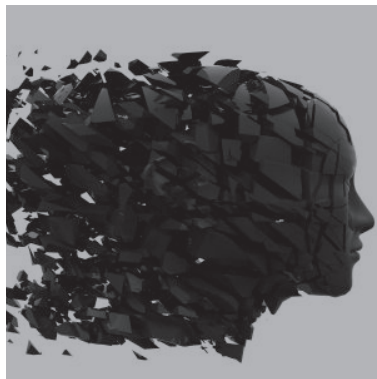
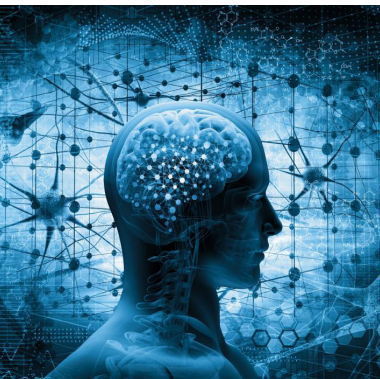
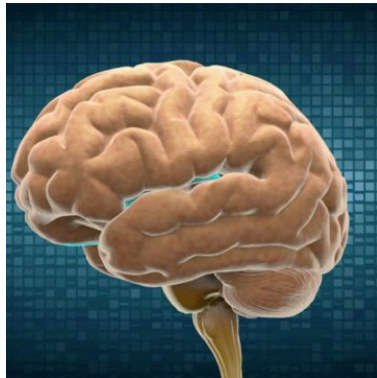


E-Poster

Brain Disorders 2018 & Mental Health 2018



Joint Event
5th International Conference on
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Adopting a community based participatory research approach to explore citizenship in mental health within the Scottish context

Nicola Cogan and Gillian MacIntyre
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Citizenship is a concept often understood in terms of the duties, rights, obligations and functions a person has as a member of society. In mental health policy and practice, however, the term has broader reach. People with lived experience of mental health problems (MHPs), an often marginalised and excluded population, face obstacles to gaining the full range of opportunities that are typically available to the population in general. Citizenship, as a framework for supporting the social inclusion and participation in society of people with experience of MHPs, is receiving increased attention internationally in academia, policy and health and social care practice. Community Based Participatory Research (CBPR) principles were used to develop a conceptual framework of citizenship for people experiencing MHPs and/or other life disrupting events in Scotland. The use of CBPR replicated an approach adopted as part of an international collaboration in understanding citizenship across diverse social and cultural contexts. CBPR comprises of a range of approaches and techniques which aim to transfer the 'power' from the researcher to the participants. Participants have control over the research agenda, its process

and actions. Most importantly, peers researchers are involved in all stages of the research process including collecting data and analysing and reflecting on the data generated in order to obtain the findings and draw conclusions from the research. Reflecting on adopting a CBPR approach, it is argued that it encourages the development of a model of citizenship that is entirely grounded in the perspectives and lived experiences of people experiencing MHPs. The need for adequate resources, preparatory work, training, research management and reflexive practice are key to the success of a CBPR approach with peer researchers.

Speaker Biography

Nicola Cogan completed her PhD in psychology and social policy/social work (University of Glasgow) and went on to work in specialist mental health services for children and young people before completing a Professional Doctorate in Clinical Psychology (University of Edinburgh). She has over 15 years working at the front line of adult mental health services within NHS Scotland; most recently as a consultant clinical psychologist/clinical lead for a specialist veteran service. She recently joined the University of Strathclyde as a Lecturer in Psychological Sciences in Health.

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Telomerase activators improve motor function and protein degradation in a mouse model of Parkinson's disease (PD)

Gabriele Saretzki and Tengfei Wan

The Ageing Biology Centre, Institute for Cell and Molecular Biosciences, UK

While telomerase maintains telomeres in dividing cells, its protein component TERT (Telomerase reverse transcriptase) has various non-canonical functions such as localisation to mitochondria resulting in decreased oxidative stress, apoptosis and DNA damage. TERT protein persist in adult neurons while telomerase activity is downregulated early during development (Ishaq et al., 2016). We recently demonstrated increased mitochondrial TERT protein in hippocampal neurons from Alzheimer's disease brains and mutual exclusion of pathological tau and TERT. Transduction of mutated tau into cultivated neurons confirmed that TERT decreases mitochondrial oxidative stress and lipid oxidation (Spilsbury et al., 2015). Mitochondrial dysfunction is also involved in the development of other neurodegenerative diseases such as PD.

Oral treatment of PD model mice overexpressing human wild-type alpha-synuclein (line D, Masliah et al., 2000) with 2 telomerase activators resulted in increased TERT expression in brain and amelioration of PD symptoms by significantly improving balance, gait and motor function as well as mitochondrial function.

Analysing levels of total, phosphorylated and aggregated alpha

synuclein we found a substantial decrease of all these protein forms in the hippocampus and neocortex suggesting a better protein degradation after telomerase activator treatment. Interaction of TERT with proteasomal and autophagy pathways has been described recently (Im et al., 2016, Ali et al., 2016). Accordingly, we found in our preliminary data a decrease in poly-ubiquitinated proteins and the autophagy receptor p62 and analyse the involvement of these degradation pathways currently.

Thus, our results suggest that telomerase activators might form novel treatment options for better degradation of toxic proteins in neurodegenerative diseases such as PD and AD.

Speaker Biography

Gabriele has completed her PhD 1990 at Humboldt University Berlin and performed most of her postdoctoral studies at the Institute for Ageing and Health in Newcastle upon Tyne (UK) where she is a lecturer in Ageing Research since 2002. Her main interests are telomeres, telomerase, senescence, ageing, oxidative stress and mitochondria. She has pioneered work on non-canonical functions of the telomerase protein TERT shifting her focus recently to brain ageing and neurodegenerative diseases. She has published more than 84 papers in peer-reviewed journals and is an editorial board member of BMC Biology, PloS One and Oxidative Medicine and longevity.

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The Importance of Art and how it reduces Alzheimer and increases Giftedness

Nydia J Gutierrez

Wittenberg College and Seminary, USA

Profound research in neuroscience, consciousness, human intelligence, and creativity. I created methods and methodologies on mind mapping, visual neuroscience, and visual computational modeling. The interaction of human abstraction and perception. The functional areas of human intelligence, and the cortical lobes to human thinking and visual technology. Massachusetts Institute of Technology Art, Culture, and Technology is by far my greatest outstanding accomplishment. Designing methods, models, and methodologies that resemble the interaction of interactive media and animated graphics.


The study of the human brain presents alternatives that study the human mind, neurobiological components, and

giftedness in human intelligence. Giftedness defines human creativity, memory, and human intelligence. Art theory is one of those variables that create positive modulation and thinking. This creates an increase in the areas of the neo-cortex and the prefrontal cortex. The area of the neo-cortex functions with a high alertness mechanism that increases giftedness intelligence and creativity.

Speaker Biography

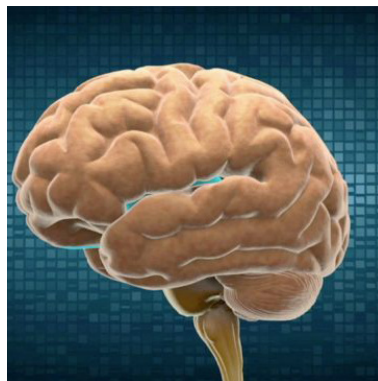
Nydia J Gutierrez completed her Ph.D. in Neuroscience and Cognitive Psychology and a Joint Degree with Massachusetts Institute of Technology Art, Culture, and Technology and Full Sail University. She has several research articles published in international journals.

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 *Notes:*

Accepted Abstracts

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Making a Hard Choice: Career Decisions in Women After Marriage

Alisha Diane Powell
Walden University, USA

Work-life balance (WLB) has been a topic of growing discussion and research as the number of women in the workplace has increased significantly. Women can experience high levels of stress and anxiety related to balancing the demands of work and home. Researchers have demonstrated that women who work full time outside of the home have the unique challenge of fulfilling work obligations while taking care of household responsibilities. Work-life balance (WLB) has been a topic of discussion and research as the numbers of women in the workplace have increased significantly in the United States. The purpose of this qualitative phenomenological study was to better understand the experiences of married women who decide to continue to pursue their career aspirations after marriage and how they manage the demands of both

work and family. The theoretical framework was work life border theory. Participants consisted of married women (11) who worked full time outside of their home. Data from interviews consisted of open-ended questions was analyzed for common themes. Findings reinforce the importance of a supportive spouse and having flexible work schedule. Using study findings, mental health providers and the general public can become more competent in their knowledge of the specific challenges facing women. Increased knowledge may lead to mental health providers becoming more competent in understanding the unique struggles of women in the workplace. Employers may be better able to meet the needs of their female employees, which may help to promote better emotional health and an improved quality of life.

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Maintain & Promote Lifelong Brain Health

Jennie Ann Freiman
Oobroo Inc, USA

The SEEDS Plan is for you if you're tired of stock answers and worn explanations for the inevitability and hopelessness of mental decline. Alzheimer's disease and other forms of cognitive impairment are preventable, and in the early stages, reversible, and those facts are based on overwhelming scientific evidence.


The SEEDS Plan is the most current, comprehensive resource of everything worth knowing about Alzheimer's prevention and early stage reversal that's known right now. It organizes the five essential, modifiable pillars of lifelong brain health into a practical lifestyle program that can be personalized to your preferences, needs and habits. Own your future by adapting

the plan in a way that works best for you.

Alzheimer's roots are set decades before the disease becomes apparent, so it's never too early to protect brain health. Different forms of cognitive impairment (brain fog, chemo brain, fibro fog, etc.) also benefit from this program because they share similar brain pathology with Alzheimer's and other dementias. For those with a healthy mind, SEEDS can help keep the brain robust and optimize its function.

It is possible to defy the odds. Get busy with The SEEDS Plan and claim your healthy brain.

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Priority Health Challenge: Closing the gap on mental health disparities in Haiti

Berthilde Dufrene

Mental Health - Correction Based Operations, USA

The essential foci in global mental health are to reduce the overall burden of illness and to reduce -- ultimately eliminate mental health inequities within and between countries. Haiti remains one of the poorest countries in the world per the 2017 World Bank data for Haiti. There is research evidence suggesting that poverty is associated with the prevalence of mental illness, especially when low level of education, poor housing and low income levels are combined (Lund, et al., 2010; Paten, 2007). Haiti is also a nation with a chronic history of trauma,

political unrest, community violence, abuse, countless natural disasters and other man-made tragedies and suffering. The 2010 Earthquake had brought some of Haiti's mental health issues to the forefront; however, the debate has since taken the backseat that it once occupied. Recent research suggests that poverty is a form of trauma itself. This presentation aims to discuss the mental health diagnosis of post-traumatic stress disorder (PTSD) associated with the poverty and trauma in Haiti.

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Concept mapping in context as a means of understanding how people with lived experience of mental health problems make sense of citizenship

Gillian MacIntyre and Nicola Cogan

University of Strathclyde, UK

People with lived experience of mental health problems (MHPs) are often marginalised and have difficulty achieving community inclusion. Citizenship provides a means of understanding what is necessary for marginalised individuals and groups to gain a sense of belonging within their communities. Developing a model of citizenship provides a basis for understanding the components of community integration and social inclusion that are often underdeveloped for people who experience MHPs. Concept mapping was used to produce visual representations and maps of ideas of how people with lived experience of MHPs made sense of the concept of citizenship within the Scottish context. A mixed methods participatory methodology was adopted, consisting of the following steps: (1) preparation (including recruiting peer researchers and identifying key stakeholder groups), (2) generating statement items through focus groups ($n = 77$) with key stakeholder groups, (3) structuring through participants sorting and rating statement items, (4) visual representation of statement items through computation of concept maps, using multidimensional

scaling and cluster analysis, (5) interpreting conceptual maps of citizenship, and (6) utilisation of a conceptual model. Reflecting on adopting a concept mapping approach, it encourages the expression of the conceptualisation of citizenship to be entirely grounded in the language of the participants; and yields a graphic outcome which displays all major domains of citizenship and their inter-relationships. It entails cognitive processes that involve decision-making about the relationship between fairly abstract concepts and an ability to sort and make connections between these. Consideration as to how this method could be adapted to incorporate other forms of media such as art and photography, when working with participants with, for example, developmental and/or cognitive challenges, is an exciting area that warrants further investigation. It is essential that the conceptual model of citizenship is contextualised through drawing upon the personal accounts and experiences of participants within their given communities.

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The Dyslexic Operating System: A story of Resiliency and Macs and Windows

Iliana Titone
Dyslexilli, USA

Imagine living in a world where you're constantly being told that you're wrong, that you're too slow, that you'll never understand. It's a world where the rules of the game to win are rigged against your favour, but no one seems to notice that you've been set up for failure before the game even started. You know that you're just as capable as the other players of the game, but the rules always seem to favour them while you keep falling behind. This world is a reality for the more than one in ten people who cope with dyslexia every day. Growing up with dyslexia, you are branded as "DISABLED" from the moment you are tested as if to make sure that everyone knows there is something wrong with you. To cope, you develop mechanisms to preserve your quality of life and protect your spirit and heart. Some withdraw and just try to

fly under the radar. Others become the class clown because it's better to be sent to the office than to have to read out loud or go to the blackboard to do a math problem. Most get bullied because you get sent to the class with the slow kids. What if instead of testing children on some sort of pass/fail scale, we started testing children to understand their unique strengths instead of highlighting their weaknesses? What if we taught children to recognize how each of their brains works differently than one another and to leverage those differences as unique strengths? This discussion will use an anecdotal approach to explore these questions and more to discover how we can all change our perspectives to enable children everywhere to win at a losing game.

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Positive Aging: Effectiveness of an Intervention with the Elderly


Jorge M Silva

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During the last decades, there has been an increase in positive psychological intervention in the elderly. However, there is some lack of clarity in the appropriation of psychological techniques to older adults. Empirical evidence claims the need to further the study of positive psychological intervention to examine its effect on older people. In this sense, the present study aims to evaluate the effectiveness of a program of psychological intervention for institutionalized elderly people. The program contains 16 group sessions, divided into three modules, and covers five variables of positive psychology: subjective happiness, psychological well-being, satisfaction with life, quality of life,

and positive and negative effects. The sample consisted of 23 individuals aged between 61 and 93 years ($M = 80.70$, $DP = 7.70$). A quasi-experimental study methodology of the pre- and post-test type with a control group was adopted to evaluate the impact of the intervention program "Positive Aging". The intervention had positive effects in the intervention group regarding the variables quality of life, psychological well-being, and satisfaction with life. The findings are confronted with prior research, and limitations and suggestions for future studies are presented.

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Chronic schizophrenia: A child's perspective and impact on the key senses

Kully Bath

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Statement of the Problem: Children who have grown up around parents with severe Mental Health conditions such as Schizophrenia are at serious risk of long-term emotional pathology, sensory overload and sensory lockdown. Impact on the key senses include cognition and processing, deregulation of body temperature, temporary loss of speech and expression, memory, eyesight and hearing. The purpose of this talk is to elicit and create awareness on the impact and experiences of Children of Schizophrenic parents, the aetiology and Mental Health which manifests through to adulthood. Researchers have reported adult Schizophrenia has various risk factors such as stress for children. There are long-term effects throughout

life. The mental health needs of children and adolescents are neglected. Action is imperative to reduce mental health problems in future generations and allow the full development of vulnerable children to prosper and reach their full potential. Conclusion and Significance: Children with parents who suffer with Schizophrenia are vulnerable to poor Mental Health, trauma and can have a negative impact on development and the key senses. Recommendations are provided on how to identify the psychological symptoms of Children's Mental Health and methods for early intervention to unlock the traumas and reduce sensory impact.

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Tramadol Psychiatric and Cognitive impacts

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An increasingly alarming phenomenon of tramadol drug abuse has been demonstrated in the Egyptian community. The alleged usages of tramadol had also contributed greatly to its popularity and massive use especially among Egyptian youth as a remedy for premature ejaculatory function and for extended orgasm and increase sexual pleasure as promoted through many online drug stores and media.

Tramadol acts as a μ -opioid receptor agonist, serotonin releasing agent. The overall analgesic profile of tramadol supports use in the treatment of intermediate pain, especially chronic pain. It is slightly less effective for acute pain than hydrocodone, but

more effective than codeine. It has a dosage ceiling similar to codeine, a risk of seizures when overdosed, and a relatively long half-life making its potential for misuse relatively low amongst intermediate strength analgesics.

This study was carried on 200 patients who presented to the outpatient clinic in Al Azhar University Hospital in New Damietta and addiction centers in Dakahlia and Damietta Governates, with 30 control subjects to compare the prevalence of psychiatric disorders in both groups.

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Neuro Regulation and Mental Health

Graham Ewing

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The diagnosis and treatment of mental health conditions is a significant problem for the GP. Such conditions are considered to be associated with altered brain structure, function and associated chemistries; hence the use of psychotropic medications to alter a person's mental state; yet mental health problems are often accompanied by pathological onset in the visceral organs; therefore a precise understanding of how this biodynamic mechanism functions has immense significance as a diagnostic and therapeutic modality.

The author will speak about 'neuroregulation', in particular the neuroregulation of the autonomic nervous system and physiological systems, and illustrate that the primary function of the brain is to regulate the stable and coherent function of the autonomic nervous system and physiological

systems; but, also, that emergent visceral pathologies (of both genetic and phenotypic nature) influence brain function, neuroplasticity, and the normal regulated parameters e.g. blood pressure, blood glucose, temperature, pH, pO₂, sleep, etc.

To screen for the range of complex correlates using contemporary biomedical indices, and then to treat the patient, is a time-consuming and expensive problem for the medical profession however there is one technology, the first to be based upon a precise and sophisticated mathematical model of how the brain regulates the autonomic nervous system and physiological systems (Strannik), which is able to do so effectively and at much lower cost than any current technology(s).

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