Physical activity is a low-stigma intervention that has few side effects; the treatment of depression is supported by an emerging evidence-base of controlled trials. Learn more at this informative session.

**GUEST SPEAKER Professor ALEXANDRA PARKER**

Depression is highly prevalent in young people – yet antidepressant medication and psychological treatments (predominantly cognitive behaviour therapy) are only modestly effective in this age group.

In this talk, Alexandra will discuss the available research into physical activity as a treatment for depression and explore how physical activity is proposed to improve mood. The available evidence indicates that physical activity is an effective intervention for depression as either a stand-alone treatment or integrated with treatment as usual. Practical strategies to guide the development, implementation and evaluation of physical activity interventions in clinical practice will also be explored.

Alexandra Parker is the Professor of Exercise and Mental Health at Victoria University’s Institute of Sport, Exercise and Active Living. Prior to her commencing this appointment in 2017, she was the Associate Director Knowledge Translation at Orygen, the National Centre of Excellence in Youth Mental Health, where she worked for the past 11 years.

**Professor Alexandra Parker’s major research interests are investigating the effectiveness of physical activity interventions for young people with depression and translating research findings into practice through workforce development and implementation studies.**

Alex also works as a sessional psychologist in youth mental health services.

- **When** Wednesday 26 July 2017 @ 6:30-7:30pm
- **Where** Upstairs @ Robert Burns Hotel, 376 Smith St, Collingwood
- **Tickets** AACBT Members Free / Non-Members $10