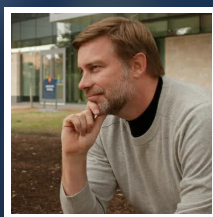


# Translational Research Helps Understand and Treat Mental Health Disorders



**Christopher Beevers**  
Director, Institute for Mental Health Research

## CURRENT RESEARCH

The team of researchers at the Institute for Mental Health Research are working to create innovative and effective treatments for those with mental health disorders, such as depression, anxiety, and autism.

Almost one in two people in the United States will experience a mental health disorder in their lifetime. Despite this fact, there are relatively few effective behavioral treatments that provide long-lasting relief from problems like depression and anxiety. Dr. Christopher Beevers, a professor at The University of Texas at Austin and director of the Institute for Mental Health Research, is trying to change this. The institute's mission is, "to transform the understanding and treatment of mental illness through basic and clinical research, paving the way for prevention, recovery, and cure."

By focusing on interdisciplinary research, the Institute for Mental Health Research is able to use basic research with clinical and non-clinical populations to develop innovative and effective treatments for mental health disorders. Not only is their research critical for the understanding and development of mental health treatments but the Institute also holds outreach events that help educate the public about the nature of mental health disorders. Therefore, the team aspect inherent in the organization of the Institute for Mental Health Research, and their work within their community, allows them to tackle a wide range of projects. Clearly, with mental health issues affecting a large portion of society, and only about half of patients receiving treatment, and even less receiving effective treatment, development of innovative and effective treatments could have a large impact on society.

Some of the many projects at the Institute for Mental Health Research include:

- Internet Based Treatment for Depression: Their goal is to understand who will benefit most from Internet based treatment...

[Read More at benefunder.com/](http://benefunder.com/)

## AFFILIATION



The University of Texas at Austin

## EDUCATION

- B.A. in Psychology 1996 , University of Texas at San Antonio
- Ph.D. in Psychology 2002 , University of Miami

## AWARDS

- Wayne H. Holtzman Regents Chair in Psychology
- NARSAD Independent Investigator, Brain & Behavior Research Foundation
- Scientific Advisory Council, Anxiety and Depression Association of America (ADAA)
- President's New Researcher Award, Association of Behavioral and Cognitive Therapies

## RESEARCH AREAS

Life Science, Neurological / Cognitive, Neurological / Cognitive, IOT, Devices, Data

## FUNDING REQUEST

Your contributions will support the research at the Institute for Mental Health Research at The University of Texas at Austin. Typical research projects require about \$250K/ year in costs including personnel, materials, and subject payment. Your donations will allow research and clinical trials that would otherwise be prohibited, including outreach to the larger community. Endowments (\$500K +) are a particularly helpful form of support, as they can help sustain the Institute on an ongoing basis.