



## At the Back of Your Mind S01E00: Trailer

[00:00:00] **Maryam:** Guys, wouldn't it be great if there was a podcast about mental health, but *by* mental health researchers?

[00:00:06] **Carolina:** Yeah. I feel like there's so much out there on mental health, because people want to know what's the science behind it, but so much of what's out there feels really academic.

[00:00:14] **Juliette:** Oh yeah. I want something relaxed; you know? Like sometimes I want the facts, but I don't want to attend a whole lecture.

[00:00:20] **Maryam:** Why don't we do it then?

[00:00:22] **Juliette:** Yeah, let's do it!

[00:00:23] **Carolina:** Let's do it.

[00:00:24] **Juliette:** Our podcast could be like the place where we just nerd out about, you know, like hot and fresh mental health research.

[00:00:31] **Maryam:** And we could have cool guests who talk about their work and their perspectives as well.

[00:00:36] **Carolina:** Everything seems to be about inflammation these days. What about inflammation and its effects on mental health?

[00:00:42] **Juliette:** I need to understand what superfoods do to our brain and what that is about.

[00:00:46] **Carolina:** Right? What about anti-inflammatory foods? Can we eat our way out of depression?

[00:00:50] **Juliette:** [laughs]

[00:00:51] **Maryam:** You know, I'd actually like to hear more about art as a tool to speak about mental health, especially within underrepresented communities.

[00:00:58] **Juliette:** I totally agree with that because I think we all turned to art during the big pandemic moment we had.

[00:01:05] **Carolina:** Now I think we should stop teasing our listeners and introduce ourselves.



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[00:01:09] **Maryam:** I'm Maryam; I'm a researcher working on adolescent mental health in London.

[00:01:13] **Juliette:** I'm Juliette; I'm a neuroscientist working on depression and early life stress.

[00:01:18] **Carolina:** And I'm Carolina, a researcher on arts and psychiatry, and together...

[00:01:23] **Maryam:** And together...

[00:01:24] **Carolina:** ...we are...

[00:01:25] **Juliette:** ...your hosts! Welcome to *At the Back of Your Mind*, the *InSPiRe the Mind* podcast that brings you the science on mental health, with a no-nonsense attitude. We'll be joined by fabulous guests, brilliant scientists, vibrant speakers, and Brian May's biggest fan.

[00:01:41] **Carolina:** Join us every two weeks for brand new episodes.

[00:01:44] **Maryam:** Grab a cup of tea and we'll dive into exactly what is at the back of your mind today.

[00:01:51] **Juliette:** That was beautiful! [laughs]