

# Silver Santé Study



## *Mental Health & Well-being in the Ageing Population*

*Research, Risks and Recommendations*

**Wednesday 16th June 2021**

09:30am-16:45pm CEST

Jun 29, 2021 15:32 BST

## **European researchers and experts gather to discuss Mental Health & Well-being of Ageing Populations**

*Silver Santé researchers, students and guest speakers reveal details of their ongoing studies*

Over 90 attendees from across Europe, the United States and Australia joined the public meeting on 16<sup>th</sup> June 2021, where ongoing research from the 5 year EU funded Silver Santé Study investigating the impact of interventions on mental health and well-being in the ageing population, was presented.

The online meeting, *Mental Health & Well-being in the Ageing Population*:

*Research, Risks and Recommendations* covered presentations and discussions on a range of topics on mental health and well-being in older adults. A key topic was the brain health of older participants and the restrictions imposed by COVID-19, and whether psycho-affective factors such as sleep, physical activity and self-reflection can mitigate the risks of developing dementia. The perception change of meditation and mindfulness as therapies or activities over the last five years was also explored.

Expert guest speakers **David Bartres Faz, Professor of Medical Psychology at the University of Barcelona** and **Dr James Kirby, Senior Lecturer & Clinical Psychologist at the University of Queensland** also joined the meeting.

Project Co-ordinator for the Silver Santé Study, **Dr Gael Chételat of INSERM**, said:

“The global population is ageing and as we live longer, ensuring good mental, as well as physical health in later years, is becoming ever more important. The two clinical trials conducted by our expert researchers in six European countries have assessed the impact of mental training techniques and lifestyle changes on the mental health and well-being of older adults. The Silver Santé Study is the longest ever study of both meditation and foreign language learning and is the first research to examine the emotional aspects of ageing and mental health.

This public meeting was a unique opportunity for us to share and cascade our findings, methodologies and data thus far to a range of interested audiences across Europe and stimulate discussion in this area.”

To read a full report on the meeting and learn more about the Silver Santé Study visit the project website [www.silversantestudy.eu](http://www.silversantestudy.eu) which is regularly updated with news and updates, focusing particularly on newly published peer-reviewed papers, or subscribe to the Silver Santé newsletter at <https://silversantestudy.eu/join-our-mailing-list/>

### **ENDS/ Contacts & Notes follow**

#### **Editor's notes:**

**For media enquiries including requests for photos and interviews with speakers and investigators (as below) please contact** Amanda Beard at

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**For further project information please contact Dr Gael Chetelat, Project Coordinator at [silversantestudy@cyceron.fr](mailto:silversantestudy@cyceron.fr).**

	<b>Work Package</b>	<b>Lead partner</b>	<b>Institution &amp; Country</b>
1	Meditation	Dr Antoine Lutz	Inserm, France
2	Lifestyle	Dr Julie Gonneaud	Inserm, France
3	Attention	Dr Fabienne Collette	University of Liege, Belgium
4	Emotion	Dr Olga Klimecki	University of Geneva, Switzerland
5	Cognition & Well-being	Dr Natalie Marchant	University College London, UK
6	Biomarkers	Dr Gaël Chételat	Inserm, France
7	Coordination & Management	Dr Géraldine Poisnel	Inserm, France
8	Communication	Rhonda Smith	Minerva Communications UK Ltd
9	Clinical Trial	Dr Hélène Esperou	Inserm, France

## **Notes/End**

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What’s the result? It’s about helping our clients create their story, tell it to the people who need to hear it – and make sure it’s heard.