



AGRINIO, APRIL 2, 2011

**BRAIN AWARENESS ACTIVITIES OF THE HELLENIC SOCIETY  
FOR NEUROSCIENCES**

**TITLE**

**Addiction: A disease of the brain**

**Program**

1. **Title of the talk:** "Addiction to Drugs: a Brain disease"  
**Speaker:** Papadopoulou-Daifoti Zeta, Professor, Laboratory of Experimental Pharmacology, Medical School of the University of Athens, Athens
2. **Title of the talk:** "The psychopathology of the addiction to drugs"  
**Speaker:** Ioannis Liapas, Professor, Division of Social Medicine-Psychiatry and Neurology/Psychiatric Clinic, Medical School of the University of Athens
3. **Title of the talk:** "Prevention: Protective and risk factors"  
**Speaker:** Areti Bazaka, Psychologist, Scientific Director of the center for prevention "Odysseas"

This activity took place at the city of Agrinion on Saturday April2, 2011. It was co-organized by the Hellenic Society for Neurosciences, the Center for preventive medicine and the discipline of Health in Education of the prefecture of Etoloakarnania.

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HELLENIC SOCIETY FOR NEUROSCIENCE**

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**RETHYMNO 14<sup>TH</sup> MARCH 2011**

**EVENT FOR THE INTRODUCTION OF THE PUBLIC IN  
NEUROSCIENCE RELATED TOPICS**

**TITLE:  
BRAIN AND MENTAL HEALTH: FACTS AND FACETS**

**PROGRAMME:**

**1. Stella Giakoumaki**, Assistant Professor of Clinical Neuropsychology,  
Department of Psychology, University of Crete.

**Title:** «Brain and mental health: an update»

**2. George Panagis**, Associate Professor of Biopsychology Department of  
Psychology, University of Crete.

**Title:** «The effect of addictive drugs in the brain»

**3. Eva-Maria Tsapakis**, Psychiatrist, Head of the «Agios Charambos» mental  
health centre.

**Title:** «Suicide and psychiatric disease»

**4. Panos Bitsios**, Assistant Professor of Psychiatry, Faculty of Medicine,  
University of Crete.

**Title:** «Review on the aetiology of schizophrenia»

The event took place on Monday 14/03/11 at the «Home of Civilisation» under the auspices of the municipality of Rethymnon and the Hellenic Society for Neuroscience. The introductory speech was made by Andreas Kastellakis, Head of the Department of Psychology and Mrs Maria Kavalou, Director of Public Health and Social Services of the region of Crete. The aim of the event was to inform the public about the relationship between mental health and the

brain, to present newer findings on the prevention and aetiology of complex disorders such as schizophrenia and to answer questions about major social issues that are connected to brain function, such as drug abuse, addiction and suicide.

**Stella Giakoumaki** referred to the DANA Foundation, the initiative and the importance of the Brain Awareness Week. She presented briefly the basic principles of organisation and function of the brain and reviewed the historical background of the research on brain and psychiatric disorders.

**George Panagis** referred to the progress made in the recent years on the understanding of the neural substrate of addiction by psychoactive drugs. He highlighted the neuroanatomical and neurochemical background of addictive drugs as well as the changes that take place in the brain of chronic drug users. He also presented the consequences of these changes in the continuation of addictive behaviours and in the frequent relapses observed after drug abuse discontinuation. Special emphasis was placed on the fact that nowadays addiction is considered to be a chronic brain disease.

**Eva-Maria Tsapakis** referred to suicide, a complicated and multi-faceted phenomenon. She presented the sociodemographic, genetic and environmental factors along with the mental and physical disorders more often connected with suicide. Finally, she highlighted the role of brain neuroanatomical and neurochemical processes in suicidal behaviour.

**Panos Bitsios** reviewed schizophrenia-related processes in the brain, its symptomatology, genetic and environmental aetiological factors and the involvement of brain areas and neurotransmitters in the manifestation of the disorder. He emphasised the fact that schizophrenia is a neurodevelopmental disorder, and although its onset is most often associated with puberty, it can affect brain function as early as foetal life.

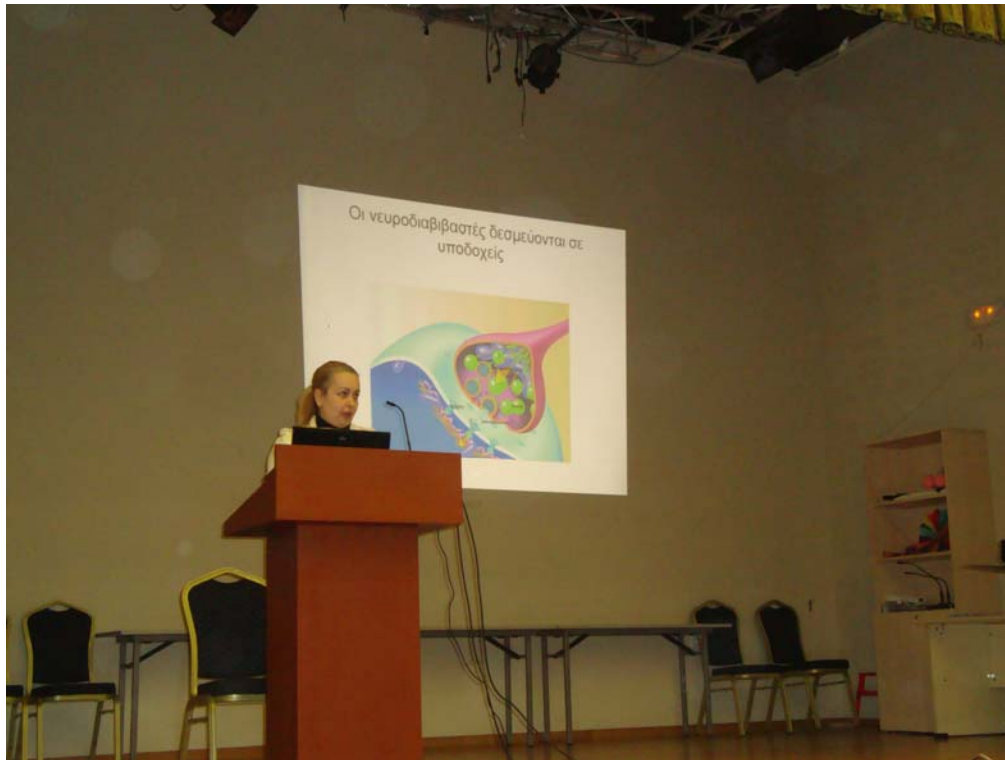


**Photo 1:** Andreas Kastellakis, Head of the Department of Psychology, University of Crete

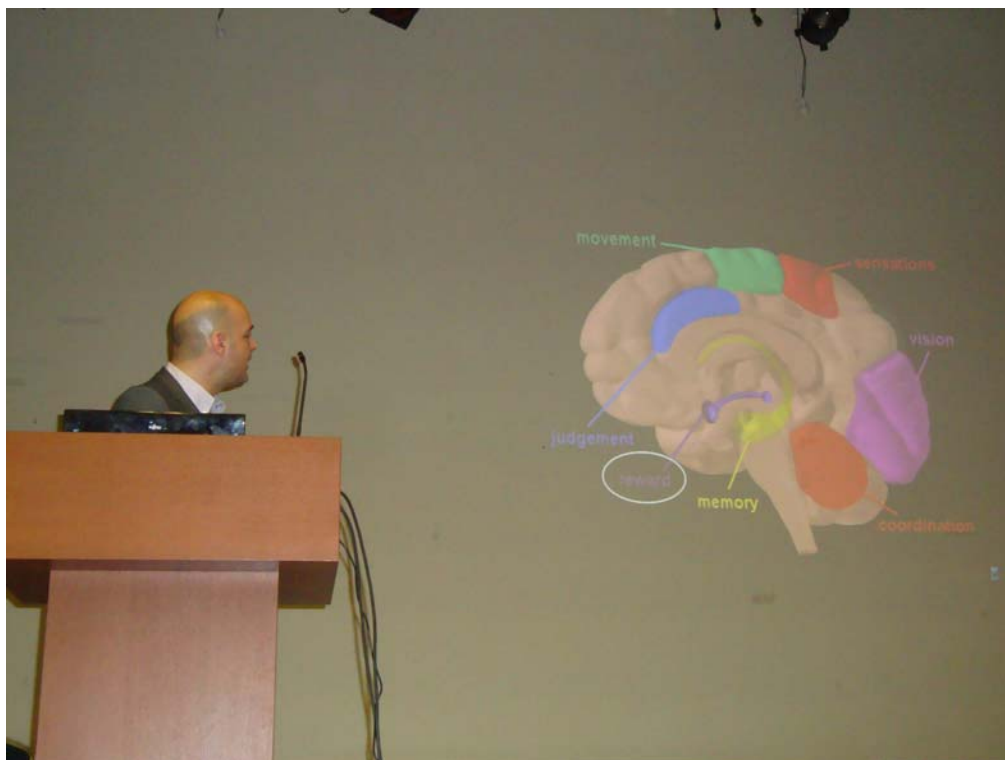


**Photo 2:** Maria Kavalou, Director of Public Health and Social Services of the Region of Crete





**Photo 3:** Stella Giakoumaki, Assistant Professor of Clinical Neuropsychology, Department of Psychology, University of Crete



**Photo 4:** George Panagis, Associate Professor of Biopsychology, Department of Psychology, University of Crete



**Photo 5:** Eva-Maria Tsapakis, Psychiatrist, Head of the «Agios Charambos» mental health centre.



**Φωτογραφία 6:** Panos Bitsios, Assistant Professor of Psychiatry, Faculty of Medicine, University of Crete



**Photo 7:** Photo of the audience





ΝΑΦΠΑΚΤΟΣ FEBRUARY 26, 2011

**BRAIN AWARENESS ACTIVITIES OF THE HELLENIC SOCIETY  
FOR NEUROSCIENCES**

**A. Physical and Psychological pain, February 26, 2011  
Program**

- Title of the talk:** «Physical pain: Consequences and treatment»  
**Speaker:** Klimentini Karageorgiou, Neurologist-Psychiatrist, Director of the neurological department of the General Hospital of Athens "G. Genimatas".
- Title of the talk:** «Psychological pain»  
**Speaker:** Ilia Theotoka, Clinical psychologist-psychotherapist, Psychiatric Clinic of the University of Athens, Eginition Hospital
- Title of the presentation:** «Social rejection causes physical pain»  
**Presenters:** Pupils of the high school of the city of Antirrion.
- Title of the presentation:** «Physical pain: the effect of love»  
**Presenters:** Pupils of the 3rd high school of the city of Nafpaktos.

The activity was supported by the **Bodossaki foundation** and took place at the Papaharalambaios hall of the city of Nafpaktos on Saturday 26 of February 2011 at 18:00. It was co-organized by the Hellenic Society for Neurosciences, the municipality of Nafpaktias, the High School of the city Antirrion (Director: Helen Harakida) and the 3rd High School of the city of Nafpaktos (Director: Petros Pitsiakas).

Dr Karageorgiou made a presentation on "physical pain. Consequences and treatment ". She said that pain is a protective sensation caused when the body tissues are damaged or are subject to a stressful situation that may cause harm. The pain is not just a sense of high intensity but a complex situation created by the stimulation of specific receptors by painful stimuli and the involvement of specific nerves responsible for the transformation, transport and perception of pain. The most common distinction of pain is neuropathic, musculoskeletal and visceral.





Neuropathic pain is due to direct damage to nerve fibers. The membrane of the nerve is unstable and is repetitively depolarized. Because of this there are repetitive action potentials in nerve. Although the whole nerve is affected, it is understood only in the part of the body innervated by this nerve. The nature of neuropathic pain is like draining power, burning, pressure and treated with anticonvulsants and/or antidepressants.

The Musculoskeletal pain is due to inflammation and dilatation of muscle fibers and surrounding tissues. Injury of bone creates disruption of specific proprioceptive receptors located in joints resulting in pain. Usually the pain is constant and strengthens with the movements or an increase in the weight on the bones.

Visceral pain may be due to a tumor, ischemia, confinement or inflammation of internal organs. To relieve from the pain is necessary to remove the damage altogether if possible. Pressure of the nerves by osteophytes is cured by removing the pressure. If the pain is due to a tumor that has infiltrated the nerves, medications can not be helpful and chemotherapy should be considered.

Concluding she indicated that the pain is the precursor of a disorder that maybe developing in the body and therefore require immediate medical attention.

Dr Ilia Theotoka made a presentation on "Psychological Pain". She initially presented the characteristics of puberty (appearance of sex characteristics, sense of individual and group identity, etc.), the particularities, as well as the psychological symptoms that occur when there are stressful situations that are often not recognized (addiction and alcohol abuse, anxiety disorders, delinquency, depression, eating disorders). She stressed that the fact that are not recognized needs attention, because in fact the characteristics of the psychological pain overlap with those of puberty and teens often hide their symptoms from their parents. Presented and examples of children who, in one way or another, have experienced a psychological pain in the form of a rejection, disappointment or failure.

Then she spoke about the psychotherapeutic treatment of psychological pain that may be experiencing a teenager, and how the parents to approach the teen, to understand him and maintain bridges with him and good interpersonal contact. Within this objective, it is important to



establish a relationship of trust and comradeship, to adjust to the vocabulary of the teen, to become an active listener, to avoid intrusion behavior, to avoid to exercise constant criticism. It is also very important to maintain contact and availability of parents, which nowadays is not obvious. Finally, she stated that parents should not hesitate to seek professional help. To go to a psychologist is not a shame for anyone not a sign of weakness and severe psychological disorder, but rather, an indication of power, responsibility and awareness of certain issues that need immediate resolution, improve relationships and quality of life of the family.

The pupils of the high school of Antirrion under a Health Education program investigated how social exclusion and bullying in the school environment can cause psychological pain and how that is connected to physical pain. This was done with the cooperation of the Hellenic Society for Neuroscience and the University of Patras. Fifteen students of all the classes worked for the program.

So they created a video with the confessions of students concerning the racist attacks they have experienced and the pain they have suffered because of them. Those confessions were presented in the form of diary excerpts. The scenes presented on the video depicted racist and bullying phenomena in schools. The goal was to evoke emotion.

Then, they investigated through bibliography the connection between emotional and physical pain. The goal here was knowledge.

The students who were supposed to have caused the pain, became aware of the harm they have done through knowledge and decided to change their attitudes and apologize with a song. And this is how "The Song of Apology" came up. Its goal is to present the process for achieving a change of attitude and the redemption that comes with an apology. The students who participated: Kakkos Thodoris, Alexiou Marianna, Kalavrouzioti Theodora, Alexopoulou Chrisa, Kalavrouzioti Lamprini, Anastasopoulou Katerina, Kandilis Konstantinos, Nasopoulou Savvina, Melikoki Konstantina, Dimopoulou Panagiota, Papadopoulos Christos, Shina Chara, Shinas Ioannis, Frantzolas Christos, Chrisanthopoulou Irene. In charge of the program were : Harakida Helen, Biology Teacher and Headmistress of Antirrion Secondary School and Milona Aspasia, Technology Teacher.



The pupils third high school of the city of Nafpaktos approached the issue of pain and the effects of love on the sense of pain through songs, poetry and movement, demonstrating their redemptive power, since "it is very sweet to love you and say it to you". There is no man that experiences loss, defeat or difficult situations and not to be hurt. The pain is in human nature. However, for every soul, there is a redemptive path of salvation. For some the pain is relieved by a song, which brings out the depth of the soul. Of a soul that felt the loneliness of diversity, the rejection, the feeling that is unwanted and alone.

The third High School of the city of Nafpaktos chose to tackle the issue of pain and the effects of love and love through music and reason in order to demonstrate their liberating power. Why: "It is very sweet to love you and you say it." To achieve this goal the following songs and poems were selected that focus on the pain experienced by the man because of love to show that this is the redemptive path of salvation:

Song: "Argosvineis moni" Vassilis Tsitsanis

Song: "Kane to dakry sou hara" Gatsos-Hatzidakis

Poem: "Giati me agapises" Mary Polydouri

Song: "Osa I agapi oneireyetai" of Alkinoos Ioannidis

Poem: "Ston Eroti" of Galatia Kazantzakis

Song: "Matia mou megala" of Papadopoulos-Zabeta

The event was opened by the Secretary of the Greek Society of Neuroscience, Associate Professor of the Department of Biology at the University of Athens, Mr. Spiros Efthimiopoulos. Greetings to the event were given by Metropolitan of Nafpaktos Mr. Ierotheos, the Mayor of Nafpaktos Mr. John Bules, the Director of the third high school of Nafpaktos Mr. Petros Pitsiakkas and the Director of the high School of Antirion Mrs. Helen Charakida.





**Picture 1.** The secretary of the Hellenic Society for Neurosciences and Associate Professor of Neurobiology Mr. S. Efthimiopoulos.



**Picture 2.** The Mayor of the city of Nafpaktias Mr. I. Boules.





**Picture 3.** Mitropolitias Nafpaktias Mr. Ierotheos.



**Picture 4.** The Vice-Mayor of Nafpaktia Mrs. Ziambara.



**Picture 5.** The director of the high school of Antirrhion Mrs. E. Harakida.



**Picture 6.** The director of the 3rd high school of Nafpaktou Mr. P. Pitsiakas.





**Picture 7.** Klimentini Karageorgiou, Neurologist-Psychiatrist, Director of the neurological department of the General Hospital of Athens “G. Genimatas”



**Picture 8.** Ilia Theotoka, Clinical psychologist-psychotherapist,  
Psychiatric Clinic of the University of Athens, Eginition Hospital





**Picture 9.** «The song of apology» by pupils of the high school of Antirrhion.





**Picture 10.** The pupils of the 3rd high school of Nafpaktos sing about love.



**Picture 11.** The pupils of the 3rd high school of Nafpaktos sing about love.





**Picture 12.** A pupil of the 3rd high school of Nafpaktos reads about love.



**Picture 13.** The pupils of the 3rd high school of Nafpaktos dance love songs.



**Picture 14.** View from the audience





**PATRA JANUARY-MARCH, 2011**  
**BRAIN AWARENESS ACTIVITIES OF THE HELLENIC**  
**SOCIETY FOR NEUROSCIENCES**

**«Brain routes» 13 March 2011**

The main event took place at the Cultural and Conference Centre of the University of Patras on March, the 13th, 2011.

(Coordinator: M. Margarity)

**• January, 2011: «Brain: structure & function ».**

Dr. M. Margarity, Assistant Professor of the Department of Biology, University of Patras, visited the 14o High-School of Patras where she gave a lecture to the pupils of the 3rd grade regarding structure and function of the human brain. The post-graduate student, D. Augoustatos performed a demonstration of mice' behaviour, using the Elevated plus maze test apparatus.

The pupils will be joining the School Conference presenting aspects of brain's function, entitled: «When Greek music meets with the human brain».

**• February, 2011: «Brain & Sleep»**

Dr. M. Margarity, visited the 11th General Lyceum of Patras where she gave a lecture regarding "Sleep & Dreams". The pupils will be joining the School Conference presenting aspects of brain function entitled: «Brain and sleep».

**• March, 2011: «Brain & Drugs of Abuse»**

The pupils of the 3rd grade of the Experimental High-school of the University of Patras, accompanied by their teacher Dr. A. Gariou, visited the Laboratory of Human and Animal Physiology, of the Department of Biology, at the University of Patras. The meeting was organized by Dr M. Margarity and her post-graduate student, C. Vasilopoulou. A power point presentation was performed, on the basics of brain function, accompanied by an exhibition of mice behaviour (elevated plus maze test and thigmotaxis test).

The pupils will be joining the School Conference presenting aspects of brain function entitled: «Brain, Drugs of Abuse and S.A...».





**PATRA, March 13th, 2011**  
**BRAIN AWARENESS ACTIVITY OF THE HELLENIC**  
**SOCIETY FOR NEUROSCIENCES**

**TITLE: “Brain routes”**

**PROGRAM:**

11:00 **Event Opening:** Marigoula Margarity, Assistant Professor, Dept. Biology, University of Patras and member of the Hellenic Society for Neurosciences.

11:00-11:30 **Welcome Remarks**

**Chair:** Helen Harakida: High-school of Antirrhion, Sofia Vagena: High-school of Vrahneika, Petros Pitsiakkas: High-school of Nafpaktos, Anna Bellou: 14th High-school of Patras, Loukas Anagnostopoulos: Experimental High-school of the University of Patras, Maria Sklhrh: 11th General Lyceum of Patras.

**11:30-11:50** **«Social isolation at School/Performing act»**  
High-school of Antirrhion (Director: Helen Harakida)  
Co-teachers: H. Harakida & Mylona Asp.

**11:50-12:10** **«Brain, Drugs of Abuse and S.A.../ Oral presentation, ppt»**  
Experimental High-school of the University of Patras» (Director:  
L. Anagnostopoulos). Co-teachers: Ag. Gariou & N. Xanthopoulos

**12:10-12:30** **Break**

**12:30-12:50** **«When Greek music meets with the brain/Musical Act ».**  
14th High-school of Patras (Director: G. Botsakis).  
Co-teachers: A. Karali, P. Linardatos. and A. Bellou.

**12:50-13:10** **«@rtbrain: figures/art constructions»**  
High-school of Vrahneika (Director: V. Dimitrellos)  
Co-teacher: S. Vagena

**13:10-13:30** **«Brain and sleep/ Oral presentation, ppt»**  
11th General Lyceum of Patras (Director:G. Koutsodhmas ).  
Co-teachers: Skliri M., Kallignomos K., Xatziantoniou P., and  
Apostolopoulos K.

**13:30-13:50** **«Somatic/Physical pain: The effect of love/songs, poems,**





**movement»** (Director: P. Pitsiakkas). Co-teachers: Dalla A.,  
Politou P., Platanioti I., Karakostas K. & Zia M.

**Closing. M. Margarity**

## **RECEPTION**

Commemorative photographs and distribution of commemorative materials.

The current event was also marked by the attendance of Maier's representatives, the Vice- Rector of the University of Patras, Dr. A. Rousou, the former Vice-Rector Dr. B. Anastasopoulos, Representatives of the 1st and 2nd Grade Education (Kroupi E., Principle of Education in Periphery of West Greece, Pierri E., Principle of 2nd Grade Education in Achaia, Phillipakis Th. EKFE, Bagiorgos A., elective PYSPE, various School Directors, teachers, parents etc).

This activity was co-organized by the Hellenic Society of Neuroscience and the University of Patras and was included in the activities of the University of Patras "The Schools go to the University".

The aforementioned event was supported by the associations of the parents and the company "Lux-Marlafekas". In the organization participated the postgraduate students of the Department of Biology D. Avgoustatos, C. Vasilopoulou and Z. Linardaki.

Sponsors: University of Patras, Hellenic Society for Neurosciences and Bodossaki Foundation, [www. Bodossaki.gr](http://www.bodossaki.gr)

## **«Social isolation and pain at school»**

Pupils initially created a video containing the testimonies of students who had experienced racist attacks and the pain they have suffered because of them. Their "confessions" were presented in the form of a diary. The scenes presented on the video depict racist and bullying phenomena in schools abroad. The goal was to evoke emotion.

Students were then performed a bibliographical search in order to retrieve the connection between emotional and physical pain. Their goal was to evoke to the students that have caused such pain to their peers, to become aware of the harm they have caused and decided to change their attitudes and apologize for their behaviour by writing a song. And this was how "The Song of Apology" came up. Its goal was to present the process of achieving a change of attitude and the redemption that comes with an apology

## **«Brain, Drugs of Abuse and S.A...»**

The aforementioned activity presented in a simple, understandable and scientific way the effect of various drugs of abuse on the brain. Initially, the students introduced to





the audience this amazing organ—the human brain-, the neurons, the neurotransmitters, as well as the Reward Centre. Then, they described the action of drugs of abuse -such as ecstasy, speed, cocaine, heroin, cannabis, alcohol, nicotine- to the brain. At the end, they sang a song written by “IMISKOUBRIA”, on the habit of smoking.

### **«When Greek music meets with the brain/ Musical performance»**

Students of the 14th High School of Patras sang and danced various songs that had the human brain as their main theme. In addition, they had also prepared posters inspired by the human brain.

### **«@rtbrain: figures/ art constructions»**

Students presented an installation that was comprised of two huge wooden figures. They tried to represent the instant stimulus that our brain may receive, its hidden memories, the knowledge we acquire throughout our life, the good and bad moments in our past, and they way they are organised by our brain...something like a well designed video game! By using big and small coloured boxes, students tried to represent how each emotion is perceived and stored by our brain! Students love towards the functions of the brain were depicted in their T-shirts, which had stamps of the human brain on them.

### **«Brain and sleep»**

Students described sleeping pattern as an active procedure during which we “loose” our consciousness with the environment. They referred to REM (Rapid Eye Movement), Non REM and into dreaming (that occur during REM) and which may be simply a reflection of the subconscious or a mechanism of memory reformation.

### **«Somatic/Physical pain: The effect of love/songs, poems & movement»**

The pupils third high school of the city of Nafapktos approached the issue of pain and the effects of love on the sense of pain through songs, poetry and movement, demonstrating their redemptive power, since "it is very sweet to love you and say it to you". There is no man that experiences loss, defeat or difficult situations and not to be



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## **Brain Awareness Week 2011**

### **Activity 1**

Anxiety and depression are the most common mental health disorders. Today anxious reactions are increasing since the human organism and specifically the sympathetic nervous system is constantly activated. This constant activation has as a result to lead the person to experience anxious symptoms such as lack of energy, feelings of tiredness, difficulty to take decisions, depressive mood and lack of hope. The constant 'over-load' of the sympathetic nervous system is dangerous for health because the organism cannot produce hormones, such as oxytocin and vasopressin, that are responsible for a strong immune system, improved memory and positive mood. In times of crises, anxiety and depression are increasing with negative consequences in personal and social well-being. However, we know that people can be 'trained' using psychological and behavioural techniques in order to decrease the influence of anxiety and depression that they experience.

During Brain Awareness week (14-20 March 2011) Dr Alexandra Pentaraki PhD, CPsychol, University of London, King's College London, (Clinical psychologist & Honorary Visiting Researcher of the Institute of Psychiatry, University of London, King's College London) will organize and give a talk on "Managing anxiety and depression in times of crises-Lessons from neuroscience & psychology".

The talk will take place at the Educational Institution of National Bank of Greece, Tsimiski 11, Thessaloniki on ... \*of March 2011 at .....am. The aim of the talk is to inform the general public about anxiety and depression, their symptoms as well as the ways of preventing and managing these disabling conditions. Special attention will be given on the management of anxiety and depression in times of crises. The talk is under the auspices of The Hellenic Society of Neuroscience and DANA Foundation.

\*Times will be confirmed

### **Activity 2**

During Brain Awareness Week 14-20 March 2011 a health fair will be organized in the private practice of Dr Alexandra Pentaraki PhD, CPsychol, University of London, King's College London, (Clinical psychologist & Honorary Visiting Researcher of the Institute of Psychiatry, University of London, King's College London) at Ermou 71, Thessaloniki. During the health fair the following activities will be offered:

- Free screening of anxiety, depression and cognitive abilities.
- Distribution of printed material that will inform about topics on neuroscience (e.g. the leaflets of the Hellenic Neuroscience Society, DANA foundation, leaflets for anxiety, depression, memory and attention disorders)
- Presentation of videos on neuroscience topics.

### **Activity 3**

Dr Pentaraki will write up an article about Brain Awareness Week and a topic on neuroscience (possibly about neurocognition in schizophrenia and depression).

## Δραστηριότητα 1

**Περίληψη:** Το άγχος και η κατάθλιψη αποτελούν τις πιο συχνές ψυχικές διαταραχές. Στη σημερινή εποχή οι αγχώδεις αντιδράσεις αυξάνονται αφού ο ανθρώπινος οργανισμός και συγκεκριμένα το συμπαθητικό νευρικό σύστημα καλείται να δραστηριοποιείται συνεχώς με αποτέλεσμα το άτομο να βιώνει αγχώδη συμπτώματα όπως έλλειψη ενέργειας, αίσθημα κούρασης, δυσκολία να πάρει αποφάσεις, καταθλιπτική διάθεση και έλλειψη ελπίδας για το μέλλον. Τα αποτελέσματα της ‘υπερ-φόρτισης’ του συμπαθητικού συστήματος είναι επικίνδυνα για την ανθρώπινη υγεία αφού ο οργανισμός δυσκολεύεται να παράγει ορμόνες, όπως την ωκυτοκίνη και την βαζοπρεσίνη, που ευθύνονται τόσο για την ενίσχυση του ανοσοποιητικού συστήματος όσο και για την καλή μνήμη και την καλή διάθεση. Σε περιόδους κρίσης τόσο το άγχος όσο και η κατάθλιψη αυξάνονται έχοντας αρνητικές επιπτώσεις τόσο στην υγεία του ατόμου που τα βιώνει, όσο και στο κοινωνικό ιστό. Παρόλα αυτά, σήμερα γνωρίζουμε ότι τα άτομα μπορούν να ‘εκπαιδευθούν’, ψυχολογικά και συμπεριφορικά, για να μειώσουν την επιρροή του άγχους και της κατάθλιψης που βιώνουν. Με αφορμή την “Εβδομάδα Ενημέρωσης για τον Εγκέφαλο” (14-20 Μαρτίου 2011) θα πραγματοποιηθεί στις ... \*Μαρτίου 2011 στις .... ομιλία με τίτλο **“Αντιμετωπίζοντας το άγχος και τη κατάθλιψη σε καιρούς κρίσης-Μαθήματα από τις νευροεπιστήμες & τη ψυχολογία”** στο χώρο του Μορφωτικού Ιδρύματος της Εθνικής Τράπεζας\*, Τσιμισκή 11, Θεσσαλονίκη, από την Δρ Αλεξάνδρα Πενταράκη PhD, CPsychol, Διδάκτωρ Ψυχολογικής Ιατρικής του Πανεπιστημίου του Λονδίνου, King’s College London-κλινική ψυχολόγος & Επισκέπτρια ερευνήτρια του Ινστιτούτου Ψυχιατρικής, King’s College London. Ο σκοπός της ομιλίας είναι η ευαισθητοποίηση του κοινού για το πώς δημιουργείται το άγχος και η κατάθλιψη, τα συμπτώματά τους, καθώς και τους τρόπους πρόσληψης και αντιμετώπισης τους. Θα δοθεί ιδιαίτερη έμφαση στην αντιμετώπιση αυτών των συμπτωμάτων σε καιρούς κρίσεων. Η ομιλία είναι υπό την αιγίδα της Ελληνικής Εταιρείας Νευροεπιστημών και τη DANA Foundation.

\*Περιμένουμε απάντηση από το Διοίκηση του Μορφωτικού Ιδρύματος της Εθνικής Τράπεζας

## Δραστηριότητα 2

Κατά τη διάρκεια της Εβδομάδας Ενημέρωσης για τον Εγκέφαλο, 14-20 Μαρτίου 2011 θα οργανωθεί ενημερωτική εκδήλωση και έκθεση στο γραφείο της Δρ Αλεξάνδρας Πενταράκης, PhD, CPsychol, Διδάκτωρ Ψυχολογικής Ιατρικής του Πανεπιστημίου του Λονδίνου, King’s College London-κλινική ψυχολόγος & Επισκέπτρια ερευνήτρια του Ινστιτούτου Ψυχιατρικής, King’s College London, Ερμού 71, Θεσσαλονίκη. Κατά τη διάρκεια της εκδήλωσης θα πραγματοποιηθούν τα εξής:

- Δωρεάν screening άγχους, κατάθλιψης και γνωστικών λειτουργιών.
- Διανομή έντυπου υλικού που θα ενημερώνει το κοινό για θέματα από τις νευροεπιστήμες (π.χ. μηχανισμοί άγχους, κατάθλιψης, πλαστικότητα του εγκεφάλου, μνήμη και διαταραχές προσοχής).
- Παρουσίαση βίντεο πάνω σε θέματα από τις νευροεπιστήμες.



### **Δραστηριότητα 3**

Η Δρ. Αλεξάνδρα Πενταράκη θα γράψει ένα άρθρο πάνω στις νευροεπιστήμες που θα παραπέμπει στην Εβδομάδα Ενημέρωσης για τον Εγκέφαλο (πιθανός θα αφορά τη νευρογνωστική λειτουργία στη σχιζοφρένεια και τη κατάθλιψη).