WHAT STARTS HERE CHANGES THE WORLD

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The Institute for Mental Health Research

The University of Texas at Austin
LABS WITHIN IMHR

The Anxiety and Health Behaviors Lab
Conducts state-of-the-art research aimed at improving the treatment of anxiety disorders and related problems, led by Jasper Smits, Ph.D. and Mark Powers, Ph.D.

The Child Development In Context Lab
Examines the developmental processes that put children at risk for developmental disorders, such as, autism and other related disorders, led by Rebecca Neal-Beever, Ph.D.

The Daily Activity Lab
Leverages mobile sensors to examine how daily interactions between mothers and their infants contribute to early social-emotional development and maternal mental health, led by Kaya de Barbaro, Ph.D.

The Mood Disorders Lab
Aims to improve our understanding of the cognitive, biological, genetic, and environmental factors that cause and maintain depression, led by Christopher Beevers, Ph.D. and Jason Shumake, Ph.D.

VISION FOR SUCCESS

According to a 2015 report, mental health conditions constitute the largest single source of world economic burden with an estimated global cost of $2.5 trillion. Indeed, 1 in 4 people will experience a mental health condition and the World Health Organization estimates 4 out of the 10 leading causes of disability are mental health disorders.

With your support, we believe the IMHR can be world leaders in the development of psychological treatments. We believe three approaches will be critical to this success: 1) using research discoveries to develop more effective treatments; 2) using advances in technology to monitor symptoms and deliver treatments in the moments that they are needed the most, and 3) continue to personalize treatments based on psychological, biological, and behavioral information.

The IMHR is well positioned to rapidly become national leaders in mental health care in a way that is state-of-the-art, highly unique, and most importantly, designed to provide significant relief to a large number of patients struggling with mental health conditions.

Core IMHR Faculty (left to right): Christopher Beevers, Kaya de Barbaro, A. Rebecca Neal-Beever, Mark Powers, Jasper Smits, and Jason Shumake