

TMS TRENDS

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MICE STUDY SUGGESTS THAT HIGH-FAT DIET CAN CHANGE BEHAVIOR

<http://psychcentral.com/news/2015/03/27/mice-study-suggests-high-fat-diet-can-change-behavior/82854.html>

A new study, published in *Biological Psychiatry*, theorizes that a high-fat diet may also increase the risk for depression and other psychiatric disorders. Researchers believe that a high-fat diet produces changes in health and behavior, in part, by changing the mix of bacteria in the gut, also known as the gut microbiome. These microbiota are essential for normal physiological functioning, and research has suggested that alterations in the microbiome may underlie the hosts' susceptibility to illness, including neuropsychiatric impairment. This idea was tested on non-obese adult mice, which were then evaluated for changes in behavior and cognition. The mice that received the microbiota shaped by a high-fat diet showed multiple disruptions in behavior, including increase anxiety, impaired memory, and repetitive behaviors. They also showed many detrimental effects in the body, including increased inflammation. Researchers believe that these findings suggest that the gut microbiome has the potential to serve as a therapeutic target for neuropsychiatric disorders.

DEPRESSION INFLUENCES PERCEPTION OF TIME

<http://psychcentral.com/news/2015/03/13/depression-influences-perception-of-time/82277.html>

A new review finds that people suffering from depression appear to experience time differently than healthy individuals. The study finds that depressed individuals often perceive that time seems to pass extremely slowly or even stands still. Researchers discovered that although depressed individuals perceive slow time passage, when asked to judge the duration of a specific time interval, such as two seconds or two minutes, their estimates are just as accurate as those of health subjects. They summarized that in depression the subjective feelings of the passage of time differ from the ability to assess the actual duration of external events. Future studies are needed as little is actually known about the effects of antidepressants and psychotherapy, or how patients with bipolar disorders compared to non-bipolar depression assess the passing of time.

BRAIN TEASERS TO CHALLENGE YOUR MIND!

SOURCE: SCIENTIFIC AMERICAN MIND

2 CONFOUNDING COMPOUNDING

Place the same four-letter word in each blank below to make four common words.

_____ RAY
_____ END
_____ AGE
_____ ICO

PORT (PORTRAY, PORTEND, PORTAGE, PORTICO).

4 WORD WHEELS

Spell an eight-letter word in each box by beginning with the correct letter and moving clockwise or counterclockwise around the box, using each letter only once. The question mark represents a letter that you must supply, which is the same for both words.

E	?	T
U	S	
S	E	L

C	O	A
S		L
E	?	F

The missing letter is "R." STREUSEL, ALFRESCO.