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MQ Health Seminar Series

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MQ Health
MACQUARIE UNIVERSITY
HEALTH SCIENCES CENTRE

The Big 5 Things you can do for better mental health

Abstract

We all agree that our mental health is as important as our physical health. Unfortunately, most people are not aware of the things we can do to support our mental health, or how often we should do them. Our research involving more than 20,000 Australians has identified five key actions we can do each day, the Big 5, which are strongly linked to mental health. This presentation summarises the research evidence for the Big 5 but also provides simple examples of how we can apply the Big 5 in our daily lives.

Biography



Nick Titov is a Professor of Psychology at Macquarie University, Australia. He has been involved in more than 100 clinical trials of psychological interventions across five countries. Nick has developed and led several digital mental health services which have deployed the interventions tested in trials into routine clinical care.

He is the Founding Executive Director of the Australian MindSpot and MindSpot GP Clinics. MindSpot delivers psychological assessments and treatment via telephone and internet to more than 30,000 Australians each year. His current research interests include identifying the everyday actions people can take to support their own mental health.