

Neuroscape News

January 2021

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Neuroscape is advancing the world of neuroscience and technology every day. Stay current with this bimonthly update, and also follow us on [Facebook](#) and [Twitter](#) for the latest news.



A BRIEF NOTE:

Most of the Neuroscape team is back in action, and we are full steam ahead. We appreciate the support of the entire community throughout this past year. Now, more than ever, we need to advance technology to bridge gaps in mental and cognitive health. We are looking forward to an exciting year ahead! Happy New Year!

-Dr. Adam Gazzaley, Neuroscape Executive Director

NOW PLAYING:

Making Sense with Sam Harris

MAKING SENSE

SAM HARRIS



In a new episode of Making Sense with Sam Harris, Neuroscape Executive Director Adam Gazzaley discusses how our technology is changing us, including our limited ability to process information, our failures of multitasking, digital medicine, neuroplasticity, the future of brain-machine interface, and more.

[Listen Here](#)

STAFF SPOTLIGHT:

Learning and Adapting Every Day



Jacqueline Ayyoub will remember 2020 as a year of character building. In May, she was redeployed from Neuroscape to work with UCSF's PRIORITY team. A 1,300-participant study, PRIORITY looks at COVID-19-positive women who are pregnant or have recently given birth.

"It's such a fascinating project and wildly different from my home base in neurology," Ayyoub says. "It's been a wonderful experience, and now that I'm back with Neuroscape, I'm putting the skills I've learned at PRIORITY to use. The experience of coordinating such a large population fully remote is a valuable skill that I'm planning to use at Neuroscape, especially as we transition many of our in-lab studies to remote trials."

Ayyoub, who is a research associate at Neuroscape, is now working on coordinating the Multimodal Biosensing program, which will be launching at the beginning of 2021 and will include remote collection of data. The goal of the program is to understand the key physiological variables and markers that are useful for predicting participants' mental, physical, and emotional states during cognitive tasks.

STAFF SPOTLIGHT:

Adapting and Evolving Cognitive Research



For A.J. Simon, the COVID pandemic has solidified his passion for conducting and applying research that can help improve people's mental health and cognitive functioning. "Learning, discovery, knowing that we are doing work that has the potential to help people — I love that I can do all three of these things at the same time," he says.

Simon began working at Neuroscape as a volunteer six years ago and is now a research associate here. He initially started off coordinating studies, but, over time, has moved more toward an analytical role. He is now working on a new project synchronizing physiological signals collected from multiple different devices and analyzing the data in close to real time.

"The idea is to be able to create a pipeline that does this well enough to be able to be deployed in other future studies at a larger scale," Simon says. He is starting by collecting data on himself as a pilot. "I figured I could kill two birds with one stone and develop the pipeline while I collect data from myself for multiple days/weeks in a row and relate fluctuations in my physiological data to fluctuations in my subjective cognitive states. That way, we will get one step

closer to understanding what signals recorded from wearable sensors can tell us about how an individual is feeling and functioning.”

VOLUNTEER SPOTLIGHT



When Noe Abe set out to find an opportunity to further her passions in neuroscience and data science, she wasn't expecting to find a perfect match, let alone during a global pandemic. But now she is 2 months into her volunteering at Neuroscape and feeling grateful.

“I really felt like I struck gold when I found Neuroscape because it combines everything I'm passionate about,” Abe says. “It's got a big emphasis on technology and the arts, which I've always hoped could positively shape neuroscience and vice versa.”

Abe, an undergraduate student in cognitive science and data science at the University of California, Berkeley, has always been interested in understanding human behavior, especially in the context of user experience design and how people perceive certain stimuli. Her work at Neuroscape is already shaping her

thoughts on future pursuits — whether to continue to work in research, go to grad school, or pursue something new.

BRAIN NEWS ROUNDUP:

These news picks include articles with a focus on research from Neuroscape our Executive Director on improving digital well-being:

- [It's Time for a Digital Detox.\(You Know You Need It.\)](#)
- [The 50-Minute Rule Makes Virtual Meetings More Productive, According To Neuroscience](#)
- [ADHD Prescription: A New Gaming System Intervention](#)

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