

Utilizing Physician Training to Better Understand Depression Under Stress: Insights from the Intern Health Study

presented by

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Srijan Sen is the Frances and Kenneth Eisenberg Professor of Depression and Neurosciences and Director of the Eisenberg Family Depression Center at the University of Michigan. He received his M.D. and Ph.D. from the University of Michigan, completed a psychiatry residency at the Yale University and returned to Michigan as faculty in 2009. The Intern Health Study is a longitudinal cohort study that assesses stress and mood in training physicians, enrolling over 25,000 participants from 100+ institutions. The project has produced high-impact findings across a wide range of interdisciplinary academic topics including genomics, mobile technology, economics, gender and racial disparities, survey methodology and medical education policy. Work from the study has been published in *JAMA*, *BMJ*, *New England Journal of Medicine* and other leading journals covered in the *New York Times*, *Washington Post*, *Time Magazine* and other media outlets. Dr. Sen is a member of the National Academy of Medicine Collaborative on Clinician Well-Being. His clinical practice focuses on helping physicians with depression and anxiety.

1/11/24 12–1:15 PM

<https://hartfordhealthcare.zoom.us/j/95688220574>

Learning Objectives: *As a result of participating in this Live Internet Activity, participants should be able to:*

- *Understand the prevalence and drivers of depression during physician training.*
- *Discuss the interaction between polygenic risk for depression and stress.*
- *Assess the utility of mobile technology in predicting and preventing depression*

Accreditation & Credit Designation Statements: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

- **Physicians:** Hartford Healthcare designates this Live Activity for **1.25 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with their participation.
- **Psychologists:** Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.
- **Nurses:** This activity is approved for **1.25 ANCC contact hour(s)**.
- **Social Workers:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25** other continuing education credits.
- **Other Learners:** All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for AMA PRA Category 1 Credit[™] from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Planning Committee: None
- Speakers: None

