



Queen's University  
Department of Psychiatry  
**GRAND ROUNDS**

Friday, January 17, 2020

Hotel Dieu Hospital  
J1 Auditorium  
Telelinked to KGH Burr 4  
& PCH - Founders Hall

12:00–1:00 pm Christina Moi, MD  
Psychiatry Resident  
Queen's University

“The Current State of  
Knowledge on Exercise  
and Mental Health”

Supervisor: Dr. E. Prost

Queen's Psychiatry Grand Rounds is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada

**Upcoming Rounds: Feb.14, 21,28 at PCH**

**A light lunch will be provided prior to rounds**

## LEARNING OBJECTIVES

Dr. Christina Moi: **“The Current State of Knowledge on Exercise and Mental Health”**

1. Explore the current state of evidence regarding exercise in psychiatric disorders, including MDD, bipolar disorder, psychosis, anxiety, and ADHD
2. Understand the proposed biological and psychological mechanisms of mental health benefits secondary to exercise
3. Be able to effectively individualize exercise prescriptions for your patient and understand the ways in which we can improve adherence

*Department of Psychiatry Rounds  
are supported by education grants from the following companies:*

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