

Age Related Changes in the Neural Substrates of Emotion Regulation: Mechanisms, Consequences, and Interventions

Authors : Yasaman Mohammadi

Abstract : Emotion regulation is a complex process that allows individuals to manage and modulate their emotional responses in order to adaptively respond to environmental demands. As individuals age, emotion regulation abilities may decline, leading to an increased vulnerability to mood disorders and other negative health outcomes. Advances in neuroimaging techniques have greatly enhanced our understanding of the neural substrates underlying emotion regulation and age-related changes in these neural systems. Additionally, genetic research has identified several candidate genes that may influence age-related changes in emotion regulation. In this paper, we review recent findings from neuroimaging and genetic research on age-related changes in the neural substrates of emotion regulation, highlighting the mechanisms and consequences of these changes. We also discuss potential interventions, including cognitive and behavioral approaches, that may be effective in mitigating age-related declines in emotion regulation. We propose that a better understanding of the mechanisms underlying age-related changes in emotion regulation may lead to the development of more targeted interventions aimed at promoting healthy emotional functioning in older adults. Overall, this paper highlights the importance of studying age-related changes in emotion regulation and provides a roadmap for future research in this field.

Keywords : emotion regulation, aging, neural substrates, neuroimaging, emotional functioning, healthy aging

Conference Title : ICACP 2023 : International Conference on Ageing, Cognition, Psychology and Neuroscience

Conference Location : Toronto, Canada

Conference Dates : September 18-19, 2023