

Dr. Adrian Lopresti PhD, MA, BA (Hons Psych)
Clinical Psychologist, researcher & Lead Investigator,
Khapregesic® clinical trial, **PERTH**

Dr. Adrian Lopresti is a Perth-based clinical psychologist, and researcher with more than two decades of professional experience in mental health and integrative psychology. He is the managing director of Clinical Research Australia, a contract research organisation specialising in clinical trials on natural and integrative treatments for mental and cognitive health. His work explores how inflammation, stress, gut health, and natural supplements can impact overall psychological and physical wellbeing.

Dr. Lopresti served as Lead Investigator on the randomised, double-blind, placebo-controlled study examining the safety and efficacy of Khapregesic® – a *Khaya senegalensis* preparation for women experiencing PMS and period pain symptoms – reinforcing his commitment to exploring innovative, evidence-based approaches to health and wellbeing.



"Menstrual health has been under-served for too long. This study highlights the potential of a non-hormonal preparation to offer dual-action benefits – reducing physical discomfort while supporting aspects of psychological wellbeing associated with PMS, such as mood changes and anxiety.

"According to the study, Khapregesic supplementation for one month was associated with a noticeable reduction in period pain and improvements in mood and emotional wellbeing.

"The findings suggest safe, natural alternatives to traditional pain relief may play a valuable role in improving quality of life," said Dr. Lopresti.

In addition, he is Founder and director of Personalised Integrative Therapy (PIT) – a holistic treatment model that combines psychological support, nutrition, lifestyle habits, and other natural interventions to improve mental health and overall wellbeing.

Dr. Lopresti is passionate about reshaping how mental and cognitive health is understood and treated. He frequently presents at national and international conferences and trains healthcare professionals on integrative and personalised approaches to care.

He has authored more than 50 peer-reviewed publications, is a regular contributor to both academic literature and public discussions on mental health, and is committed to driving innovative, science-backed approaches to support both mental and physical health.

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To coordinate an interview with Dr. Adrian Lopresti, please contact:

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