



Fall 10-22-2013

## Psychology Faculty Member Links Chronic Pain to Depression on TV Show America Now

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### Recommended Citation

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# Psychology Faculty Member Links Chronic Pain to Depression on TV Show America Now

## Quick Facts

- America Now, hosted by Leeza Gibbons and Bill Rancic, broadcast Reiland's comments during an Oct. 22 segment that chronicles the relationship between chronic back pain and depression.
- Reiland suggested individuals consult a therapist who can teach strategies about how to manage pain during daily activities and how to reduce feelings of pain and depression.



Sarah Reiland

ROCK HILL, S.C.— Winthrop University **Assistant Professor of Psychology Sarah Reiland** talked about how to relieve back pain and thus depression on the nationally syndicated television show, "America Now."

The show, hosted by **Leeza Gibbons** and **Bill Rancic**, broadcast Reiland's comments during an Oct. 22 segment that chronicles the relationship between chronic back pain and depression.

On the show, **Reiland** discussed how back pain can contribute to depression. When a person is already not feeling well, the pain brings down a person's mood, and the individual avoids family and friends. The more this withdrawal occurs, the more depression and hopelessness sinks in.

**Reiland** suggested individuals consult a therapist who can teach strategies about how to manage pain during daily activities and how to reduce feelings of pain and depression.

The Winthrop faculty member earned her doctorate in clinical psychology from **Eastern Michigan University** and completed a year-long internship at a **Veterans Administration Medical Center** in Mississippi. **Reiland** completed two years of clinical work and research at the **Center for the Treatment and Study of Traumatic Stress** at **Summa Health System** in Akron, Ohio. One of her research interests is risk and resilience following significant life stressors.

Reiland's contribution aired on **WBTV** in Charlotte during the morning of Oct. 22 but can be found on the America Now website in both text and video.

For more information, contact **Reiland** at [reilands@winthrop.edu](mailto:reilands@winthrop.edu) or 803/323-2634.

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