


WHAT STARTS HERE
CHANGES THE
WORLD

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The Institute for Mental Health Research

THE UNIVERSITY OF
TEXAS AT AUSTIN

ABOUT US

The Institute for Mental Health Research is an innovative and interdisciplinary research center devoted to improving the mental health of Central Texas and beyond. We will achieve this by using the latest scientific discoveries to develop more effective and individually tailored treatments.

SERVICE TO COMMUNITY

The Anxiety & Stress Clinic at the IMHR provides high quality individual and group therapy for a variety of anxiety and stress-related disorders at an affordable rate to the Austin Community. Our treatment services are designed to provide psychological care in a compassionate environment.

The IMHR is also dedicated to expanding the knowledge of undergraduate students seeking to learn more about mental health research by providing research assistant opportunities.

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-Beevers, 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.



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

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.

