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International Conference on

Health Care and Neuroscience

April 08-09, 2019 | Zurich, Switzerland

Fluctuations of resting state networks reflect variations in Cognitive states

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Neuroimaging studies have revealed the recruitment of a range of neural networks during the resting state, which might reflect a variety of cognitive experiences and processes occurring in an individual's mind. I will present how the default mode network (DMN) and attentional networks are associated with distinct mental states when participants are not performing an explicit task. To investigate the range of possible cognitive experiences more directly, I will present a novel method of resting-state fMRI experience sampling, informed by a phenomenological investigation of the fluctuation of mental states during the resting state. These findings contribute to our understanding of resting state networks and may be important to consider for research on resting state biomarkers.

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