

# **Research, creative work presented at inaugural Tulane Research, Innovation and Creativity Summit**

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The inaugural Tulane Research, Innovation and Creativity Summit (TRICS), held Wednesday, March 1, and Thursday, March 2, brought together Tulane scholars from across all disciplines to highlight their research and creative work.

TRICS, which replaces Health Sciences Research Days and School of Science and Engineering Research Days, was created to be more inclusive of the breadth of the research, scholarship and creativity underway at Tulane.

The event, which was held at the Jung Hotel and on the downtown and uptown campuses, featured presentations, poster sessions, lectures and panel discussions. Research by faculty, trainees, graduate and undergraduate students was presented from the schools of Medicine, Public Health and Tropical Medicine, Science and Engineering, Social Work, and the Tulane National Primate Research Center. Work from the schools of Liberal Arts, Architecture and Professional Advancement were also highlighted.

(Photos by Cheryl Gerber)





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**Impact of Physical Activity Levels on Associated with Higher Levels of Psychological Distress and Perceived Stress**  
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**Abstract:** Physical activity is associated with lower levels of psychological distress and perceived stress. However, the impact of physical activity on psychological distress and perceived stress is not well understood. This study examined the impact of physical activity on psychological distress and perceived stress in a sample of 100 participants. Results showed that physical activity was associated with lower levels of psychological distress and perceived stress. These findings suggest that physical activity may be a useful intervention for reducing psychological distress and perceived stress.

**Keywords:** Physical activity, psychological distress, perceived stress.

**Results (cont.)**

**Conclusions:**

**References:**







With posters in hand, presenters line up to register at the inaugural Tulane Research, Innovation and Creativity Summit (TRICS).

The poster sessions, which were presented over the course of both days of the event, featured over 350 poster displays and took place in the Grand Ballroom of the Jung Hotel.

The summit included research from all schools and areas of innovation and creativity, and staff from nearly 20 Tulane offices and units were present.