



McGill

Department of  
Epidemiology, Biostatistics  
and Occupational Health

## Ad-Hoc Seminar

Jointly organized with the Department of Psychiatry



### Louise Arsenaault, PhD

Professor of Developmental Psychology  
King's College London  
Institute of Psychiatry, Psychology and Neuroscience

## With a little help from my friends: Importance of social relationships in adulthood tested in 2 nationally-representative cohorts

Wednesday, March 23, 2022 – 12PM – Zoom Link:

<https://mcgill.zoom.us/j/82267124351?pwd=Y2JVVknNCTk9xWVdNNnNGbjBua2JmZz09>

#### Abstract:

Social relationships can impact - positively or negatively - mental health and wellbeing. This presentation will summarise findings from 2 UK nationally-representative cohorts to suggest targets for interventions aiming at both reducing risk factors associated with poor mental health and building the resources necessary to help face life's challenges. A life course approach will be taken to illustrate the impact of social relationships across the life span and not just during one key period.

#### Bio:

**Dr. Louise Arsenaault** is a Professor of Developmental Psychology at King's College London, Institute of Psychiatry, Psychology and Neuroscience. She completed her PhD at the *Université de Montreal* and moved to the UK for her post-doctoral training. Her research focuses on the study of harmful behaviours such as violence and substance dependence, their developmental origins, their inter-connections with mental health, and their consequences for victims. Dr. Arsenaault also studies the impact of social relationships including social support and loneliness on mental health. Her research harnesses and combines three different research approaches: developmental research, epidemiological methods and genetically sensitive designs. Louise has been working with well-known longitudinal cohorts such as the Montreal Longitudinal Cohorts, the Dunedin Multidisciplinary Health and Development Study and the Environmental Risk (E-Risk) Longitudinal Twin Study from England and Wales, as well as with the National Child Development Survey (NCDS), a nationally representative cohort that was started in 1958. She was appointed the Economic and Social Research Council (ESRC) Mental Health Leadership Fellow, and elected as Fellow of the Academy of Medical Sciences (2018) and Fellow of the Academy of Social Sciences (2019).