

From Labs to Lives

How Research Funding Solves Real-World Problems

NIH-Funded Research on Stress, Social Behavior and Mental Health

Chronic stress can lead to anxiety, depression and social withdrawal, but the biological mechanisms behind these effects remain unclear.

At UC Davis, Brian Trainor, professor of psychology, leads NIH-funded research examining how stress alters brain function and behavior.

His lab studies how stress changes how hormones work in the brain, and how these changes affect behaviors related to mental health disorders.

The goal is to discover new treatments for disorders such as PTSD.

Helping Humanity

Trainor's work is uncovering how chronic stress influences social function, which is often impaired in individuals struggling with anxiety and depression. By understanding how the brain adapts to stress, his research could lead to new strategies for building resilience and improving mental well-being. Without continued NIH funding, progress in this field could slow, delaying the development of new cures. Sustained investment ensures that research continues to advance treatments for stress-related mental health challenges.

// The students doing the research go on to get jobs in medicine, biotechnology, research and education. If laboratories shut down, these training opportunities will be eliminated."

— Brian Trainor, Ph.D.



Brian Trainor, Ph.D.

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Social Stress and Brain Function

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