



Scuola Superiore di Catania

Corso Specialistico

Classe delle Scienze Umanistiche e Sociali

Ambito Scienze della vita

a.a. 2022-2023

Disturbi da stress

Stress-related disorders: from the bench to the bedside

Language: English/italian

Prerequisites

Physiology, pathology, pharmacology and neurosciences basic knowledge.

Course content

Learning from leaders in this field, students will discard outdated notions, appreciate the latest ideas, and develop insights into their minds that will create potential research perspectives and clinical approaches in the field of stress-related disorders.

Human mental health is fragile. Stress is the major environmental risk factor that can trigger mental illness such as depression, anxiety disorders, and PTSD in vulnerable individuals, and is omnipresent in our lives. Every year one billion people around the world suffer from a significant mental health problem, 800,000 people take their own lives, and the economic cost of mental health problems is estimated at around 1 trillion US\$ every year. This huge problem has worsened with the COVID-19 pandemic, and health care services in EU countries are now overwhelmed by the fallout on mental health just as they have been overwhelmed by the epidemic itself. Besides stressors at the personal level, large societal challenges such as the COVID-19 pandemic, climate change or demographic shifts can heavily weigh upon individuals. In all these cases, stress may predispose for or trigger mental illness. Although this notion is well-known to scientists and operators of health care systems, the consideration of stress components in the prevention, diagnosis and treatment of mental illness is still at best episodic.



One of the greatest challenges in stress research is to understand why some people maintain mental health (resilience) while others develop mental health complaints (susceptibility). In the present course, we will discuss preclinical and clinical findings showing mechanisms as key players in the susceptibility and resilience to stress-related disorders. We also emphasize the concept that mechanistic advances, which help to understand the heterogeneity of stress disorders, may properly guide treatment decisions and address the unmet medical need for the management of these neuropsychiatric disorders.

Didactic methodology

Each faculty member presents lectures and discusses with the participants.

Exam

Multiple Choice Test