

# **Self-Regulation Dynamics Across Adulthood and Old Age: Potentials and Limits**

**SELF-REGULATION DYNAMICS  
ACROSS ADULTHOOD AND OLD AGE:  
POTENTIALS AND LIMITS**

Structured Graduate Program  
Humboldt-Universität zu Berlin

## **Guest Lecture**

### **„The frequency, predictors and management of depression after stroke“**

**Maree Hackett | PhD**

**The George Institute for Global Health | AUSTRALIA**

**Dates: 18.05.2016**

**Time: 13 – 15 s.t.**

**Location: Institut für Psychologie, Rudower Chaussee 18, 12489 Berlin**

**Room: 3'201**

**No Registration required!**

If every year one in three patients who stayed in your stroke unit were run over outside the entrance to your hospital when they left, there would be a media frenzy detailing the atrocious conditions, and clinicians, patients and the general public would be outraged. People would petition for traffic conditions to be improved immediately to prevent the accidents. It is highly unlikely that anyone would suggest we instead prioritize efforts to develop better treatments for the injuries sustained.

If we can all agree that a preventative strategy is best, why do we do so little to prevent the clinically significant depressive symptoms that at least one in three stroke survivors will experience following discharge from hospital? Why do we find it so difficult to identify depression? Why do we persist in prescribing therapies that have little or no evidence of effectiveness? Or most commonly, why do we persist in doing nothing?

Maree Hackett will discuss the above and whether we should take a public health approach to mental health and aim for a sustained reduction in the burden of depressive symptoms for the population.

This lecture is funded by the [Humboldt Initiative Structured PhD Programs](#) of the [Humboldt Graduate School](#) and the Institute of Psychology, Faculty of Life Sciences.