UPMC
Anhedonia Study

CurrentStudies

The Affective Neuroscience and Developmental Psychopathology (ANDP) Laboratory has 4 active studies, researching:
- Inflammation and Depression
- Anhedonia
- LGB Mental Health
- Anorexia

We are currently recruiting teens ages 13-19 with a parent or sibling with a history of depression, bipolar disorder, schizophrenia, or a related disorder with psychosis.

Feel free to pass this Newsletter or our phone number (below) to your friends!

As always, you can call us at 412-589-9013 for more information about your next steps for participation or with any questions that you have!

What We Know So Far...

We’re making great progress, with 216 parents and adolescents in the study so far. We are seeing brain reward regions are activated more when winning money than when there is no reward or loss.

November is the month for giving thanks— and we would like to give a huge thank you to all of the families involved in our ongoing studies! We could not do this important work without you all!

As we enter the 3rd year of our Anhedonia Study, we have an announcement. Adolescents who complete their third year will be entered into a drawing to win a bonus prize in addition to their study compensation!

Thank you for contributing your brain!

What We Know So Far...

- Gratitude has been consistently linked to better wellbeing and greater happiness
  - https://greatergood.berkeley.edu/article/item/what_does_a_grateful_brain_look_like
- Brains of people experiencing gratitude show greater activity in the anterior cingulate cortex and the medial prefrontal cortex
- These areas of the brain are known to be involved in processing rewards and emotions and are very important for social interactions and bonding— these are areas of interest for our study too!

Follow us on...

Twitter! - @andplab
Facebook! - @andplab
Dr. Erika Forbes’ Twitter! - @forbes_erika

Mental Health Research:

This month, take a look at some research that has been done on the topic of gratitude, a positive emotion similar to the aspects of social reward that we study!

https://www.health.harvard.edu/newsletter_article/in-praise-of-gratitude
  - Gratitude has been consistently linked to better wellbeing and greater happiness

https://greatergood.berkeley.edu/article/item/what_does_a_grateful_brain_look_like
  - Brains of people experiencing gratitude show greater activity in the anterior cingulate cortex and the medial prefrontal cortex
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Mental Health Resources:

- Re:Resolve Crisis Network:
  1-888-796-8226
  www.upmc.com/resolvecrisis
- WPIC Diagnostic Emergency Center (open 24/7):
  412-624-2000