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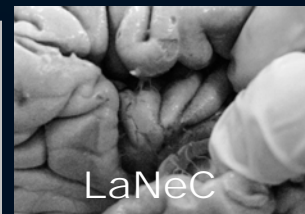


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UNIVERSIDADE ESTADUAL PAULISTA
"JÚLIO DE MESQUITA FILHO"

FFC – Faculty of Philosophy and Science - Marília SP – São Paulo - Brazil
Group for Research in Neuroscience and Behavior:
Memory, Plasticity, Aging and Quality of Life

LABORATORY OF COGNITIVE NEUROSCIENCE - LaNeC





Basic Research Interest

Cognitive Neurosciences: Memory, Plasticity and Mood Disorders

- Study themes related to ageing, from the perspective of neurosciences, so as explore questions related to cognitive decline and associated risk factors.
- From an epistemological approach, contribute for the development of local, national and global strategies of prevention of risk factors associated to cognitive decline and mood disorders in elders.



Basic Research Interest

Epidemiology and Ageing: Risk Factors and Preventive Strategies.

- Contribute for the understanding of the profile of elders of nursing homes and evaluate the impact of institutionalization on mental health.
- Apply and evaluate cognitive rehabilitation techniques.
- Promote qualification for the work with elders.



Basic Research Interest

Geriatrics and Gerontology

- Research about health prevention and recovery of the elders.
- Study the general health conditions of the elders to: a) evaluate the needs; b) research the profile, knowledge and general health practices and c) trace the profile, practices and health of the elders caretakers.



Basic Research Interest

Quality of Life and Human Development

- Study the theoretical and practical aspects concerning the quality of life in elderly populations and the impact of socio-demographical factors on the ageing process.



Basic Research Interest

History and Epistemology of Neurosciences and Behavior

- Explore about the epistemological elements of neurosciences, prioritizing research involving memory, attention, emotion and plasticity.



Basic Research Interest

Memory and Plasticity

- Research the Plasticity phenomenon (Neural/Behavioral) related to the learning and memory phenomena.
- Study the neural substratum of memory and learning in animal models.



Fundamentals: Theoretical Foundation

The research conducted at the Laboratory of Cognitive Neuroscience follow the following principles:



Fundamentals: Theoretical Foundation

- The organism cannot be conceived independently from its environment.
- The organism is an active entity in relation to the environment and, as such, defines the stimuli that make sense, in other words, the reflexes adjust to the sense of the situation.
- The behavior is not defined by a relation of a previously determined linear causality, but by circular, dynamic and dependent relations, dependent from the sense given to the stimuli, moment by moment by the organism



Journal of Psychiatry: Open Access

(Previously African Journal of Psychiatry)

Impact Factor: 0.871 (SCI)

Open Access, Peer-reviewed

RESEARCH IN PROGRESS



AGEING AND PLASTICITY: IMMEDIATE AND LONG TERM EFFECTS OF ENRICHED ENVIRONMENT ON SPATIAL MEMORY ON AGED RATS

The study aims verify the immediate, long term and after the ageing effects of environmental conditions on spatial memory. **Objectives:** To investigate the immediate long-term effects, and after aging in different environmental conditions - enriched environment (AE) on spatial memory in rats. **Specific Objectives:** a) To analyze the performance in the Morris water maze (MWM), the young rats stimulated in AE for 30 days and compare this performance with animals not subjected to AE. b) Evaluate, in adulthood to maintain the performance of the subjects submitted and not submitted to the AE, in LAM, after a period without stimulation in AE. c) Evaluate the senile phase maintaining the performance of the subjects treated and not subjected to AE, in LAM, after a period without stimulation in AE. d) Evaluate the senile phase maintaining the performance of the subjects treated and not subjected to AE, in LAM, after a period without stimulation in AE and compare the performance of this group of animals subjected to AE only during the aging.



COGNITIVE DECLINE AND DEPRESSION INSTITUTIONALIZED ELDERLY: An analysis of relations among variables from the multidimensional

Objectives: Verify the prevalence of depression symptoms and cognitive decline in institutionalized elderly. Analyze the variables involved in these symptoms and try to identify the most significant variables related to cognitive decline and depression. **Methods and Procedures:** This study will be conducted from epidemiological method, with quantitative and qualitative approach. 48 elders will be subjects of the research in both sexes, residents in two ILPIs (Long Term Care Institutions for Elders) located in the city of Marília/SP. To collect data for depression symptomatology it will be used the following tools: 1) Mini Mental State Examination (MMSE) and 2) Depression Scale Geriatric (EDG). To collect socio-demographic data medication it will be used the following tools: 1) Collect social demographic data sheet, 2) Collect data on continued medication use form, and 3) Rating medicines form - Anatomical Therapeutic Chemical Code (ATC).



Memory and Attention: depression and anxiety as factors related to cognitive decline in institutionalized and non-institutionalized elders

Objectives: 1) To assess the incidence of attention deficit, focusing on mechanisms attentional and working memory, as well as the occurrence of mood disorders (depression and anxiety) in institutionalized and not institutionalized elders. 2) Check in the subjects studied, the existence or not of correlations between the decline of memory and attention with mood disorders analyzed.

to be continued



Memory and Attention: depression and anxiety as factors related to cognitive decline in institutionalized and non-institutionalized elders

Methods and Procedures: The research will be conducted in Marilia - SP. The research subjects will be 80 elders, of both sexes, which will be divided into 04 groups: a) Institutionalized Elderly (LTCF-1 = 25) b) Institutionalized Elderly (LTCF-2 = 15), c) non-institutionalized elderly participants University of the Third Age - UnATI / UNESP (UnATI = 15) and elderly residents in the community (COM = 25). Will be used to collect data for the following instruments: 1) Anamnesis: clinical psychological examination. 2) Beck Depression Inventory - BDI-II. 3) C-STAI Trait Anxiety Inventory-State. 4) Mini Mental State Examination - MMSE. 5) Subtests of the Wechsler Adult Intelligence - WAIS III (Matrix Reasoning, Symbol Search, and Digit cubes). Data analysis will use the Student's t test for independent groups and the Mann-Whitney's test for nonparametric data; between three or more independent groups will use the simple analysis of variance and analysis of variance Kruskal-Wallis' nonparametric data. Will be adopted significance level of 5% probability for rejection of null hypothesis. For assessment, Pearson's correlation coefficient of (r).



The influence of music in improving depressive symptoms and cognitive decline in elderly institutionalized

Objective: Study music effect as a therapeutically and preventive resource for DP and DC on institutionalized elders. **Methods and Procedures:** This research will be developed with experimental design for groups, quantitative and qualitative. Will be subjects 24 institutionalized elders, both sexes. After subject selection, will be defined baseline from initial interview, where will be applied Form Data Collection Socio-Demographic; Medication, based on criteria of Anatomical Therapeutic Chemical Code (ATC) and the following instruments: 1) Mini Mental State Exam (MEEM) and 2) Geriatric Depression Scale (GDS 15); 3) Scale Fragility of Edmonton (EFS).

to be continued



The influence of music in improving depressive symptoms and cognitive decline in elderly institutionalized

The scores from MEEM and GDS will be taken as dependent variables: VD1 = symptomatology for DP and, VD2 = indicative for DC. After selection and application of the instruments, subjects will be divided in three groups (G1, G2 and G3). The study will be developed in three phases: Phase 1: a) application of musical activities on G1 (n = 8), during the period of two months. Phase 2: a) application of musical activities on G1 + G2 (n = 16) for two months. Phase 3: a) application of musical activities on G1 + G2 + G3 (n = 24) for two months and, b) evaluation of MEEM and GDS-15 for the groups G1, G2 and G3. The quantitative data will be analyzed by SPSS software and from this will be evaluated the interference or not of the activities developed in terms of: a) cognitive performance/DC and, b) symptomatology for DP. The qualitative data will be described and used to interpret quantitative data.



INTEGRATIVE ASPECTS BETWEEN CARDIAC AUTONOMIC REGULATION AND DEPRESSION IN THE ELDERLY

The aging process can lead to the development of diseases that decrease the functioning level of the human being as the years go by and require extra care that, in many cases, happen inside specialized institutions for the elderly. This type of environment associated with emotional factors of one's life, can be favorable to the appearance of humor disequilibrium's such as depression (DP). Those situations can be associated with diseases in other systems of the organism, as the Cardiovascular system. The Cardiovascular system is partly regulated by the Autonomic Nervous System. The analysis of the Heart Rate Variability (HRV) is a non-invasive method that analyses the cardiovascular autonomic regulation. The continuous study of the relationship between the Cardiovascular system and de DP in elderly is beneficial for the treatment of those individuals. Therefore, the purpose of this study is to look into the relationship between the cardiac autonomic regulation and the depression in institutionalized and non-institutionalized elderly subjects.



The dance as a therapeutic and preventive resource on improvement of depressive symptomatology and cognitive decline on institutionalized elderly: an experimental study

The life of an elder on a long term care facility (ILPIs) is, most of the times, characterized by social isolation, lost of freedom and identity. These factors, alone, justify the high prevalence of depression (DP) and cognitive decline (DC) on ILPIs. Insertion of dance in this context seeks significative improvement to those cognitive symptoms for institutionalized elders. The effect of dance as therapeutic and preventive resource of the symptomatology of DC and DP on institutionalized elderly



COGNITIVE DECLINE AND DEPRESSION IN ELDERLY PEOPLE INSTITUTIONALIZED AND NON INSTITUTIONALIZED: POSSIBILITIES OF CORRELATION

Objectives: To conduct a comparative study of cognitive decline (DC), with emphasis on memory function in institutionalized elderly and non-institutionalized and searching for possible correlations, from statistical analysis, between DC and: a) depression; (b) general health status and c) cognitive stimulation. Methods and procedures: will be the research subjects 60 elderly, of which 30 institutionalized elderly and 30 non-institutionalized elderly. The collection and recording of data will be made from the application of the following instruments: (1) Mini-Mental State Examination (MMSE) 2) Beck Depression Inventory 3) An instrument for assessment of general state of health 4) Medical records of subjects. This study will be performed from epidemiological method, with quantitative and qualitative approach. Key Words: Human aging; Cognitive Decline; Memory; Depression;

Psychiatry Related Journals

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- Journal of Child and Adolescent Behaviour

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