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## Cognitive impairment is correlated with and unstable mental health profile

Etindele Sosso Faustin Armel and Molotchnikoff Stephane  
University of Montreal, Canada

Cerebral function is mainly reorganized during years between adolescence and midlife. This important period is characterized by creation of synapses, fine-tuning of excitatory and inhibitory neurotransmitter systems, improvement of brain structures, and development of nervous connections. Indeed most of brain diseases result due to variance or damage to any of these events. Variances or imbalances in timing of neuronal maturity process strongly increase the risk for cognitive impairments and certainly leads to the development of neurodegenerative diseases, dementia, anxiety and psychiatric disorders in unknown rate in the groups of young adults (aged between eighteen years old until midlife). Moreover, these changes also influenced the risk for Alzheimer disease, Dementia and other associated diseases. The aim of this study is to explore how detection of cognitive impairments is link with a combined effect of socio-demographic items we choose, on a healthy young adult's population. This epidemiological study was leaded with a questionnaire incorporating the short fifteen items version of cognitive complaints detection's Mc Nair Test which is used to detect cognitive complains. The questionnaire also included ten socio-demographic items and forty seven other questions divided in seven sections: quality of sleep, level of stress, depression, anxiety, general health, physical skills and dependences. Our results suggested a strong link between increasing in memory deficit and the combination of at least two bad score to each section, with a significant correlation with unstable mental health profile.

### Biography

Etindele Sosso Faustin Armel is a PhD student of Neurophysiology in University of Montreal. He has completed a Master degree in Microbiology in University of Yaounde I in Cameroon and a Master degree in Anesthesiology from University Central of Tunis in Tunisia. His research concerns cerebral plasticity and his interactions with neuronal memory. His objective is to develop a model of prediction for cognitive impairments related to neurodegenerative diseases.

faustin.armel.etindele.sosso@umontreal.ca

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