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for it just a myth that plus the must be some sort of waved to trust which information and so on time generally predicted that if things change they must omit gravitational waves an in-depth look at the recent discovery of gravitational waves what the scientists releasing the latest sign that this confined live 1st today people who go through harrowing not terrifying experiences after developing condition called post traumatic stress disorder or PTSD they complain of intrusive flashbacks to the event which is sufficient to make some people feel suicidal thousands it affected like this every year the might a dose of laughing gas nitrous oxide given after the traumatic event neutralise the risk of PTSD George Mills spoke to UCL's Ravi Das has evidence to suggest that it might we'll be looking at nitrous oxide because you know that one of the ways

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that is a brain receptors that's critical or in memory formation and one of the main things that we think contributes to PTSD is the formation of these kind of traumatic memories can resurface in cause these intrusive thoughts and Images and flashbacks which kind of the cosmos interfaith Jesse people and have the experience of being back at the time of the trauma kind of context and situation free and really experiencing out of them so it's really unpleasant how did you test this I'm guessing you could actually give people PTSD as unsightly unethical yellow would have been a real hit with the ethics board so we've got a kind of through laboratory model of every kind of weak form of PTSD euro and it's used by quite a few laps and basically it involves showing healthy volunteers really unpleasant film what you see is over the course of the week if you get people to keep track they experience this kind of involuntary memory about

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aspects of the film tend to be kind of Images of some of the nasty things that happened not just pop into people's minds in that involuntary away and knows what we call intrusive memories and so we show people this film and then measure over the following week how many times are experiencing these and we gave people I've nitrous oxide gas which is the same form you get the NHS is a product called entonox as extra oxygen and it's a lot safer than the they can gas canisters that people use recreation area so they got that or matched kind of just normal from a canister they breed tougher half an hour and then reassessed for the following week how many of these intrusive thought they heard now I've not seen the film but I did look it up online and I read a couple of reviews someone of then they called it cinematic torture as they said I've yet to meet anyone who has not been de Plea affected by this news the if

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they are brave enough or stupid stuff you're parked her subjects as a problem doing any studies that tried to model something it's inherently unpleasant in that you have a within ethical grounds is to give people something quite unpleasant to do and you do feel terrible for the participants Yo having to watch it did you Yeah cos much of the time you're sitting in a room with the participants what comes all Quigley knowing what you have to hope through Yeah I have to say I agree on the viewers it is one of the worst things I've ever seen and this 3rd participant to go to either this matches outside Mexico or the control which was what difference did you find wished their feelings about the film why we can file officers used was that given nest receptor the nitrous oxide blocks is really important in kind of shift the transfer of information for short term memory to long-term memory so we thought it but cannot

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prevent some of those memory stabilising weaken them and what we saw is that by the 2nd day people and nitrous oxide group greatly reduced in number of an intrusive memories about the film but normal I agree hand and it was not until about 4 days later that resource of African reduction in those a normal lad but it is basically straight after sleeping in the nitrous oxide group coming out that sleepy is also really critical for this kind of stabilisation of memories into the long-term and so much so exciting to have interfered with that kind of sleep depend on the stabilisation of of the memories has not just outside been tested in the field do we know if this works in India sort of real life events that might cause PTSD is really interesting cos it is used on the NHS currently and then paramedics teams as a pre hospital anaesthetic so it might be adding unforeseen consequences already people who receive the MMR before the

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contrary quite a traumatic experience we don't know come on me whether that's subsequently affecting their memories of things you're interested in doing is looking to see if we can start monitoring the situations where people have received it before being admitted to hospital for us as people who haven't at in terms of kind of I'm thinking maybe military application all this is dependent on Visteon our results being replicated in that in a clinical sample but because it is easier to administer its its portable it's very safe than one people stopped breathing stops having an effect very quickly a don't see why it could not meet kind of miniaturised news is a kind of 1st line profile lactic type of intervention following traumatic events you George emails speaking with Dr Ravi Das that study came out this week in the journal psychological medicine a recipe for a soft robotics skin that's sensitive to touch and has the ability to change colour like an octopus has been developed by researchers in the US