



THE UNIVERSITY OF
MELBOURNE

Faculty of Medicine, Dentistry & Health Sciences
**Melbourne School of
Psychological Sciences**

GRADUATE STUDENT COMPLETION SEMINAR

Insights into the immuno-endocrine system,
sleep, and mental health among at-risk
adolescents

Presented by Elizabeth Landau

Supervisors: Dr. Michelle Byrne, Dr. Julian Simmons, Prof. Nick Allen,
& Prof. Emeritus John Trinder

Thursday 26 July, 9:00 AM – 10:00 AM
Room 1006, Redmond Barry Building

This thesis explored longitudinal associations between immuno-endocrine functioning, sleep, and mental health among a sample of 122 adolescents at-risk for depression. A sub-study of the larger, two-year 'Sleep and Education: learning New Skills Early' (SENSE) randomized controlled trial designed to prevent first-onset depression, this project also investigated treatment-induced changes to salivary levels of cortisol and C-reactive protein, putative stress and inflammatory biomarkers implicated in both mental health and cardiovascular disease progression. While there were no significant treatment effects on measures of immuno-endocrine health, multivariate regression and parallel multiple mediation analyses revealed several significant cross-sectional and longitudinal associations with measures of cortisol, CRP, sleep, and depression. Results underscore the importance of biomarker measurement in treatment interventions with at-risk youth, as well as the potential for salivary biomarkers to serve as premorbid diagnostic indicators of future depression.



Elizabeth is a PhD candidate within the Melbourne University Sleep Lab and the Affective Development and Psychopathology Team (ADAPT). A Californian expat, Elizabeth is a provisional psychologist with a Master of Science in Clinical Psychology and a background working with mood disordered and HIV+ patients in the greater Los Angeles and San Francisco bay areas. She has longstanding interests in health psychology and treatment interventions for mental health improvement, which led her to research pursuits overseas in Australia. Currently, Elizabeth works a Clinical Research Associate for an exercise intervention trial with stroke patients at the Florey Institute of Neuroscience and Mental Health while completing the final stages of her Ph.D.

These seminars are free of charge. Visitors are welcome to attend.