



Dupont Summit 2016

Science, Technology, and Environmental Policy Issues

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Promising New Scholarship and Complexity Conference: Presentation

"The Impact of Hormonal Regulation in the Gut on Nutritional Treatment of Anxiety in College Students"

The purpose of this essay is to argue that inclusivity of the complex relationship between gut health, stress, and hormonal regulation as a contributing factor in anxiety diagnoses in college students may hold the key to the introduction of more effective treatment of such diagnoses. This study addresses the rise of anxiety diagnoses in college students by examining research connecting hormonal regulation deficiencies occurring in the gut from infancy to specific behavioral coping outcomes towards stress in adulthood. Through analyzing the concept of the gut as a "second brain" in relation to extended hormonal regulation and response to stressful stimuli, this study will focus on how college-related stressors impact students' stress levels juxtaposed with the current recommended coping mechanisms for anxiety in college students. Preliminary results demonstrate that dietary and nutritional treatments may be effective in hormonal regulation in the gut. This reveals the relationship between the origination of stress, hormonal regulation, and gut health, while offering a potential indication towards a more holistic and effective treatment of anxiety in college students.

Presenter

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