Changing Fundamental Assumptions About Light, Circadian Timekeeping, and Suicide
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Promotion Series

The world is enveloped with light. While circadian responses to light exposure have been traditionally thought to occur in a dose-dependent fashion, my laboratory has established important variables that serve to modulate responses outside this principle. The first part of my talk will review the status of this work in animal models, its translation to humans, and future considerations for integrating light therapies in wearables and within the built environment. In the second half of my talk, I will discuss a separate program of study that has identified a unique nighttime vulnerability to suicide. This vulnerability is considered with respect to historical, anthropological, and population-level data that may provide insights into how to approach suicide prevention efforts and other issues shaping mental health.

Friday, August 27, 2021 | 3:00 P.M. MST.
Join on zoom: https://arizona.zoom.us/j/82871800093

With introductory remarks by Lee Ryan