

WVUA 90.7 FM Programs and Issues List - 2023 4th Quarter**File Date: January 10, 2024**

Issue/Topic Addicted to Dieting
Show Brain Matters Radio Show
Host Dr BJ Guenther
Date Aired 10/3/23 **Time Aired** 6:00PM **Segment Time Length** 60 min
Description Dr Guenther interviews New York Times bestselling author, Gin Stephens about diet addiction and intermittent fasting.

Issue/Topic Therapeutic Horticulture: How Plants Improve Mental and Physical Health
Show Brain Matters Radio Show
Host Dr BJ Guenther
Date Aired 10/10/23 **Time Aired** 6:00PM **Segment Time Length** 60 min
Description Dr Guenther interviews Leah Diehl, Director of the Therapeutic Horticulture Program at The University of Florida about using plants and garden design to improve mental and physical health.

Issue/Topic Educating Students about What Is A Mental Health Crisis
Show Brain Matters Radio Show
Host Dr. BJ Guenther
Date Aired 10/17/23 **Time Aired** 6:00PM **Segment Time Length** 60 min
Description Dr Guenther interviews Dr Greg Vanderwal, Executive Director of the UA Counseling Center about what constitutes a mental health crisis and what services are in place to help.

WVUA 90.7 FM Programs and Issues List - 2023 4th Quarter**File Date: January 10, 2024****Issue/Topic** Cyberchondria and Hypochondria**Show** Brain Matters Radio Show**Host** Dr BJ Guenther**Date Aired** 10/24/23 **Time Aired** 6:00pm **Segment Time Length** 60 min**Description** Dr Guenther interviews Dr Diane Grande, Licensed Clinical Psychologist in private practice in the Chicago area, about what is cyberchondria and how health anxiety affects your mental health.**Issue/Topic** The Science of Fear and Folklore**Show** Brain Matters Radio Show**Host** Dr BJ Guenther**Date Aired** 10/31/23 **Time Aired** 6:00pm **Segment Time Length** 60 min**Description** Dr Guenther interviews sociologist, author and Univ of Pittsburgh professor, Dr. Margee Kerr on why it is fun to be frightened and the science behind it.**Issue/Topic** Misophonia**Show** Brain Matters Radio Show**Host** Dr BJ Guenther**Date Aired** 11/7/23 **Time Aired** 6:00PM **Segment Time Length** 60 min**Description** Dr Guenther interviews Dr Zach Rosenthal. Dr Rosenthal is the Director of the Center for Misophonia and Emotion Regulation at Duke University.

Issue/Topic Setting Boundaries With Social Media
Show Brain Matters Radio Show
Host Dr BJ Guenther
Date Aired 11/21/23 **Time Aired** 6:00PM **Segment Time Length** 60 min
Description Dr Guenther interviews Dr Dana Gionta, Licensed Clinical Psychologist about how to set healthy boundaries with social media to help improve mental health.

Issue/Topic Coping With Grief During The Holidays
Show Brain Matters Radio Show
Host Dr BJ Guenther
Date Aired 11/28/23 **Time Aired** 6:00PM **Segment Time Length** 60 min
Description Dr Guenther interviews Kelly Cervantes. Kelly is an award-winning writer, speaker, and advocate best known for her blog Inchstones, where she shared the stress, love, and joy that came with parenting her medically complex daughter, Adelaide. Kelly resides in Maplewood, NJ, with her husband, Miguel Cervantes currently starring in Hamilton on Broadway.