



ACTIVITY DESCRIPTION FORM (ADF)

Accreditation Council for Pharmacy Education

135 S. LaSalle Street, Suite 4100 Chicago, IL 60603-4810

Phone (312) 664-3575 Fax (312) 664-7008 <http://www.acpe-accredit.org>

UNIVERSAL ACTIVITY NUMBER (UAN): 0864-9999-25-085-H01-P

Provider Name: CPE Consultants, LLC

Cancel

Cosponsor(s): 9999 Joint Providership (H)

Activity Type: Knowledge

Activity Title: Functional Medicine Approaches to Anxiety & Depression

Learning Objectives:

(Pharmacists)

- At the completion of this activity, the participant will be able to:
1. Discuss root-causes of anxiety and depression through the biopsychosocial-spiritual model of mental health
 2. Determine the role of pharmacogenomics in addressing these conditions and determining appropriate therapy
 3. Review research on new treatment options including psychedelics
 4. Observe the relationship between anxiety and depression and other chronic conditions
 5. Discuss the Pharmacist's role in addressing anxiety and depression
 6. Describe the relationship between the gut microbiome and brain function (AKA the gut-brain axis).
 7. Discuss how alterations in the microbiome and intestinal permeability can impact anxiety, depression, and cognitive function
 8. Review literature of specific probiotic strains with evidence for improvement in mood-related disorders.
 9. To review and understand common and advanced lab work as it relates to:
 - Inflammation, depression and anxiety: glucose, insulin, hs CRP, IL-6, ferritin, and more
 - Hormonal testing, depression and anxiety: Estradiol, progesterone, testosterone, thyroid and cortisol
 - Microbiome testing, depression and anxiety: bacterial, zonulin, sIgA, calprotectin, candida, parasites, and more
 10. Discuss the role of the Standard American Diet in the etiology of mental health conditions like depression and anxiety
 11. Provide the Food Rx for reducing inflammation and supporting mental health
 12. Recommend nutritional supplementation for supporting mental health conditions such as anxiety and depression
 13. Apply knowledge of anxiety and depression pathophysiology, clinical work-up, and interventions to patient cases

Activity Length: 7 **Contact Hours**

Target Audience: Pharmacists

Home Study Format(s): Web-based

Keyword(s): Anxiety
Depression
Lifestyle Changes
Mental Health
Nutrition

Initial Release Date: 11/21/2025

Planned Expiration Date: 11/21/2028

Originally Submitted By: Cheryl Reese

Submission Date: 11/21/2025

Last Modified By: Cheryl Reese



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