

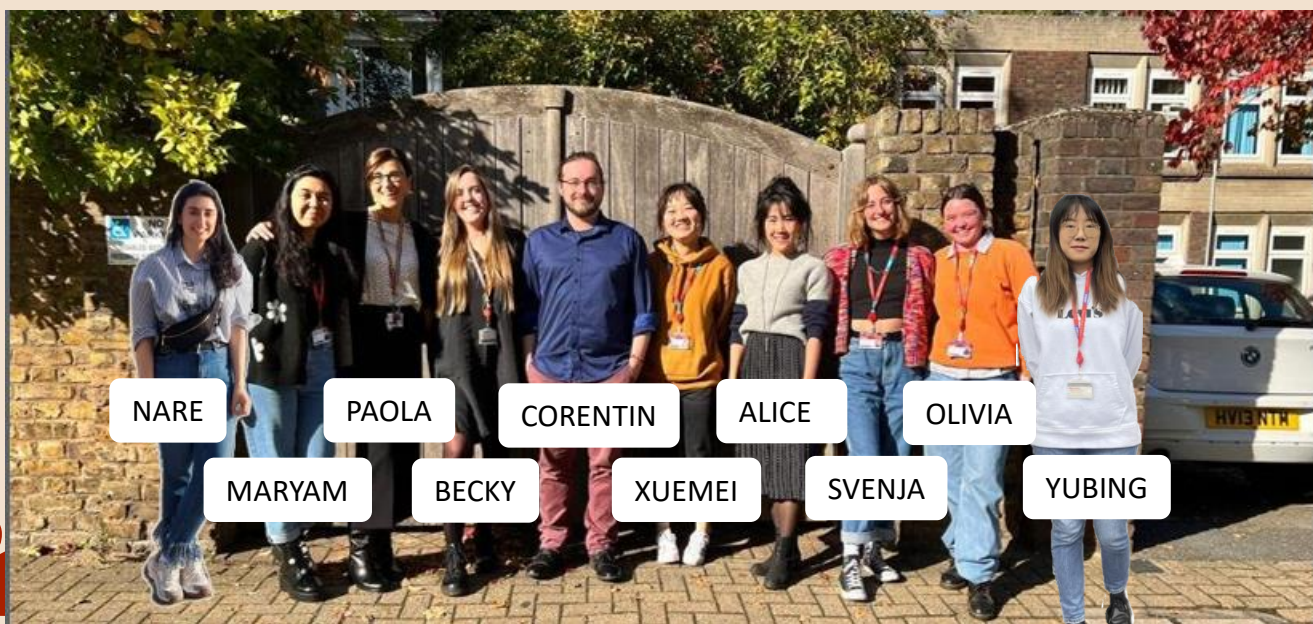


# eBRAIN Autumn Newsletter

November 2024

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Dear reader,

Well wishes and solidarity, wherever you may be.

The eBRAIN team

## We finished collecting the data!!!

We are thrilled to share some exciting news about the eBRAIN study! As of July this year, we have successfully completed data collection and had the pleasure of seeing a huge 165 participants for their third and final eBRAIN study visit. This is a fantastic **70%** of our original 230 participants who signed up for the study starting way back in 2019!

We had a very busy start to the summer doing lots and lots of study visits, as we needed to see all our participants before changes in our MRI scanner. We really appreciate your flexibility, which helped us to see everyone before this deadline.



This milestone would not have been possible without your incredible support and commitment.

Huge thanks to everyone who took part and came in for their last study visits! Your participation is invaluable and greatly appreciated! We will miss seeing you all each year.

We are now excited to move into the next phase of our research, where we will be analysing all the data collected. Keep an eye out for future newsletters where we will be sharing some of the initial findings with you all!

Thank you once again for your support and contribution to the eBRAIN study.



## Our time at King's: Work Experience

During our work experience with the eBRAIN team we were introduced to the world of psychology. The team were kind enough to allow us to do a week of work experience with them at the start of September, to help us gain insight into the research currently being done on our brain scans.

We began by reading through documents outlining what eBRAIN is and what it hopes to achieve and then began reading through several blogs published on <https://www.inspirethemind.org/>. These blogs gave avid and detailed judgements on several current world topics and accurately explained how it can affect mental health. This was incredibly useful as it allowed us to consider ideas we hadn't previously thought about and understand the number of unanswered questions that there is about mental health.

We then began to compile data that were collected in the eBRAIN study questionnaire. After organizing the data from the baseline tests and two follow-up appointments, we then created charts to clearly show these data before presenting them.

We then sat in on one of the eBRAIN meetings where we presented our data, showing people's ratings of the researchers attitude, the MRI scan, most importantly the snacks, etc. Afterwards we were shown the wonders of neuroimaging, looking at scans of the brain and what each part did. We also found out how MRIs work, and all their uses which was fascinating.



This was all incredibly interesting for us, and we have really enjoyed our time here. It has been a wonderful experience to get an insight into what working in psychology and psychiatry is like and everyone here was so helpful. We are so grateful for this opportunity and would recommend it to any other students looking for work experience.



## The Singapore Workshop

In October, we got together with collaborators and friends from Singapore. We had four researchers from Singapore visiting London and teamed up for a two-day workshop filled with conversations around mental health and brain research in young people.



We presented the eBRAIN data and learned about research in Singapore done in collaboration with local children and adolescents. This sparked some exciting ideas about combining our data and how to work together more closely in the future!



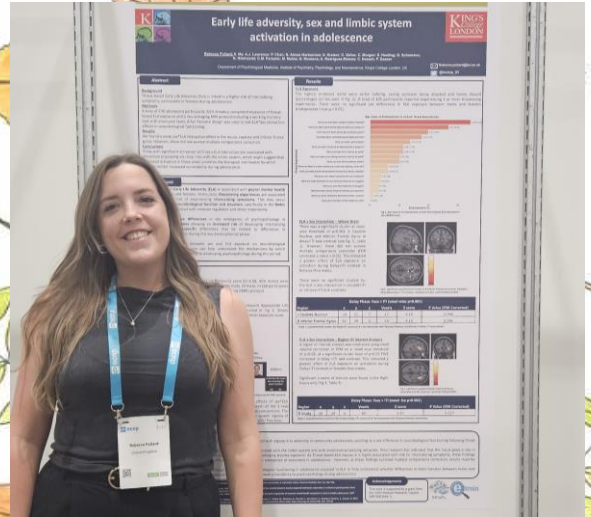
# The ECNP Conference

Last month I had a great opportunity to attend the ECNP (European College of Neuropsychopharmacology) annual Conference in Milan.

For this conference I submitted some findings from the eBRAIN study neuroimaging data where I was looking at how boys' and girls' brains activate differently during the MRI task.

This conference was special and I was honored to receive an 'Excellence Award' for my work. It felt amazing to be acknowledged with other early career researchers.

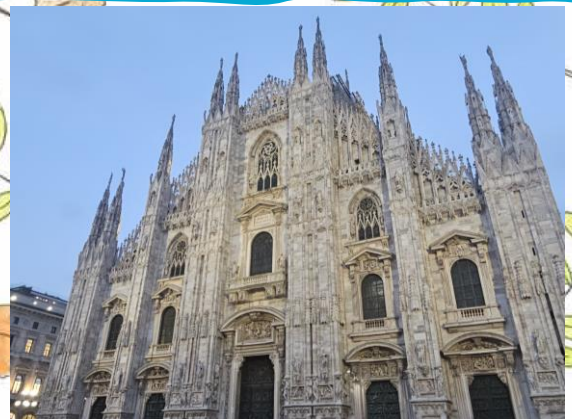
I also presented my findings as a poster and spoke with international scientists who showed great interest in our eBRAIN work.



Paola (the Principal Investigator of eBRAIN and our boss!) also delivered an outstanding talk on postpartum psychosis. Her presentation was not only informative but also sparked some fantastic discussion among the attendees.



Finally, I took the opportunity to explore Milan, eat delicious Italian food and spend some time connecting with colleagues from KCL and around the world! In my opinion, this is one of the best parts about being a researcher.



Overall, the conference was a fantastic opportunity to learn, share, and connect with others in our field.



# The OHBM conference

I had the great opportunity to attend the OHBM (Organization of Human Brain Mapping) annual conference in Seoul, South Korea. I presented findings from the eBRAIN study, where showing that some areas of the brain behave differently when resting, depending on mental wellbeing and life experiences of participants.

OHBM is one of the world's largest neuroimaging conferences, which brings together thousands of researchers, doctors, and students to share discoveries and ideas about the human brain. We discuss innovative tools, techniques, and how the brain works, changes over time, and the role of things like exercise or stress.

It's an inspiring space for brain science enthusiasts to exchange knowledge and stay updated on latest advances. For junior researchers like me, it's a fantastic opportunity to network with experts, whose feedback is invaluable.



Last, which is probably the thing I prefer about OHBM, is that the conference is not only about results, but also about how to make our findings accessible to daily use by family or hospital doctors, and I loved hearing about research from totally different fields!

This year this was about what the behaviour of Chimpanzees teaches about us, humans (for instance: we have similar reaction to snakes!). You can find the presentation

here: [https://www.youtube.com/watch?v=uHl6hZiL6\\_s](https://www.youtube.com/watch?v=uHl6hZiL6_s)

**Corentin**





# Boost your immune system by eating healthily

Cold days and limited sunlight can affect both body and mind, increasing the risk of colds or feeling down. Boosting our immune system through healthy food choices is especially important during these months.

Vitamin C-rich options like oranges, kiwi, and bell peppers help fight infections, while colorful fruits and vegetables, such as berries, grapes, carrots, and spinach, provide important antioxidants to combat stress.



Staying hydrated with water, tea, or hot soups can boost immunity, as herbal teas and vegetable soups can have anti-inflammatory properties.

Vitamin D, essential for immunity and bone health, is limited in winter due to less sunlight but can be obtained from eggs, dairy, fish, or supplements. Supplementing vitamin D may also help alleviate anxiety and seasonal depression.



Complex carbohydrates, such as whole grains, sweet potatoes, and oatmeal, could provide steady energy for our body and help regulate mood by stabilising blood sugar.

Also, foods rich in omega-3 fatty acids could support both immune health and brain health via their anti-inflammatory properties. For example, salmon and nuts can help support brain health and reduce feelings of wintertime sadness.



# Alice & Sophia Graduation



**Sofia** joined our team last year to work on her undergraduate final year project on the eBRAIN study. Sofia's project focused on the relationship between environmental adversity and thinking skills, and how physical activity might affect this relationship. She was a great member of the team and a pleasure to work with!

After completing her project, Sofia returned to the Netherlands to finish her course and attend her graduation ceremony at Maastricht University. Congratulations to her on this milestone and we wish her all the best in future from the whole team!!

**Alice** worked as a PhD student in eBRAIN. Her project focused on the role of inflammation in the relationship between early life adversity and mood symptoms. She completed her PhD in summer last year and has returned to Taiwan to continue pursuing her career as a psychiatrist. She came back to the UK this year with her family to attend her graduation ceremony at the Royal Festival Hall in London! The team was incredibly happy to see her again. We congratulate Dr. Alice again on her wonderful achievement!!





# Hello Lucas!

Hello, I'm Lucas and I am very excited to be joining the eBRAIN team until August 2025, where I will be analysing the relationship between diet, inflammation, and mental health.

I'm currently taking a Master in the psychology and neuroscience of the mind-body interface. Before this, I finished my undergraduate degree in psychology from the University of Aberdeen. My research interests centre around how mental health is modulated by underlying physiological factors like stress and inflammation, and how that information can help us to improve treatment options. After my Master, I strive to become a full-time researcher, so I look forward to learning new skills while working alongside the eBRAIN team on such important research!



In my spare time, I love spending time around friends and animals! I also enjoy reading fiction and am always trying to finish off new reading recommendations. I have also recently started doing yoga and am enjoying the process of trying out something new.



Dear Reader,

Thank you for reading our Newsletter. We hope you enjoyed it!

We wanted to take this opportunity to say thank you so much for being involved with the eBRAIN study! Wishing you all a very happy holiday, have a lovely break and take care of yourselves. We'll see you in the new year!

If you'd like to find out more about the study or ask any questions, please don't hesitate to get in touch! You can find our contact details and social media accounts below. We look forward to hearing from you! Bye for now

The eBRAIN team

Hello  
Autumn



This newsletter was created with the help of our work experience students!

If you missed our last newsletter or would like to view our previous newsletters, you can find them here: <https://www.ebrainstudy.com/blog>

Want more? Why not check out our [website](#) for more eBRAIN content, including blogs, mental health resources, challenges and more! ☺



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