THE CENTRAL EUROPEAN UNIVERSITY
NATIONALISM STUDIES PROGRAM
cordially invites you to a lecture by

Zoltán Sarnyai
James Cook University, Australia

'More than Skin Deep': Stress Neurobiology and Health Consequences of Racial Discrimination

Ethnic minority groups across the world face a complex set of adverse social and psychological challenges linked to their minority status, often involving racial discrimination. Racial discrimination is increasingly recognised as an important contributing factor to health disparities among non-dominant ethnic minorities. A growing body of literature has recognised these health disparities and has investigated the relationship between racial discrimination and poor health outcomes. Chronically elevated stress hormone levels and a dysregulated hormonal stress response appear to mediate effects of racial discrimination on allostatic load and disease. Racial discrimination seems to converge on particular brain regions and to impair their function, hence showing substantial similarities to chronic social stress. This talk will provide a summary of recent literature on hormonal and neural effects of racial discrimination and a synthesis of potential pathways by which discrimination affects physical and mental health. I will also present unpublished data on stress hormones and discrimination in Indigenous Australians and will raise some intriguing overlaps between Indigenous Australians and the Central-Eastern European Roma within the context of health.

Wednesday, 21 January at 6 p.m.
Monument Building Popper Room

Dr. Sarnyai is currently Associate Professor and Head of the Laboratory of Psychiatric Neuroscience at the Australian Institute of Tropical Health and Medicine, James Cook University, Townsville, Australia. He was previously University Lecturer in the Department of Pharmacology, University of Cambridge and a Fellow of Pembroke College, Cambridge where he served as Director of Studies for Medicine. He currently conducts translational research on the role of the stress in social determinants of health and the developmental programming of diseases in the context of Indigenous health inequalities. Dr. Sarnyai’s career included a Research Fellowship at the Department of Psychiatry at Harvard Medical School, followed by a junior faculty position at The Rockefeller University in New York. He published close to a hundred original scientific papers, review articles and book chapters in the field of psychiatric neuroscience (h index 26). He was awarded the Curt P. Richter Prize by the International Society of Psychoneuroendocrinology for his work on stress neuropeptides and brain function; the DuPont-Warren Award by the Department of Psychiatry, Harvard Medical School; and the Brain Research Foundation (formerly NARSAD) Young Investigator Award to study the link between stress and mental health.