

# A Collection of Tweets and Commentaries: Neuroscience and Psychology

Gauri Vaish

“Modern psychology has a word that is probably used more than any other... It is the word ‘maladjusted.’ ... But I say to you... there are certain things in our world which I am proud to be maladjusted.”

-Martin Luther King Jr.

S.No.	Source	Subject	Slide
1	Physio Meets Science	Psychosocial factors in musculoskeletal pain	5
2	Neuroscience News	New Genes Linked to Schizophrenia	6
3	JAMA Psychology	Semaglutide and alcohol craving	7
4	Frontiers – Psychiatry	Association between physical fatigue with depression and anxiety	8
5	Mental Health Foundation	Shift Work and mental health	9
6	Mental Health America	Grief	10
7	Psychiatric Times	Alzheimer’s disease	11
8	American Psychiatric Association	Mental Health Parity Index	12
9	American Psychological Association	Dementia	13
10	Psychology Today	Personality and attraction	14
11	Psychology Today	Technology and Systems oriented worldview	15
12	Association of Psychological Science	Assortative Mating and inherited traits	16
13	Psychology Today	Neuroplasticity	17
14	Psychology News	Political Neuroscience	18
15	American Psychological Association	Sickle Cell Disease	19
16	Manish Jain	Psychedelics and Neurons	20
17	Mental Health America	Suicide Prevention	21

S.No.	Source	Subject	Slide
18	Psychology News	Mental health tech	22
19	American Psychiatric Association	Acute and chronic stress	23
20	Psychology Today	Nonverbal communication in children	24
21	Neuroscience News	Association of temperature with mood	25
22	Frontiers – Neuroscience	Neurocardiac signatures and mental stress response	26
23	Psychology Today	ADHD in adults	27
24	Psychology Today	Emotional response in children and environment	28
25	Frontiers - Psychology	Physical activity and personal growth	29
26	Frontiers – Neuroscience	Virtual reality and human agency	30
27	Psychology Today	ADHD	31
28	Psychiatrist.com	Decision making	32
29	Nature Neuroscience	Neural manifolds and behaviour	33
30	Science Magazine	Hippocampus area of brain	34
31	American Psychiatric Association	ADHD and sports	35
32	Frontiers – Psychiatry	Depressive symptom and military conflict	36
33	Brain	Imagination and perception	37
34	Eric Topol	Sleep	38

S.No.	Source	Subject	Slide
35	Brain	Neuronal stress and neuroinflammation	39
36	Nicholas Fabiano MD	Affects of smartphone on attention	40
37	Top Science	Sleep	41
38	Psychiatry Excellence	ADHD and anxiety	42
39	Adam Rochussen	Depression and circadian rhythm	43
40	Nicholas Fabiano MD	Neuroplasticity	44
41	Psychology Today	Nostalgia	45
42	JAMA Psychiatry	WHO Alcohol consumption	46
43	Psychiatrist.com	PTSD	47
44	The Lancet	Alzheimer's disease	48
45	Psychology Today	Narcissism in elderly	49
46	Dillan DiNardo	Neurotech platform to design mental states	50
47	Brandon Luu, MD	Cortisol levels	51
48	Nicholas Fabiano MD	Neurons	52
49	American psychological Association	ADHD and purpose	53
50	Nature Neuroscience	Hormones	54
51	James Zender PhD	Effects of smiling on dopamine and oxytocin	55



Physio Meets Science

@PhysioMeScience



## The ability of physiotherapists to identify psychosocial factors in patients with musculoskeletal pain:

### A scoping review



[onlinelibrary.wiley.com/doi/full/10.10...](https://onlinelibrary.wiley.com/doi/full/10.1002/essc.1725)

Received: 7 December 2022 | Accepted: 12 December 2022  
DOI: 10.1002/essc.1725

#### RESEARCH ARTICLE

WILEY

## The ability of physiotherapists to identify psychosocial factors in patients with musculoskeletal pain: A scoping review

Michael Henning<sup>1,2</sup> | Mike Smith<sup>2</sup>

<sup>1</sup>Royal Devon University Healthcare NHS Foundation Trust, North Devon District Hospital, Barnstaple, Devon, UK

<sup>2</sup>School of Healthcare Sciences, College of Biomedical and Life Sciences, Cardiff University, Cardiff Health Park, UK

#### Correspondence

Michael Henning, Department of Therapy, North Devon District Hospital, Barnstaple, Devon EX31 4JB, UK.  
Email: [mike.henning@nhs.uk](mailto:mike.henning@nhs.uk)

#### Present Address

Michael Henning, 4 Barton Lane Close, Braintree, Devon, EX33 2AZ, UK.

#### Abstract

**Background:** It is not known how well physiotherapists identify psychosocial factors in people with musculoskeletal pain, when using clinical judgement. The purpose of this scoping review was to examine the research related to physiotherapist ability in identifying psychosocial factors and to subsequently identify gaps in the literature to help direct future research.

**Data Sources:** Searches using relevant key words, were conducted of Medline, Cinahl, the Cochrane Library, PEDro, PubMed, Scopus and Google Scholar. All primary quantitative and qualitative research from the year 2000 onwards, which met the search criteria, were included.

**Data Extraction and Synthesis:** A data extraction tool was used to tabulate data regarding demographics, study design and key findings of the included papers. The Mixed Methods Appraisals Tool (MMAT) was utilised to help examine the quality of included studies.

**Results:** Overall, the quality of the included studies was moderate. The total number of studies which met the inclusion criteria was relatively small ( $n = 20$ ). The most common method for determining ability was comparison of physiotherapist estimations with validated screening tools or questionnaires. Physiotherapist estimates of psychosocial factors were poor and in the qualitative research, the lack of clinician confidence in psychosocial assessment was evident.

**Conclusion:** The available research suggests that physiotherapists lack confidence and ability in identifying psychosocial factors. More rigorous, mixed-methods research is warranted to capture the complexity of the research question.



Neuroscience News  
@NeuroscienceNew



### Eight New Genes Linked to Schizophrenia Revealed

The largest exome-sequencing study of schizophrenia has identified eight new genes linked to the disorder.

Two of these genes, STAG1 and ZNF136, showed strong evidence, while six others displayed moderate associations.

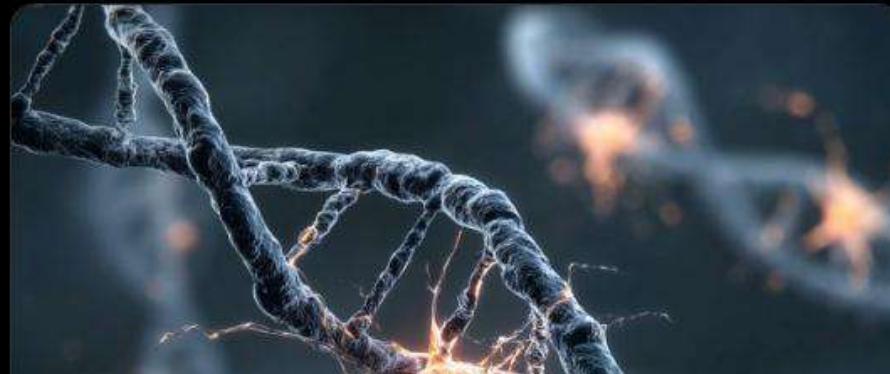
Importantly, two genes—SLC6A1 and KLC1—were tied to schizophrenia risk through missense mutations, which alter the amino acid sequence of proteins.

This highlights potential disruptions in brain communication systems, particularly involving the neurotransmitter GABA.

The findings suggest schizophrenia risk may stem not only from broad DNA variations but also from specific disruptions in protein-coding regions.

These discoveries open doors to more precise genetic insights and therapeutic approaches for the disorder.

[neurosciencenews.com/eight-novel-sc...](https://neurosciencenews.com/eight-novel-sc...)





JAMA Psychiatry  
@JAMAPsych



Most viewed this week from @JAMAPsych:

Low-dose #semaglutide reduced alcohol craving and consumption in adults with alcohol use disorder.

[ja.ma/45wZiCy](https://ja.ma/45wZiCy)

## JAMA Psychiatry

### RCT: Once-Weekly Semaglutide in Adults with Alcohol Use Disorder

#### POPULATION

14 Men, 34 Women



Non-treatment-seeking adults  
meeting criteria for alcohol use  
disorder

Mean (SD) age, 39.9 (10.6) y

#### SETTINGS / LOCATIONS



1 US academic  
medical center

#### INTERVENTION

48 Participants randomized and analyzed



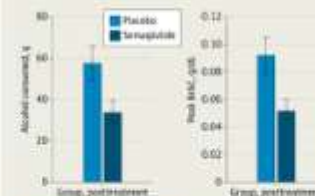
2-4 Semaglutide  
Once-weekly semaglutide  
2-4 Placebo  
Placebo injections

#### PRIMARY OUTCOME

Estimated alcohol consumed over 120 min during laboratory  
self-administration (estimated alcohol consumed in grams and  
peak breath alcohol concentration [BAC] in g/dL)

#### FINDINGS

Among participants consuming alcohol in laboratory session following  
8 wk of treatment, those in the semaglutide group drank significantly  
less alcohol than those in the placebo group



Mean (SD) alcohol consumed: Semaglutide, 33.62 (20.72) g;  
placebo, 57.90 (28.70) g  
Mean (SD) peak BAC: Semaglutide, 0.052 (0.029) g/dL;  
placebo, 0.052 (0.046) g/dL  
Effect sizes: Alcohol consumed:  $d = -0.48$ ; 95% CI,  $-0.85$  to  $-0.11$ ;  $P = .01$ ;  
peak BAC:  $d = -0.46$ ; 95% CI,  $-0.87$  to  $-0.06$ ;  $P = .03$

Reidson CL, Brenner MR, Faldut M, et al. Once-weekly semaglutide in adults with alcohol use disorder: a randomized clinical trial. JAMA Psychiatry. Published online February 12, 2025. doi:10.1001/jamapsychiatry.2024.4780

© 2025

12:00 PM · Aug 25, 2025 · 1,881 Views



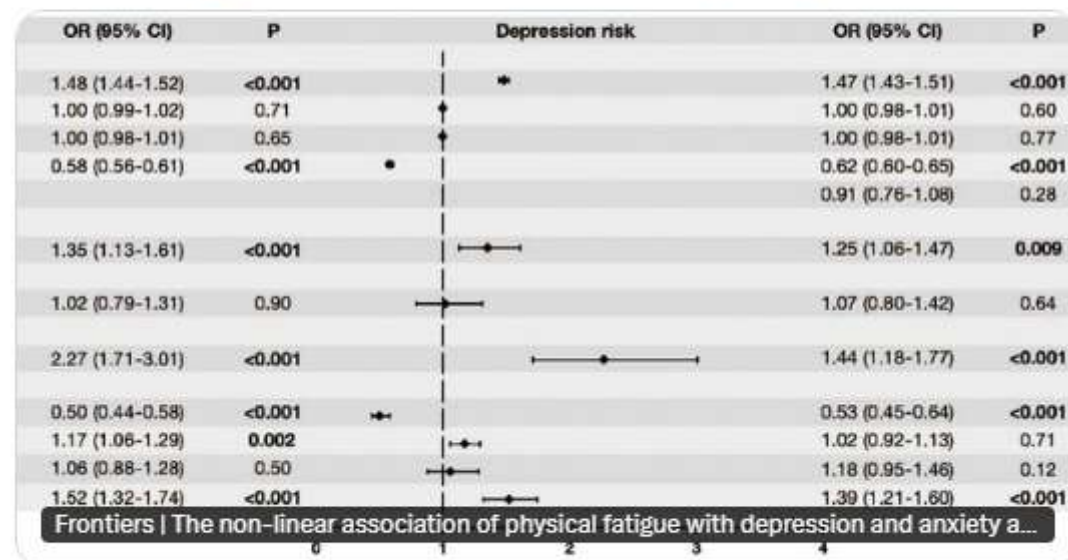


Frontiers - Psychiatry

@FrontPsychiatry



New Research: The non-linear association of physical fatigue with depression and anxiety among mental health professionals who recovered from COVID-19 infection: a national survey in China  
[frontiersin.org/articles/10.33...](https://frontiersin.org/articles/10.33...) #FrontiersIn #Psychiatry



From frontiersin.org

12:54 PM · Aug 26, 2025 · 286 Views





Mental Health Foundation  
@mentalhealth



Shift work poses unique challenges to your mental health.

Find out how to look after your mental health while working shifts in our blog with our friends at [@MHAW\\_UK](#)

[bit.ly/3TXyobZ](https://bit.ly/3TXyobZ)

## Supporting your mental health while working shifts

MENTAL  
HEALTH  
at WORK



1

### Set clear work-life boundaries

Share your work schedule with family and friends to manage expectations.

2

### Look after your sleep

Try to keep a regular sleep schedule, and avoid caffeine and heavy meals close to bedtime.

3

### Establish a routine

Try to create flexible routines that include relaxation and well-being boosting activities.

4

### Maintain good relationships

Try to participate in social activities and keep up consistent communication with your team.

5

### Planning with uncertainty

Try setting short-term goals to motivate yourself. Ask your manager about a more predictable schedule.

ALT

12:00 PM · Aug 21, 2025 · 3,324 Views



**Mental Health America**

@MentalHealthAm



Grief has no timeline, and like healing, it isn't linear. If you've experienced loss, remember to be gentle with yourself while you heal.

Remember, with support, patience, and effort, you will survive this. ❤️

[#NationalGriefAwarenessDay](#)

5:23 PM · Aug 23, 2025 · **1,902** Views



Psychiatric Times

@PsychTimes



Leqembi for the treatment of Alzheimer disease has been launched in Austria on August 25, 2025, and will be launched in Germany on September 1, 2025—the first launches in the European Union.



psychiatrictimes.com

Leqembi for Alzheimer Disease Launches in First Europea...

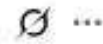
Leqembi for the treatment of Alzheimer disease has been launched in Austria on August 25, 2025, and will be ...

3:26 PM · Aug 25, 2025 · **721** Views



American Psychiatric Association

@APAPsychiatric



New tool brings mental health parity problems to light



New tool brings mental health parity problems to light

From [ama-assn.org](https://ama-assn.org)

11:00 PM · Aug 27, 2025 · 922 Views



American Psychological Association

@APA



Dementia cases in the U.S. are projected to double by 2060, reaching nearly 14 million.

With 40% tied to modifiable risk factors, psychologists can help prevent it through behavior change, risk reduction, and supporting healthy aging.

Learn more: [at.apa.org/0153a5](https://at.apa.org/0153a5)



9:32 PM · Aug 27, 2025 · 2,668 Views





Psychology Today   
@PsychToday

...

If we don't feel worthy of love, we'll assume the other person must want something else, because we couldn't possibly be enough for them. The only way to feel genuinely worthy of love is to be compassionate, kind, protective, and loving.



Attracted to and Attracting the Wrong Partners

From [psychologytoday.com](https://psychologytoday.com)

10:21 AM · Aug 28, 2025 · 3,707 Views



Psychology Today ✓

@PsychToday

...

Human beings are more than a series of biological and mental systems. So why do we allow technology to treat us like data instead of people—and how can we stop?



From psychologytoday.com

12:16 PM · Aug 29, 2025 · 3,725 Views





Association for Psychological Science

@PsychScience



A new study published in Psychological Science suggests that assortative mating, where partners choose a mate like themselves, can be explained by looking at inheritance of traits and the corresponding preferences for those traits.



From [psychologicalscience.org](https://psychologicalscience.org)

2:00 PM · Aug 29, 2025 · 663 Views



Psychology Today 🌟

@PsychToday



Your brain actually gets stronger when you do hard things. Seriously. That's neuroplasticity in action. Here's how to take advantage of it.



Embrace the Suck: Discomfort Can Build a Better You

From psychologytoday.com

8:32 AM · Sep 3, 2025 · 7,019 Views



Psychology News

@PsychNews



Political Polar Opposites May Be More Alike Than They Think



From [apa.org](https://apa.org)

9:50 AM · Aug 31, 2025 · 894 Views



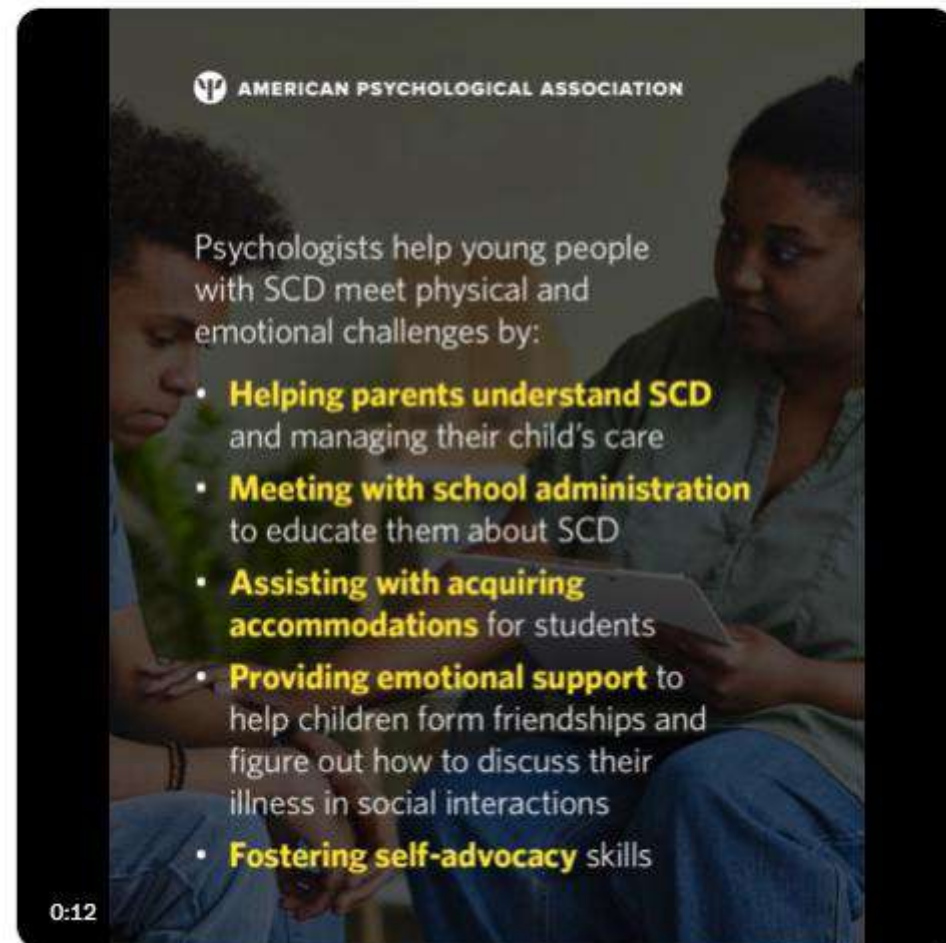
American Psychological Association

@APA



From chronic pain to cognitive struggles and the weight of stigma, people living with SCD face complex hurdles every day.

Learn more about how psychologists play a vital role in helping patients build resilience and manage their emotional health: [at.apa.org/75c09b](https://at.apa.org/75c09b)



11:07 PM • Sep 1, 2025 • 2,488 Views

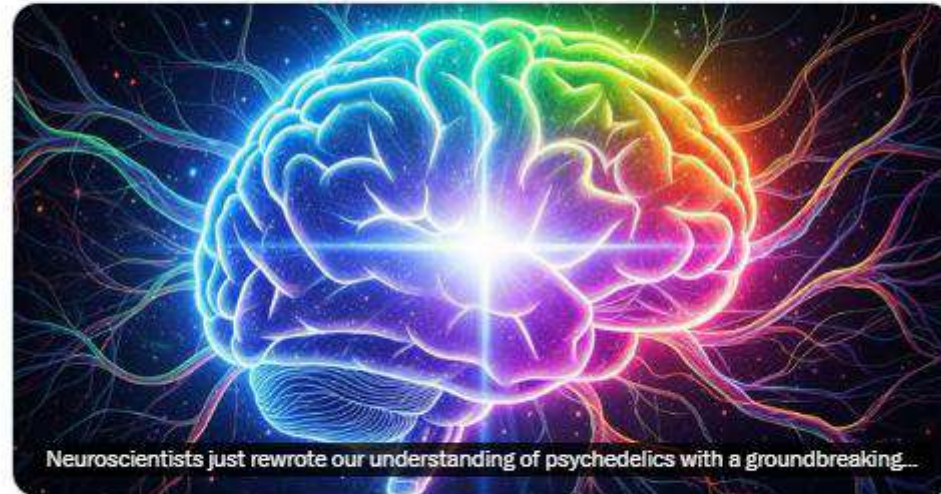


**Manish Jain**

@jainmk6



Beautifully covered story of my latest published paper on Psychedelics in Neuron!



From [psypost.org](https://psypost.org)

8:56 PM · Sep 2, 2025 · 1,222 Views



**Mental Health America**

@MentalHealthAm



Each September, [#SuicidePreventionMonth](#) calls on each of us to consider our role in preventing suicide and to raise awareness of available resources and support options, like [@988lifeline](#) and [@crisistextline](#).

Find more resources at the link below 



[mhanational.org](https://mhanational.org)  
Get help | Mental Health America

5:32 PM · Sep 2, 2025 · **844** Views





**Psychology News**  
@PsychologyNews



BBC: Business Daily - As more digital mental health tools emerge, can ethics keep up with evolving tech?



From [bbc.co.uk](https://www.bbc.co.uk)

10:37 AM · Sep 4, 2025 · 343 Views



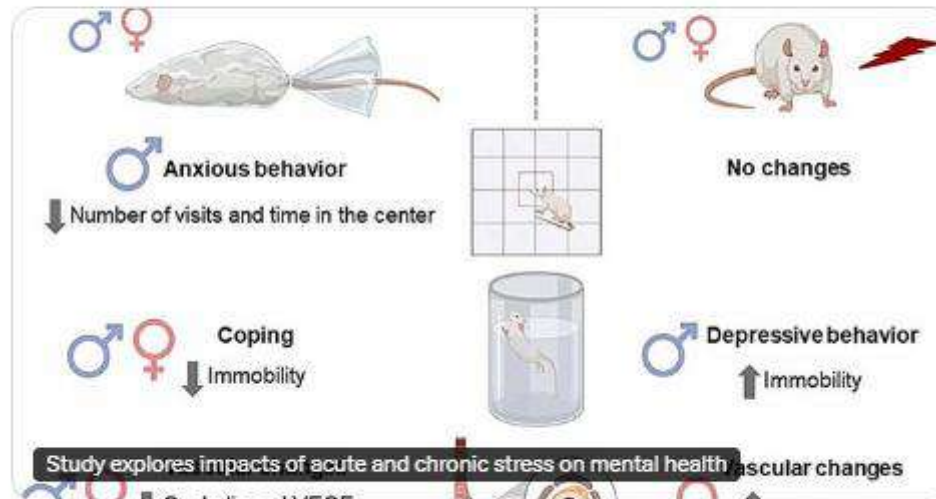


American Psychiatric Association

@APAPsychiatric



Study explores impacts of acute and chronic stress on mental health



From medicalxpress.com

11:00 PM · Sep 3, 2025 · 1,744 Views



Psychology Today 🌟

@PsychToday

...

When a child is unhappy because they can't connect with peers and make friends, parents might want to check out whether they are having difficulty with nonverbal communication. This is why.



From psychologytoday.com

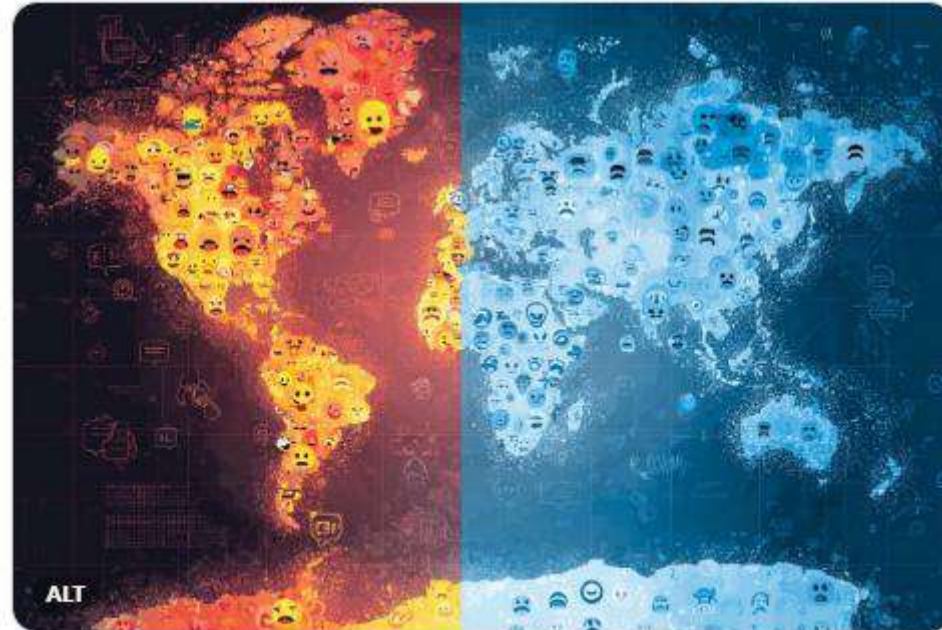
3:33 PM · Sep 5, 2025 · 3,746 Views

## Extreme Heat Makes People More Negative

A massive global analysis of 1.2 billion social media posts reveals that extreme heat doesn't just strain the body—it also dampens mood.

When temperatures rise above 95°F (35°C), people post significantly more negative sentiments, with the emotional toll tripling in lower-income countries compared to wealthier ones.

The findings show that climate change is reshaping not only our health and economies but also our emotional well-being, highlighting the need for adaptation strategies that include mental health.

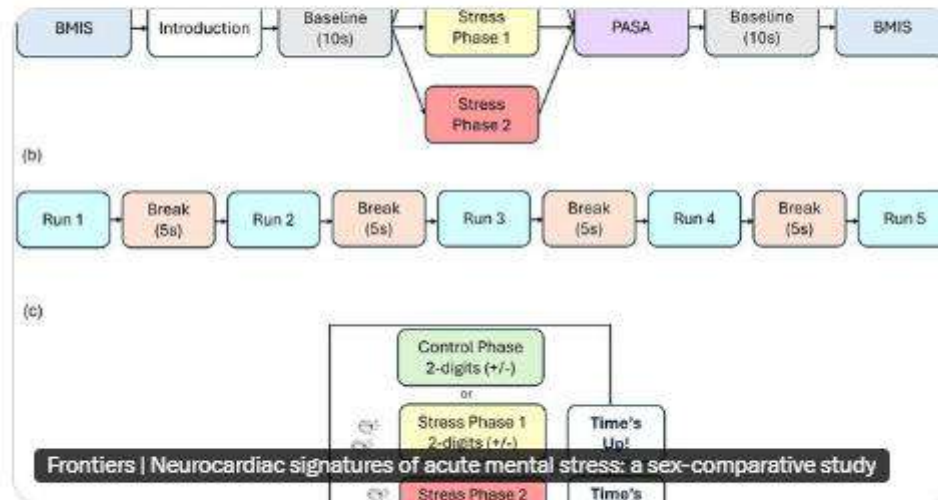




Frontiers - Neuroscience  
@FrontNeurosci



New Research: Neurocardiac signatures of acute mental stress: a sex-comparative study [frontiersin.org/articles/10.33...](https://frontiersin.org/articles/10.33...) #Frontiersin #Neuroscience



From [frontiersin.org](https://frontiersin.org)

3:39 PM · Sep 5, 2025 · 613 Views

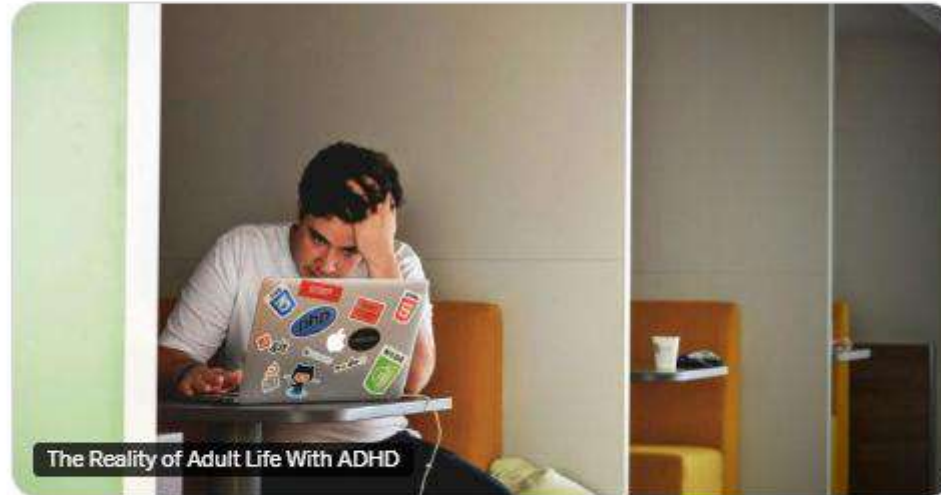


Psychology Today 🌟

@PsychToday

...

When people with ADHD become adults, suddenly they have a whole new load of responsibilities to take on—and this is usually when they start to burn out. Here's what everyone needs to know.



From [psychologytoday.com](https://psychologytoday.com)

12:04 PM · Sep 6, 2025 · 4,602 Views





Psychology Today 🧠  
@PsychToday

...

The first day of school can be hard on kids and on parents. Here are some tips from science that can make the transition a little easier.



Easing Back-to-School Struggles

From [psychologytoday.com](https://psychologytoday.com)

6:32 PM · Sep 9, 2025 · 3,302 Views



Frontiers - Psychology  
@FrontPsychol



New Research: How grit enhances physical exercise in college students:  
mediating roles of personal growth initiative and self-efficacy  
[frontiersin.org/articles/10.33...](https://frontiersin.org/articles/10.33...) #Frontiersin #Psychology



From [frontiersin.org](https://frontiersin.org)

7:57 PM · Sep 9, 2025 · 196 Views



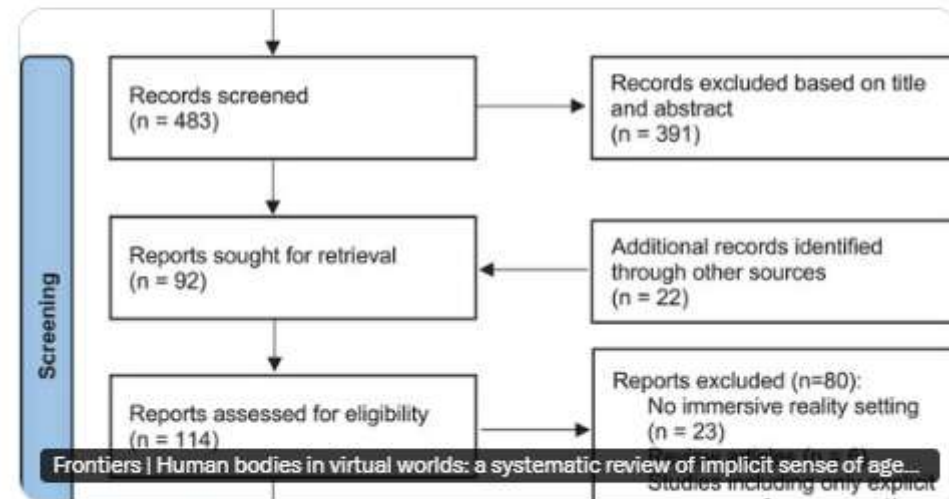


Frontiers - Neuroscience

@FrontNeurosci



New Research: Human bodies in virtual worlds: a systematic review of implicit sense of agency and ownership measured in immersive virtual reality environments [frontiersin.org/articles/10.33...](https://frontiersin.org/articles/10.33...) #FrontiersIn #HumanNeuroscience



From frontiersin.org

5:22 PM · Sep 9, 2025 · 619 Views



Psychology Today

@PsychToday

ADHD is primarily known for its inattentive, hyperactive, and impulsive symptoms. However, recent research and lived experience show that this is not the whole story.



5 Signs of ADHD Many People Don't Know About

From psychologytoday.com

10:18 AM · Sep 11, 2025 · 5,162 Views

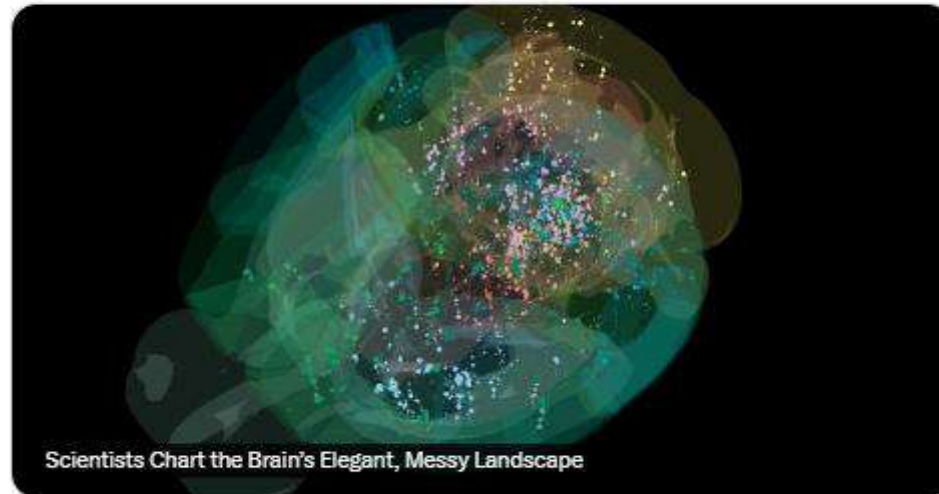


Psychiatrist.com

@PsychiatristCNS



Neuroscientists have mapped the brain, revealing decision-making and expectation spread across nearly every region.



Scientists Chart the Brain's Elegant, Messy Landscape

From psychiatrist.com

11:37 AM · Sep 11, 2025 · 541 Views

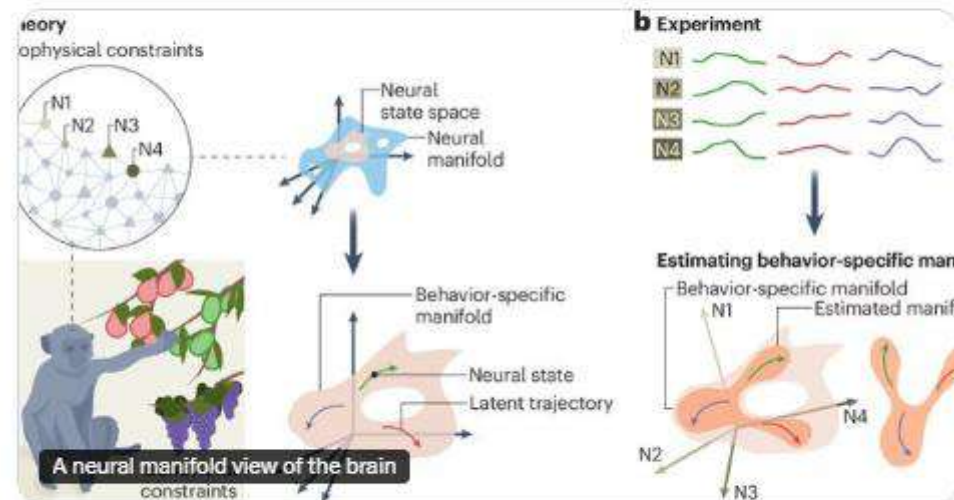


Nature Neuroscience

@NatureNeuro



## Review: A neural manifold view of the brain



From nature.com

7:49 PM · Sep 12, 2025 · 22.1K Views

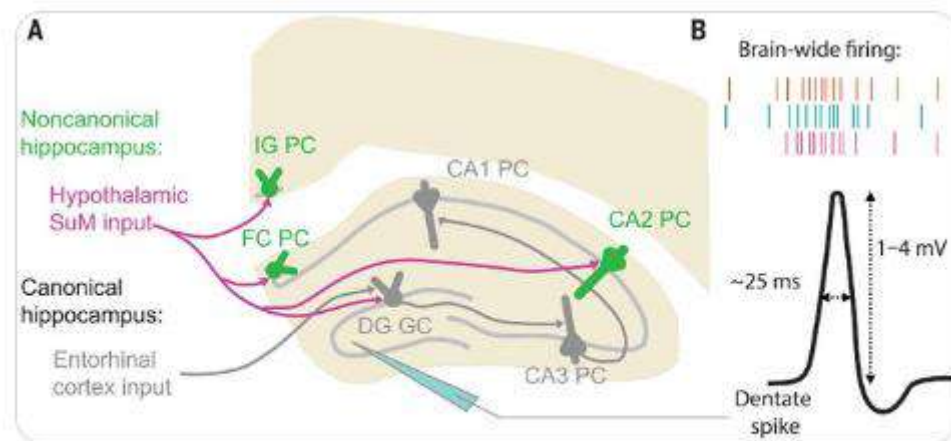


Science Magazine  
@ScienceMagazine



The hippocampus is one of the most studied brain areas because of its major role in fundamental brain functions including learning, memory, and spatial navigation.

In a new [#ScienceReview](#), researchers focus on the role of overlooked areas and circuits within the hippocampus. [scim.ag/462jexn](https://scim.ag/462jexn)



8:44 PM · Sep 12, 2025 · 63.1K Views



American Psychiatric Association

@APAPsychiatric



Why ADHD And Sports Betting Are A Tough Combination



From sports.yahoo.com

2:05 PM · Sep 14, 2025 · 1,018 Views



Frontiers - Psychiatry  
@FrontPsychiatry



New Research: Dynamic changes in depressive symptoms at the onset of military conflict in a neighboring country: a cross-sectional study  
[frontiersin.org/articles/10.33...](https://frontiersin.org/articles/10.33...) #FrontiersIn #Psychiatry



From [frontiersin.org](https://frontiersin.org)

11:51 AM · Sep 14, 2025 · 293 Views



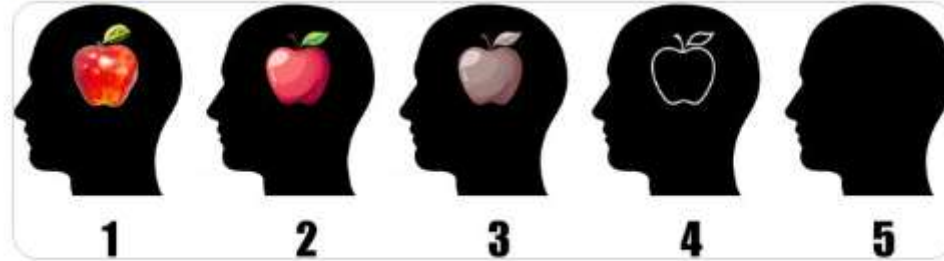


**Brain**  
@Brain1878



Research into mental imagery often relies on Hume's view of visual imagination as weak perception. Arcangeli & Bartolomeo argue that Sartre's alternative framework – supported by recent findings on aphantasia – offers a more conceptually robust approach.

[tinyurl.com/n2k3md9e](https://tinyurl.com/n2k3md9e)



6:09 PM · Sep 14, 2025 · 9,556 Views



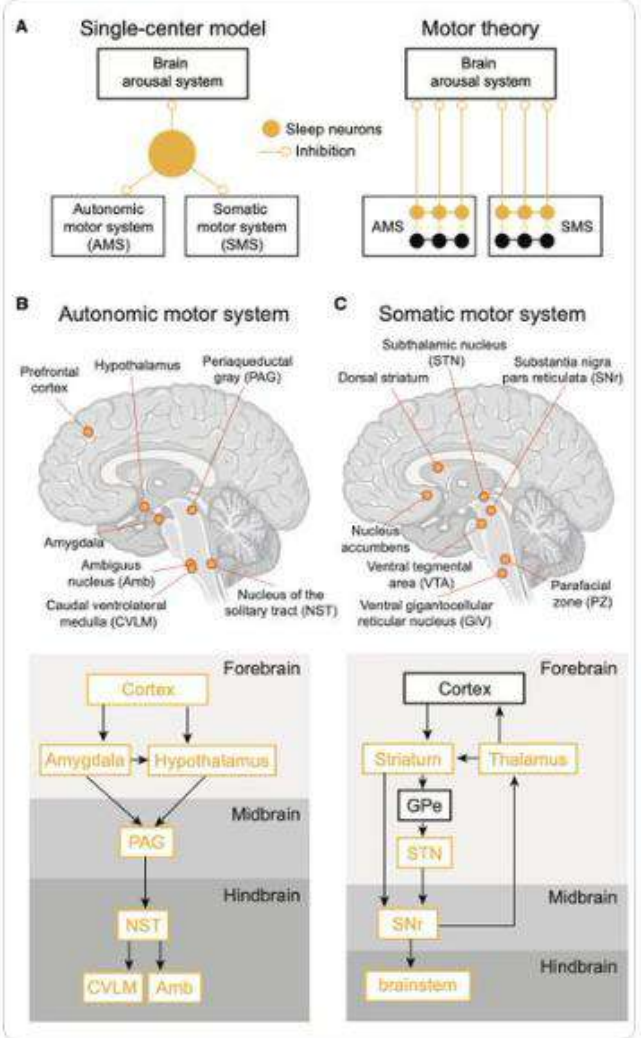
Eric Topol  
@EricTopol



Why do we sleep? And how?

The 2 theories, broken down

[cell.com/neuron/fulitex...](https://cell.com/neuron/fulitex...) @NeuroCellPress





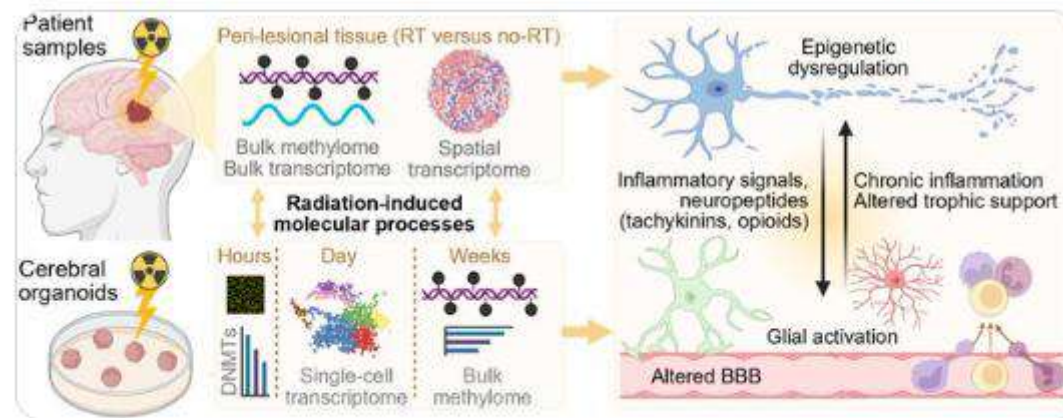
Brain

@Brain1878



Tackling neuronal stress and neuroinflammation to prevent side effects of brain radiotherapy

New scientific commentary by Lara Kular et al. [tinyurl.com/yc3sufxt](https://tinyurl.com/yc3sufxt)



6:36 PM · Sep 16, 2025 · 2,222 Views



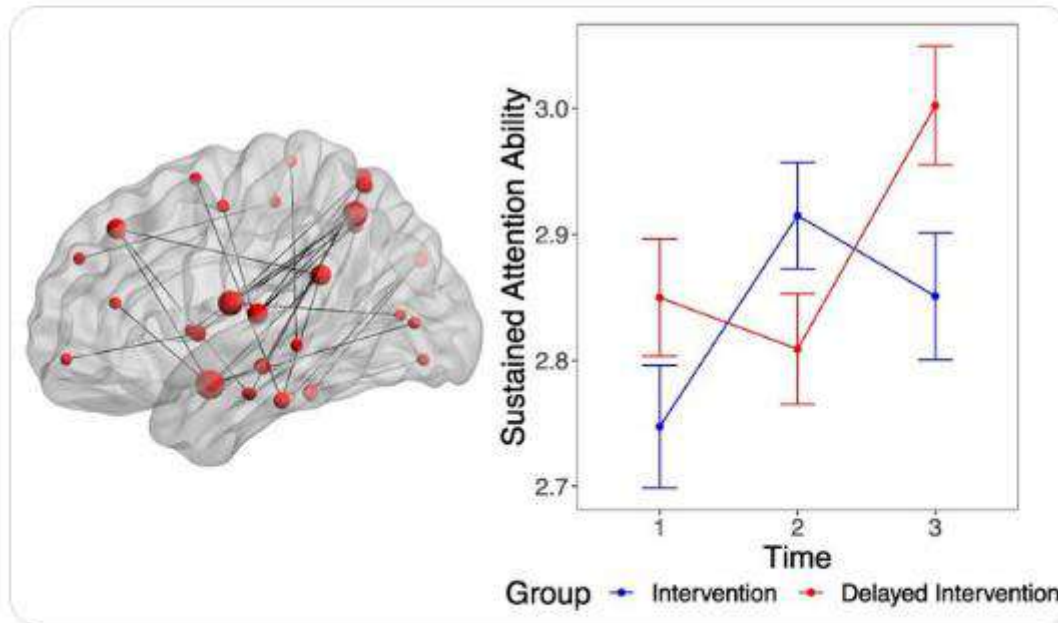
Nicholas Fabiano, MD

@NTFabiano



2 weeks without smartphone internet significantly improved sustained attention.

The effects were similar to being 10 years younger.



12:53 PM · Sep 17, 2025 · 1M Views



Top Science

@isciverse



“How” we sleep? “Why” we sleep?

Open Access

[cell.com/neuron/fulltext...](https://cell.com/neuron/fulltext...)

Neuron

CellPress  
OPEN ACCESS

Perspective

## The how and why of sleep: Motor theory and catecholamine hypothesis

Chenyan Ma<sup>1</sup> and Yang Dan<sup>2,3,\*</sup>

<sup>1</sup>Institute of Neuromodulation and Cognition (INC), Shenzhen Medical Academy of Research and Translation (SMART), Shenzhen, Guangdong 518107, China

<sup>2</sup>Department of Neuroscience, Helen Wills Neuroscience Institute, Howard Hughes Medical Institute, University of California, Berkeley, Berkeley, CA 94720, USA

<sup>3</sup>Present address: Institute of Neuromodulation and Cognition (INC), Shenzhen Medical Academy of Research and Translation (SMART), Shenzhen, Guangdong 518107, China

\*Correspondence: [ydan@berkeley.edu](mailto:ydan@berkeley.edu)

<https://doi.org/10.1016/j.neuron.2025.08.017>

### SUMMARY

Sleep entails profound changes in the brain and body, marked by altered states of consciousness and reduced somatic and autonomic motor activity. Regarding “how” sleep is regulated, whole-brain screening revealed large sleep-control networks spanning the forebrain, midbrain, and hindbrain. We unify diverse experimental evidence under a “motor theory,” in which the sleep-control mechanism is integral to somatic and autonomic motor circuits. Regarding the “why” question, sleep deprivation impairs cognition, emotion, metabolism, and immunity. We propose catecholamine (dopamine, noradrenaline, and adrenaline) inactivation as the fundamental biological process underlying sleep’s numerous benefits. Beyond brain arousal and motor activity, catecholamines regulate metabolism and immunity; their sleep-dependent suppression yields wide-ranging advantages, promoting repair and rejuvenation. Furthermore, catecholaminergic neurons are metabolically vulnerable; their need for rest and recovery may drive homeostatic sleep pressure. Together, the motor theory offers a unifying framework for sleep control, while the catecholamine hypothesis posits a core mechanism mediating sleep’s multifaceted benefits.

### INTRODUCTION

Sleep is an essential innate behavior. As far as we know, all animals with neural control of movements exhibit sleep or sleep-like states, including jellyfish, which lack a central nervous system and control their behaviors with a diffuse nerve net.<sup>1</sup> Sleep thus seems to be an intrinsic property of the nervous system capable of generating movement. As humans, we spend a third of our lifetime asleep. Sleep deficits cause not only cognitive and emotional impairments but also many other health risks, including immunodeficiency, hormone imbalances, and cardiovascular diseases.<sup>2–7</sup> Total sleep deprivation has been shown to cause death in *Drosophila* and *Caenorhabditis*.

brain, with an emphasis on non-rapid-eye movement (NREM) sleep. In-depth discussion of REM sleep can be found in other excellent reviews (e.g., Park and Weber,<sup>12</sup> Siegel,<sup>13</sup> and Mukai and Yamanaka<sup>14</sup>).

### THE HOW QUESTION

As early as 350 BCE, Aristotle was already formulating a theory about how sleep is generated. However, the search for brain mechanisms controlling sleep began in earnest only after the landmark discovery of von Economo in the early 20th century.<sup>15</sup> Based on his studies of human patients with encephalitis lethargica, von Economo proposed the existence of a sleep-promoting

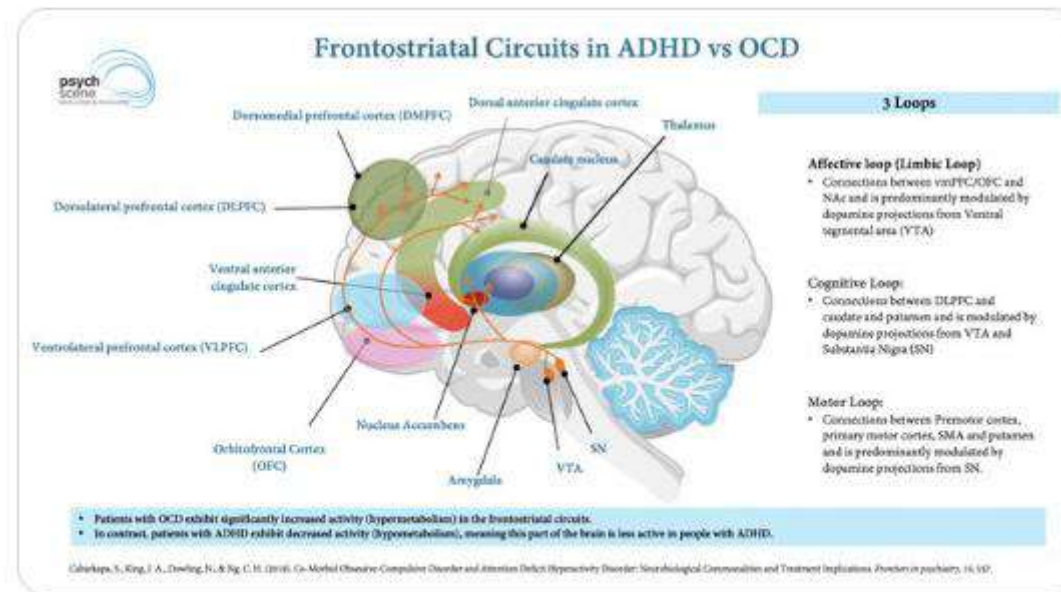




Up to 90% of patients with ADHD experience at least one comorbidity, from anxiety to substance use disorders (Kessler et al., 2006).

These overlaps complicate diagnosis and treatment, making it essential for clinicians to recognise and address them effectively.

Here are 10 key ADHD comorbidities and evidence-based strategies to navigate them. 🧠📖







Adam Rochussen ✓  
@AdamRochussen



Depression is associated with disrupted circadian rhythms in the brain.

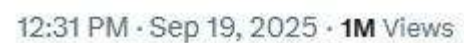
Using post-mortem human brain samples & tracking time of death, the researchers looked at rhythmic gene expression in different brain regions between healthy and depressed subjects. 1/5



6:35 PM · Sep 18, 2025 · 31.9K Views



There is no expiry date on neuroplasticity.





Psychology Today

@PsychToday



Nostalgia can boost creativity, alleviate loneliness and boredom, and generally elevate our mood. But what most people don't realize is that it can also help us navigate grief after loss.



Looking to the Past to Cope With the Pain of Present Loss

From [psychologytoday.com](https://psychologytoday.com)

12:16 AM · Sep 19, 2025 · 4,215 Views



This review highlights the evidence that achieving drinking reductions as defined by the WHO risk drinking levels is associated with substantial health and social benefits.

[ja.ma/4ptWqht](https://ja.ma/4ptWqht)

Figure 1. World Health Organization Risk Drinking Levels

	World Health Organization risk drinking levels (for males)				
	No risk	Low risk	Medium risk	High risk	Very high risk
Drinks per day, g	0	1-40	41-60	61-100	≥101
Drinks per day, approximate US standard drinks (14 g)	0	<2.9	2.9-4.3	4.3-7.1	≥7.1
Drinks per week, g	0	1-280	281-420	421-700	≥701
Drinks per week, approximate US standard drinks (14 g)	0	≤20	21-30	31-50	≥51
	World Health Organization risk drinking levels (for females)				
	No risk	Low risk	Medium risk	High risk	Very high risk
Drinks per day, g	0	1-20	21-40	41-60	≥61
Drinks per day, approximate US standard drinks (14 g)	0	<1.4	1.4-2.9	2.9-4.3	≥4.3
Drinks per week, g	0	1-140	141-280	281-420	≥421
Drinks per week, approximate US standard drinks (14 g)	0	≤10	11-20	21-30	≥31

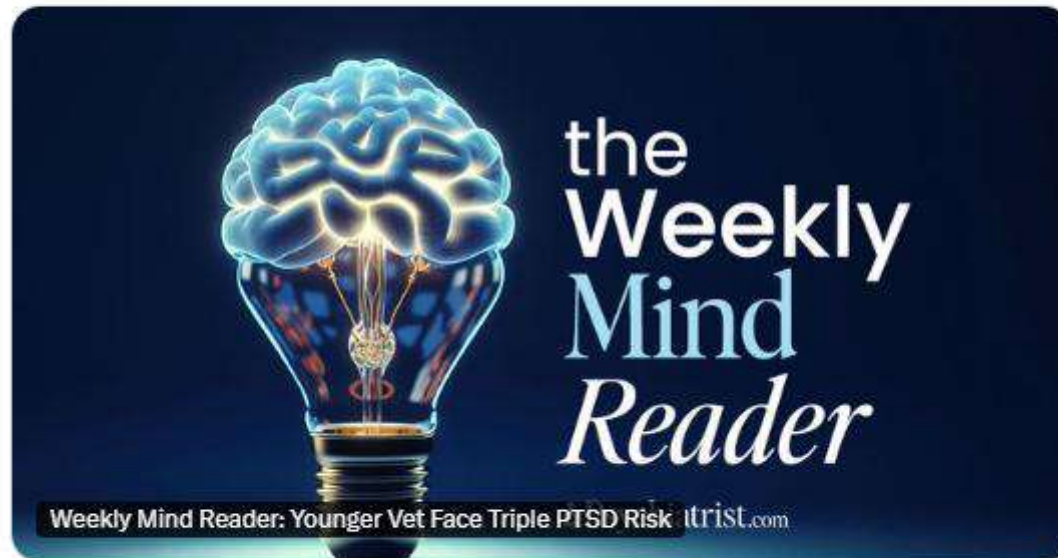


Psychiatrist.com

@PsychiatristCNS




This week, we uncover a disturbing PTSD trend, a new benefit to ketamine treatment, and the risks of antihistamines.



From psychiatrist.com

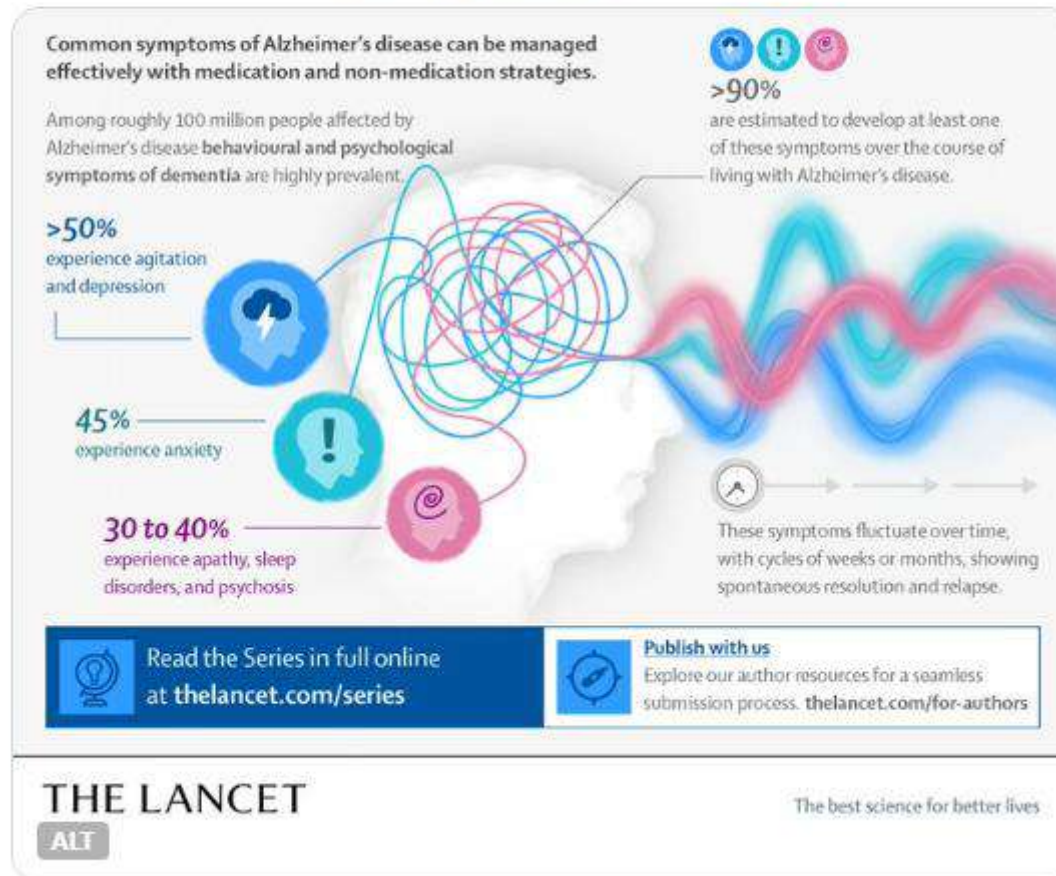
7:10 PM · Sep 19, 2025 · 403 Views



 Alzheimer's disease (AD) care is entering a new era.

Promising new antibody treatments offer hope, but more research is needed to optimise their use.

A new Lancet Series highlights crucial next steps in diagnosis, treatment, & prevention globally: [hubs.ly/Q03K5-S40](https://hubs.ly/Q03K5-S40)







**Psychology Today** 📍

@PsychToday



When a narcissistic parent grows older and more frail, their demands on their children may not ease. In fact, they may only grow stronger—especially if they seek to rewrite the family's history.



From [psychologytoday.com](https://psychologytoday.com)

10:22 AM · Sep 25, 2025 · 7,168 Views



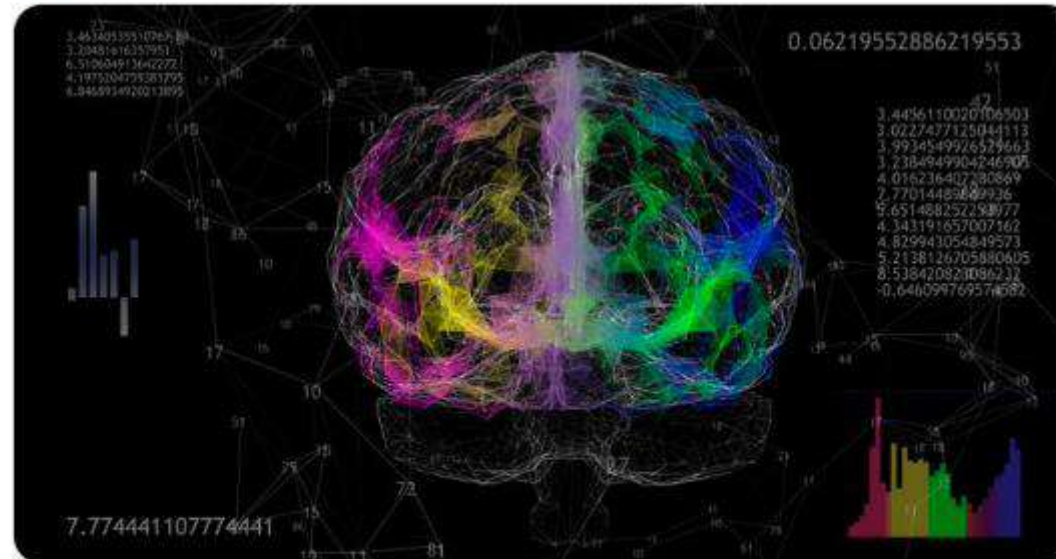
Dillan DiNardo   
@DillanDiNardo



1/ It feels surreal to announce completion of the first human trial in the development of our neurotech platform for designing mental states, from the molecular level.

Human experience is now programmable.

A 📖 on the sequel to psychedelics & the first new "emotion in a bottle."



2:23 PM · Sep 24, 2025 · 1,630 Views

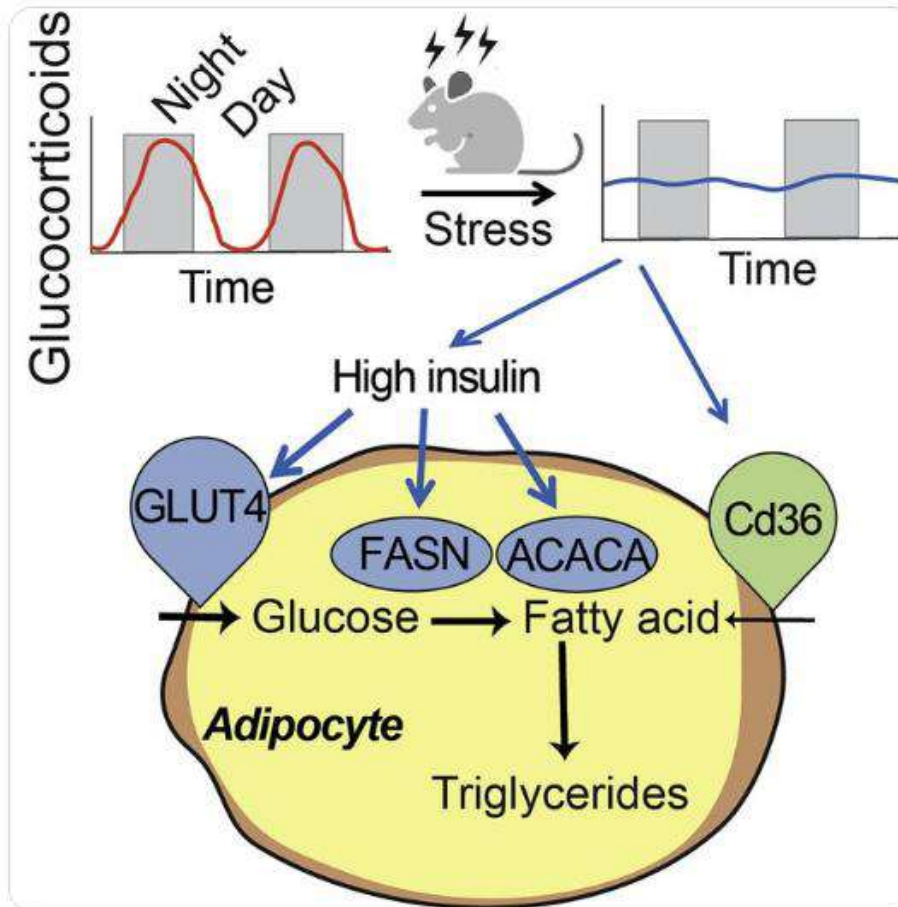


Brandon Luu, MD  
@BrandonLuuMD



Cortisol should peak in morning and drop at night, but chronic stress flattens this rhythm.

When mice lost this daily cortisol oscillation (mimicking jet lag/shift work), they developed hyperinsulinemia and doubled their fat mass in 3 weeks (despite eating the same amount).



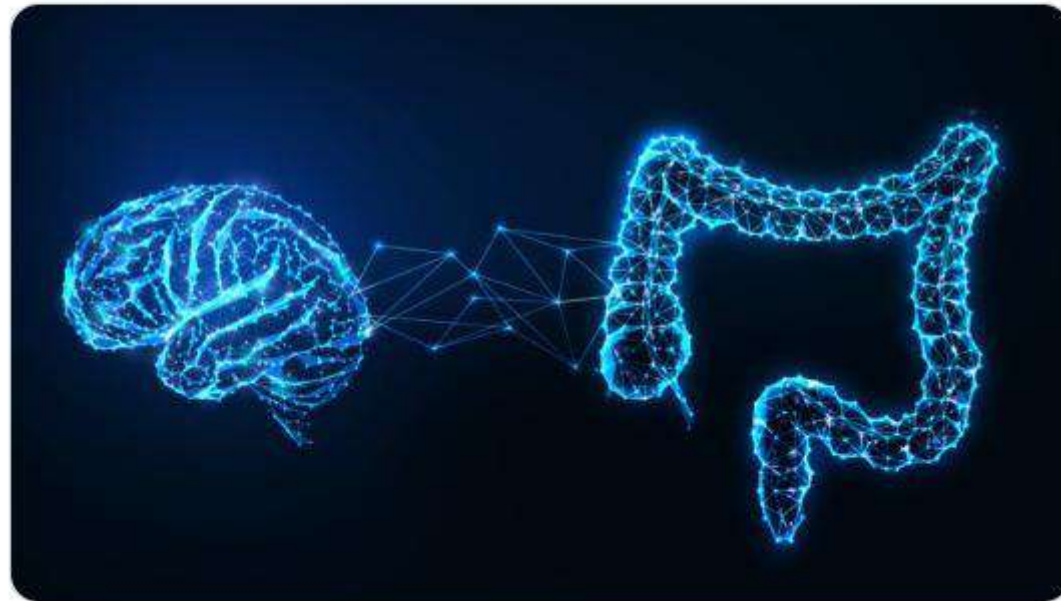


Nicholas Fabiano, MD   
@NTFabiano



The gut contains >100 million neurons.

Think about that next time you have a "gut feeling".



1:25 PM · Sep 29, 2025 · **119.3K** Views



American Psychological Association  
@APA



#ADHD isn't just about inattention or hyperactivity.

Emotional dysregulation is now recognized as a key feature—and psychologists are helping patients learn to manage those “big feelings” with evidence-based strategies.

Learn more: [at.apa.org/6b4fcb](https://at.apa.org/6b4fcb)

#ADHDAwareness

“

In the last 15 years or so, we've come to realize that **emotion dysregulation** is a **key component of ADHD.**”

**DR. PAUL ROSEN**

*Clinical psychologist and ADHD researcher at Norton Children's Behavioral and Mental Health*



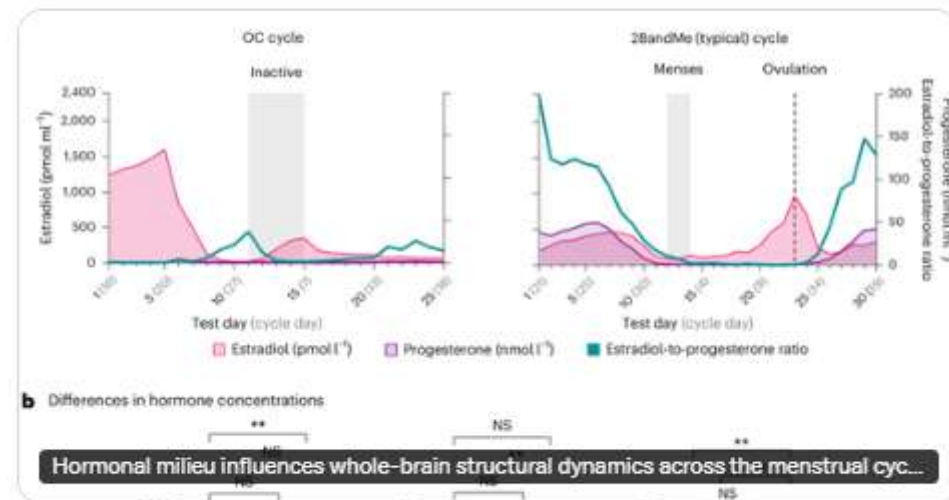


Nature Neuroscience  
@NatureNeuro



Hormonal milieu influences whole-brain structural dynamics across the menstrual cycle using dense sampling in multiple individuals

@hellercarina, @uniklinik\_jena, @UniJena, @UMN\_MIDB,  
@UCSantaBarbara



From nature.com

2:56 PM · Oct 2, 2025 · 5,781 Views





James F. Zender, PhD  
@drjameszender



Smiling at someone isn't just polite — it's powerful! Research shows it can boost their dopamine and oxytocin, lower stress, trigger mirror neurons (so they smile back), and create a moment of connection.

[#MentalHealth](#) [#Neuroscience](#) [#KindnessMatters](#)



3:38 PM · Oct 4, 2025 · 15 Views

“The mind is like an iceberg; it floats with  
one-seventh of its bulk above water”  
- Sigmund Freud

