Mental Health & Well-being in the Ageing Population
Research, Risks and Recommendations
Hosted by the EU-funded project Medit-Ageing
16th June 2021 (online)

Please note all times are CEST

AGENDA

Wednesday 16th June

09:30 – 10:00 Welcome & Opening Remarks
Dr Gaël Chételat, Project Co-ordinator, INSERM

Session 1 COVID-19 & its potential impact on health in ageing
10:00 – 11:00 Chair: Dr Géraldine Poisnel, INSERM
Co-chair: Dr Fabienne Collette, Universite de Liege

10:00 – 10:15 Dr Julie Gonneaud, INSERM
Silver Santé Research – Emotional Resilience

10:15 – 10:30 David Bartrés-Faz, Professor of Medical Psychology,
Department of Medicine, University of Barcelona
Mental health effects and moderators during COVID-19 pandemic:
the Barcelona Brain Health Initiative study

10:30 – 11:00 Discussion

11:00-11:15 BREAK
Session 2  
11:15 – 12:30  Lifestyle & psycho-affective factors associated with brain health  
*What have Medit-Ageing researchers investigated & learnt?*  
Chair: Dr Julie Gonneaud, INSERM  
Co-chair: Dr Natalie Marchant, University College London (UCL)

11:15 – 11:25  Dr Natalie Marchant, UCL  
Overview & Context

11:25 – 11:35  Dr Geraldine Rauchs, INSERM  
Impact of sleep quality on cognition and brain integrity

11:35 – 11:45  Francesca Felisatti, University of Caen  
Association of physical activity with brain structure and function: Investigating the role of cardiovascular risk factors

11:45 – 11:55  Harriet Demnitz-King, UCL  
Self-reflection is associated with cognition and brain health in older adults

11.55 – 12.05  Edelweiss Touron, University of Caen  
Links between depressive symptoms and brain integrity in ageing

12:05 – 12:30  Q & A session

12:30 – 13:30  LUNCH BREAK

Session 3  
13:30 – 14:15  Meditation & Mindfulness – *perception & practice change*  
Chair: Dr Olga Klimecki, University of Geneva  
Co-chair: Dr Thorsten Barnhofer, University of Surrey

13:30 – 13:45  Dr James Kirby, Senior Lecturer & Clinical Psychologist, University of Queensland  
The challenges and (reluctant) acceptance of the importance of compassion in the development and research of psychological interventions

13:45 – 14:15  Q & A session followed by round table discussion
Session 4  
14:15 – 15:30  Mitigating the risks of developing dementia: 
*What have Medit-Ageing researchers investigated & learnt?*
Chair: Dr Antoine Lutz, INSERM  
Co-chair: Dr Gaël Chêtelat, INSERM

14:15 – 14:30  Overview & Context  
Fabienne Collette, University of Liege

14:30 – 14:45  Marco Schlosser, UCL  
*Title to be confirmed*

14:45 – 15:00  Tim Whitfield, UCL  
The effect of mindfulness-based programs on cognition: 
a systematic review of the literature

15:00 – 15:15  Ylenia D'Elia, University of Trieste  
The impact of interventions on Compassion & Physical Activity

15:15 – 15:30  Q & A session

15:30 – 15:45  BREAK

Session 5  
15:45 – 16:30  Voices from the Silver Santé Study – the experiences of 
participants & teachers  
Chair: Rhonda Smith, Minerva Communications UK

15:45 – 15:55  Silver Santé Study participants

15:55 – 16:20  Age Well & SCD Well teachers  
Martine Batchelor, Expert Meditation Teacher  
Caitlin Ware, English Teacher, INSERM  
Corinne Schimmer, English Teacher, Carré International

16:20 – 16:30  Q & A and further observations from attendees

16:30 – 16:45  Closing Remarks  
Gael Chetelat – *Project Coordinator*

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