



## Brain Plasticity, Cognitive Training and Mental States Assessment

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### Message from the Guest Editors

In recent years, training programs in clinical, public, transport, and operative environments have obtained high importance due to their impacts on the efficiency of the operators themselves and most importantly on overall safety. The capacity of the brain to change itself is a key aspect in dealing with cognitive and physical training programs, and highly demanding or stressful situations. In this regard, being able to measure such brain capabilities and the related changes would be very useful. For example, the outcomes could be used to better assess both the trainee/patient learning process and the variation of mental states throughout the sessions, or to better tailor the training program itself at the single-subject level. In this regard, neuroimaging technology and methodology appear to be the most appropriate means to gather such information and directly employ it for the optimization of users and training schedules.





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