

Supplementary S1—five database searches of 1 January 2026 for the keywords brain change AND burnout AND 2025

S1. Google Scholar

S1.1. Date:

1 January 2026

S1.2. Keywords:

Keywords: “Brain changes” “burnout” “2025” “English”

S1.3. Overall results:

380 results

Not in English (n = 1)

Not a peer-reviewed journal (n = 41)

Not an empirical study (n = 93)

No burnout (n = 140)

No brain changes (n = 50)

Not retrievable (n = 5)

Irrelevant information on burnout (n = 35)

Irrelevant information on brain changes (n = 14)

Included (n = 1)

S1.4. Details:

[1]

[\[PDF\] ssrn.com](#)

*Neuropsychological Markers of Emotional **Burnout** in Volunteers: An EEG-Based Study*

V Pavlieiev - Available at SSRN 5832642, 2025 - [papers.ssrn.com](#)

Specifically, we examine whether volunteers with established **burnout** differ from those at risk and those without **burnout** in terms of EEG spectral power across bands, EEG-derived

[2]

[\[PDF\] ssrn.com](#)

Neuropsychological Mechanisms of Emotional Burnout in Volunteers: Social and Systemic Factors

V Pavlieiev - Available at SSRN 5832625, 2025 - [papers.ssrn.com](#)

Emotional **burnout** is a multidimensional stress-related This article examines emotional **burnout** in volunteers through **brain changes**, leading to the hallmark symptoms of **burnout**—

[3]

[\[PDF\] biorxiv.org](#)

Burnout in nurses and biomarkers of stress, inflammation and neuroplasticity

BB Arnetz, J Iseler, M Pena, N Evola, J vanSchagen - bioRxiv, 2025 - [biorxiv.org](#)

of evolving burnout and an additional 12% reported established burnout. Severity of burnout was burnout categories (mean 2.81, SEM 0.26 pg/mL) vs. a median of 2.09 pg/mL in the no-

[4]

[\[PDF\] edusoft.ro](#)

A Review of Burnout Psychiatric Consequences

A Ungurianu, A Ciubară - BRAIN. Broad Research in , 2025 - brain.edusoft.ro

This conceptual framing positions burnout as a transdiagnostic syndrome at the link burnout to HPA axis dysregulation, prolonged cortisol secretion, and structural **brain changes**,

[5]*

[\[PDF\] springer.com](#)

Burnout Syndrome in forensic medicine and its association with vicarious trauma, posttraumatic stress syndrome and occupational stress

LA Oprinca-Muja, CI Mohor, GC Oprinca - International journal of , 2025 - Springer

Chronic stress and **burnout** induce significant dysregulation in the autonomic nervous structural **brain changes**. This paper presents a preliminary review of the literature on **burnout**

[6]

[\[PDF\] sagepub.com](#)

Burnout: At times a physical state [42]

G Parker, N Russo - Australasian Psychiatry, 2025 - journals.sagepub.com

load, structural and functional **brain changes**, systemic inflammation, **burnout**. On some occasions, distinctive physical symptoms can commence abruptly in those experiencing **burnout**,

[7]

Grave gaps in burnout perception.

D Pelton - 2025 - psycnet.apa.org

chapter redefines **burnout** as a critical health issue, debunking the myth of "good **burnout**" States, leads to cognitive decline and structural **brain changes**, and it details the effects of

[8]

[\[PDF\] springer.com](#)

Mindfulness and relaxation response: a strategy to mitigate burnout and enhance well-being in radiologists

D Regmi, HL Cohen - Egyptian Journal of Radiology and Nuclear , 2025 - Springer

The reported structural **brain changes**, including increased gray matter density in regions associated with learning, memory, and emotional regulation, seen in long-time practitioners,

[9]

Structural brain correlates of stress-induced exhaustion: cross-sectional findings in an exhaustion disorder cohort

M Björnsdotter, S Cully, M Hermansson, S McCulloch - 2025 - osf.io

Symptom severity was measured using the total score of the Shirom-Melamed **Burnout** Questionnaire informed research into the prevention or reversing of stress-related **brain changes**.

[10]

Stress in specific population: Cognitive decline in aging, occupational challenges, strategies for medical professionals

G Gautam, N Moradikar - Progress in Brain Research, 2025 - Elsevier

but were somewhat linked to increased **burnout** symptoms. Cognitive metrics, such as of depression or **burnout** in the future. This implies that while feelings of **burnout** are associated

[11]

[\[HTML\] Physician Burnout: Historical Context, Psychosomatic Division, Evolution, Results, Solutions, and Recommendations](#)

C Nash - Encyclopedia, 2025 - mdpi.com

factors is a way to prevent **burnout** in physicians by designing appropriate **brain changes** in response to uncontrollable stress can help physicians recognize the symptoms of **burnout**

[12]

[PDF] [melangepublications.com](#)

*Effectiveness of Mindfulness-Based Yoga in Reducing **Burnout** among Sports Coaches and Trainers*

A Andri - [ijyshs.melangepublications.com](#)

Also, because objective physiological markers are not available, it is difficult to draw conclusions about underlying **brain changes**. Future studies should seek to overcome these gaps

[13]

[PDF] [f1000research.com](#)

*An Assessment of Professional **Burnout** within Hospital Pharmacists: A Case Study of Abu Dhabi*

W Mohammed, B Fylan, [L Breen](#) - F1000Research, 2025 - f1000research.com

of **burnout** compared to those with lower stages of **burnout**. A study published by the American Psychological Association indicated that the impact of **burnout** on related to **burnout** and

[14]

[PDF] [cambridge.org](#)

The neuroscience of compassion: a scoping review of the literature on the neuroscience of compassion and compassion-related therapies

H Kamal, O Mitchell, C O'Doherty - Irish Journal of , 2025 - cambridge.org

to **burnout** particularly for healthcare workers who inherently practise compassion day to day. This **burnout** Compassion training induced nonoverlapping **brain changes** in mOFC, pACC

[15]

***Burnout** in Times of Crisis: Sociodemographic and Work-Related Profile of **Burnout**, During an Extreme Situation*

S Oliveira, C Carvalho, A Pinto, P Mendes - and Environmental Safety , 2025 - Springer

on **burnout** is something that, given the subject's richness, lacks detailed and clear studies in Portugal. In this study, we aim to investigate the **burnout** the Oldenburg **Burnout** Inventory (

[16]

[HTML] [google.ca](#)

[HTML] MINDFULNESS, MEDITATION AND PSYCHOLOGICAL HEALTH: A CONTEMPORARY ANALYSIS OF EVIDENCE-BASED INTERVENTIONS

[S Shahi](#), S Irem - in Psychology: Theory, Research, and Practice, 2025 - books.google.com

practices have structural and functional **brain changes**, especially of areas related to **burnout**, and higher academic results. Virtual reality platforms, culturally adapted programs

[17]

[PDF] [ijsrtjournal.com](#)

From Synapses to Stadiums: How Brain Physiology Informs Sports Training for Optimal Performance and a Sound Mind

A Roy, MK Yadav, KR Dutt, A Singh, C Pal - Journal of Scientific , 2025 - ijsrtjournal.com

This comprehensive review delves into the intricate interplay between neuroscience and athletic performance, elucidating how advancements in understanding brain physiology can

[18]

[PDF] [cambridge.org](#)

Quality of life and Magnetic resonance imaging (MRI) in multiple sclerosis

NB Hamed, S Cherif, [A Aissa](#), [A Souissi](#) - European , 2025 - [cambridge.org](#)

of physician **burnout** on emotional responses to suicidal patients. We hypothesized that **burnout** MRI findings we aim to evaluate causal relationship between specific **brain changes**

[19]

[\[PDF\] ssrn.com](#)

*Effectiveness of a mindfulness-and compassion-based online intervention for physician **burnout**: A randomized controlled trial with mediation and clinical outcome*

[F Villalon](#), [A Hirmas](#), [A Mundt](#), [D Quiroz](#) - General Hospital Psychiatry, 2025 - Elsevier

IBAP produced large, sustained reductions in physician **burnout**, with effects confirmed across sensitivity analyses. The program also reduced perceived medical errors via **burnout**

[20]

[\[PDF\] researchgate.net](#)

[\[PDF\] THE NEUROSCIENCE OF RESILIENCE: HOW THE BRAIN ADAPTS TO STRESS AND TRAUMA](#)

[M Sultana](#) - Global Dimensions of Multidisciplinary Research, 2025 - [researchgate.net](#)

cortisol, can lead to structural **brain changes** and impaired neural prone to chronic stress or **burnout**. Furthermore, neurochemical structural and functional **brain changes** that promote

[21]

[\[PDF\] frontiersin.org](#)

*Chronic stress in relation to clinical **burnout**: an integrative scoping review of definitions and measurement approaches*

[R Vandenabeele](#), [M Joosen](#), [A Van Dam](#) - Frontiers in Psychology, 2025 - [frontiersin.org](#)

For improved readability,in this review, the term clinical **burnout** will be used to refer to the severe form of **burnout** involving debilitating symptoms and extended recovery time, arising

[22]

[\[PDF\] augsburg.edu](#)

*The Green Room: Creating an Environment to Combat **Burnout** in the Emergency Department*

[V Kovdiy](#) - 2025 - [idun.augsburg.edu](#)

would be crucial in decreasing short-term stress and **burnout**, there is a lack of research on how to diagnose **burnout**, understand how **burnout** develops, or how to prevent it, which

[23]

Biological and Psychological Interactions of the Stress Response: How to Build Resilient Trauma Teams

[RJ Ryznar](#), [C Clodfelder](#), [J Edwards](#) - Trauma Team Dynamics: A Trauma , 2025 - Springer

Trauma can lead to long-term psychological and neurobiological changes, with PTSD and **burnout** being common in high-stress professions like trauma care. ACEs are linked to long-

[24]

[\[PDF\] wisc.edu](#)

A neurobiological taxonomy of sedentary behavior for brain health

[Z Zhang](#), [Y Chen](#), [Q Yu](#), [J Li](#), [L Zou](#), [MF Mavilidi](#) - Trends in , 2025 - [cell.com](#)

behavior yields adaptive or maladaptive **brain changes** critically depends on the relevance cognitive load and mental fatigue related to academic **burnout** [78]. Moreover, emerging

[25]

[\[PDF\] nrjbfm.in](#)

[\[PDF\] A STUDY ON MENTAL HEALTH CHALLENGES IN HIGH-STAKE ENTERPRENURSHIP](#)

[ML Veerapaneni](#), [PPS Ratna](#), [G Abhiramu](#), [P Dhanush](#) - [nrjbfm.in](#)

Burnout and anxiety are two of its major culprits, resulting from a relentless cycle of cognitive overload and self-scrutiny. **Brain changes** among entrepreneurs have neurological effects

[26]

Neural correlates of shift work in nurses: Alterations in cortical gyrification and functional connectivity

L Lu, L Zhu, N Jiang, Y Xia, Y Zhang, J Li, C Xu - Sleep Medicine, 2025 - Elsevier

Objectives Shift work among nurses is an indispensable part of healthcare. However, it may be accompanied by circadian rhythm disruption. This disruption has been associated with

[27]

[HTML] google.ca

[HTML] *ASSESSING THE EFFECTIVENESS OF PEDAGOGICAL INFLUENCE IN THE CONTEXT OF EDUCATIONAL TRAUMATIZATION METHODOLOGY, TOOLS*

M Olena, P Mykyta - «Scientific method: reality and future trends , 2025 - books.google.com

Interim results of research conducted within the project indicate a high level of professional **burnout** among Ukrainian teachers, especially in regions affected by hostilities. At the same

[28]

Mindfulness and Self-management in Disability and Mental Health Leadership

D Paul - Journeys Through the Disability and Mental Health , 2025 - Springer

It presents why mindfulness is important for the nonprofit leader, helping them to manage the significant challenges such leaders face including stress and **burnout**. Practical elements of

[29]

[PDF] ejcmpr.com

Clinical and neurological problems and clinical tests in Alzheimer's patients specializing in Alzheimer's disease

M Milanifard, M Ramezani - Eurasian Journal of Chemical, Medicinal , 2025 - ejcmpr.com

brain changes are very **brain changes** begin to affect normal functioning. These changes in the brain can affect eating, balance, and bowel and bladder control [45]. The **brain changes**

[30]

[PDF] eabct2025.org

[PDF] *Skills Class 21: Using imagery to motivate change: an introduction to functional imagery training*

J Andrade - Congress Abstracts - eabct2025.org

This systematic review investigates **brain changes** in youths with anxiety disorders following predicted **burnout** at both Time 2 and Time 3, suggesting a lasting impact on future **burnout**

[31]

*On the Impact of Perceived Affection on **Burnout** and Cognitive Processing: A Comprehensive Study Amidst the COVID-19 Pandemic at UCLA*

M Rubio - 2025 - search.proquest.com

(love/social support), emotional exhaustion (**burnout**), and COVID-19 impacted cognitive Guided by stress, coping theory and **burnout** frameworks, this research explored whether

[32]

[HTML] mdpi.com

[HTML] *Mindfulness-based cognitive therapy in clinical practice: A systematic review of neurocognitive outcomes and applications for mental health and well-being*

E Gkintoni, SP Vassilopoulos, G Nikolaou - Journal of Clinical Medicine, 2025 - mdpi.com

It has been proposed that MBCT may influence **brain changes** and evolutionary adaptations, - MBSR did not appear effective in reducing **burnout** or improving resilience in healthcare

[33]

[PDF] [wiley.com](#)

A neuroscience perspective on the plasticity of the social and relational brain

T Singer - *Annals of the New York Academy of Sciences*, 2025 - Wiley Online Library

High **burnout** rates in professions like health care and education stem partly from empathic As Figure 1C illustrates, structural **brain changes**, measured through gray matter volume,

[34]

[HTML] [nih.gov](#)

[HTML] Association Between Shift Working and Brain Morphometric Changes in Workers: A Voxel-wise Comparison

JY Choi, S Kim, Y Lee, D Kim - *Safety and Health at*, 2025 - [pmc.ncbi.nlm.nih.gov](#)

Using VBM, early studies have illustrated **brain changes** in individuals with prolonged exposure to occupational characteristics [35]. However, recent studies demonstrated short-term

[35]

[HTML] [thelongevityvault.com](#)

[HTML] The 3 Forms of Sleep Disruption That Shrink Your Brain—And How to Tell If Your Sleep Is Actually Protecting You From Cortical Atrophy, Brain Shrinkage and

K Fu - 2025 - [thelongevityvault.com](#)

may contribute directly to structural **brain changes** that precede clinical cognitive impairment. emotional resilience, and subtle signs of **burnout** that aren't reflected in your device's score.

[36]

Biomarkers in Work and Organizational Psychology: Biological Aspects of Stress and Psychological Strain in the Workplace

S Ocklenburg - 2025 - Springer

Although these findings are robust, **brain changes** in depression are not particularly specific as It is therefore not surprising that various biomarker studies on **burnout** have already been

[37]

[HTML] [mdpi.com](#)

[HTML] Salivary Biomarkers as a Predictive Factor in Anxiety, Depression, and Stress

DG Budala, I Luchian, DI Virvescu, T Tudorici - *Current Issues in*, 2025 - [mdpi.com](#)

It holds promise as a biomarker for the early identification of **burnout** and stress-related have been linked to structural and functional **brain changes**, such as hippocampal atrophy and

[38]

[PDF] [etextonline.org](#)

[PDF] Leading Through Complexity: Female Emotional Intelligence, Mental Health, and Sustainable Success

M Bezuglova - [etextonline.org](#)

in **brain changes** between men and women under chronic stress. A study conducted at Oxford University using MRI imaging found that individuals suffering from professional **burnout**

[39]

Redefining the mom brain narrative: Adaptive cognitive enhancements during the perinatal period

S Ettinger, PA Geller - *Journal of health psychology*, 2025 - [journals.sagepub.com](#)

Nonhuman animal research provides evidence for functional and structural maternal **brain changes** across gestation. Rodent studies helped to identify a dopaminergic and

[40]

[Epidemiology, Ergonomics, and Epigenetics: Performance Traumatic Stress Disorder \(PTSD\)](#)

J Chong, K Cottrell - Perspectives in Performing Arts Medicine Practice II , 2025 - Springer

The pressure to meet high expectations at a young age can lead to **burnout** and chronic **Brain changes** are shaped by experience, learning, and environmental exposure. Musicians

[41]

[Borderline Personality Disorder: A Comprehensive Meta-Analytic Review of Epidemiology, Neurobiology, and Population Dynamics](#)

OR Thornton - 2025 - cdr.lib.unc.edu

, reinforcing the link between environmental trauma and structural **brain changes**. The Elderly: The "burnout" myth leads to the neglect of older adults with BPD. While they may no longer

[42]

[\[PDF\] frontiersin.org](#)[Altered functional network topology and connectivity in female nurses with shift work sleep disorder](#)

PL Pan, Y Hucheng, SY Gu, SF Wang, JP Liu - Frontiers in Systems , 2025 - frontiersin.org

It remains unclear whether the observed **brain changes** are a cause or a consequence of **burnout**. Importantly, this precludes the exploration of how SWSD-related **brain changes** may vary

[43]

[\[PDF\] thetappingsolution.com](#)[\[PDF\] The Neuroscience of Tapping](#)

HASTC Bring, YR Relief - thetappingsolution.com

Brain imaging studies show decreased activity in areas that drive cravings and impulses, as well as pain processing. These **brain changes** match with people reporting they feel calmer,

[44]

[\[PDF\] ki.se](#)[Stress-related mental disorders: an exploration astrocytic biomarkers, comorbidities, and cognition](#)

JC Wallensten - 2025 - openarchive.ki.se

However, **burnout** is still not an official diagnosis but is **burnout**, or clinical **burnout** (47). (n=40) found **brain changes** related to perceived stress compared to

[45]

[\[PDF\] sagepub.comFull View](#)

[Using a Wearable Brain Activity Sensing Device in the Treatment of Long COVID Symptoms in an Open-Label Clinical Trial](#)

RT Hurt, R Ganesh, DR Schroeder - Journal of Primary , 2025 - journals.sagepub.com

Mindfulness techniques such as those delivered by the S-EEG device have been associated with **brain changes**, including increased functional connectivity. These changes also

[46]

[\[PDF\] researchgate.net](#)

[\[PDF\] Chapter-19 NEUROEDUCATION AND YOGIC LEARNING: BRIDGING BRAIN SCIENCE WITH ANCIENT WISDOM FOR HOLISTIC DEVELOPMENT](#)

R Gautam, P Kaushik - HOLISTIC GROWTH THROUGH YOGA - researchgate.net

Among students of all ages, increased rates of depression, anxiety, and **burnout** are connected to academic stress, digital interruptions, and lack of emotional support found in many

[47]

[\[PDF\] researchgate.net](#)[\[PDF\] Role of Mindfulness Practices on Academic Stress of College Students](#)

A Sharma, A Chauhan - Journal of Research and Innovation in , 2025 - researchgate.net

, mindfulness has been linked to structural and functional **brain changes**. Hölzel et al. (2021) Mindful self-compassion and academic **burnout**: A pathway to student resilience. Journal of

[48]

[\[PDF\] umaine.edu](#)[Examining Social Support Offered via Instagram Accounts Targeted Toward Generation Z Pre-Medical Students](#)

S Moores - 2025 - digitalcommons.library.umaine.edu

in a disorder referred to as **burnout**. The main cause of **burnout** is a lack of support during a artery-clogging deposits, and cause **brain changes** that may contribute to anxiety, depression

[49]

[\[PDF\] wiley.com](#)[Explore your brain: A randomized controlled trial into the effectiveness of a growth mindset intervention with psychosocial and psychophysiological components](#)

TWP Janssen, N van Atteveldt - British Journal of Educational , 2025 - Wiley Online Library

and its associated structural **brain changes**, students realize that brain **burnout** symptoms and moderation of intervention effects by SES. First, we expected a reduction in school **burnout**

[50]

[\[PDF\] nepjol.info](#)[Impact of Digital Engagement on Mental Health and Neuroplastic Changes in Adults](#)

I Das, A Thomas, PL Shrestha - SXC Journal, 2025 - nepjol.info

levels of depression, anxiety, stress, and **burnout**. Notably, the type of screen activity plays a role. maladaptive neuroplasticity as **brain changes** resulting from unhealthy digital behavior

[51]

[\[BOOK\] Brain boost: healthy habits for a happier life](#)[BJ Sahakian, C Langley - 2025 - books.google.com](#)

Your mental health is as important as your physical health and, in times of stress, it's vital to have enhanced cognition and reserves of resilience. This book is packed with practical tips,

[52]

[\[HTML\] lww.com](#)[\[HTML\] Comparative analysis of hippocampal volume and stress levels between medical and non-medical undergraduate female students](#)[AR Alruwaili, SA Alnajashi, AM Alwasedi, SK Albraihi - Medicine, 2025 - journals.lww.com](#)

The neuroplasticity theoretical framework posits that alterations in synaptic connectivity and function within the brain serve as the foundational basis for learning and a broad spectrum of

[53]

[\[BOOK\] The AuDHD Perimenopause Handbook: A Practical Guide for Autistic and ADHD Women Managing Hormonal Changes, Brain Fog, Executive Dysfunction](#)[EA Holmes - 2025 - books.google.com](#)

Your **brain changes** during perimenopause. This isn't just about hot flashes and irregular periods. The hormonal shifts fundamentally alter how your brain processes information,

[54]

[PDF] ayurvedjournal.net

[PDF] *The role of mind-body practices in managing stress-related disorders*

A Kashyap - Journal of Ayurveda and Naturopathy, 2025 - ayurvedjournal.net

Furthermore, workplace wellness initiatives have increasingly incorporated MBPs to address occupational stress, **burnout**, and absenteeism. Research indicates that mindfulness-based

[55]

Influence of sleep quality on aggressive behaviours: Predictive validity of the Brøset Violence Checklist-revised

S Terzoni, M Opreni, M Lusignani, F Ruta, M Parozzi - Sleep Medicine, 2025 - Elsevier

Introduction Violent behaviours in acute psychiatric settings represent a critical issue within health systems. Prompt identification of patients at risk is a priority for nurses. The Brøset

[56]

[PDF] semanticscholar.org

[PDF] *Proposed Model on Amrit Varsha Dhyana by Pandit Shriram Sharma Acharya in Enhancing Emotional Intelligence*

L Batham, S Singh - Dev Sanskriti Interdisciplinary, 2025 - pdfs.semanticscholar.org

intelligence can reduce stress, **burnout**, and emotional exhaustion—, and a lower risk of **burnout**. Additionally, another study Dhyana, are associated with structural **brain changes** [31],

[57]

[PDF] springer.com

Neurophysiological features in women with antenatal depressive symptoms: a resting-state quantitative electroencephalography study

HJ Kim, D Lee, J Kim, NY Kim, S Hong - European Archives of, 2025 - Springer

We aimed to investigate the potential neurophysiological **brain changes** in women exhibiting antenatal depressive symptoms, using resting-state quantitative electroencephalography (

[58]

Building neurotechnologies for everyday use: The story of Neurable

R Alcaide - Neural Interfaces, 2025 - Elsevier

EEG has been used to identify a multitude of **brain changes** (Table 19.1). Now, that data will of workers experiencing **burnout** and related disorders, the economic toll of **burnout** exceeds

[59]

Modern Day High: The Neurocognitive Impact of Social Media Usage

S Abhijeet, KK Satani, B Param, J Heth - Cureus, 2025 - search.proquest.com

, which helped researchers understand ERPs and other **brain changes** linked to events. , which may contribute to symptoms of digital **burnout**, reduced attentional capacity, and mood

[60]

[PDF] karger.com

Clinical and Neuroimaging Effects of Mindfulness-Based Cognitive Therapy for Symptomatic Obsessive-Compulsive Disorder Patients after First-Line Treatments: A

M Serra-Blasco, N Miquel-Giner, M Vicent-Gil - Psychotherapy and, 2025 - karger.com

First, the relatively small sample size reduced power to detect subtle **brain changes** or modest treatment effects. Second, all participants had previously received CBT and

[61]

Impact of social stress on epigenetics: an updated narrative review

[R Gabbianelli](#) - Journal of Laboratory and Precision Medicine, 2025 - journals.lww.com

The pandemic starkly highlighted and intensified challenges, leading to a surge of **burnout** and exacerbated pre-existing stress and **burnout** in various professional groups. This stress

[62]

[\[PDF\] nature.com](#)

Unlocking deep relaxation: the power of rhythmic breathing on brain rhythms

[V Tripathi](#), [L Bhaskar](#), [C Kharya](#), [M Bhatia](#) - npj Mental Health , 2025 - nature.com

Meditators and yoga practitioners exhibit widespread **brain changes** in self-referential, attention, and executive networks 10 . Mindfulness training strengthens hippocampal circuits

[63]

[\[PDF\] cureus.com](#)

[PDF] Modern Day High: The Neurocognitive Impact of Social Media Usage

[A Satani](#), [KK Satani](#), [P Barodia](#), [H Joshi](#) - Cureus, 2025 - cureus.com

, which helped researchers understand ERPs and other **brain changes** linked to events. , which may contribute to symptoms of digital **burnout**, reduced attentional capacity, and mood

[64]

[\[HTML\] google.ca](#)

[HTML] RESILIENCE AND TRAUMA-INFORMED PRACTICES IN EARLY CHILDHOOD CARE AND EDUCATION (ECCE)

[R Datta](#), [J Mete](#) - POLICY, PERSPECTIVES AND PEDAGOGY IN , 2025 - books.google.com

New studies are showing that **brain changes** caused by trauma don't have to last forever. When kids get the right help, some of these changes can be lessened or even reversed. This

[65]

[\[PDF\] sagepub.com](#)

Magnitude and Associated Factors of Burnout Syndrome Among Healthcare Professionals Workers in Intensive Care Units, Addis Ababa, Ethiopia, 2023

[MH Yesuf](#), [Z Aderaw Alemu](#) - SAGE Open , 2025 - journals.sagepub.com

inventory-educational version (SBIEd) and Copenhagen's **burnout** inventory tool to assess **burnout** syndrome, respectively, which differs from our tool (MBI-HSS). In contrast to this, the

[66]

[\[PDF\] academia.edu](#)

[PDF] EFFECT OF DEMENTIA IN THE BUSINESS ENVIRONMENT AND CARE GIVERS: CASE STUDY ON BUSINESS ADAPTING TO DEMENTIA FRIENDLY

[MSB Nthwane](#), [O Stuta](#) - academia.edu

Many dementia caregivers experience depression, high levels of stress, or even **burnout** due Because it is the result of **brain changes** in people with behavioural-variant front temporal

[67]

The Brain-Wellness Nexus: exploring neurobiological mechanisms and evidence-based interventions for stress resilience in neurodivergent populations

[R Belaich](#) - Cognitive Neuropsychiatry, 2025 - Taylor & Francis

Mindfulness interventions have been widely implemented in these populations to reduce **burnout** and enhance emotional resilience. A systematic review by McMahon et al. (Citation

[68]

[\[PDF\] upenn.edu](#)[Reframing Mindfulness for the Modern Leader: A Positive Psychology Perspective](#)

D Cooper - 2025 - repository.upenn.edu

operating near the edge of **burnout**. While this survival-mode And **burnout** becomes a silent badge of honor in cultures that suggests that many of these **brain changes** may reflect short-

[69]

[\[HTML\] mdpi.com](#)[\[HTML\] Early Life Adversity and Disordered Eating: Cognitive and Neural Mechanisms](#)

Y Luo, J Zhang, H Chen - Behavioral Sciences, 2025 - mdpi.com

The most crucial implication of these findings is the recognition that these ELA-related **brain changes** are often adaptive responses rather than permanent damage, underscoring the

[70]

[\[PDF\] researchgate.net](#)[\[PDF\] Exploring the Impact of Pranayama on Emotional Stability in Post-Graduate Students: Correlation with Serum Cortisol and Haemoglobin Levels](#)

L Nagar, C Betal, J Kushwaha, A Bhatt - 2025 - researchgate.net

, potentially linked to chronic stress and **burnout**. Monitoring haemoglobin (Hb) level is vital and negative effect, correlating with **brain changes** in emotion processing²³ and six weeks of

[71]

[Developing self-compassion and well-being with a hybrid mindfulness-based intervention: Lessons learned from health professions students, faculty and staff](#)

SR Kaufman, J Damiao, ED Paljevic - Journal of American , 2025 - Taylor & Francis

Given that **burnout** has an impact on patient care and delivery as mentioned earlier in the article and that **burnout** is associated with lower self-compassion, we hypothesize that an

[72]

[\[PDF\] newcastle.edu.au](#)[\[PDF\] Statement of Originality](#)

P Taylor - 2025 - openresearch.newcastle.edu.au

brain changes are more pronounced with higher **burnout** an umbrella term under which **burnout** and ES are commonly functional and connective **brain changes** have been found

[73]

[\[HTML\] mdpi.com](#)[\[HTML\] Mindfulness Improves Awareness and Cortisol Levels During COVID-19 Lockdown: A Randomised Controlled Trial in Healthcare Workers](#)

A Panzeri, O Bettinardi, F Giommi, M Grassi, M Rossetti - Healthcare, 2025 - mdpi.com

By focusing on M-HCPs, a subgroup particularly vulnerable to occupational stress and **burnout** during the COVID-19 pandemic [45,46], this research addresses a critical gap in the

[74]

[\[PDF\] scientia.report](#)[ASSESSING THE EFFECTIVENESS OF PEDAGOGICAL INFLUENCE IN THE CONTEXT OF EDUCATIONAL TRAUMATIZATION METHODOLOGY, TOOLS, RISKS](#)

O Matviienko, M Popov - Collection of scientific papers « , 2025 - previous.scientia.report

Interim results of research conducted within the project indicate a high level of professional **burnout** among Ukrainian teachers, especially in regions affected by hostilities. At the same

[75]

Local connections enhancement as a neuroprotective strategy against depression recurrence: Insights from structural brain network analysis

Y Li, H Xu, B Chen, Y Ding, Y Zhu, Y Wang - Journal of Psychiatric , 2025 - Elsevier

Background Depression recurrence significantly impacts patients' well-being and presents a major clinical challenge. Identifying the risk of recurrence during remission could enable

[76]

Psychiatry in times of war and armed conflicts

A Ventriglio, JM Castaldelli-Maia, J Torales - Review of Psychiatry, 2025 - Taylor & Francis

Studies consistently document high levels of **burnout**, secondary traumatic stress, compassion fatigue, anxiety, and depressive symptoms among humanitarian personnel who are

[77]

Neuroplasticity and Technology

KJ Reddy - Innovations in Neurocognitive Rehabilitation , 2025 - Springer

Additionally, VR has been associated with structural and functional **brain changes**. neuroplastic changes without causing frustration or **burnout**. By providing a balance between

[78]

Bridging the Gap: The Role of Digital Solutions in Mental Health Care.

M Held - Benefits Quarterly, 2025 - search.ebscohost.com

to employee mental health conditions, including **burnout**, anxiety and depression. Likewise, by anxiety or stress related to the disease; **brain changes** from the disease, such as in the

[79]

[PDF] [springer.com](https://www.springer.com)

An innovative health systems approach to support early detection of cognitive impairment in primary care—the brain health navigator

JR Brosch, D Summanwar, NR Fowler, DB Hammers - BMC Primary , 2025 - Springer

abnormalities, an assessment of structural **brain changes** such as vascular disease, stroke, impact on reduction of caregiver stress and **burnout**. Advance care planning discussions like

[80]

Rewiring the Workplace: Harnessing Neuroplasticity

A Ranjan - of Neuroplasticity on Organizational Effectiveness and , 2025 - books.google.com

By monitoring cognitive engagement, learning velocity, emotional well-being, and team adaptability, firms can transform imperceptible **brain changes** into strategic advantages.

[81]

Equipping Secondary Teachers in Trauma-Informed Practice

L Andrewjeski - 2025 - digitalcommons.hamline.edu

This section will consider these diverse **brain changes** and Teacher **burnout** is not a new idea. However, increases in compassion satisfaction and lower **burnout** rates. Concurring with

[82]

[HTML] [mdpi.com](https://www.mdpi.com)

[HTML] *Caffeine in Aging Brains: Cognitive Enhancement, Neurodegeneration, and Emerging Concerns About Addiction*

MG Carbone, G Pagni, C Tagliarini - International Journal of , 2025 - mdpi.com

Several observational studies have examined the relationship between habitual caffeine intake and structural **brain changes**, yet their findings are often conflicting. Some research

[83]

[PDF] researchgate.net

[PDF] *Beyond the Amyloid Hypothesis of Dementia: Implications and Opportunities for the Field of Psychology*

S Cullari - Chronicles of Clinical Reviews and Case Reports, 2025 - researchgate.net

For example, it may prevent neuroinflammation and other **brain changes** leading to dementia or AD (Yang, et al, 2024; Onisiforou, Charalambous & Zanos, 2025). On the other hand,

[84]

[HTML] mdpi.com

[HTML] *Neuroanatomical and Functional Correlates in Bipolar Disorder (BD): A Narrative Review*

AS Liberati, S Eleuteri, G Perrotta - Journal of Clinical Medicine, 2025 - mdpi.com

Studies have observed that in many patients' structural **brain changes** and cognitive symptoms, which are not necessarily evident from the onset of the disease, tend to worsen with the

[85]

Virtual Reality Games as a Tool for Health Promotion and Education in Disability Care

G de Paula Vidigal, ED Dias, JP Weingartner - Social and Affective , 2025 - Springer

brain changes while generating quantifiable data to validate and improve their efficacy. be designed to maintain interest while avoiding **burnout** or gaming fatigue. Understanding the

[86]

[PDF] tandfonline.com

The Burden of Analgesics Overprescription for Chronic Headache: Impacts on Patients, Healthcare System and Countries

MH Alshareef, SM Alsanosi - Journal of Multidisciplinary , 2025 - Taylor & Francis

Structural **brain changes**, such as reduced gray matter in pain-processing regions, have of medication overuse can lead to frustration and **burnout** among healthcare providers, as the

[87]

[PDF] scholaris.ca

[PDF] *Trauma-and Resilience-Informed Practice for Self-Care Among Social Work Students*

E Bogdan, E Miller-Karas - ucalgary.scholaris.ca

others, social workers have a high rate of **burnout** and therefore need self-care practices and brain has neuroplasticity, meaning that the **brain changes** and rewires itself in response to

[88]

[PDF] shareok.org

Performance Psychology and Musician Wellness: Foundations for Sustainable Practice Habits

L Roddin - 2025 - search.proquest.com

practice habits that improve focus, prevent **burnout**, and promote long-term growth. While neuroplasticity is more pronounced in youth, adults can still facilitate significant **brain changes**

[89]

[HTML] nih.gov

[HTML] *Trauma, Stress, and Mental Health Outcomes*

M Bany-Mohammed, S Asim, M Elalami - Journal of psychiatry , 2025 - pmc.ncbi.nlm.nih.gov

that can lead to depression, anxiety, and **burnout** [3]. However, researchers increasingly view Adverse childhood experiences (ACEs) have been linked to structural **brain changes**,

[90]

[\[PDF\] canterbury.ac.nz](#)

[\[PDF\] Climate Activism: Who Burns Out and Who Flourishes?](#)

E Heyward - 2025 - [ir.canterbury.ac.nz](#)

This thesis examines **burnout** and flourishing among climate in leadership and participation roles, **burnout**, flourishing, and a , structural and functional **brain changes**, cardiovascular

[91]

[\[PDF\] Ayurvedic and yogic interventions for stress-related disorders: A review](#)

N Khumalo - Journal of Swasthavritta and Yoga, 2025 - [swasthjournal.com](#)

These structural and functional **brain changes** provide neuroscientific backing for Yogic claims about , and selftranscendence as important buffers against chronic stress and **burnout**.

[92]

[\[PDF\] tandfonline.com](#)

[Loneliness as a driver of allostatic load: mechanisms linking social disconnection to physiological dysregulation and health disparities](#)

[A Warren](#) - Stress, 2025 - Taylor & Francis

Loneliness is increasingly recognized as a multisystem stressor that contributes to morbidity and premature mortality. This narrative review draws on searches of PubMed, PsycINFO,

[93]

[\[PDF\] sagepub.com](#)

[Impacts on Caregivers of Witnessing Terminal Lucidity in Children](#)

K Kothe, [N Tassell-Matamua](#) - OMEGA-Journal of , 2025 - [journals.sagepub.com](#)

to medication, was a biological event caused by **brain changes**, or was due to imagination. time, may also lead to more stress and **burnout** for the caregiver. Since death impacts all

[94]

[\[PDF\] ssrn.com](#)

[\[PDF\] 15 NEUROPHYSIOLOGICAL BASIS OF ATHLETIC PERFORMANCE](#)

VS Chauhan - Innovative Research, 2025 - [papers.ssrn.com](#)

by having a better understanding of how the **brain changes** in response to training inputs. and lowering the risk of injury and **burnout** need an understanding of the neurophysiological

[95]

[\[PDF\] researchgate.net](#)

[\[PDF\] THE EFFECTS OF SLEEP DEPRIVATION ON WORK PERFORMANCE AMONG NURSES WORKING IN INTENSIVE CARE UNITS OF BAHAWALPUR'S](#)

S Faiz, A Siyab, [M Raza](#), M Arooj, [K Parveen](#), [M Danish](#) - 2025 - [researchgate.net](#)

Structural and functional **brain changes** in the default mode Structural and functional **brain changes** in the default mode , the higher the levels of **burnout** and patient dissatisfaction."

[96]

[Psychophysiological Techniques Applied to Sports and Exercise](#)

[S Perrey](#) - Sport and Exercise Psychophysiology, 2025 - Springer

, including emotional exhaustion, stress, and **burnout** using subjective measurements (eg, the that might be influenced by exercise-induced **brain changes**. This chapter focuses on the

[97]

[\[PDF\] ace.edu](#)

A Quasi-Experiment Analysis of a Sound Bath on Georgia K-12 Public School Teacher-Perceived Stress

KA Williams - 2025 - scholarworks.ace.edu

to **burnout** and workforce performance. Hence, the problem being examined in this dissertation is that self-reported stress in teachers leads to **burnout** undergo **brain changes** that reflect

[98]

[\[PDF\] frontiersin.org](#)

[PDF] Executive functioning in matrescence and implications for perinatal depression

TR Ghadimi, C McCormack - Frontiers in Psychiatry, 2025 - frontiersin.org

Cognitive labor has been linked to heightened risks of maternal depression, stress, **burnout**, Structural **brain changes** during matrescence more broadly, in frontal cortical regions that

[99]

Metabolism and Brain Aging: The Role of Nutrients

S Navthare, R Rajani, A Khan, S Thakre - Rejuvenating the Brain , 2025 - Springer

The complex interaction between brain aging and metabolism has become a central theme in neuroscience studies, with important roles in cognitive well-being and longevity. This

[100]

Basic and Applied Research in Sport and Exercise Psychophysiology

E Bodnariuc Fontes, K Grandjean da Costa - Sport and Exercise , 2025 - Springer

In a study involving older adults, which is a vulnerable population to mobility and **brain changes** due to the aging process, researchers investigated the potential of brain structure and

[101]

Linking brain structure to stress reactivity: Cingulate surface area predicts acute cortisol responses

E Serin, LS Schill, C Bärtl, M Giglberger, J Konzok - bioRxiv, 2025 - biorxiv.org

Background Altered stress responses are closely linked to mental disorders, but the role of brain structure in acute cortisol responses to psychosocial stress remains underexplored,

[102]

[\[PDF\] idsi.md](#)

LINGUISTIC AND COGNITIVE PERSPECTIVES ON MEDITATION: THE ROLE OF ORIENTAL TECHNIQUES IN LANGUAGE PROCESSING AND STRESS

CD Popescu, C Opariuc-Dan - SCIENTIFIC BOARD - ceeol.com

regarding age-related cognitive decline and structural **brain changes** (Chételat et al., 2018). Meditation effective in reducing teacher **burnout** and improving resilience: a randomized

[103]

[\[PDF\] ijclinmedcasereports.com](#)

[PDF] General Information about (AD-AH) Alzheimer's Disease

ET ELMAS, Ĭ DAČ, S KARADENIZ - IJCMCR. 2025; 54 (2), 2025 - ijclinmedcasereports.com

This article is a study which gives general information about the Alzheimer's Disease (AD-AH). Alzheimer's Disease (AD) is a progressive neurodegenerative disease that leads to

[104]

[HTML] [nih.gov](#)

[HTML] *Barriers to mental health treatment in Polish employer-based health plans: insurance limitations and policy gaps*

A Olearczyk, K Sękowski - International Journal , 2025 - [pmc.ncbi.nlm.nih.gov](#)

However, occupational **burnout** may lead to other conditions classified as diseases that may **Burnout** can lead to increased allostatic load, structural and functional **brain changes**,

[105]

[PDF] [frontiersin.org](#)

Everyday stress-induced neurobehavioral dysregulation: therapeutic targets for management with Neurexan

S Duller, G Clarke, S Herculano-Houzel - Frontiers in , 2025 - [frontiersin.org](#)

Neuroimaging research has provided significant insights into stress-induced **brain changes** decreased HPA activity has been observed in **burnout**, some forms of depression, and PTSD

[106]

Optimizing Learning Across Ages: Insights from Neuroplasticity for Corporate Reskilling and Upskilling

J Rajagopalan, AM Jacob - Sustainable Digital Technology and Ethics in , 2025 - Springer

Cognitive decline related to age falls into three categories: structural **brain changes**, cognitive dedifferentiation, and changes in the dopaminergic system. Aging is linked with reductions

[107]

[BOOK] *NeuroIntegrative Psychiatric Nursing: Bridging Neuroscience and Holistic Care for Optimal Patient Outcomes*

IP Burrows - 2025 - [books.google.com](#)

Burnout Prevention: As frontline mental health workers, psychiatric nurses face high levels of stress and **burnout**. Benefits: Detects structural or functional **brain changes** associated with

[108]

[PDF] [cureus.com](#)

[PDF] *Stress, Stress Management, and Dementia: A Narrative Review*

A Chaudhuri, DK Gupta, DK Gupta - Cureus, 2025 - [cureus.com](#)

Parallel advances in neuroimaging and biomarker research now allow more precise measurement of stress-related **brain changes** [18]. Moreover, randomized controlled trials (RCTs) of

[109]

[PDF] [springer.com](#)

Effects of Acute Coordinative vs. Endurance Exercise on Cortisol Concentration in Healthy Women and Men

H Budde, M Wegner, C Ahrens, B Velasques - Sports Medicine , 2025 - Springer

Cortisol is an important catabolic hormone in relation to overtraining or **burnout**. of various mental illnesses such as depression [6], **burnout** [13], or post-traumatic stress disorder [14].

[110]

[PDF] [researchsquare.com](#)

The Influence of Twin Hearts Meditation on Mood, Cognitive Function, and Brain Activity: A Comparative Study of Experienced and Inexperienced Meditators

J Tarrant, J Viczko - 2025 - [researchsquare.com](#)

Objectives This study examined the effects of Twin Hearts Meditation (THM) on mood, cognitive performance, and brain activity, comparing outcomes between experienced (EXP) and

[111]

[PDF] stokbinaguna.ac.id

The Effect of Fatigue on Visuospatial Perception Accuracy of Basketball Athletes

[MIM Aziz](#), AS Jahrir - Journal Physical Health Recreation , 2025 - jurnal.stokbinaguna.ac.id

This study aims to analyze the impact of fatigue on the accuracy of visuospatial perception of basketball athletes. A total of 23 athletes from BKMF Basketball FIKK UNM participated in

[112]

Estimation of ventricular and intracranial hemorrhage volumes and midline shift on an external validation data set using a convolutional neural network algorithm

M Colasurdo, D Amran, [H Chen](#), K Ziv, M Geron - , 2025 - journals.lww.com

intracranial hemorrhage (ICH) and related **brain changes** using CT scans. The tool's estimates Overall, Viz ICH-Plus demonstrated reliable performance in quantifying **brain changes**,

[113]

[PDF] sagepub.comFull View

Advancing Research on Suicide and Mental Health in Autistic Adults Through a Research Domain Criteria-Inspired Framework

[CA Mazefsky](#), [CM Conner](#), [GJ Siegle](#) - Autism in , 2025 - journals.sagepub.com

fatigue and how this may associate with **burnout**. Another passive example is accelerometry, It is generally unknown how the **brain changes** across adulthood in autism. We apply a

[114]

[PDF] aijfr.com

[PDF] *Meditative Practices and Mental Wellness: Indian Thought and Perspective*

SR Rath - aijfr.com

evidence for structural and functional **brain changes** resulting from regular meditation. These stress, enhance productivity, and prevent **burnout**. Large multinational companies now offer

[115]

[PDF] researchgate.net

[PDF] *Risk Factors, Early Detection, and Management of Dementia in the Geriatric Population: A Comprehensive Narrative Review*

AI Alshizawi, IM Topiwala, PA Premvignesh - Public , 2025 - researchgate.net

PTSD-related **brain changes**, such as hippocampal atrophy and overactivation of the Programs offering respite care reduce **burnout** and help caregivers manage responsibilities

[116]

Investigating Virtual Reality for Alleviating Human-Computer Interaction Fatigue: A Multimodal Assessment and Comparison with Flat Videos

X Wang, [J Qu](#), L Bu, S Zhu - IEEE Transactions on Visualization , 2025 - ieeexplore.ieee.org

EEG is considered the gold standard for detecting **brain changes** due to fatigue [69]. The fNIRS Compassion fatigue, **burnout**, compassion satisfaction and perceived stress in healthcare

[117]

The Roles of Scholars in Advancing Addiction and Behavioral Health Treatment

SA Fields, CM Sandoval, MA Maurer - Equipping the interdisciplinary , 2025 - Springer

Brain imaging shows structural **brain changes** both when addictive substances are used in scholarly work can actually be a remedy for **burnout**, as it provides variety in terms of the

[118]

[PDF] atlantispress.com

Yoga and Mindfulness as Therapeutic Tools: A Pathway to Sustainable Urban Living

[S Saxena](#), [MK Dhakad](#), [P Jain](#) - *Systems for the*, 2025 - atlantispress.com

to reveal significant structural **brain changes** associated with mindfulness practice, The current work cultures tend to expose workers to higher levels of stress and **burnout** risks. To

[119]

Talk with Me Baby: Early Language Knowledge Across Disciplines

[LK Farran](#), [SN Brasher](#), [J Nelson](#) - *Mind, Brain, and*, 2025 - [Wiley Online Library](https://wileyonlinelibrary.com)

Since the developing **brain changes** in response to experience (eg, adversity during critical Barriers included faculty **burnout**, additional workload associated with TWMB integration,

[120]

[HTML] nih.gov

Mindfulness-based interventions targeting modifiable lifestyle behaviors associated with brain health: a systematic review and meta-analysis

[RA Mace](#), [MJ Stauder](#), [SW Hopkins](#) - *American Journal of*, 2025 - journals.sagepub.com

Grensman 2018 80 General health and wellbeing Improve quality of life in a sample of adult patients on sick leave because of **burnout** Physical activity, sleep, social support

[121]

Advice for translational neuroscience: move deliberately and build things

[SA Hays](#), [RL Rennaker](#), [MP Kilgard](#) - *Bioelectronic Medicine*, 2025 - [Springer](https://www.springer.com)

could replicate the magnitude and nature **brain changes** observed with NBS while obviating **Burnout** is a serious problem amongst researchers, and having colleagues to share in both

[122]

The impact of construction noise on mental fatigue: an event-related potential study

[J Yang](#), [G Ye](#), [S Shi](#), [L Bai](#), [J Wang](#) - *Engineering, Construction and*, 2025 - [emerald.com](https://www.emerald.com)

Brain changes reflect cognitive information processing and have been gained importance In this context, observing mental fatigue alongside **brain changes** in response to noise aids in

[123]

[PDF] lww.com

Takotsubo Syndrome: The Enigma of Women's Depressed Heart—A State-of-the-Art Review

[FM Lisci](#), [M Mazza](#), [C Brisi](#), [E Gaetani](#), [R Pola](#) - *Heart and*, 2025 - journals.lww.com

Takotsubo syndrome (TTS) is an acute cardiac condition that primarily affects postmenopausal women and is often triggered by intense emotional or physical stress. TTS mimics acute

[124]

Aging and Neurodegeneration

[G Gupta](#), [R Siddique](#), [R Thapa](#), [AA Bhat](#) - *Senescence and Brain*, 2025 - [Springer](https://www.springer.com)

Your healthcare expenses rise caregivers face **burnout** and working people face disruption measure neuronal damage while linking the **brain changes** directly to cognitive dysfunction [

[125]

Evaluation and Management of Neurocognitive Dysfunction in Children and Adolescents with Type 1 Diabetes[DD Schwartz](#) - Understanding and Managing , 2025 - [taylorfrancis.com](#)

on individuals with diabetes and their families, leading to significant distress and **burnout**. Neuroimaging studies have shown **brain changes** subsequent to DKA, including reduced

[126]

One Year in Uvalde: Mapping Journalists' Trauma Responses in the Aftermath of a Mass Shooting[J Ayala Rico](#), [RG Torres](#) - Journalism Practice, 2025 - [Taylor & Francis](#)

link between psychological trauma and physical **brain changes**. Moreover, trauma can affect For instance, rotational assignments should be instituted to mitigate **burnout** and reduce

[127]

[\[PDF\]](#) [researchgate.net](#)*Future perspectives on the clinics of Alzheimer's disease*[PK Mishra](#), [KK Singh](#), [S Ghosh](#), [JK Sinha](#) - A New Era in Alzheimer's , 2025 - [Elsevier](#)

They consist of comprehensive medical and cognitive assessments, neuroimaging techniques (eg, MRI and PET scans) to detect AD related **brain changes**, as well as biomarker tests (

[128]

[\[PDF\]](#) [plos.org](#)*The effect of mindfulness-based stress reduction on presenteeism among ICU nurses: A cluster randomized controlled trial*[X Liu](#), [S Luo](#), [X Wen](#), [X Huang](#), [J Wu](#), [M Chen](#), [P Jia](#) - PLoS One, 2025 - [journals.plos.org](#)

stressors frequently enter a “**burnout**-forced attendance” cycle [10 Existing literature predominantly addresses **burnout** or anxiety/ Long-term practice induces structural **brain changes**

[129]

The Role of Emotional Intelligence in Self-Awareness and Well-Being[F Andres](#) - Development of Self-Awareness and Wellbeing: Global , 2025 - [igi-global.com](#)

These **brain changes** contribute to greater stress resilience, allowing individuals to remain in boosting employee engagement and reducing **burnout**. By equipping individuals with the

[130]

[\[PDF\]](#) [frontiersin.org](#)*Research status of visuospatial dysfunction and spatial navigation*[R Bao](#), [S Chang](#), [R Liu](#), [Y Wang](#) - Frontiers in Aging , 2025 - [frontiersin.org](#)

Pathological **brain changes** caused by neurodegenerative diseases inevitably impair Association of age and structural **brain changes** with functional connectivity and executive function

[131]

[\[BOOK\]](#) *Pedal to the Metal Syndrome™: How to Stay Healthy, Wealthy & Wise in a Pressure Cooker World*[D Fryday](#) - 2025 - [books.google.com](#)

Still, despite all this data, anxiety and **burnout** are at record The **brain changes** when we feel something new and sustain and glucose spikes push the body into **burnout**. The Mind-Body

[132]

The Roles of Scholars in Advancing[SA Fields](#), [CM Sandoval](#) - workforce to treat , 2025 - [books.google.com](#)

Brain imaging shows structural **brain changes** both when addictive substances are used in scholarly work can actually be a remedy for **burnout**, as it provides variety in terms of the

[133]

[PDF] [academia.edu](#)

[PDF] *Stem Cells in Schizophrenia: A Game-Changer or Science Beyond Reach*

SK Chakrabarti, D Chattopadhyay - 2025 - [academia.edu](#)

Schizophrenia (SCZ) is a severe mental disorder that greatly impacts society. This article looks at the neurobiological mechanisms of SCZ, including abnormal NMDA receptor function,

[134]

[HTML] [mdpi.com](#)

[HTML] *Perceived Stress Profiles Among Italian University Students: A Multivariate Approach*

V Micheluzzi, E Sandri, A Marchetti, A De Benedictis - Healthcare, 2025 - [mdpi.com](#)

, contributing to structural and functional **brain changes** such as hippocampal atrophy and heightened anxiety, depressive symptoms, and **burnout**, all of which adversely affect mental

[135]

[PDF] [jyungar.com](#)

[PDF] *Time Horizons and the Evolving Therapeutic Space A Framework for Age-Responsive Spiritual Care*

J Ungar-Sargon - J Psychol Neurosci; Special Issue, 2025 - [jyungar.com](#)

as signs of spiritual decline or **burnout**. Spiritual direction that integrated understanding of Neuroscientific studies of **brain changes** associated with shifting time horizons, research on

[136]

[PDF] [springer.com](#)

Altered medial temporal lobe subregion volumes in systemic lupus erythematosus patients with neuropsychiatric symptoms

Z Makdad Najeeb, PC Sundgren, A Jönsen - BMC rheumatology, 2025 - Springer

Severe psychiatric conditions such as untreated depression (or high depressive scores despite medication), anxiety, **burnout**, bipolar disorder etc, that are significantly affecting the

[137]

Dangers of the chronic stress response in the context of the microbiota-gut-immune-brain

A Warren¹, Y Nyavor, A Beguelin - Gut Microbiota and Immunity, 2025 - [books.google.com](#)

for developing various psychiatric disorders such as **burnout**, depression, posttraumatic stress improved functional connectivity-related **brain changes** that correlated with Bacteriodes

[138]

[PDF] [researchgate.net](#)

[PDF] *Chapter-8 THE ROLE OF ASANAS AND PRANAYAMA IN COGNITIVE DEVELOPMENT*

N Shukla - HOLISTIC GROWTH THROUGH YOGA - [researchgate.net](#)

From children grappling with digital distractions to adults facing **burnout** and decision fatigue Neuroprotective effects of yoga practice: A review of structural and functional **brain changes**.

[139]

[PDF] [researchgate.net](#)

Childhood Trauma and the Route to Resilience: A Career Analysis

SK Tracy, A Allen, C Ruiz - Journal of Interpersonal, 2025 - [journals.sagepub.com](#)

hypothalamic-pituitary-adrenal (HPA) axis and structural **brain changes**. Indeed, Felitti et al.'s (been abused as a child can lead to quicker **burnout** and emotional stress. Thus, providing

[140]

[PDF] [springer.com](https://www.springer.com)

Six reasons for confusion about the trait of high sensitivity

EN Aron, [F Lionetti](#) - *Current Psychology*, 2026 - Springer

This paper addresses the challenges in identifying and describing the Sensory Processing Sensitivity (SPS) trait, often referred to as high Environmental Sensitivity. SPS is a survival

[141]

[HTML] [nih.gov](https://www.nih.gov)

Connectedness: the updated and expanded pillar of lifestyle psychiatry and lifestyle medicine

[G Merlo](#), [L Snellman](#) - *American Journal of*, 2025 - journals.sagepub.com

Further, self-compassion is associated with decreased shame, loneliness, and **burnout**. By increasing our capacity for positivity, joy, and love, self-compassion makes us more

[142]

[PDF] liberty.edu

Using Equine-Assisted Therapeutic Interventions (Eati) for Military Spouse Overstimulation for Mental and Physical Well-

Being: A Qualitative, Phenomenological Study

[MA Crook](#) - 2025 - digitalcommons.liberty.edu

This review will include information on **burnout** and overstimulation, life as a military spouse dealing with overstimulation and **burnout** as well as the assorted options for equine assisted

[143]

Family Leave Rights and Employee Resilience

[KW Diener](#) - *The Palgrave Handbook of Change and Resilience at*, 2025 - Springer

There are few changes in life so significant as having children. This chapter examines the impact of family leave rights on employee resilience. The chapter begins with a comparative

[144]

[HTML] [mdpi.com](https://www.mdpi.com)

The Association Between Cardiorespiratory Fitness Directly Assessed by the Cardiopulmonary Stress Test and the

Perception of Stress

[G Oggionni](#), [M Rizzi](#), [G Bernardelli](#) - *Journal of Clinical*, 2025 - [mdpi.com](https://www.mdpi.com)

Background/Objectives: Cardiorespiratory fitness (CRF) represents a strong and consistent predictor of mortality among adults. It is ideally expressed as the maximum or peak rate of

[145]

[PDF] [sagepub.com](https://www.sagepub.com)

Applying Virtual Reality in Mindfulness Exercises for Emotion Regulation and Mental Health Among Inpatients With Be-

havioral Issues: A Feasibility Study

[J Lee](#), [J Kim](#) - *American Journal of Health Promotion*, 2025 - journals.sagepub.com

Over time, consistent meditation exercise use leads to structural **brain changes**, including increased gray matter in regions associated with emotional balance and psychological health

[146]

[PDF] [preprints.org](https://www.preprints.org)

Stress-Induced Metabolic Disorders: Mechanisms, Pathologies, and Prospects

WZ Zhang - 2025 - preprints.org

Is obesity the next step in evolution through **brain changes**? Neurosci Appl. 2024;3. **Burnout** and metabolic syndrome in female nurses: An observational study. Int J Environ Res Public

[147]

[PDF] researchgate.net

[PDF] *The Neurobiological Return on Investment: A Comprehensive Analysis of How Prosocial Behavior Generates Measurable Benefits Across Individual*

KH TAN - 2025 - researchgate.net

brain changes in areas associated with empathy and emotional regulation. A study by Klimecki and colleagues examined **brain changes** might include **burnout** from excessive helping,

[148]

[HTML] mdpi.com

[HTML] *"I Must Be the One to Change; He's Doing the Best He Can": Care Partner Evaluation Results from a Four-Part, In-Person, Dementia Community Education*

OC Rubio, EK Husser, R Wright, D Berish - International journal of , 2025 - mdpi.com

dementia, including the physiological **brain changes**, stages of the about the underlying **brain changes** that led to behavioral that adequately address caregiver **burnout**, such as respite

[149]

[BOOK] *Losing Your Mind (and Gaining the Mind of Christ): How to Overhaul Your Brain for Faith, Focus, and Flourishing*

P Bellini - 2025 - books.google.com

The **brain changes** and reshapes regularly (neuroplasticity) and can make modified or new connections (synaptogenesis). Also, our brain births new neurons (neurogenesis) throughout

[150]

Trauma Informed Care and early distress identification in oncology settings

A Simkhaev - Journal of Psychosocial Oncology, 2025 - Taylor & Francis

The **brain changes** include the amygdala, hippocampus, and , emotional exhaustion, and **burnout**. Healthcare professionals job satisfaction and potential **burnout**. This frustration often

[151]

The relationship between air pollution and police officers' mental health: an empirical analysis based on spatial econometric models

X Teng - Scientific Reports, 2025 - nature.com

The third mechanism pertains to neurotoxicity and structural **brain changes**. Certain air cities to similar law enforcement pressures and **burnout** risks. Second, modern policing involves

[152]

[PDF] gajrc.com

[PDF] *BPSD in Relation to Severity of Dementia: An Observational Study*

TR Kashyap, GP Rao, A Awasthi - Glob Acad J Med Sci, 2025 - gajrc.com

progresses, psychotic features such as delusions and hallucinations tend to emerge, consistent with earlier studies demonstrating their association with structural **brain changes** and

[153]

[PDF] plos.org

Cognitive traces of life kinetic exercise in puberty sedentary subjects

[M Sarikabak](#), [S Hepsert](#), [A Dönmez](#), [C Baykara](#) - PLoS , 2025 - [journals.plos.org](#)

In this study, it was aimed to reveal the effect of regular life kinetic exercises on the concepts of motivation and imagery in sports in puberty period individuals. In the study in which “pre-

[154]

[Using Reading and Digital Detox to Promote Social and Emotional Health](#)

[CE Barrett](#), [T Christy](#), [R Johnson](#) - i-Manager's Journal on , 2025 - [search.proquest.com](#)

remain cognitively intact despite significant **brain changes** associated with diseases like daily activities, leading to a high incidence of digital **burnout**. Social media is one of the most

[155]

[\[PDF\] theseus.fi](#)

[\[PDF\] Home care nursing challenges in caregiver burden in Alzheimer's patients home care settings.](#)

[S Tamang](#) - 2025 - [theseus.fi](#)

Advanced imaging techniques (MRI, PET) reveal **brain changes** of neuronal apoptosis, synaptic loss and inflammation which are detected together with Care giver stress and **burnout**

[156]

[\[PDF\] centerhealthyminds.org](#)

[Asthma: Biomedical and Psychobiological Perspectives for the Disease of the Year 2023](#)

[T Ritz](#), [MA Rosenkranz](#), [JC Celedón](#) - Biopsychosocial , 2025 - [journals.lww.com](#)

emotional states, acute and chronic stress, **burnout**, as well as various psychological disorders. Structural **brain changes** related to disease duration in patients with asthma. PLoS One.

[157]

[\[PDF\] sciencedirect.com](#)

[Bidirectional association of tinnitus and psychological distress among nurses at one-year follow-up: a propensity score-matched cohort study from China](#)

[M Yu](#), [H Chen](#), [M Pei](#), [S Zhan](#), [B Li](#) - Asian Nursing Research, 2025 - Elsevier

prolonged exposure to workplace stressors (eg, **burnout**, moral distress), which may Structural **brain changes** in tinnitus: grey matter decrease in auditory and non-auditory brain

[158]

[\[PDF\] ilk.lt](#)

[\[PDF\] AN INTERDISCIPLINARY APPROACH ON DRUG AND SUBSTANCE ABUSE: CAUSES, CONSEQUENCES AND SOLUTIONS](#)

[ST Babu](#), [VS Girija](#), [PS Kamalabai](#), [K Grumadaitė](#) - [ilk.lt](#)

This paper presents an interdisciplinary approach, applying sociology, psychology, biology, public policy and educology in order to analyze the contemporary phenomenon of drug and

[159]

[\[HTML\] lww.com](#)

[\[HTML\] A Cross-sectional Study to Explore the Adverse Childhood Experiences with Academic Performance among Medical Students](#)

[AVNS Padmaja](#), [AS Mohammed](#) - Journal of Psychiatry , 2025 - [journals.lww.com](#)

Trauma causes stress resulting in **brain changes** which may trigger the sympathetic nervous the score of ACE more prevalence for **burnout** resulting in poor academic performance. [18

[160]

[BOOK] *The Science and Soul of Love: From Human Connection to Divine Realization*

PD Roy - 2025 - books.google.com

Through rigorous research and contemplative inquiry, we will explore how different forms of love—from family bonds to passionate callings—create specific **brain changes** that naturally

[161]

Emerging Adulthood, Health, and Wellbeing

JM Waite-Jones, AM Rodriguez - *Approaches to Health and Wellbeing in*, 2025 - Springer

These results increase our confidence in how the **brain changes** through and beyond reported decreased levels of stress and **burnout**. Developing a capacity for mindfulness would

[162]

[BOOK] *Precarity, Trauma, Addiction, and Love in Philosophical Counseling*

RC Reed - 2026 - books.google.com

As a client recently expressed to me, "It's not just **burnout**. It's **burnout** from **burnout**. It's the stress, the backlash from the levels of cortisol I've kept in my body for years." In such a situation

[163]

[PDF] uef.fi

[PDF] *Every move counts?: associations of active commuting and leisure-time physical activity with mental health and perceived cognitive function among Finnish*

JJ Jussila - 2025 - erepo.uef.fi

, but not with school **burnout**, among 34103 adolescents (mean with lower odds of school **burnout**. Study III showed that high , structural and functional **brain changes**, and behavioural

[164]

The Use of EMDR G-TAP in the Treatment of ADHD Symptoms in Adults

KK Majeste - 2025 - search.proquest.com

events were associated with the **brain changes** seen in ADHD. overall **burnout**, as well as in personal and work-related **burnout** in **burnout** levels and the number of sessions attended.

[165]

[BOOK] *Raise Resilience: Teach Your Teenager Well*

L Bailey, V Tsofilas - 2025 - books.google.com

through adolescence, major **brain changes** are happening.¹ worst, life feels unmanageable and we are at risk of **burnout**. Don't wait until **burnout** to think about recovery because our

[166]

[PDF] lsu.lt

Effect of mental health on information retention

U Abdulkhadar - 2025 - vb.lsu.lt

Furthermore, chronic mental fatigue has been linked to structural **brain changes** in individuals with stress-related exhaustion, highlighting the potential long-term consequences of

[167]

[PDF] uniroma1.it

Psychological and neuroscientific correlates of mindfulness in clinical and educational settings

A Matiz - 2025 - iris.uniroma1.it

burnout; regarding character, self-directedness and self-transcendence were found to predict sense of efficacy and reduced **burnout**. and structural **brain changes** associated with

[168]

[PDF] [frontiersin.org](https://www.frontiersin.org)

Systematic review of neurophysiological assessment techniques and metrics for mental workload evaluation in real-world settings

M Diarra, J Theurel, B Paty - Frontiers in Neuroergonomics, 2025 - [frontiersin.org](https://www.frontiersin.org)

Introduction Mental Workload (MWL) is a concept that has garnered increasing interest in professional settings but remains challenging to define consensually. The literature reports a

[169]

[PDF] bmj.comFree from Publisher

Understanding trauma-impaired executive function and its impacts on homeless adults in the UK: a realist evaluative synthesis protocol

C Cooper, M Lhussier - BMJ open, 2025 - bmjopen.bmj.com

Documented **brain changes** include reduced global volume; alterations in limbic circuitry, particularly the amygdala and hippocampus, responsible for emotion regulation; and

[170]

[HTML] [sciencedirect.com](https://www.sciencedirect.com)

Family availability and memory function and decline among adults aged ≥ 51 in England and the United States, 2004-2019

TC Cho, X Yu, LC Kobayashi - SSM-Population Health, 2025 - Elsevier

Objectives We investigated whether spousal and child availability may jointly impact memory aging among middle-aged and older adults, and if their joint impact varies between the US

[171]

[HTML] A Comparative Neurophenomenology of the Psychedelic State and Autism: Predictive Processing as a Unifying Lens

W Roseby, C Osborn Moar - Psychoactives, 2025 - [mdpi.com](https://www.mdpi.com)

This description aligns with autistic self-reports, particularly regarding ‘autistic **burnout**’, which is often attributed to chronic sensory overloading [41,142]. Furthermore, autistic individuals

[172]

[HTML] [mdpi.com](https://www.mdpi.com)

[HTML] Caught in the Web—Emotional Regulation Difficulties and Internet Addiction Among Romanian Medical and Technical University Students: A Pilot Cross

SM Hainagiu, SN Neagu - Healthcare, 2025 - [mdpi.com](https://www.mdpi.com)

consequences, including structural **brain changes**, comorbid psychiatric symptoms, and Another limitation is the absence of control scales for depression, anxiety, **burnout**, and

[173]

[HTML] [nih.gov](https://www.nih.gov)

[HTML] Evolving Psychotherapeutic Approaches for PTSD: Beyond the Fear-Based Model

L Burback, O Winkler, R Jetly - Psychiatry and , 2025 - pmc.ncbi.nlm.nih.gov

the clinical evidence, many of these practices are associated with improved indicators of autonomic health, emotion regulation, interoceptive capacity, and PTSD-relevant **brain changes**

[174]

Art as Medicine

A Zão - *Humanism in Surgery: Reflective Dialogue across Arts* , 2025 - Springer

and other artistic interventions are powerful tools (both for patients and doctors) to engage multisensory and motor networks and induce structural and functional **brain changes**, leading

[175]

Artificial Intelligence in Health and Well-Being: Advancing Diagnostics, Personalized Medicine, and Global Health Initiatives

TSP Thomas, L Leon - *Smart Healthcare, Clinical Diagnostics, and* , 2025 - igi-global.com

A 2023 study showcased AI algorithms that identified structural **brain changes** associated Proactive resource planning enhances patient flow and reduces healthcare worker **burnout**.

[176]

[\[PDF\] uzh.ch](#)

Neurobehavioral and Molecular Pharmacology of Pharmahuasca (-dimethyltryptamine (DMT) and Harmine) in Humans – A Combined Neuroparmacological and

K Egger - 2025 - zora.uzh.ch

The prevalence of stress-related mood disorders such as depression, anxiety, post-traumatic stress disorder (PTSD), and **burnout** has reached alarming levels, exacerbated by socio-

[177]

[\[HTML\] mdpi.com](#)

Human-Centric Cognitive State Recognition Using Physiological Signals: A Systematic Review of Machine Learning Strategies Across Application Domains

K Jin, A Rubio-Solis, R Naik, D Leff, J Kinross - *Sensors*, 2025 - mdpi.com

They also play a vital role in workload management, preventing **burnout** by enabling the strategic accuracy in cognitive state recognition, covering both fast and localised **brain changes**.

[178]

[\[HTML\] mdpi.com](#)

Trauma Burden Affected People with Multiple Sclerosis During SARS-CoV-2 Pandemic

F Heidler, M Hecker, N Frahm, J Baldt - *Journal of Clinical* , 2025 - mdpi.com

MS-related **brain changes** may increase susceptibility to PTSD. These changes may impair the combination of MS-related **brain changes** and low conscientiousness may increase

[179]

[\[PDF\] researchsquare.com](#)

Problematic Internet Use and Health Behaviors in Young Men: Potential Links with Neural Reward Pathways

M Koźybska, A Rył, N Tomska, G Raczyński, P Rotter - 2025 - researchsquare.com

„ have revealed structural and functional **brain changes** in individuals addicted to the Internet. Our findings on dopamine may complement these observations, highlighting potential

[180]

[\[PDF\] tci-thaijo.org](#)

The Effects of Mindfulness on Sleep Quality in Working Adults with Stress: A Systematic Review and Meta-analysis of Randomized Controlled Trials

S Laoveeratam, P Sugkraroek - *Journal of Current* , 2025 - ph04.tci-thaijo.org

This systematic review and meta-analysis evaluated the effects of mindfulness practices on sleep quality in working adults experiencing stress, a population often overlooked in clinical

[181]

[PDF] [springer.com](#)

Mindfulness Training in Military Settings: Emerging Evidence and Best-Practice Guidance

[AP Jha](#), [MK Izaguirre](#), [AB Adler](#) - *Current psychiatry reports*, 2025 - Springer

In addition to these performance-related findings, there is evidence of MT-related functional **brain changes** within key nodes and networks of attentional control. For instance, relative to

[182]

[PDF] [uniroma1.it](#)

Psychological and cognitive impact of stress: examining economic stressors and mnemonic discrimination as predictors of PTSD and cognitive decline

[F Alessi](#) - 2025 - [iris.uniroma1.it](#)

This dissertation explores the profound impact of traumatic and stressful events, such as the COVID-19 pandemic, on mental health and cognitive functions, with a specific focus on the

[183]

[PDF] [uniroma1.it](#)

The Long and Winding Road in Chronic Migraine

[C Moretti](#), [G Bonavina](#) - *Medicina nei Secoli: Journal of History of*, 2025 - [rosa.uniroma1.it](#)

imagine a “threshold” given by individual genetic and epigenetic factors; this threshold is lowered or raised by some “external” body components, as well as by “internal” **brain changes**.

[184]

COVID-19 and Disability Creation

[ZNA Said](#), [SA Elhabashy](#), [II Salama](#) - *Palgrave Encyclopedia of*, 2025 - Springer

host dynamics are well understood, the long-term consequences remain uncertain (Minkoff & tenOever, 2023), with reports of lasting inflammation in the olfactory system, **brain changes**,

[185]

Thinking connections

[JP Miller](#) - *How to Teach Holistically*, 2025 - [elgaronline.com](#)

This chapter begins by referencing the work of Ian McGilchrist, who writes about the divided brain and how this division has affected Western culture, which has ignored the right

[186]

[PDF] [ssrn.com](#)

[PDF] From Mindfulness to Mysticism: A Survey of Meditation's Forms, Functions, and Frontiers

[DCR Tucker](#) - 2025 - [papers.ssrn.com](#)

Mindfulness training for educators helps mitigate **burnout**, increase compassion for students, and foster more inclusive classrooms. A meta-analysis found that teachers who practice

[187]

[PDF] [tandfonline.com](#)

Depression and Insomnia Mediate the Link Between Problematic Internet Use and Neuropathic Low Back Pain: Evidence from a Cross-Sectional Survey

[I Radvanyi](#), [A Tibold](#), [V Herczeg](#), [V Paphazi](#) - *Journal of*, 2025 - Taylor & Francis

Objective The spread of digital technologies has drawn attention to the health effects of problematic internet use (PIU). This study investigated whether PIU is associated with chronic

[188]

[BOOK] *Wonder drug: 7 scientifically proven ways that serving others is the best medicine for yourself*

[S Trzeciak](#), [A Mazzarelli](#) - 2025 - [books.google.com](#)

Burnout is as common as the cold among health care workers. It's **Burnout** played a significant role in doctors having one of the gave me something to think about besides my **burnout**.

[189]

[BOOK] *Crisis Intervention Techniques for Nurses: A Comprehensive Guide to Assessment, De-escalation, and Therapeutic*

Response

[SK Watkins](#), [MK Meyers](#) - 2025 - [books.google.com](#)

patient care but also enhances nurses' professional satisfaction and prevents **burnout**. Garcia demonstrated classic crisis-related **brain changes**. Despite her PhD education and typical

[190]

Responding in Crisis, Struggling in Silence the Neuropsychological Toll of Opioid Use on First Responders

[BM Towar](#) - 2025 - [search.proquest.com](#)

Still, little is known about how these **brain changes** impact the individual's ability to maintain high-level functioning throughout prolonged abstinence from the drug. A health epidemic of

[191]

The history and theoretical framework of Mindfulness-Based Stress Reduction (MBSR)

[C Heward](#) - *The Palgrave handbook of third-wave psychotherapies*, 2025 - Springer

This chapter explores the historical development and theoretical underpinnings of Mindfulness-Based Stress Reduction (MBSR), tracing its journey from Buddhist monasteries to

[192]

[BOOK] *Learning, Behavior, and Your Classroom: How to Create an Environment That Sets Students Up for Success (Classroom management strategies for student*

[SM Zolkoski](#) - 2025 - [books.google.com](#)

Practicing self-care is an important way to build resilience against **burnout** and to ensure we are giving our best selves to others. Teaching is hard. It can feel like everyone is judging us

[193]

Empathy training in healthcare: an umbrella

[A Edwards](#), [KG Grant](#), [NC Hammer](#), [M Alfaqih](#) - 2025 - Springer

Empathy among healthcare professionals is declining due to **burnout** professionals to emotional exhaustion and **burnout**. facilitate structural **brain changes** that enhance empathetic

[194]

Special Challenges Working with Foster Care Youth in the Inpatient Setting

[MW Naylor](#), [J Chambliss](#) - *Child and Adolescent*, 2025 - [childpsych.theclinics.com](#)

Due to **brain changes** from fetal alcohol exposure, children with FASD typically struggle with cognitive and behavioral impairments. This includes difficulty with self-regulation that

[195]

Understanding Mental Illnesses and Substance Use Disorders—Overview and Implications for the Criminal Justice System

[MC Mogavero](#) - *Mental Health, Neurodiversity, and Criminal Justice: A*, 2025 - Springer

This chapter provides an overview of several mental illnesses, including schizophrenia, delusional disorder, bipolar disorder, post-traumatic stress disorder, and substance use

[196]

[BOOK] *Medicinal Plants in Parkinson's Therapy*

SN Rai, P Singh, [F Goel](#) - 2025 - [books.google.com](#)

Neuroimaging techniques, such as MRI, PET, and SPECT, reveal structural and functional **brain changes** indicative of PD progression and treatment response (Bidesi et al., 2021).

[197]

[BOOK] *Addiction and Neurodegenerative Disorders: Unraveling the Nexus*

[S El Hayek](#) - 2026 - [books.google.com](#)

Long-lasting behavioral changes and indelible **brain changes** are observed in SUDs (MRI offers superior sensitivity and specificity in detecting structural **brain changes** indicative of AD,

[198]

Crisis in the Classroom: The Teachers' Experience Since the Flint Water Crisis

SR Morningstar - 2025 - [search.proquest.com](#)

crisis OR environmental crisis AND effects OR **burnout** OR education system OR function* OR AND behavior OR social emotion* OR **burnout** OR special needs" yielded 27,400 results.

[199]

[HTML] [mdpi.com](#)

[HTML] *Effects of Dispositional Mindfulness and Mindfulness-Based Interventions on the Psychosocial Consequences of Burn Injuries: A Systematic Review*

[L Simone](#) - European Burn Journal, 2025 - [mdpi.com](#)

Caregivers, in particular, may experience significant stress and **burnout**, as they provide continuous support while grappling with the emotional toll of their loved one's injury [16]. The

[200]

The Moderation Effect of Gender on the Relationship Between Perceived Stress and Interoceptive Sensibility

[W Sipowicz](#) - 2025 - [search.proquest.com](#)

intervention strategies, utilizing the different domains of interoception (accuracy, sensibility, awareness), which can inform clinical practice and prevent morphological **brain changes**

[201]

[BOOK] *Handbook of Mental Wellness Strategies for Educators: Research-Based Best Practices*

K Badley, G Kim, IJ Rindlisbacher - 2025 - [books.google.com](#)

teacher **burnout** outnumber published sources on teacher flourishing about four to one. In light of that imbalance, we and our contributors intentionally steer clear of the **burnout** literature

[202]

[PDF] [researchgate.net](#)

Effect of coping interventions on performance of medical students during objective structured clinical examination: A randomized controlled trial

[S Schlatter](#), [A Berland](#), [A Lutz](#), [R Shankland](#) - Medical , 2025 - Taylor & Francis

intervention is an eight week-long course [Citation49,Citation50], inducing effects on emotional regulations and attention associated with functional and structural **brain changes** [Citation

[203]

[PDF] [uva.nl](#)

[PDF] *Protocol of the Healthy Brain Study*

[A Akkerman](#) - [pure.uva.nl](#)

The age range was chosen to represent adults beyond the age of developmental **brain changes** and before the onset of **brain changes** due to [95] Utrecht **Burnout** Scale (UBOS)

[204]

[PDF] [arxiv.org](#)

AgenticAD: A Specialized Multiagent System Framework for Holistic Alzheimer Disease Management

[A Bazgir](#), [A Habibdoust](#), [X Song](#), [Y Zhang](#) - arXiv preprint arXiv , 2025 - [arxiv.org](#)

functions as a cognitive offloading tool, reducing the mental burden on caregivers and providing a clear framework for action, which is a crucial factor in preventing caregiver **burnout**.

[205]

Long COVID for the Rheumatologist: Current Understanding and Approach to Management

[LH Calabrese](#), [C Calabrese](#) - Rheumatic Disease Clinics, 2025 - [rheumatic.theclinics.com](#)

Long COVID-19 is a term coined in 2020 by patients suffering from seeming states of incomplete recovery following infection with severe acute respiratory syndrome coronavirus 2 (

[206]

[HTML] [mdpi.com](#)

[HTML] A Comparative Study of Short-Term Social Media Use with Face-to-Face Interaction in Adolescence

[I Mendonça](#), [F Coelho](#), [B Rando](#), [AM Abreu](#) - Children, 2025 - [mdpi.com](#)

The extensive cognitive and socio-affective development in adolescence involves significant **brain changes**. These include increased white matter connections that improve

[207]

[PDF] [jyungar.com](#)

[PDF] Embodied Theology for End-of-Life Care: A Being-With-Nonbeing Approach to Dying Patients

[J Ungar-Sargon](#) - KOS J Public Health Integr Med, 2025 - [jyungar.com](#)

that spiritual interventions may promote beneficial **brain changes** that support patients' overall provider outcomes, including job satisfaction, **burnout** rates, and spiritual resilience among

[208]

'The deprioritization of communication care': barriers to implementing communication care for people with dementia – speech-language pathologists' consensus

[T Howe](#), [K Davies](#), [J Small](#), [I Pillay](#) - Speech, Language and , 2025 - Taylor & Francis

'resulting from medical disease that causes abnormal **brain changes**. It is characterized by a did work in this area could lead to clinician '**burnout**,' making it more difficult to recruit and

[209]

Nucleic Acids and Precision Therapies for Neuroprotection

[TS Koduru](#) - 2026 - [api.taylorfrancis.com](#)

For instance, machine learning algorithms applied to MRI or PET scans can help identify early **brain changes** that predict Alzheimer's disease before clinical symptoms manifest. Blood-

[210]

[BOOK] Breaking Free from Overcontrol: A Breakthrough Evidence-Based RO-DBT Workbook for Healing Perfectionism, Emotional Numbness, and Treatment

[JD White](#) - 2025 - [books.google.com](#)

Jennifer entered therapy for what she described as "**burnout**," but traditional stress As your social **brain changes**, social interaction begins to feel more natural and less effortful

[211]

[PDF] tandfonline.com

Coping in Conflict Zones: A Model Integrating Mindfulness, Yoga, and Support Groups

[T Litvak Hirsch](#), D Kassif Ben-Arie - Journal of Loss and Trauma, 2025 - Taylor & Francis

One study that focused on university students found that those who participated in student-led support groups reported a significant reduction in **burnout**. This study indicated that the

[212]

Empowering Students Through Mindfulness and Meditation Practices

[R Singha](#) - Nurturing Student Well-Being in the Modern World, 2025 - igi-global.com

Neuroscientific findings indicate mindfulness induces structural **brain changes** related to emotional regulation and self-awareness, supporting overall mind-body well-being and

[213]

[PDF] ssrn.com

The Dopamine Collapse Hypothesis: Bridging Behavioral Macroeconomics and Neuroscience

S Termann - Available at SSRN 5168672, 2025 - papers.ssrn.com

provide robust empirical support for the argument that digital environments are not only highly addictive but also contribute to mental health deterioration, structural **brain changes**,

[214]

[PDF] pdx.edu

The Role of Neuroscience in Mental Health Management Within the ADHD Population

KR Smith - 2025 - pdxscholar.library.pdx.edu

Putting Neuroscience in the Classroom: How the **Brain Changes** As We Learn. Pew.org. Medical professionals experiencing **burnout** during and after the Covid-19 pandemic found art

[215]

Mental Self-Care

F Bahramnezhad - Self-Care in the Elderly, 2025 - Springer

and the caregiver can increase the quality of care and also reduce caregiver **burnout**. %, which can be caused by normal **brain changes** associated with aging or neurological diseases.

[216]

[PDF] dergipark.org.tr

Emotion Regulation in Clinical Populations: Mechanisms, Challenges, and Therapeutic Interventions

[E Yilmazer](#) - Current Research in Social Sciences, 2025 - dergipark.org.tr

Emotion regulation is a fundamental aspect of psychological well-being, involving processes through which individuals manage and respond to their emotional experiences. This review

[217]

Constructing Long COVID Risk Communication in the US: A Topic Modeling-Based Critical Discourse Analysis of News

Coverage

D Hahn, R Moore, [K Lu](#), C Xie - Proceedings of the 43rd ACM, 2025 - dl.acm.org

with **burnout** and their role as key advocates in public health discussions. While Articles cite emerging studies on **brain changes** and mood disorders post-infection to argue that Long

[218]

[PDF] tandfonline.com

Stress, Coping, and Transcendental Meditation: A Proto-Theoretical Model and Pilot Study of Indigenous Peruvian Students in Home Isolation During the COVID-19

[L Fergusson](#), [JO Cabrejos](#) - Journal of Latinos and , 2025 - Taylor & Francis

Structural and functional **brain changes** have been demonstrated in the brains of people with a long-term traditional meditation practice.” However, as Black et al. (Citation2018), p.

[219]

[BOOK] *INSIDE THE CODEX: Decoding the Symbolic Language of the Universe*

[M Chinello](#) - 2025 - books.google.com

INSIDE THE CODEX Step into a universe that is not random, but readable. Everyday “coincidences”, repeating numbers, animals that appear at just the right moment, dreams, phrases

[220]

[PDF] biorxiv.org

Frontoparietal functional dedifferentiation during naturalistic movie watching among older adults at risk of emotional vulnerability

[S Ye](#), [A Dave](#), [A Salami](#), [M Ziaei](#) - bioRxiv, 2025 - biorxiv.org

Functional dedifferentiation, a hallmark of brain aging particularly evident within the frontoparietal network (FPN), has been extensively investigated in the context of cognitive decline,

[221]

Effects of pathogens on behavioral traits of infected humans

[A Latifi](#) - 2025 - dspace.cuni.cz

Tato výzkumná práce zkoumá dlouhodobé fyzické, kognitivní, psychologické a behaviorální důsledky infekce SARS-CoV-2 a latentní expozice parazitu *Toxoplasma gondii* u mladých

[222]

[PDF] plos.org

The association of different types of physical activity and diabetes co-morbid depression: A cross-sectional analysis

[Y Yang](#), [H Liu](#) - Plos one, 2025 - journals.plos.org

Biological mechanisms suggest that regular physical activity can lead to structural and functional **brain changes** that may be protective against depression. Studies have shown that

[223]

[PDF] apa.org

Cognitive performance fatigability, perceived fatigability, and trait fatigue in post-COVID-19 condition: A cross-sectional study.

[A Andersson](#), [J Andin](#), [R Levi](#) - , 2025 - psycnet.apa.org

Structural **brain changes** in patients with post-COVID fatigue: A prospective observational study. *EClinicalMedicine*, 58, Article 101874. <https://doi.org/10.1016/j.eclinm.2023.101874>

[224]

[PDF] springer.com

Association between chronic pain and mental health among nurses in China: a national cross-sectional study

[Z Ren](#), [J Yang](#), [C Huang](#), [Q Yu](#), [X Li](#), [Z Chen](#), [D Zhang](#) - BMC nursing, 2025 - Springer

Second, some of the measured variables in this study relied on a single instrument, such as **burnout**, fatigue, and loneliness. And the reliance on subjective reports of sleep duration

[225]

[PDF] theses.fi

The role of convergence of AI, wearable technologies, AR&VR, gamification and cognitive data analysis in digital interventions based on the LBD method for

P Dashtinezhadasl - 2025 - theses.fi

Effectiveness in Alzheimer's: • Identifying **brain changes** before the onset of clinical symptoms (5 to 7 years earlier). • Start treatment before extensive neuronal damage. • Increase in

[226]

[PDF] mkkot.hu

[PDF] *LXXVI. ÉVFOLYAM 2024. különszám*

AMHE KÖZPONT, AN KATONA-EGÉSZSÉGÜGYI - mkkot.hu

Instructors' **burnout** The work of PULSE instructors is connected with one-week or two-week eye and **brain changes** during long-duration spaceflight. The long-term health effects are

[227]

Creative arts therapies to improve health and well-being in obesity? A systematic literature review of current research

R Oepen - Complementary Medicine Research, 2025 - karger.com

In addition, obesity can be linked to structural **brain changes** in the reward system, which are associated with unfavourable addictive eating behaviours [8]. Self-assessment of weight is

[228]

Body–mind connections

[JP Miller](https://www.elgaronline.com) - How to Teach Holistically, 2025 - [elgaronline.com](https://www.elgaronline.com)

This chapter examines the relationship between the body and mind. The work of Sian Beilock is referenced, who argues that there are direct connections running from body to mind.

[229]

The Big Issues

[R Ardila](https://www.springer.com) - The Future of Psychology: Some of the Most , 2025 - Springer

as **brain changes** and what we mistakenly affirm are “caused by maturation”, are in reality **brain changes** A third one is research on health workers, especially the professional **burnout** in

[230]

[PDF] scholaris.ca

The Genetic Architecture of Active Music Engagement and its Relationship to Neurobiological Function and Health

[TL Henechowicz](https://search.proquest.com) - 2025 - search.proquest.com

Active music engagement (AME), ie, playing a musical instrument or singing in everyday life, is an underappreciated epidemiological trait and neurobiological marker of health,

[231]

Integrating Music into Curriculum Design: Strategies for Enhancing Student Achievement and Cognitive Skills

[H Alisoy](https://www.egarp.it) - Acta Globalis Humanitatis Et Linguarum, 2025 - [egarp.it](https://www.egarp.it)

training can lead to structural and functional **brain changes** that support learning and memory. This suggests an ancillary benefit: integrating music might help combat teacher **burnout** or

[232]

[PDF] tci-thaijo.org

Depression in Adolescents: Early Warning Signs and School-Based Interventions

M Boonma - Nakhon Ratchasima Journal of Humanities and , 2025 - so11.tci-thaijo.org

Biologically, adolescents undergo structural and functional **brain changes** in regions linked to stress and emotion regulation, alongside neurochemical imbalances and genetic

[233]

[PDF] [proquest.com](#)

The Impact of Trauma on Heart Rate Variability as a Mindfulness Intervention

E Schenkel - 2025 - [search.proquest.com](#)

Mindfulness has become popular as a modern component of mental health treatment, however there existed a need to expand how it relates with heart rate variability (HRV) and

[234]

[PDF] [researchgate.net](#)

A systematic review of the impact of artificial intelligence, digital technology, and social media on cognitive functions

D Deckker, S Sumanasekara - in Social Science (IJRISS), 9 (3) , 2025 - [researchgate.net](#)

Neuroimaging studies can track structural **brain changes** due to extended digital engagement, such as alterations in attention control and impulse regulation (Montag & Diefenbach,

[235]

[PDF] [cuni.cz](#)

Beyond Fitness: An Analysis of Diagnostic Criteria and Consequences of Exercise Addiction

N Stehlíková - 2025 - [dspace.cuni.cz](#)

, relapsing medical condition rooted in **brain changes** caused by substance use or behaviors. • Reduced Motivation and **Burnout**: The psychological impacts of EA can manifest as a loss

[236]

[HTML] [sciencedirect.com](#)

Associations of loneliness and depression with increased risks of incident dementia: A prospective study from three older adult cohorts

L Wang, J Ma, N Liu, L Ma, H Pei, S He, H Li - The Journal of nutrition , 2025 - Elsevier

Background Loneliness is often accompanied by depression and is associated with an increased risk of dementia. However, evidence remains limited regarding how loneliness and

[237]

[PDF] [springer.com](#)

The relationship between childhood trauma and internet addiction in adolescents with depression: the mediating role of insomnia and alexithymia

X Wang, F Sun, F Geng, C Chen, J Wang, X Wen - BMC psychiatry, 2025 - Springer

Studies have found that childhood trauma is associated with structural **brain changes** involving threat detection, emotion regulation, and reward processing, as well as increased use of

[238]

[BOOK] *Mental Health and Hygiene (Interdisciplinary Course) Paper Code: EDNIDC-101-3*

K SWARGIARY - 2025 - [books.google.com](#)

burnout. It also highlights the interconnectedness of mental health and hygiene, emphasizing that mental hygiene practices strengthen mental health by creating a

[239]

[PDF] [mit.edu](#)

Auditory illusory models as proxies to investigate bottom-up and top-down neural networks of phantom perception

[F Chen, A Yasoda-Mohan, C   S   - Imaging Neuroscience, 2025 - direct.mit.edu](#)

Auditory phantom perception, exemplified by tinnitus, is characterized by a perceptual experience without external stimuli. This study utilized two auditory illusions, the Zwicker Tone (ZT

[240]

[\[BOOK\] Trauma-Informed Occupational Therapy in Women's Health](#)

[S Khan - 2025 - books.google.com](#)

The structural and functional **brain changes** most commonly associated with trauma are Whether supporting a woman navigating **burnout**, returning to work after intimate partner

[241]

[Supporting Parents in Their Careers Through Parental Leave and Beyond](#)

[F Cushway - The Holistic Career Coaching Handbook, 2025 - taylorfrancis.com](#)

at work and well-being, they can also lead to exhaustion and **burnout** if not properly supported. Mothers aren't alone in experiencing **brain changes** when becoming a parent. Fathers'

[242]

[Examining Trauma-Informed Practices for Children of War-Fled Families](#)

[AS Ovanessian - 2025 - search.proquest.com](#)

resources and support systems to prevent **burnout** and secondary trauma to our educators, and ("Although the **brain changes** across the lifespan, the first decade of life corresponds to a

[243]

[\[BOOK\] Chicken soup for the soul: Boost your brain power](#)

[M Pasinski - 2025 - books.google.com](#)

We now understand that some people seem to tolerate the pathologic **brain changes** of Alzheimer's pretty well. It appears that having a well-funded intellectual savings account

[244]

[The whole person](#)

[JP Miller - How to Teach Holistically, 2025 - elgaronline.com](#)

One of the defining characteristics of holistic teaching is reaching the whole person: body, mind, and spirit. Most education has been limited to the mind and has ignored the rest of our

[245]

[\[PDF\] drexel.edu](#)

[Teacher Perceptions of the Relationship Between Trauma and Engagement in the Cyber Charter Education Setting](#)

[L Crowe - 2025 - search.proquest.com](#)

The three streams included in this study are (1) what is a cyber school, (2) **brain changes** when trauma is experienced, and (3) trauma-informed approaches in the cyber educational

[246]

[Examining South Carolina Educator Attitudes Related to Trauma-Informed Care](#)

[AM Horton - 2025 - search.proquest.com](#)

This review demonstrated that teachers suffering from **burnout** have students who tend to perform worse academically and have lower levels of motivation. This particular review

[247]

[\[PDF\] ssrn.com](#)

[Arizona Legal Studies](#)

[DJ Simon](#) - 2025 - [papers.ssrn.com](#)

Additionally, one half of the students were taught about how the **brain changes** due to “effortful learning”¹⁸⁷ and were told that “intellectual development is not the natural unfolding of

[248]

Influences on the mental health and well-being of retired professional athletes from high contact team sports: a mixed methods systematic review

JD Vella, [ER Facer-Childs](#), J Ogden - *British Journal of* , 2025 - [bjsm.bmj.com](#)

Two studies reported ORs, showing an association between low supervisor support and distress (OR=1.0) and **burnout** (OR=1.1)⁷⁹ and relationship/marital problems (OR=4.6), lack of

[249]

[\[HTML\]](#) [mdpi.com](#)

[\[HTML\]](#) *Alzheimer’s Disease in Illinois: Analyzing Disparities and Projected Trends*

T Adeleke, A Knelsen-Dobson, S McGinity - *Geriatrics*, 2025 - [mdpi.com](#)

Research shows **burnout** can be an unfortunate consequence for a caregiver of someone with dementia, which can also negatively impact the patient [125]. Furthermore, caregiver

[250]

Unlocking Flow Through Mindfulness: A Systematic Review and Meta-Analysis of Randomized Controlled Trials

Y Longaretti, G Cheron, D Zarka - *The Journal of psychology*, 2025 - Taylor & Francis

The relationship between flow experience and **burnout** symptoms: A systematic review. *International Journal of Environmental Research and Public Health*, 19(7), 3865. <https://doi.org/>

[251]

Combining a computerized cognitive test with serum biomarkers improves detection of early-onset neurodegenerative disorders

V Tikkanen, TI Paaanen - *Journal of* , 2025 - [journals.sagepub.com](#)

Additionally, factors such as **burnout**, sleep disturbances, and non-progressive neurological conditions can lead to cognitive complaints or even mild cognitive impairment (MCI). Some

[252]

[\[PDF\]](#) [whitireiaweltec.ac.nz](#)

[\[PDF\]](#) *Stress, Resilience, and Student Nurses: Piloting a Mindfulness-based Intervention*

T MALONE - *Whitireia Journal of Nursing, Health and Social* , 2025 - [whitireiaweltec.ac.nz](#)

Trait mindfulness is developed through the slow **brain changes** that occur from continuous Perceived stress, coping style and **burnout** of Chinese nursing students in late-stage clinical

[253]

[BOOK] Mindfulness-integrated CBT for Well-being and Personal Growth: A 10-week Evidence-based Program to Cultivate Inner Calm, Boost Self-confidence and

[BA Cayoun](#), [AD Grabovac](#) - 2026 - [books.google.com](#)

These are important conditions for beneficial **brain changes** to occur [15]. With this in mind, This association can lead to intense pressure, stress, and **burnout**. Maya’s example below

[254]

[BOOK] The Quiet Borderline Personality Disorder: Understanding and Thriving with Internalized EUPD/BPD

HM Higgins - 2025 - [books.google.com](#)

Studies examining **brain changes** before and after treatments like Dialectical Behavior vulnerability to distinctive **burnout** patterns. For those with Quiet BPD, **burnout** often follows a

[255]

[PDF] tcu.edu

An Analysis of Trust-Based Relational Intervention (TBRI) School Training: Beliefs, Actions, and Continuity Through Transformational Changes

H Milton - 2025 - search.proquest.com

Trauma-informed strategies are increasingly being adopted in education to address the needs of students who have experienced difficulties. However, there is limited understanding of

[256]

Christian Leaders' Descriptions of Mindfulness Practices on Their Well-Being and Service to Others

TW Grisby - 2025 - search.proquest.com

To assess **burnout** levels, the Maslach **Burnout** Inventory (MBI) is a widely used tool that measures three aspects of **burnout**: emotional exhaustion, depersonalization, and personal

[257]

[PDF] ubc.ca

Concussion knowledge and awareness among Indigenous ice hockey players

M McCallum - 2025 - open.library.ubc.ca

Because of this, it's important to recognize that concussions can lead to a wide range of **brain changes** and should be taken seriously in education, recovery, and long-term care

[258]

[BOOK] *Echoes Of Silence: Stories Of Missed Opportunities: Suicide Prevention*

A Shrivastava - 2025 - books.google.com

down created the perfect storm for emotional **burnout** and mental illness. The warning signs Loneliness, loss of purpose, and even age-related **brain changes** contribute significantly to

[259]

[BOOK] *Mindfulness-based play therapy: A transtheoretical and neurobiological approach to psychotherapy with children and families*

LL Wonders - 2025 - api.taylorfrancis.com

and prevent **burnout**. Both therapist and client receive the generous benefits of this practice. 8-week mindfulness-based stress reduction induces **brain changes** similar to traditional long

[260]

Evaluating the effects of a co-developed education programme to support the care of people with dementia in a secure setting

L Young, E Harkess-Murphy, M McGeehan - *Mental Health* , 2025 - journals.rcni.com

The participants' learning experiences drove efforts to find different solutions, and their increased understanding of the **brain changes** that affected patients with dementia helped staff to

[261]

The Strange School Years: How the COVID-19 Pandemic Impacted Adolescents' Mental Health

S Lawrence - 2025 - search.proquest.com

The COVID-19 pandemic introduced unprecedented times and challenges for adolescents, with public health safety measures, the abrupt transition to virtual learning, social isolation,

[262]

WITHDRA

RM Kaplan - Australian & New Zealand - journals.sagepub.com

The LCH **brain changes** resulted in a neurodevelopmental syndrome with symptoms of , clinician frustration and **burnout** and unsatisfactory clinical and operational outcomes measures.

[263]

[PDF] researchgate.net

[PDF] *Humans peak in midlife: A combined cognitive and personality trait perspective*

GE Gignac, M Zajenkowski - Intelligence, 2025 - researchgate.net

Fluid intelligence, which peaks near age 20 and declines materially across adulthood, is often regarded as the most critical cognitive ability for predicting important life outcomes. Yet,

[264]

[BOOK] *Non-Pharmacological Interventions for Dementia: A Comprehensive Approach*

AO Asuku, EJ Ajagun, GO Ogungbangbe - 2025 - books.google.com

As our global population ages, dementia emerges as one of healthcare's most pressing challenges. But what if the most powerful solutions lie beyond traditional medication? Non-

[265]

Soul connections

JP Miller - How to Teach Holistically, 2025 - elgaronline.com

This chapter begins with a discussion of the nature of the soul, which is defined as a deep and vital energy that gives meaning and purpose to life. The soul seeks work that is fulfilling

[266]

[BOOK] *Transforming Healthcare: Mode, Technologies, and Implementation*

A Jain, V Srivastava, G Singal, M Mosbah - 2025 - books.google.com

These are the factors that may be barriers on the side of the providers, such as time constraints, emotional fatigue, and **burnout**, which shall decrease empathic responses over some

[267]

Trauma-informed Care for Nurses and Allied Healthcare Professionals

S Housden - 2025 - api.taylorfrancis.com

Factors that influence the development of compassion fatigue, **burnout**, and compassion satisfaction in emergency department nurses. Journal of Nursing Scholarship, 47(2): 186–194.

[268]

[BOOK] *Yoga Therapy for Health and Wellness*

R Murugesan - 2025 - books.google.com

In a world increasingly affected by chronic stress, lifestyle disorders, and emotional **burnout**, Meditation and mindfulness, as part of the yogic toolkit, lead to structural **brain changes**,

[269]

[PDF] ohiolink.edu

Are Educators Equipped with the Experience, Knowledge, and Training to Teach Students with Trauma?

B Hammack - 2025 - search.proquest.com

Additionally, teachers report feelings of fatigue and **burnout** from working with students with ACEs, The physical **brain changes** from ACEs affect cognitive control, leading to elevated

[270]

[BOOK] *Aroma, Aromatherapy and Trauma*

H Nagle-Smith - 2025 - books.google.com

Being trauma-informed also helps the therapist to avoid **burnout** through helping them be thrown up differing results in these **brain changes**. Zilcha-Mano et al. (2022) note that some

[271]

[BOOK] *Redefining Neurodiversity: Designing Practical Solutions through Lived Experience*

S Simblett, F Matcham, A Polhemus, R Jamieson-Craig - 2025 - books.google.com

structural and functional **brain changes** may be temporary in MDD has either structural or functional **brain changes**, but they do It can be exhausting and leave us on the edge of **burnout**

[272]

[PDF] pozeska-bolnica.hr

Carbamazepine-induced liver injury—a case report

D Petković, B Vuković - The Mind & Brain-64th INPC , 2025 - repozitorij.pozeska-bolnica.hr

One of the common ways presented as the solution to **burnout** syndrome in the medical field is to “emotionally distance” from the suffering in the environment. Although it may sound

[273]

[PDF] tudelft.nl

[PDF] *Prompt Engineering for Hermeneutical Justice in LLMs*

SSS Lakshmi - 2025 - repository.tudelft.nl

Genetic variations influence **brain changes** in patients with attention-deficit hyperactivity the need for stimulation, or different rhythms of productivity - leading to **burnout** or job mismatch.

[274]

The Effects of a Single Mindfulness Meditation Session on Perceived Stress and Heart Rate Variability in Female, First-Generation College Students

TD Le - 2025 - search.proquest.com

Academic performance, financial burdens and familial pressures are reasons perceived stress is prevalent in university students, especially in first-generation college students (FGCS).

[275]

[BOOK] *Synkria: Seven Scientific Laws That Shape Our Living Experience*

M Kamath - 2025 - books.google.com

Neuroscience shows that the **brain changes** in response to what it repeatedly observes. Focused That is why **burnout** often feels joyless: it's not just fatigue, but the absence of repair

[276]

[PDF] liberty.edu

The Impact of Cold-Water Immersion on Mental Health: A Qualitative Study

M Jean-Francois - 2025 - digitalcommons.liberty.edu

of depression, anxiety, and **burnout**. These mental health issues Cross-modal reassignment is when the **brain changes** the The **brain changes** how it utilizes its resources to make up for

[277]

[PDF] unl.edu

Youth Sport Participation and Cognitive Development: The Need for Improved Measurement

AA Miramonti - 2025 - search.proquest.com

Consequently, for these youth, the insufficiency of available sporting opportunities is directly contributing to behaviors associated with increased injury risks and likelihood of **burnout**. In

[278]

[HTML] [academia.edu](#)

[HTML] *Cognitive Code: Integrating AI into Mental Health Practice*

[A Eman](#) - This book was first published on Archive. org under a , 2025 - [academia.edu](#)

Another significant piece of the puzzle involves structural **brain changes**. Advanced imaging These functions can reduce clinician **burnout** and allow mental health professionals to focus

[279]

[PDF] [academia.edu](#)

[PDF] *CONSCIOUSNESS AND INTENTIONALITY ON PHILOSOPHY OF MIND*

[LC CAMACHO](#) - [academia.edu](#)

Philosophy of mind is an area of Analytical Philosophy that arose partly due to a new elaboration of Descartes' thought proposed by Gilbert Ryle and partly due to the strictly particular

[280]

[PDF] [northeastern.edu](#)

What Can Psychedelics Teach Nursing?: An Interpretative Phenomenological Analysis of Psychiatric-Mental Health Nurse Practitioners Experiences Working in

[RH Maki](#) - 2025 - [search.proquest.com](#)

This research contributes to nursing knowledge by demonstrating how innovative treatment paradigms can serve as both professional catalyst and **burnout** antidote. With FDA approvals

[281]

The why and what of holistic teaching

[JP Miller](#) - How to Teach Holistically, 2025 - [elgaronline.com](#)

This chapter focuses on the concept of an interconnected reality, a coherent Whole. Unfortunately, higher education is fragmented into departments and courses that are not connected.

[282]

[PDF] [proquest.com](#)

Psychedelic-Assisted Play Therapy: A Theory on a Treatment for Major Depressive Disorder in Adults

[CK Crews](#) - 2025 - [search.proquest.com](#)

This thesis proposes a novel treatment for Major Depressive Disorder (MDD) in adults through a model of therapy known as Psychedelic-Assisted Play Therapy (PAPT). Throughout this

[283]

[BOOK] *ADHD Unpacked: Everything you need to know to survive and thrive as an adult with ADHD*

[A Conner](#), [J Brown](#) - 2025 - [books.google.com](#)

I now know that this is **burnout**, and once the adrenaline that had kept me going for three tists, possibly not by the media) that **brain changes** and ADHD go hand in hand. Despite this,

[284]

[PDF] [academia.edu](#)

[PDF] *Primary Teachers' Knowledge and Experiences of Working With Gifted Pupils*

[R Michalak](#) - US-China Education Review, 2025 - [academia.edu](#)

The article presents selected research results showing the knowledge and experiences of Polish primary teachers in their educational work with gifted pupils. The research mainly

[285]

[PDF] [umb.edu](#)

Assessing the Need for Supportive Day Programming in Andover

A Hernandez, S Massihzadegan, CE Coyle - 2025 - [scholarworks.umb.edu](#)

more efficient processing in the brain despite **brain changes** (Alzheimer's Association, nd). Caregivers often suffer from stress/**burnout** and struggle to find resources that help alleviate

[286]

Subject connections

JP Miller - How to Teach Holistically, 2025 - [elgaronline.com](#)

This chapter focuses on how subjects can be connected. Three levels are presented: multidisciplinary, interdisciplinary, and transdisciplinary. "Multidisciplinary" refers to separate

[287]

[PDF] [proquest.com](#)

Navigating Mindfulness: A Mixed Methods Study on Teachers' Perceptions of Mindfulness-Based Interventions in Third-Grade Classrooms

M Donohue - 2025 - [search.proquest.com](#)

These structural and functional **brain changes** reinforce the argument for integrating MBIs into educational settings as a sustainable intervention for promoting students' mental health.

[288]

[BOOK] *The Purpose Reset: How Reconnecting To What Matters Most Drives Fulfillment And Success*

R Fernandez, C Lasso, S Stern - 2025 - [books.google.com](#)

deep into neuroscience to show how **brain changes** could occur if people began practicing While **burnout** is a term that has become part of our day-to-day vocabulary, it should not be

[289]

TAITA: Transforming Attitudes and Increasing Trauma Awareness

J DuBose - 2025 - [search.proquest.com](#)

Their research further demonstrated that educator emotional exhaustion and **burnout** were linked to student misbehavior and classroom disruption. A related study focusing on Head

[290]

[BOOK] *The Complete Childhood Mental Health Workbook: A Comprehensive Guide for Navigating ADHD, Anxiety, Autism and More*

CJ White - 2025 - [books.google.com](#)

Are you a parent, caregiver, or professional looking to understand and support children's mental health? Look no further than "The Complete Childhood Mental Health Workbook: A

[291]

[PDF] *Engagement and Safety Decision-Making in Substance Use Disorder Cases*

AC WELFARE - [ncsacw.acf.gov](#)

work/life balance to help reduce symptoms of stress, **burnout**, compassion fatigue, and STS. of their lives as the neural circuitry of their **brain changes** (eg, child and family member needs

[292]

[PDF] [tdl.org](#)

The Relationship Between Graduate School, New Motherhood, and Postpartum Depression: Impact of Social Supports

A Khosraviyani-Wang - 2025 - [twu-ir.tdl.org](#)

workload placed on students, such as the amount of educational material to read, examinations, presentations, and assignments can be overwhelming and lead to academic **burnout**. A

[293]

[BOOK] *No Crash Landings: Upholding the Standard of Care in Behavioral Health Services from Childhood Through Young Adulthood*

M Madaus - 2025 - books.google.com

This limits staff motivation and can lead to frustration, low morale, and **burnout**. Leaders must establish systems that balance the critical need for documentation with a supportive and

[294]

[PDF] wpi.edu

[PDF] *Enhancing Alzheimer's Care at Christopher House Through Sensory Stimulation Interventions*

J Nguyen - 2025 - digital.wpi.edu

In the preclinical phase, no symptoms are present yet; nonetheless, there are plausible signs of **brain changes**, such as accumulation of beta-amyloid and tau – molecular biomarkers

[295]

[PDF] uoc.ac.in

Predictors of psychological well being in law enforcement officers

SB Menon - 2025 - scholar.uoc.ac.in

burnout and stress, a proactive approach of positive psychology that focuses on strength and positive emotions to buffer against the negative effects of stress and **burnout brain changes**

[296]

Community connections

JP Miller - How to Teach Holistically, 2025 - elgaronline.com

Community is a vital part of holistic teaching. In this chapter, I discuss how I try to create community in my classroom. I explain how transmission, transaction, and transformation teaching

[297]

Development of a theory-based intervention to prevent abuse of older adults

K Meyer, JA Zauszniewski, W Wei - Journal of Elder , 2025 - Taylor & Francis

second and third lessons, which focused on **brain changes** with aging and dementia, as well as This can, as one adult child put it “prevent **burnout**, prevent as much hostile or negative

[298]

[PDF] frontiersin.org

The sustained effect of 5-week EmotionCore mindfulness training on emotion regulation and emotional intelligence: Heterogeneous benefits for depression and

H Kou, W Luo, Y Wang, J Wu, X Li, Y Wu - Frontiers in , 2025 - frontiersin.org

Mindfulness-based interventions reducing and preventing stress and **burnout** in medical 8-week Mindfulness Based Stress Reduction induces **brain changes** similar to traditional

[299]

[PDF] fiu.edu

The Use of Pet Therapy Versus Mindfulness-Based Cognitive Therapy for Test Anxiety Reduction and Enhanced Exam Performance in Resident Registered

MSN Leonardo Aguila, DNP Yasmine Campbell - Sciences - digitalcommons.fiu.edu

Animal engagements with humans may induce **brain changes** where hormones like Research indicates that high levels of stress-related anxiety and **burnout** among licensed healthcare

[300]

[HTML] [nih.gov](#)

[HTML] *Impact of childhood trauma and parental socialization on at-risk mental state in non-clinical adolescents*

A Jovani, B Moliner-Castellano - World Journal of , 2025 - [pmc.ncbi.nlm.nih.gov](#)

the causal role of childhood trauma in the development of psychosis, suggesting that the increased stress sensitivity seen in psychotic patients is related to neurological **brain changes**

[301]

[BOOK] *People-Centered Architecture: Design, Practice, Education*

M Shinberg - 2025 - [books.google.com](#)

Shinberg has done something truly impressive: He has created a practical framework for architectural thinking and design, grounded in the latest research on human perception and

[302]

Transmission, transaction, and transformation

JP Miller - How to Teach Holistically, 2025 - [elgaronline.com](#)

This chapter focuses on three basic approaches to teaching and learning: transmission, transaction, and transformation. Transmission involves a one-way flow of information to the

[303]

[BOOK] *Psychosocial Approaches to Health and Wellbeing in Adulthood*

JM Waite-Jones, AM Rodriguez - 2025 - Springer

The aim of writing this book is to demonstrate the powerful influence of social context on human development from entering adulthood to older age whilst recognising the indisputable

[304]

[BOOK] *Lives Lost and Leadership Found: Lessons from Special Somebodies*

I Ziskin - 2025 - [books.google.com](#)

Rock and Schwartz further explain that "... the **brain changes** as a function of where we put our attention. The power is in the focus. Attention continually reshapes the patterns of the brain

[305]

[PDF] [ohiolink.edu](#)

Improving Care for Hospice Patients Living with Dementia

C Schmidt - 2025 - [rave.ohiolink.edu](#)

Patients living with dementia (LWD) represent a growing proportion of individuals receiving hospice care. Their unique end-of-life needs often go unaddressed due to communication

[306]

[BOOK] *I Will Not Let Fentanyl Take the Life of my Child*

W Sassaman - 2025 - [books.google.com](#)

Street-based Fentanyl is a threat to lives in cities across the United States. As a medical provider working on the front lines of addiction, I've written this book to provide parents with tools

[307]

[PDF] [springer.com](#)

Caught in the Web of the Net? Part II: A Motivation-Based Developmental Psychopathology Model for the Aberrant Internet Use in (Young) People with Autism

[P Muris](#), [H Otgaar](#), [F Donkers](#), [T Ollendick](#) - *Clinical Child and*, 2025 - Springer

In Part I (Muris et al. in *Clinical Child and Family Psychology Review* 22:549–561, 2025), we provided meta-analytic evidence showing that individuals with autism spectrum disorder (

[308]

[\[PDF\] frontiersin.org](#)

The relationship between physical activity and depression in college students: the parallel mediating role of mindfulness and life satisfaction

[A Wang](#), [L Shi](#), [T Wang](#) - *Frontiers in Public Health*, 2025 - frontiersin.org

Objective: To explore the relationship that mindfulness and life satisfaction have in the process of alleviating depression through physical activity in Chinese universities and the

[309]

Stress and Coping: Effectiveness of a Synergistic Mindsets Intervention for Undergraduate Students

[K McNeal](#) - 2025 - search.proquest.com

Background. Growth Mindset has been linked to greater academic achievement, motivation, and engagement with learning in students from elementary school through secondary

[310]

[\[HTML\] mdpi.com](#)

[HTML] Emotional Regulation and Risk of Eating Disorders in Adolescent Athletes

[SP Espinoza-Barrón](#), [A Cantú-Berrueto](#) - *European Journal of*, 2025 - mdpi.com

Eating Disorders (EDs) are more prevalent among athletes due to performance pressure and body ideals. Emotional regulation is a key factor in ED. This study aimed to (1) examine the

[311]

[\[PDF\] fhsu.edu](#)

Examining How Adverse Childhood Experiences, Resilience, and Social Support Influence Academic Satisfaction

[Z Caldwell](#) - 2025 - scholars.fhsu.edu

Academic stress has been associated with negative outcomes, such as depression, study **burnout** Biological processes and **brain changes** can impact the capacity to moderate negative

[312]

[\[PDF\] frontiersin.org](#)

The effect of stress mindset on psychological pain: the chain mediating roles of cognitive reappraisal and self-identity

[S Qiang](#), [J Wu](#), [D Zheng](#), [T Xu](#), [Y Hou](#), [J Wen](#) - *Frontiers in*, 2025 - frontiersin.org

depression and anxiety symptoms in college students in high-stress environments, whereas college students with a SDM were more likely to experience depression and **burnout** after

[313]

Earth connections

[JP Miller](#) - *How to Teach Holistically*, 2025 - elgaronline.com

A centerpiece of this chapter is a paper that David Orr wrote about higher education, in which he asserts it is a “cacophony of jargons.” Instead, higher education should focus on issues

[314]

[\[PDF\] proquest.com](#)

Exploring Leadership Capabilities Developed as a Mother: Toward a New Theory of Mother-Leader Intuitionship

LM Rivera, MA Ursino - 2025 - search.proquest.com

who adopt, stepmothers, and other caregivers who raise children in their home (US Bureau of Labor Statistics, 2023a), we wonder whether these women undergo similar **brain changes**

[315]

[PDF] proquest.com

How We Fight: Officer Satisfaction With Hands-On Training

MJ Boschwitz - 2025 - search.proquest.com

Law enforcement killing of unarmed subjects has come under increased scrutiny. Many officers believe regular training in martial arts, as opposed to the brief defensive tactics training

[316]

[PDF] jmu.edu

Minimize Barriers, Maximize Success: Optimizing the Private Trumpet Lesson Experience for Students With ADHD

SM Tetzloff - 2025 - search.proquest.com

While masking may help an individual “fit in,” it can cause emotional dysregulation and fatigue, leading to **burnout**. AFABs, older adolescents, and adults are most likely to mask in order

Save Cite [Related articles](#)

[317]

[BOOK] *The Science of Happiness Workbook: 10 Practices for a Meaningful Life*

KM Newman, J Suttie, S Kalantari - 2025 - books.google.com

the better the doctor/patient relationship, which also leads to better health for patients and less potential **burn-out**. But empathic distress can lead to withdrawal, poor health, and **burnout**.

[318]

Body-Based Strategies for Urges to Binge Eat: A Mixed-Methods Pilot Study

K Dobyns - 2025 - search.proquest.com

Binge eating disorder (BED) involves intense urges that drive individuals toward compulsive behaviors, often exacerbating feelings of dissociation and loss of control. While existing

[319]

Creativity in the Year 2035

D Vargas-Gomez - *The AI Revolution: What Creativity Could Look Like in , 2025* - Springer

and physical harm, from chronic anxiety to **burnout** and even serious mental distress (Misra). The first reference was to a well-known longitudinal study reporting **brain changes** over time

[320]

[PDF] liberty.edu

The Shared Experiences of Florida Outpatient Psychiatric Providers Working with Patients Post-Involuntary Hospitalization and Aftercare Compliance: A

AL Watson - 2025 - digitalcommons.liberty.edu

outpatient providers mitigate **burnout**, or how they handle professional **burnout** when and if be professionally supported as they mitigate potential **burnout**. It is possible that probing

[321]

Personality, Self-Compassion, and Alcohol Use in College Students

KK Ridgell - 2025 - digitalcommons.latech.edu

to develop a mental illness that mimics similar **brain changes**. More specifically, there is a higher self-compassion are less susceptible to mental exhaustion and **burnout**. It would be

[322]

[PDF] [springer.com](https://www.springer.com)

Long-term effects of an online mindfulness intervention on mental health in Chinese nursing students: a randomized controlled trial follow-up

Z Dai, S Jing, Y Wu, X Chen, J Fu, C Pan, Q Tang - BMC Public Health, 2025 - Springer

Objective This study aims to evaluate the long-term impact of the six-week online mindfulness intervention course "Mindfulness Living With Challenge (MLWC)" on the mental health of

[323]

A Qualitative Inquiry into Practitioners' Experiences of Using Ibogaine and Other Psychoplastogens in the Treatment of Substance Misuse

A Enginsoy - 2025 - search.proquest.com

This thesis explores the therapeutic potential of Ibogaine, a psychoactive substance, in treating substance misuse disorders. The research is driven by the increasing interest in

[324]

[BOOK] Age-Friendly Communities of Faith: A Guide on How to Serve and Retain Older Congregation Members While Maintaining Church Health

K Miller - 2025 - books.google.com

One of the complications of caregiving is caregiver **burnout**, where a person reaches a point that Very few doctors ever assess for caregiver **burnout**, even though there are multiple tools

[325]

[BOOK] Alcohol at Work: Tackling Workplace Drinking to Improve Wellbeing

L Booker - 2025 - books.google.com

From uninsured losses to workplace injuries, from absenteeism to addiction, alcohol consumption can have a major impact on the workplace. Lost productivity alone costs the UK

[326]

[PDF] [ijsher.com](https://www.ijsher.com)

[PDF] *IJSHER*

M GÖNEN - 2025 - [ijsher.com](https://www.ijsher.com)

Sports have evolved beyond being a domain centered solely on physical performance, emerging instead as a multidimensional field where psychological processes, group dynamics,

[327]

[HTML] [nih.gov](https://www.nih.gov)

[HTML] Positive events in psychotherapy: What do adolescents and young adults say is helpful?

L Cassera, A Calabrò, A Filippo - F1000Research, 2025 - pmc.ncbi.nlm.nih.gov

Background The significant challenge in adolescent and young adult therapy lies in the fact that research in this field does not provide many clinical indications. This study addresses

[328]

[HTML] [nih.gov](https://www.nih.gov)

[HTML] Brief Mindfulness-Based Intervention for Seniors—An Exploratory Semi-Randomized Examination of Decentering Effects on Cognitive Functions and

O Katzenelenbogen - Behavioral , 2025 - pmc.ncbi.nlm.nih.gov

The need for psychological treatment in the community, specifically in times of crisis and for those in isolation, calls for finding suitable interventions, especially for older adults. The

[329]

[PDF] ssrn.com

Geriatric Psychiatry Strategies to Improve Mental Health Services for the Geriatric Population Doctorate in Geriatric Psychiatry & Comprehensive Mental Health Care

[MAK Alyakhri](https://papers.ssrn.com), AB Jabbar - Available at SSRN 5593176, 2025 - papers.ssrn.com

Ageing brings neurochemical, structural, and functional **brain changes** that predispose older adults to cognitive decline and mood disorders. Co-morbid chronic conditions, medication

[330]

[PDF] researchgate.net

[PDF] *Assumptions About Human Nature: Its Implication for Emotional Atmospheres in Learning Environments and Psychological Development*

[F Köksal](https://researchgate.net), N Özcan - researchgate.net

was found to be related to adverse consequences as depression, **burnout** or stress [125]. Carrion VG, Weems CF, Reiss AL (2007) Stress predicts **brain changes** in children: a pilot

[331]

Neurodivergent Music Therapists: An Interpretative Phenomenological Analysis on Lived Experience

A Mahal - 2025 - search.proquest.com

The term is often associated with neurodevelopmental labels and can include event-based **brain changes** or mental illness diagnoses. Though a diagnosis or label can have

[332]

engagement among Turkish college students: mediating role of psychological distress

[GG Öztekin](https://books.google.com) - *The Impact of Psychological Well-Being on*, 2025 - books.google.com

with functional **brain changes** in some parts of the prefrontal cortex, cortical and subcortical regions. Studies have also provided evidence of structural **brain changes**. Individuals with

[333]

[PDF] tabrizu.ac.ir

[PDF] *The Comparing Effectiveness of Schema Therapy With Mindfulness-Based Stress Reduction On Fatigue an Autoimmune Patients With Myasthenia Gravis*

[F Kazemi Mahyari](https://journals.tabrizu.ac.ir) - *Journal of Modern*, 2025 - journals.tabrizu.ac.ir

Method: This semi-experimental study was employed a pretest-posttest control group design with a 2-month followup. The statistical population was women autoimmune patients with

[334]

[BOOK] *Understanding and Implementing Trauma-Informed Practice in Schools: An Evidence-Based Guide*

[E Berger](https://books.google.com), [SD Crosby](https://books.google.com), [KE Martin](https://books.google.com) - 2026 - books.google.com

This book bridges the research-to-practice gap by providing clear, evidence-based strategies to enable and advance trauma-informed practices for teachers, school leaders, and

[335]

[BOOK] *Teenagers: The Evidence Base*

[M Gosling](https://books.google.com) - 2025 - books.google.com

shifts and **brain changes** that come with puberty are making them feel Lana Del Rey levels be difficult – are more likely to suffer from **burnout**, possibly because these beliefs make them

[336]

[PDF] [helsinki.fi](#)

[PDF] *From Engagement to Empathy: Specialist Music Teachers' Perspectives on Social-Emotional Learning in Finnish Early Childhood Education: A Qualitative*

S Kim, L Noriega - 2025 - [helda.helsinki.fi](#)

satisfaction, self-efficacy, and reduced risk of **burnout**. Jennings and Greenberg (2009) further emphasize that SEC is influenced by both professional and personal factors. Within the

[337]

[PDF] [wiley.com](#)

Is Addiction Research Addicted to Artificial Intelligence? Mapping the Intersection of Artificial Intelligence, Substance Use and Mental Health Through a Bibliometric

[L Vanh  e](#), [S Scarpa](#) - Drug and Alcohol Review, 2026 - Wiley Online Library

based on: biomarkers, healthcare data, psychometric tests, and neuroimaging; applying AI for the detection or identification of substance use, substance- induced **brain changes**,

[338]

A Trauma-Focused Transdiagnostic Treatment Program for Mothers with Postpartum Depression and Exposure to Adverse Childhood Experiences: An Archival

KA Lasser-Chere - 2025 - [search.proquest.com](#)

Postpartum depression (PPD) is a pressing public health concern, affecting 13%–18% of new mothers, with rates exceeding 50% among those with a history of adverse childhood

[339]

[PDF] [oregonstate.edu](#)

Between channels: essays from a late-diagnosed neurodivergent woman

N Van Gelder - 2025 - [ir.library.oregonstate.edu](#)

my autism discovery came an onslaught of newly learned terminology like hyperfocus, novelty, stimming, rejection sensitivity dysphoria, auditory overstimulation, and autistic **burnout**.

[340]

An introduction to assessment in mindfulness research

[ON Medvedev](#), [CU Kr  geloh](#), [RJ Siegert](#) - Handbook of assessment , 2025 - Springer

With the increased application of mindfulness-based interventions, the evaluation of their effectiveness requires more accurate measurement of both mindfulness and related outcomes.

[341]

[PDF] *ENHANCING MENTAL HEALTH IN RESIDENTIAL AGED CARE: A PRACTICE GUIDE FOR CLINICIANS*

[S Bhar](#), [D Koder](#), J Linossier, J Wood, E Matas - [murrayphn.org.au](#)

Neuroimaging is used to detect **brain changes**, such as atrophy or vascular damage, that A residential facility noted high levels of BPSD and staff **burnout**. They implemented dementia-

[342]

[PDF] [mcgill.ca](#)

Evaluating and co-designing telehealth in rehabilitation care: Telehealth in an early-supported discharge rehabilitation program for patients with stroke

M Weiss - 2025 - [escholarship.mcgill.ca](#)

Acquired neurological conditions (eg, stroke, traumatic brain injury) have high personal and economic costs impacting far beyond the patient, including the family and caregivers,

[343]

[PDF] [llu.edu](#)

The Compassionate HEART of Relationship-Centered Care

D Willis - 2025 - [scholarsrepository.llu.edu](#)

such as active listening shows patients' **brain changes** on functional resonance imaging (shows **brain changes** on fMRI related to decreased pain-related neural activation of the anterior

[344]

[PDF] [iu.edu](#)

The Illuminating Lamp: A Four-Step Model for Islamic Chaplaincy in North America

S Kholaki, S Shaheen - *Journal of Islamic* , 2025 - [journals.indianapolis.iu.edu](#)

Research demonstrates how the **brain changes** when people feel truly seen and heard. This practice serves as a safeguard against the emotional fatigue and **burnout** often associated

[345]

[PDF] [massey.ac.nz](#)

Exploring mothers' experiences of perinatal mental distress in rural Aotearoa New Zealand: a thesis presented in partial fulfilment of the requirements for the degree of

N Thiele - 2025 - [mro.massey.ac.nz](#)

The World Health Organisation (WHO) has identified perinatal mental distress as a global health priority, estimating that one in five mothers experiences some form of mental health

[346]

The Effects of a Mindfulness Program on Deviant Behavior at the Elementary School Level

K Clark - 2025 - [search.proquest.com](#)

This study examined the impact of a structured mindfulness-based intervention on deviant behaviors among elementary school students, with attention to gender, socioeconomic status,

[347]

[PDF] [sagepub.com](#)

"I Am Their Haven": Mothering Experiences of Spanish Autistic Mothers

L Ramos-Serrano, I Garcia-Molina - *Neurodiversity*, 2025 - [journals.sagepub.com](#)

Background This study aims to highlight the mothering experiences of Spanish autistic mothers through their own narratives—a topic historically overlooked by both society and

[348]

Integrated Care for Schizophrenia Patients in Different Care Settings: A Narrative Case Study

MT Alshamrani - 2025 - [search.proquest.com](#)

thinking, and how to maintain relational connections during psychosis could have helped the family prevent traumatic interactions with police and reduce their emotional **burnout**. The

[349]

[BOOK] *Off the Spectrum: Why the Science of Autism Has Failed Women and Girls*

G Rippon - 2025 - [books.google.com](#)

The daily effort of monitoring and adjusting behaviour to fit in can be mentally exhausting and lead to heightened stress and anxiety, eventually even collapse and **burnout**. Maintaining

[350]

Street Mental Health Handbook

S Hatcher, L Frye, K Van Herk - Springer

During recovery from PTSD, **brain changes** occur primarily within the areas involved in the fear response, such as the amygdala and hippocampus, with evidence suggesting increased

[351]

[BOOK] *Advanced Computational Intelligence Techniques for Engineers*

TJ Devadas, [N Jayakumar](#), [NN Prasanth](#) - 2025 - [books.google.com](#)

This book presents a thorough examination of computational intelligence and its significant influence on solving intricate engineering challenges. It covers fundamental theories as well

[352]

[PDF] [researchgate.net](#)

[PDF] *Is Addiction Research Addicted to AI?*

[L Vanh  e](#), [S Scarpa](#) - [researchgate.net](#)

based on: biomarkers, healthcare data, psychometric tests, and neuroimaging; applying AI for the detection or identification of substance use, substance-induced **brain changes**,

[353]

[PDF] [scholaris.ca](#)

Promoting Positive Youth Development in Adolescents: Experiences from the HEROES Program

[PL Fontanilla](#) - 2025 - [ucalgary.scholaris.ca](#)

The current study investigates the impact of the HEROES program, a social-emotional learning (SEL) program aiming to increase positive outcomes for middle school students. SEL has

[354]

Addressing the false dichotomy between autonomy and preservation of life: Clinical, legal, and ethical considerations in severe and longstanding anorexia nervosa

[A Ayt  n](#), [A Ibrahim](#), [M Solmi](#), [CM Bulik](#) - *International Journal of*, 2026 - Elsevier

Anorexia nervosa (AN) is a serious metabo-psychiatric disorder. Despite a mortality rate approximately five times higher than that of age-matched controls, most deaths result from

[355]

Peripheral Artery Disease (PAD) in Rural South Africa: The Impact of Lifetime Stress and Infectious Disease Exposure on Pad Development and Outcomes

[ET Beidelman](#) - 2025 - [search.proquest.com](#)

Background: Existing evidence indicates that risk factor profile for peripheral artery disease (PAD) may differ in sub-Saharan African settings compared to what has been established

[356]

[BOOK] *The Dream Cure: How Recalling Your Dreams Can Heal Your Life*

[T Cheung](#) - 2025 - [books.google.com](#)

Decode Your Dreams and Empower Yourself Theresa Cheung, who *Women's Health* magazine called "the British Grande Dame of psychic and spiritual studies," shows you how to

[357]

Exploring Parental Aggravation as a Moderator in the Relationship Between Adverse Childhood Experiences and School Engagement

[TM Goff](#) - 2025 - [search.proquest.com](#)

Adverse Childhood Experiences (ACEs) have been consistently linked to diminished academic outcomes, including reduced levels of school engagement. However, variability in

[358]

[BOOK] *The science of ADHD*

C Chandler - 2025 - books.google.com

A comprehensive and evidence-based guide to understanding ADHD and its treatment ADHD remains one of the most widely misunderstood neurodevelopmental disorders, with

[359]

[PDF] dergipark.org.tr*Cerrahi Hastalarında Bilinçli Farkındalık Uygulamalarının Perioperatif Süreçteki Etkileri*

C Yalçın, İE Muslu, P Ongün - Balıkesir Medical Journal, 2025 - dergipark.org.tr

Bilinçli farkındalık, mevcut anda ortaya çıkan deneyimlerini yargılamadan isteyerek ve bilerek dikkat verme yoluyla ortaya çıkan farkındalık halidir. Dikkatlilik, niyet ve tutum bileşenleri ile

[360]

[PDF] arxiv.org

A principled way to think about AI in education: guidance for action based on goals, models of human learning, and use of technologies

ND Finkelstein - arXiv preprint arXiv:2510.01467, 2025 - arxiv.org

definitions of learning based on biology and **brain changes**, eg learning is the creation of workload, which led to faculty overwork and **burnout**. Administrators need to consider what to

[361]

Digital Rehabilitation Interventions at Home-and Life Space in Sub-Saharan Africa: Scoping review

M Vuori - 2025 - theseus.fi

Access to rehabilitation in sub-Saharan Africa (SSA) remains insufficient to meet growing needs. Due to lack of resources and issues with infrastructure, especially in low-income

[362]

[PDF] saintmartin-kenya.org

[PDF] THE EVALUATION REPORT OF ST MARTIN CSA'S ADDICTION TREATMENT APPROACH, AND INTENSIVE OUTPATIENT REHABILITATION PROGRAMME

SK NDIRANGU - 2025 - saintmartin-kenya.org

2) The **brain changes** make individuals with addiction to lose the ability to regulate their use of substances, leading to compulsive drug-seeking behavior despite harmful consequences (

[363]

[PDF] emich.edu

Navigating uncertainty as an "Adolescent Organization": Addressing the needs of LGBTQIAA+ young people in a complex and adaptive service organization

S Staley - 2025 - search.proquest.com

Throughout history, lesbian, gay, Transgender, queer/questioning, intersex, asexual, and agender plus Students have been marginalized in society and, in particular, K-12 schools. The

[364]

[PDF] worktribe.com

[PDF] *Exploring the Experiences of Counselling Psychologists' Embodied Responses When Working with Trauma: An Interpretative Phenomenological Analysis*

C Mansour - 2025 - uel-repository.worktribe.com

events and **brain changes**, presenting neurobiological findings and proposing somatic ways of physical experiences could explain vicarious trauma in therapists, leading to **burnout**

[365]

*Digital Distraction in United States Adult Online Learners in a Home Environment: An Exploratory Case Study*M Clemens - 2025 - search.proquest.com

Attention, motivation, and goal-fulfillment are critical to online learners' academic success. The problem is that as the presence of digital media continues to become increasingly

[366]

[BOOK] *The Mindful Social Worker: Living your best social work life*B Starns - 2025 - taylorfrancis.com

Mindfulness and social work values go hand in hand and this book is the perfect guide in self-care for social workers who want to incorporate mindfulness into their working lives to

[367]

[PDF] [springer.com](https://www.springer.com)*Ectogenesis, gestational preferences and the social coercion argument*

J Zhou - Monash Bioethics Review, 2025 - Springer

This article challenges a subtle critique of ectogenesis—what I call the “social coercion argument” (SCA). The SCA holds that if ectogenesis becomes a standard gestational option,

[368]

[HTML] [mdpi.com](https://www.mdpi.com)**[HTML]** *From Online Learning to Clinical Practice: An Investigation on the Factors Influencing Training Transfer Among Physicians*G Schettino, V Capone - Healthcare, 2025 - [mdpi.com](https://www.mdpi.com)

This can mitigate the risk of stress and **burnout** [8], improving work engagement and, in turn, workers' performance and well-being [9,10]. The strategy described benefits significantly

[369]

[BOOK] *Technology for Littles: Helping Young Children Navigate the Internet Responsibly*C Rogers - 2025 - books.google.com

even something simple as parental stress and parental **burnout**. In a lot of our research we're What do all these scientific facts, milestones, and **brain changes** mean for a parent? While

[370]

*Help! I Need Somebody: The Impact of Cognitive Status on Designating a Healthcare Proxy*J Tompkins, HL Connors - Health & social work, 2025 - academic.oup.com

The goal of this study is to understand the characteristics that make someone more likely to choose a healthcare proxy. Using five waves of the Health and Retirement Study, the authors

[371]

[BOOK] *Working with Children and Young People Who Stammer: Practical Approaches to Assessment and Therapy*I O'Leary - 2025 - api.taylorfrancis.com

It is a stage of rapid **brain changes**, as in the toddler stages, and there can be a high level of emotionality and difficulty managing those emotions. Turrell and Bell (2016) say about

[372]

[BOOK] *Mental Health Nursing: Concepts, Assessment, and Care*AK Bajwa, MM Rathod, A Vimala - 2025 - books.google.com

activities that support personal and professional growth while preventing **burnout** and that therapeutic interventions can promote positive **brain changes** and symptom improvement.

[373]

The Tempo Giusto: A Call for Recalibrating Time in Human Movement Research

A Ramalho, P Duarte-Mendes, R Paulo, J Petrica - Quest, 2025 - Taylor & Francis

Human movement science now runs on accelerating metrics, short grant cycles, and compressed editorial timelines. Speed can deliver rapid outputs but often erodes validity,

[374]

Montessori-Based ABAR Approaches to Literacy Practices: An Exploratory Case Study

E Kpenkaan - 2025 - search.proquest.com

Studies show that literacy practices that exclude cultural, linguistic, racial, gender, and neurological differences are linked to lower student engagement and learning motivation.

[375]

[BOOK] Technology for Littles: Helping Young Children Navigate the Internet Responsibly

C Rogers - 2025 - books.google.com

even something simple as parental stress and parental **burnout**. In a lot of our research we're What do all these scientific facts, milestones, and **brain changes** mean for a parent? While

[376]

[PDF] calstate.edu

Enhancing Social and Emotional Learning for Students With Dis/Abilities: The Role of Middle School Teachers

ND Paez - 2025 - search.proquest.com

Over the past 25 years, social-emotional learning (SEL) has become integral to pre-K-12 education in the United States, fostering emotional intelligence and academic success (Green

[377]

[PDF] researchgate.net

[PDF] Yogic Sciences & Spirituality-Exploring the Principles and Spiritual Dimensions of Yogic Sciences

R Srinivasan, PS Aithal - 2025 - researchgate.net

Advanced neuroimaging techniques may provide deeper insights into the **brain changes** associated with long-term meditation practice, while epigenetic studies could shed light on how

[378]

Cloud and Edge Integration for Scalable

S Jain - AI Model Design and Data Management for Disease , 2025 - books.google.com

Cloud and edge computing have revolutionized healthcare by enabling advanced, scalable solutions for real-time disease prediction frameworks. The significance of these

[379]

[PDF] gla.ac.uk

[PDF] Psychosocial influences on the health and wellbeing of autistic individuals

P Reynolds-Cowie - 2025 - theses.gla.ac.uk

and invalidation from others was conceptualised as leading to **burnout**, which subsequently response, but would eventually lead to **burnout**, and when people could no longer mask,

[380]

MIND UP-MINDFULNESS AND INTERVALS FOR NURTURING DIRECTED ATTENTION IN UNIVERSITY PERFORMANCE: THE RESULTS OF A PILOT STUDY

E Treglia, A Mariani - ITALIAN JOURNAL OF HEALTH , 2025 - ojs.gsdjournal.it

The study explores the effect of mindful active breaks—short pauses involving complex movements and body awareness—on the attention levels of university students. Following the

S2. OVID

S2.1. Date:

1 January 2026

S2.2. Keywords:

Keywords: Brain changes AND burnout AND 2025
Limited to English, Full text, Human

S2.3. Overall results:

4 results

Duplicate (n = 3)

Not an empirical study (n = 1)

Included (n = 0)

S2.4. Details:

[1]

Database Embase Classic+Embase

Accession Number 646227727

Title

Burnout Syndrome in forensic medicine and its association with vicarious trauma, posttraumatic stress syndrome and occupational stress. Duplicated with Google Scholar

Source International journal of legal medicine. 139(3) (pp 1223-1237), 2025. Date of Publication: 01 May 2025.

Author Oprinca-Muja L.-A.; Mohor C.-I.; Oprinca G.-C.; Cardos R.; Domnariu C.-D.; Cristian A.-N.; Bacila C.; Fleaca S.-R.; Cristian A.; Morar S.

Digital Object Identifier <https://dx-doi-org.myaccess.library.utoronto.ca/10.1007/s0041...> - opens in a new window

Publication Type Review

Year of Publication 2025

[2]

Database Ovid Healthstar

Unique Identifier 39792327

Title

Burnout Syndrome in forensic medicine and its association with vicarious trauma, posttraumatic stress syndrome and occupational stress. [Review] Duplicated with Google Scholar

Source International Journal of Legal Medicine. 139(3):1223-1237, 2025 May.

Authors Oprinca-Muja LA; Mohor CI; Oprinca GC; Cardos R; Domnariu CD; Cristian AN; Bacila C; Fleaca SR; Cristian A; Morar S

Authors Full Name Oprinca-Muja, Lilioara-Alexandra; Mohor, Cosmin-Ioan; Oprinca, George-Calin; Cardos, Roxana; Domnariu, Carmen-Daniela; Cristian, Adrian-Nicolae; Bacila, Ciprian; Fleaca, Sorin-Radu; Cristian, Alina; Morar, Silviu.

Journal Name International Journal of Legal Medicine

Digital Object Identifier <https://dx-doi-org.myaccess.library.utoronto.ca/10.1007/s0041...> - opens in a new window

Publication Type Journal Article. Review.

Create Date 2025/01/10 11:16

Year of Publication 2025

[3]

Database Books@Ovid

Accession Number 02275312/11th_Edition/24

Edition Statement 11th Edition

Book Title

Kaplan & Sadock's Comprehensive Textbook of Psychiatry

Publication Type Text/Reference

Year of Publication 2025

Book Text ExcerptChapter Author: Vago, David R.; Gusnard, Debra A.; Silbersweig, David A.

Chapter Title: Neuropsychiatry of Self

Passage Text: ... skill development. Brain changes and associated functional advances are implied through morphologic changes found in skull casings from early hominid ancestors. Aside from current human cranial capacity (~1,350 to 1,400 cm³) being three times the size of our earliest hominid ancestors (~450 cm³ for australopithecines), the anterior frontal cortex has been found to be twice greater in relative size than other parts of the frontal lobe in our closest ancestors, chimpanzees and bonobos. As described later, the anterior or frontal polar cortex (FPC, Brodmann area 10) is uniquely involved in higher-order, complex cognitive processing (e.g., prospective memory, meta-cognition) and is uniquely positioned to facilitate more complex self-reflective processes. Aspects of the ... [Expand Passage](#)

[4]

Database Ovid MEDLINE(R) ALL

Unique Identifier 39792327

Title

Burnout Syndrome in forensic medicine and its association with vicarious trauma, posttraumatic stress syndrome and occupational stress. [Review] *Duplicated with Google Scholar*

Digital Object Identifier <https://dx-doi-org.myaccess.library.utoronto.ca/10.1007/s0041...>- opens in a new window

Source International Journal of Legal Medicine. 139(3):1223-1237, 2025 May.

Authors Oprinca-Muja LA; Mohor CI; Oprinca GC; Cardos R; Domnariu CD; Cristian AN; Bacila C; Fleaca SR; Cristian A; Morar S

Authors Full Name Oprinca-Muja, Lilioara-Alexandra; Mohor, Cosmin-Ioan; Oprinca, George-Calin; Cardos, Roxana; Domnariu, Carmen-Daniela; Cristian, Adrian-Nicolae; Bacila, Ciprian; Fleaca, Sorin-Radu; Cristian, Alina; Morar, Silviu.

Publication Type Journal Article. Review.

Create Date 2025/01/10 11:16

Year of Publication 2025

S3. PubMed

S3.1. Date:

1 January 2026

S3.2. Keywords:

Keywords: Brain changes AND burnout AND 2025

S3.3. Overall results:

0 Results

S4. Scopus

S4.1. Date:

1 January 2026

S4.2. Keywords:

Keywords: Brain changes AND burnout AND 2025

S4.3. Overall results:

1 result

Not an empirical study (n = 1)

Included (n = 0)

S4.4. Details:

[1]*

Neural Correlates of Burnout Syndrome Based on Electroencephalography (EEG)—A Mechanistic Review and Discussion of Burnout Syndrome Cognitive Bias Theory

Chmiel, J.

,

Malinowska, A.

Journal of Clinical Medicine

, 14(15), 5357

[2025]

[1]

S5. Web of Science

S5.1. Date:

1 January 2026

S5.2. Keywords:

Keywords: Brain changes AND burnout AND 2025

S5.3. Overall results:

24 results

Duplicate (n = 2)

Not an empirical study (n = 8)

No brain changes (n = 6)

Irrelevant information on burnout (n = 1)

Irrelevant information on brain changes (n = 1)

Retracted (n = 1)

Included (n = 5)

S5.4. Details:

[1]

Burnout Syndrome in forensic medicine and its association with vicarious trauma, posttraumatic stress syndrome and occupational stress *Duplicated with Google Scholar*

Oprinca-Muja, LA; Mohor, CI; (...); Morar, S

May 2025

INTERNATIONAL JOURNAL OF LEGAL MEDICINE

139(3), pp.1223-1237

The burnout phenomenon is a subject of considerable interest due to its impact on both employee well-being and scientific inquiry. Workplace factors, both intrinsic and extrinsic, play a pivotal role in its development, often leading to job dissatisfaction and heightened burnout risk. Chronic stress and burnout induce significant dysregulation in the autonomic nervous system and hormonal pathway

Related records

[2]

Functional connectivity in burnout syndrome: a resting-state EEG study [43]

Semantic search result

Afek, N; Harmatiuk, D; (...); Marek, T

Feb 3 2025

FRONTIERS IN HUMAN NEUROSCIENCE

19

Enriched Cited References

Chronic occupational stress is associated with a pronounced decline in emotional and cognitive functioning. Studies on neural mechanisms indicate significant changes in brain activity and changed patterns of event-related potentials in burnout subjects. This study presents an analysis of brain functional connectivity in a resting state, thus providing a deeper understanding of the mechanisms ac

[3]

The neuroscience of compassion: a scoping review of the literature on the neuroscience of compassion and compassion-related therapies

Kamal, H; Mitchell, O; (...); Behan, C

Mar 2025 (Early Access)

IRISH JOURNAL OF PSYCHOLOGICAL MEDICINE

Objectives: Compassion is the emotion that motivates people to relieve the physical, emotional, or mental pains of others. Engaging in compassionate behaviour has been found to enhance psychological wellness and resilience. However, constant displays of compassionate behaviour can lead to burnout particularly for healthcare workers who inherently practise compassion day to day. This burnout can

[4]

Burnout and the Brain-A Mechanistic Review of Magnetic Resonance Imaging (MRI) Studies

Semantic search result

Chmiel, J and Kurpas, D

Aug 28 2025

INTERNATIONAL JOURNAL OF MOLECULAR SCIENCES

26(17)

Occupational burnout is ubiquitous yet still debated as a disease entity. Previous reviews surveyed multiple biomarkers but left their neural substrate unclear. We therefore asked: What, if any, reproducible magnetic-resonance signature characterises burnout? Following PRISMA principles adapted for mechanistic synthesis, two reviewers searched PubMed, Scopus, Google Scholar, ResearchGate and Co

[5]

Well-being, burnout, and professional fulfillment among neuropsychologists and trainees in neuropsychology: factors that contribute and recommendations for improvement

Semantic search result

Shapiro, DN; Anderson, C; (...); Wilson, M

Apr 2025 (Early Access)

CLINICAL NEUROPSYCHOLOGIST

Enriched Cited References

Objective: The importance of well-being, including burnout and professional fulfillment, in the workplace is increasingly recognized. However, experiences of burnout and fulfillment, and the factors that support or detract from well-being for neuropsychologists, specifically, are poorly understood. The current study aims to fill this gap by exploring experiences of well-being among neuropsychol

[6]

Reducing Neurologist Burnout and Improving Career Satisfaction

Semantic search result

Dewey, JJ and Busis, NA

Aug 2025

SEMINARS IN NEUROLOGY

45(04), pp.550-561

Neurologists engaged in meaningful and satisfying work are positioned to advance the field through research, education, and patient care. On the other hand, neurologists are at elevated risk for burnout and career dissatisfaction, influenced by personal characteristics but driven primarily by external factors at work unit, organizational, and systemic/societal levels. Recognizing and attending

[7]

Neural Correlates of Burnout Syndrome Based on Electroencephalography (EEG)-A Mechanistic Review and Discussion of Burnout Syndrome Cognitive Bias Theory Duplicate with Scopus

Semantic search result

Chmiel, J and Malinowska, A

Jul 29 2025

JOURNAL OF CLINICAL MEDICINE

14(15)

Introduction: Burnout syndrome, long described as an "occupational phenomenon", now affects 15-20% of the general workforce and more than 50% of clinicians, teachers, social-care staff and first responders. Its precise nosological standing remains disputed. We conducted a mechanistic review of electroencephalography (EEG) studies to determine whether burnout is accompanied by reproducible brain

[8]

A Review of Burnout Psychiatric Consequences

Semantic search result

Ungurianu, A; Ciubara, A and Ciobotaru, OR

Sep 2025

BRAIN-BROAD RESEARCH IN ARTIFICIAL INTELLIGENCE AND NEUROSCIENCE

16(3)

Burnout in healthcare professionals is a critical occupational health concern with significant psychiatric implications. It is strongly linked to higher risks of depression, anxiety, PTSD, and suicidality. This systematic review synthesises existing literature on the prevalence, risk factors, mental health consequences, and psychotherapeutic interventions for burnout in healthcare professionals

[9]

Burnout in Practicing Neurologists A Systematic Review and Meta-Analysis

Semantic search result

Guo, J; Gokcebel, S; (...); Ayub, N

Feb 2025

NEUROLOGY-CLINICAL PRACTICE

15(1)

Purpose of Review Burnout is a context-dependent, global issue among physicians in the medical field who often face job-related stressors, high workloads, and limited or lack of social support or autonomy. Within medicine, neurology is a specialty with high levels of burnout and low levels of work-life satisfaction. We, therefore, conducted this study to evaluate burnout rates among neurologists

[10]

Burnout forever

Semantic search result

Bianchi, R and Schonfeld, IS

Apr 3 2025

WORK AND STRESS

39(2), pp.162-168

This concluding rejoinder responds to the commentaries of De Witte and Schaufeli (2025. <https://doi.org/10.1080/02678373.2025.2468715>), Demerouti and Bakker (2025. <https://doi.org/10.1080/02678373.2025.2473385>), and Leiter and Day (2025. <https://doi.org/10.1080/02678373.2025.2473152>) on our original paper, "Beliefs About Burnout." After clarifying potential points of confusion, we delve into th

[11]

Burnout Before the Bedside

Semantic search result

Carney, KB; Carini, C; (...); Shook, N

Nov-dec 2025

NURSE EDUCATOR

50(6), pp.297-303

Enriched Cited References

*Background:*Newly licensed nurses are more likely to leave the nursing profession due to stress and burnout. A thorough evaluation of prelicensure students' mental health and sources of stress could inform how to better prepare students for professional nursing practice.*Purpose:*To characterize mental health and burnout concerns of prelicensure nursing students in the United States by academic ye

[12]

Abnormal intrinsic functional hubs and connectivity in nurses with occupational burnout: a resting-state fMRI study [44]

Semantic search result

Liu, JP; Gu, SY; (...); Chen, YZ

Jun 16 2025

FRONTIERS IN PUBLIC HEALTH

Background Occupational burnout is a significant problem among nurses, linked to negative outcomes. Understanding its neurobiological basis is crucial, yet remains limited. *Methods* Resting-state functional magnetic resonance imaging (rs-fMRI) data were acquired from 40 female nurses with occupational burnout and 40 healthy controls. Degree centrality (DC) was calculated to identify functional hu

[13]

Harnessing the Neurobiology of Empathy and Compassion to Alleviate Burnout in Neurology

Semantic search result

Zeidan, F; Stern, JD and Mobley, WC

Nov 2025 (Early Access)

ANNALS OF NEUROLOGY

Neurologists regularly care for patients with complex, chronic, and often incurable conditions. These circumstances impose profound emotional burdens on the patient and physician. Whereas empathy is central to therapeutic effectiveness in clinical practice, sustained empathic engagement can contribute to emotional exhaustion and physician burnout, a condition now endemic in neurology. This review

[14]

Plasma BDNF in burnout-related depressive disorders: The mediating role of perceived social isolation and the biopsychological effect of a multimodal inpatient treatment [45]

La Marca, R; Scheiwiller, M; (...); Böker, H

Apr 2025

JOURNAL OF AFFECTIVE DISORDERS REPORTS 20

Background: The neurotrophic hypothesis of depression assumes that a reduced expression of BDNF may partially explain the development of depression, and that antidepressants increase BDNF levels and mood. In this study, we aimed at comparing plasma BDNF levels in inpatients with a burnout-related depressive disorder to those of healthy controls and explore the effects of a multimodal inpatient

[15]

Burnout rates ease but remain high.

Semantic search result

Aug 2025

AMERICAN JOURNAL OF NURSING

125(8), pp.14-14

[16]

Dr Claire Plumbly Burnout: how to manage your nervous system before it manages you

Semantic search result

Vuity, E

Jan-feb 2025

PSYCHOLOGIST

[17]

Fighting to Eliminate Burnout A 3-Decade Journey and the Path Forward

Semantic search result

Linzer, M

Mar 2025

MEDICAL CARE

63(3), pp.183-184

[18]

Training the Brain Health Workforce of Tomorrow: The Role of Trainees in Shaping Integrated, Preventive, and Equitable

Brain Care

Accorroni, A; Zani, D; (...); Corre, V

Sep 15 2025

CLINICAL AND TRANSLATIONAL NEUROSCIENCE

9(3)

Enriched Cited References

The concept of Brain Health is transforming the neuroscientific landscape, promoting an integrative and preventive approach to care under a unifying vision. This position paper, developed by Swiss junior societies in neurology and psychiatry, presents a trainee perspective on how Brain Health should be addressed from the earliest stages of postgraduate training. It explores current gaps in post

[19]

Neurobiological and emotional impact of occupational stress in frontline police officers: a neuroimaging and neurochemical study [46]

Wang, WY; Lin, YC; (...); Lin, CP

Dec 31 2025

EUROPEAN JOURNAL OF PSYCHOTRAUMATOLOGY

16(1)

Enriched Cited References

Background: Frontline police work demands continuous vigilance and rapid decision-making. These challenges engage neuroplastic adaptations in brain regions critical for threat processing and emotional regulation. However, the influence of chronic occupational stress on officers' emotional states, brain structure, and neurochemical regulation remains underexplored. Objective: To examine the asso

[20]

Recharging Healthcare Professionals: A Randomized Controlled Trial on the Impact of Automated Massage Chairs on Depression, Anxiety, Stress, Musculoskeletal Pain, and Biochemical Markers Irrelevant information on burnout (n = 35)

Ong, MLY; Malik, AA; (...); Hashim, HA

Sep 14 2025

HEALTH SCIENCE REPORTS

8(9)

Enriched Cited References

Background/Objectives Massage therapy has been shown to alleviate stress and improve well-being, making it a promising intervention for healthcare professionals who often face high levels of job-related stress. This study investigated the effects of automated massage chair therapy on negative emotional states, musculoskeletal pain, and biochemical markers in healthcare professionals. Methods Two

[21]

Neural Correlates of Well-Being in Young Adults [47]

Green, KH; van de Groep, S; (...); Crone, EA

Oct 2025

EMOTION

25(7), pp.1677-1689

Subjective experiences of well-being are multifaceted in nature, but the behavioral and neural correlates of subdomains of well-being are not yet well understood. Prior neuroimaging studies have primarily focused on single aspects of well-being (e.g., happiness). In the present study, we differentiated between five domains of well-being based on prior research (Green, van de Groep, et al., 2023

[22]

The impact of a multi-agency trauma-informed practice training programme in a region in the United Kingdom

Pepa, J; Quigg, Z; (...); Harris, J

Aug 2025 (Early Access)

JOURNAL OF PUBLIC HEALTH-HEIDELBERG

Aim This research study aims to add to the emerging evidence on the potential value of trauma-informed practice (TIP) training programmes for multi-agency practitioners by examining the associated impact of a UK TIP training programme on practitioner attitudes and knowledge, 6 months post training. Subject and methods Participants completed pre- and 6-month post-surveys using four of the five s

[23]

Analysis of drug intervention promoting hippocampal nerve improvement and medical teacher job burnout based on medical thermal modeling and radiation image testing

Li, Y; Zeng, RX; (...); Bai, XD

Jan 2025

THERMAL SCIENCE AND ENGINEERING PROGRESS

With the deepening of medical research, the early diagnosis and treatment of neurodegenerative diseases such as Alzheimer's disease are particularly important. As a brain region closely related to memory and learning, the health of neurons in the hippocampus is directly related to the maintenance of cognitive function. The aim of this study was to investigate the effect of drug intervention on

[24]

The silent epidemic of burnout in Neurosurgery: Implications for mental health

Semantic search result

Calisaya-Madariaga, IG; Madueno, AK; (...); Callahuanca-Flores, GJ

Jan-feb 2025

GENERAL HOSPITAL PSYCHIATRY

92, pp.22-23