EFFECTS OF EARLY LIFE STRESS ARE ATTENUATED BY EXPOSURE TO L. RHAMNOSUS

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Alterations in gut microbiota can affect the development of anxiety-like behaviour and splenocytes were isolated to the immune and nervous systems. In particular, microbebased interventions may attenuate the detrimental effects of early life stress (ELS), such as immune and neurodevelopmental disorders. This study assessed the impact of ELS on anxiety-like behaviour and immune function, and determined the potential therapeutic effects of Lactobacillus rhamnosus (JB-1). BALB/c mice were exposed to a limited nesting paradigm. Stressed mice were either given JB-1 dissolved in their drinking water or water alone. Behavioural tests were conducted to measure

assess alterations in immune responses. ELS was observed to be associated with behavioural changes, decreased stressinduced corticosterone release, and increased inflammation. The results demonstrate that the ELS-associated symptoms of anxiety-like behaviour and stress-induced corticosterone release were diminished in the JB-1 treatment group.

EXAMINING THE EFFICACY OF GOAL MANAGEMENT TRAINING AS A COGNITIVE REMEDIATION APPROACH IN A SAMPLE OF INDIVIDUALS WITH MAJOR **DEPRESSIVE DISORDER**

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to persist after euthymia and are associated with poor functional outcomes, and clinical symptoms of depression functional outcomes and diminished treatment effectiveness. and anxiety. We hypothesized that, in comparison to the to re-establish cognitive functioning in the MDD population because these approaches have been effective in results indicate that the GMT group reported a significant populations that suffer similar deficits. In the present study, decline in their cognitive difficulties, with improved social home strategies targeted at improving executive functioning rehabilitating cognitive function in the MDD population. skills. We investigated the differences between a sample that

Cognitive impairment is a central component of major received this intervention and a waitlist control (WLC) depressive disorder (MDD). These deficits are shown sample on their self-reported measures of cognitive difficulty, Cognitive remediation therapies (CRTs) have the potential WLC group, the GMT group would subjectively report improvements on these domains after treatment. Our we tested the efficacy of a successful CRT program called functioning and fewer symptoms of depression and anxiety. Goal Management Training (GMT), which employs take- These findings suggest that GMT is a useful tool for

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