



## Mental Health and Well-being in the Ageing Population Research, Risks and Recommendations

Date: 16<sup>th</sup> June 2021

Time: 9:30 – 16:45

Location: Online

[www.silversantestudy.eu](http://www.silversantestudy.eu)

### Mental Health & Well-being in the Ageing Population *Research, Risks and Recommendations*

Hosted by the EU-funded project Medit-Ageing  
**16<sup>th</sup> June 2021 (online)**

Please note all times are CEST

#### A G E N D A

Wednesday 16<sup>th</sup> June

- 09:30 – 10:00** Welcome & Opening Remarks  
Dr Gaël Chételat, Project Co-ordinator, INSERM
- Session 1**  
**10:00 – 11:00** COVID-19 & its potential impact on health in ageing  
Chair: Dr Géraldine Poisnel, INSERM  
Co-chair: Dr Fabienne Collette, Université de Liège
- 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**



This project has received funding from the European Union's Horizon 2020 research and innovation programme Project No: 667696 under call H2020-PHC-22



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- 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



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| <b>Session 4</b><br><b>14:15 – 15:30</b> | Mitigating the risks of developing dementia:<br><i>What have Medit-Ageing researchers investigated &amp; learnt?</i><br>Chair: Dr Antoine Lutz, INSERM<br>Co-chair: Dr Gaël Chételat, INSERM |
| <b>14:15 – 14:30</b>                     | Overview & Context<br>Fabienne Collette, University of Liege   |
| <b>14:30 – 14:45</b>                     | Marco Schlosser, UCL<br><i>Title to be confirmed</i>   |
| <b>14:45 – 15:00</b>                     | Tim Whitfield, UCL<br>The effect of mindfulness-based programs on cognition:<br>a systematic review of the literature  |
| <b>15:00 – 15:15</b>                     | Ylenia D'Elia , University of Trieste<br>The impact of interventions on Compassion & Physical Activity   |
| <b>15:15 – 15:30</b>                     | Q & A session  |
| <b><u>15:30 – 15:45</u></b>              | <b><u>BREAK</u></b>  |
| <b>Session 5</b><br><b>15:45 – 16:30</b> | Voices from the Silver Santé Study – the experiences of<br>participants & teachers<br>Chair: Rhonda Smith, Minerva Communications UK   |
| <b>15:45 – 15:55</b>                     | Silver Santé Study participants  |
| <b>15:55 – 16:20</b>                     | Age Well & SCD Well teachers<br>Martine Batchelor, Expert Meditation Teacher<br>Caitlin Ware, English Teacher, INSERM<br>Corinne Schimmer, English Teacher, Carré International              |
| <b>16:20 – 16:30</b>                     | Q & A and further observations from attendees  |
| <b>16:30 – 16:45</b>                     | Closing Remarks<br>Gael Chetelat – <i>Project Coordinator</i>  |

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