83522207

01:08:09.670 --> 01:08:13.142 But yeah, I'm actually surprised at the  
NOTE Confidence: 0.83522207

01:08:13.142 --> 01:08:15.720 health behaviors doesn't explain more.  
NOTE Confidence: 0.83522207

01:08:15.720 --> 01:08:15.967 Honestly,  
NOTE Confidence: 0.83522207

01:08:15.967 --> 01:08:17.449 that's what I would have expected.  
NOTE Confidence: 0.83522207

01:08:17.450 --> 01:08:19.186 I thought it would all be explained  
NOTE Confidence: 0.83522207

01:08:19.186 --> 01:08:21.089 by health behaviors an it's not and we  
NOTE Confidence: 0.83522207

01:08:21.089 --> 01:08:22.879 actually have very good health behavior data.  
NOTE Confidence: 0.83522207

01:08:22.880 --> 01:08:23.374 I mean,  
NOTE Confidence: 0.83522207

01:08:23.374 --> 01:08:24.856 you can always have better data,  
NOTE Confidence: 0.83522207

01:08:24.860 --> 01:08:26.696 but that's one thing I feel like we have  
NOTE Confidence: 0.83522207

01:08:26.696 --> 01:08:28.511 quite good data 'cause we ask people

NOTE Confidence: 0.83522207

01:08:28.511 --> 01:08:30.050 regularly about their health behaviors.

NOTE Confidence: 0.83522207

01:08:30.050 --> 01:08:30.668 So yeah,

NOTE Confidence: 0.83522207

01:08:30.668 --> 01:08:31.286 it's interesting.

NOTE Confidence: 0.83522207

01:08:31.286 --> 01:08:34.158 And So what are the other things going on?

NOTE Confidence: 0.83522207

01:08:34.160 --> 01:08:35.392 And that's a good.

NOTE Confidence: 0.83522207

01:08:35.392 --> 01:08:36.008 That's yeah,

NOTE Confidence: 0.83522207

01:08:36.010 --> 01:08:37.560 that's I'm curious about that.

NOTE Confidence: 0.83522207

01:08:38.250 --> 01:08:38.790 Thank you.

NOTE Confidence: 0.82026917

01:08:44.550 --> 01:08:46.655 OK, great hearing and seeing

NOTE Confidence: 0.82026917

01:08:46.655 --> 01:08:49.470 no more questions and thank you

NOTE Confidence: 0.82026917

01:08:49.470 --> 01:08:52.470 very much Carsten that was great.

NOTE Confidence: 0.82026917

01:08:52.470 --> 01:08:53.886 Welcome, that was fun.

NOTE Confidence: 0.82026917

01:08:53.886 --> 01:08:55.660 Thank you all for attending.

NOTE Confidence: 0.8218298

01:08:56.630 --> 01:08:59.773 Yes, an as I said I'll maybe I'll

NOTE Confidence: 0.8218298

01:08:59.773 --> 01:09:02.525 send Trish the slides in case anyone

NOTE Confidence: 0.8218298

01:09:02.525 --> 01:09:05.276 wants the slides or just email me.

NOTE Confidence: 0.8218298

01:09:05.276 --> 01:09:07.550 I put my email, I could

NOTE Confidence: 0.8218298

01:09:07.550 --> 01:09:09.990 put my email in the chat,

NOTE Confidence: 0.8218298

01:09:09.990 --> 01:09:12.594 but if you have follow up questions

NOTE Confidence: 0.8218298

01:09:12.594 --> 01:09:15.188 or something I said like like the

NOTE Confidence: 0.8218298

01:09:15.188 --> 01:09:17.853 mention that paper by Alex I or

NOTE Confidence: 0.8218298

01:09:17.853 --> 01:09:19.817 Jessica like Jessica Lopresti,

NOTE Confidence: 0.8218298

01:09:19.820 --> 01:09:22.305 I am happy to just just ping

NOTE Confidence: 0.8218298

01:09:22.305 --> 01:09:25.984 me and I will direct you.