Neuroscape News

January 2024

Neuroscape is advancing the world of neuroscience and technology every day. Stay current with this quarterly update, and also follow us on Facebook and Twitter for the latest news.

FROM THE ARCHIVES:

The Price of Distraction

This "Making Sense" podcast conversation between our Executive Director Adam Gazzaley and Sam Harris is evergreen, exploring the roots of our work at Neuroscape in understanding multitasking, anxiety and boredom, types of attention, neuroplasticity, and the technology that is transforming how we think about cognition.
OPPORTUNITY:

Participate: UCSF At-Home Research Study for Typically Developing Adolescents

Neuroscape is recruiting for a remote research study to help us understand attention in typically developing children and adolescents aged 12-17. Study activities can be completed in less than 1 hour, and participants will receive a $30 Amazon gift card after all study tasks are complete.

Children are eligible if they:
- Are aged 12-17 years old
- Have normal or corrected-to-normal vision and hearing
- Are fluent in English
- Do not have any diagnoses of neurodevelopmental or mental health conditions, or learning differences (for example: no diagnoses of ADHD, autism, anxiety, depression, or dyslexia)

If your child is interested, please read this flyer and contact the study coordinator using the email (or QR code) in the flyer.

We are also actively recruiting participants for several other exciting studies to advance understanding and improvement of cognition and mental health. You may be eligible if you fit one of these groups:

**POET Study**
- Open to U.S. veterans age 18-76 years old with post-traumatic stress disorder (PTSD). Get more information.

**Video Game Studies in Memory and Attention**
- Open to healthy adults 65-85 years old willing to complete a few in-lab visits (fMRI) and multiple at-home sessions. Get more information.

**Study on Emotional Well-Being in Adults**
- Healthy adults 65-85 years of age willing to complete an in-lab fMRI session and to potentially participate in a remote, app-delivered intervention study. Get more information.

We are not currently recruiting for any psychedelic studies, but please check our studies participation page for updates.
STAFF SPOTLIGHT:

A Sponge for Personal and Professional Development

Growing up with parents who worked in psychology and social work, Gabriella Mace spent a lot of time with self-reflection: contemplating questions of how consciousness develops from the biology of the brain. Throughout her educational path — receiving a bachelor's degree in psychology, as well as a master's degree in public health, from the University of San Francisco — she has been able to apply scientific research concepts to help answer those questions. Now a research coordinator at Neuroscape, Mace is excited by the potential to rapidly improve cognitive health at both the individual and collective society levels.

Mace arrived at Neuroscape while completing her master's in public health with a desire to gain more experience in data science. She is especially excited to be further developing skills in computer programming languages. “As the world continues to develop alongside new revolutions of technology and artificial intelligence, acquiring proficiency in coding languages such as R or Python are becoming increasingly important,” Mace explains. “UCSF offers unique opportunities to develop coding skills, and I am lucky to be provided projects within Neuroscape that will give me a solid programming foundation for my next step.”

VOLUNTEER SPOTLIGHT:

New Bountiful Gratitude and Opportunities in Psychedelics
In his past year volunteering at Neuroscape, one experience consistently comes to mind for Griffin Kreit: “At the end of every work day, without fail, I'm always thanked for the work that I do. It makes me feel appreciated.”

This gratitude drives Kreit to value his time even more in contributing to the Center’s research in psychedelics. Having just completed a post-baccalaureate program at the University of California Berkeley, Kreit has long been drawn to treatment potential of psychedelics. At Neuroscape, he is able to work with a variety of study populations, from veterans struggling with PTSD to terminal cancer patients.

“Psychedelic research is still highly stigmatized in academia, and there are very few institutions that have clearance to work with these compounds, let alone in clinical populations,” Kreit explains. “I genuinely believe in their healing potential and it's invigorating to hear the overwhelmingly positive participant feedback from so many different populations.”

**BRAIN NEWS ROUNDUP:**

These news picks include articles about research and technology related to Neuroscape:

- [Psychology is improving brain health and aging](#)
- [Can playing video games make you smarter?](#)

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