Dr. Amrutha Swaminathan

Will lecture about:

To be more resilient to stress, turn down the immune system!

Individuals in a population respond differently to stress. While some are able to recover quickly and more efficiently, others are susceptible to the same stressors. Being in a state of stress for a prolonged period of time can result in conditions like anxiety and depression. In our effort to understand when and how these differences in recovering from stress are established, I used zebrafish as a model, since it is challenging to identify resilience in young mammals. I developed a new behavioural tool using zebrafish larvae and observed that resilience to stress is determined and exhibited early in life as a stable and inherited trait. I will present data demonstrating that the establishment of resilience involves centrally acting neuropeptides and peripheral innate immune factors.