

## *Stress, Resilience and the Sequelae of Long COVID - From Anxiety to Fatigue to Accelerated Aging*

*presented by*

### *Zachary M. Harvanek, MD, Ph.D.*

Dr. Zach Harvanek attended Duke University for his undergraduate work, where he studied biomedical engineering and biology, and went on to complete his MD and PhD at the University of Michigan, where his dissertation focused on how perception and the social environment regulated aging in fruit flies. He went on to complete both his psychiatry residency and consultation-liaison psychiatry fellowship at Yale, where his research focus shifted toward bidirectional relationships between psychological health, physical health, and biological aging. After completing fellowship, Zach joined faculty at Yale in 2023 to continue his research and began working as an attending psychiatrist in the Yale Long COVID Program. He is currently an Assistant Professor at the Yale School of Medicine and attending psychiatrist at the Connecticut Mental Health Center, splitting his time between the Yale Interdisciplinary Stress Center and the Clinical Neuroscience Research Unit.

**5/22/2025 12:00:00 PM**

<https://hartfordhealthcare.zoom.us/j/94690618796>

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

- 1. List at least 3 risk factors that increase or decrease the likelihood of developing Long COVID.*
- 2. Discuss at least 3 typical psychiatric presentations in patients with Long COVID, including worsening of existing psychiatric symptoms and onset of new symptoms.*
- 3. Identify recommended treatments for psychiatric symptoms related to Long COVID, as well as at least 2 medications currently being investigated.*

**Accreditation:** 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 a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** This activity is designated for a maximum of **1.25 ANCC contact hours**.

**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.

**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 general** 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:**

- Zachary M Harvanek, MD, PhD: Nothing to disclose - 04/23/2022

