

## **Seminar IRH-ICUB**

### **Consciousness and Cognition: An Interdisciplinary Approach**

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**convenor Dr. Diana Stanciu**

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**Date: Tuesday, 26 April 2016, 17h**

**Place: IRH-ICUB (D. Brandza 1), conference room**

## **Mihai Vasile**

**'Carol Davila' University of Medicine and Pharmacy**

**Faculty of Medicine**

The present lecture will be delivered by **Mihai Vasile**, a student at the Faculty of Medicine, the 'Carol Davila' University of Medicine and Pharmacy, and is an extended version of a short lecture he delivered at the Faculty of Medicine during the Brain Awareness Week 2016, one of the most successful outreach programmes of the European research community. The lecture offered by Mihai Vasile received the first prize in the student competition organised on the occasion of this event.

### ***Stress and Consciousness***

Stress, a state of tension accompanied by an alarm reaction of the human body as a response to inner or outer factors that are strongly unfavourable to the body (or at least potentially unfavourable to it), can be detected through the effects of the stress hormones – especially the glucocorticoids. A specific factor can be a stressor agent or not according to the mode in which the body interprets it, consciousness being thus capable to create a response to stress even when the unfavourable factors are actually absent. The specialists have already correlated stress with cognitive, emotional and behavioural modifications. Thus, stress and consciousness seem to be strongly interrelated – they can influence each other and the consequences in time can be quite serious. Becoming aware of the biomolecular, genetic, epigenetic, psychic, social, etc. mechanisms that form the basis of this interaction is more and more important not only for developing new curative or prophylactic therapies but also for obtaining a more complete image of that which gives us identity – that is, consciousness.