

# INcite knowledge

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**Research partner**

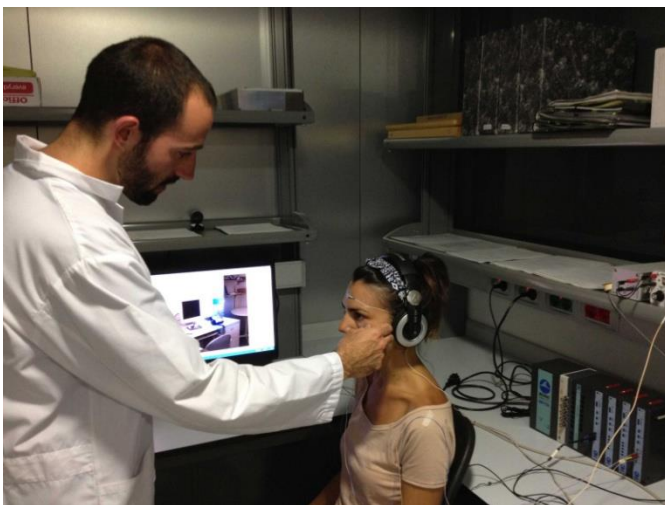
**Human Lab, Medical Psychology Unit**

## *1.- What research are you currently developing?*

My colleagues and I are studying the anxiety disorders by means of fear conditioning models. Fear conditioning is a type of learning existing in most of the animal species, included the human beings, which allows us to react adaptively to potentially dangerous situations (for example, by learning to avoid such situations). From our research field, it is hypothesized that individuals with an anxiety disorder show abnormalities in this type of learning, thereby generalizing fear reactions to situations that are safe. The participants in our studies are healthy individuals, or have an anxiety disorder, and we study their ability to acquire a fear response. In our experiments, we measure fear by means of physiological responses and subjective ratings.

## *2.- How is the day-to-day inside your laboratory?*

I do many different tasks and, actually, this is what makes my daily work interesting. Apart from conducting the experimental sessions; I also design the studies, analyze the data and write the results. I make all this work together with my colleagues. This team work is what makes the process more profitable.



## *3.- What therapeutic applications do you think can your research have?*

We frame our studies considering their potential therapeutic usefulness. Thus, our results may help to identify individual characteristics that lead to greater risks of developing an anxiety disorder, and they may also contribute to improve the current treatments for these disorders.

#### ***4.- How you encourage future scientists to be part of neuroscience research?***

I would tell them to try to figure out what the daily tasks of neuroscientists are, and to find out whether they would enjoy this routine. I would encourage them to try to learn all the different tasks: Not only the lab work; but also the analysis and communication of the results, or the critical assessment of the theories and findings that happen in their research field. Finally, I would also warn them about the current prospects for researches in Spain.