

ISMA-USA NEWSLETTER

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SPECIAL PROJECT FUND

By James Campbell Quick, Ph.D.
ISMA-USA Chairperson-Elect (2002)

ISMA-USA currently has over \$300 in the Special Project Fund, which accumulated during the current year from our members. As this Special Project Fund grows with members' voluntary contributions, we need to give thought to the purpose and use to which we want to commit these funds. Therefore, I would very much be interested in hearing from any and all members who may have some ideas on this. I will also generate some ideas of my own and we can then make decisions and move forward.

CONTACT: James Campbell (Jim) Quick, phone (817) 272-3869, e-mail: jquick@uta.edu.

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NOMINATIONS FOR SECRETARY-TREASURER

By Richard H. Rahe, M.D.

Nominations for the office of Secretary –Treasurer will be closed by the end of November. This is a very important position for our society and the Board asks that you get your nominations in as soon as possible. You may send them by mail or by e-mail to me at –

Nevada Stress Center

VAMC

1000 Locus St.

Reno, NV 89520

Or E-mail: rahe@equinox.unr.edu

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VALUE VERSUS COST OF STRESS MANAGEMENT CERTIFICATION

By [Wes Sime](#) & [Camille Frey](#)

Co-chairs of ISMA-USA Certification Committee

Reflections over these past months bring to mind not only the tremendous responsibility we all have elected to undertake with development of the Stress Management Certification but also the timeliness of such activity. The enormous growth in technology leaves the majority of us dealing with techno stress and information overload. In an article entitled “**Control Technology Before It Controls You,**”¹ researchers state that if we don't do something to control technology in our lives, it will control us. Living in a world with call waiting, voice mail, pagers, cell phones, laptop computers and the ever-growing Internet makes one wonder how we ever lived without such devices.

How does all of this affect the field of wellness and/or stress management? What about the banker who after 18 years is considering a career change? What about the college student who has majored in health education and discovers that stress management and wellness coaching is her strongest area of interest? What about the editor investigating ideas to help his readers deal with the ever-increasing areas of stress? Certainly the need for quality control and credentials in stress management is evident. How and by whom shall this need be served?

Turf issues between professionals have always existed as to who is qualified to provide these services. The Heal Care Reform of the 1990's complicated the situation due to the requirement of certification or licensure in order to receive third part payments. The stress management field was caught in the middle of this situation. The need to have some sort of credential exists now more than ever. Should this be considered clinical treatment of or education for the prevention of stress disorders? Worksite wellness program directors have become increasingly concerned about issues in stress management that compliment other lifestyle change programs in exercise, nutrition, etc. People who deliver those wellness and exercise programs are more successful in gaining employment in the field if they have some credential in strength/conditioning, aerobic dance, nutrition, etc.²

In the question, who benefits from certification, the public or the professional, there is “little evidence that quality of services to the public as a whole is enhanced.”³ It appears the problem with many licensures and certification is the lack of quality control. In addition there is little enforcement or discipline outside a court of law to provide careful monitoring and verification of service control. To the extent that it limits practitioners who practice in the field, credentialing will not guarantee an increase in clientele or income. However, it seems that professionals who volunteer to be credentialed appear to benefit from an academic preparation, continuing education, performance appraisals and staff development.⁴

With this information as a foundation, we started on the journey to examine the possibility of developing a Stress Management Certification that ISMA-USA might offer and administer. It was challenging enough just to invite comment from the top professionals in the field of stress management without having to do it over the Internet using a listserv discussion. While we are a long way from completing the task, we have succeeded in preparing an outline for the discussion. The balance of this report will summarize the discussion as it stands today. The initial proposal was divided into individual topic discussions and sent out to all members for comment. To keep moving forward we did not attend to each point in detail. Our goal was to get through the outline to help all members get a feel for the entire scope of the project.

At this point we need to ask you to assist in determining the minimum standards and criteria for a credential that does not duplicate clinical services, but focuses instead on clearly defined educational principles and skill development described in the body of knowledge associated with Stress Management. Since the terms “Stress” and “Stress Management”, have high visibility within the health care community and in the business world, we, as the leaders in the profession, need to establish an appropriate mechanism to maintain uniquely high standards while encouraging growth and development within the field.

There are several precedents for establishing a professional credential in health related fields parallel to stress management. The credential that is most closely aligned is Clinical Biofeedback by BCIA in Denver, Colorado. It was established over twenty years ago as the only certification related specifically to the use of biofeedback and other adjunctive techniques (relaxation, meditation, etc.) in the treatment of stress related disorders as well as other functional disorders (stroke, epilepsy).

Other certification examples include: health education, exercise therapy for cardiac rehabilitation, weight loss, and health and fitness instructors, personal trainers, strength and conditioning specialists. All of these are sponsored by reputable organizations with clearly defined criteria. It is clear that stress management, as a profession, must have a strong following (as provided by ISMA) that will support well-structured certification and training.

While few professionals make a full-time living from their activities in stress management education, there are many who have adjunctive professions that are supported, in part, by integration of seminars and workshops featuring the topic of Stress Management along with other health topics (fitness and weight control). These topics are relevant in business as well wherein productivity, efficiency, employee satisfaction, human resources and loss prevention are clearly a function of stress factors such as overload, lack of control, dissatisfaction with leadership, etc.

Having established an apparent market and a need for this credential, we still need to review the possible criteria needed to become certified in stress management education. It is also likely that a number of levels of certification or subspecialties may be desirable.

The immediate question that we must consider is what forum shall be convened to make the final decision on the “go or not go” of this certification process and ultimately what stages are necessary in the process of accomplishing the goals we establish. If it is possible to formulate a discussion among the members of ISMA who are attending the upcoming American Institute of Stress Meeting in Hawaii (Nov. 27- Dec. 2) that would perhaps be the quickest and most expedient way to handle the process.

References:

1. De-stressing techno-stress, Techno-stress: part II, *Cyberlife WebPage*, LAC & Associates, P.O. Box 152 Carlisle, Ontario, Canada L0R 1H0
2. Golaszewski, T, Couzelis P, Corry, j. Baun, Eickhoff-Shemek, J., Role delineation for the position of director of worksite health promotion programs, *American J. Health Promotion*, 1994:9(1): 10-16.3.
3. Gottlieb N.H. Treading Across the shoals or professionalism: Challenges for SOPHE and health education in the 1990. *Health Education Quarterly*, 1992, 19(2): 149-155.
4. Gottlieb, N.H. & McLeroy, K.R. (1994), The art of Health Promotion; Reflections on Certification, *American Journal of Health Promotion*, 1994, 9(1): 17-18.

[STRESS MANAGEMENT CERTIFICATION PROPOSAL](#)

Click the title link to read the full summary of this discussion.

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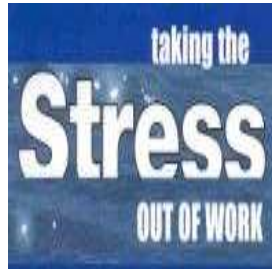
ISMA-USA Annual Meeting

Denver  April 2000

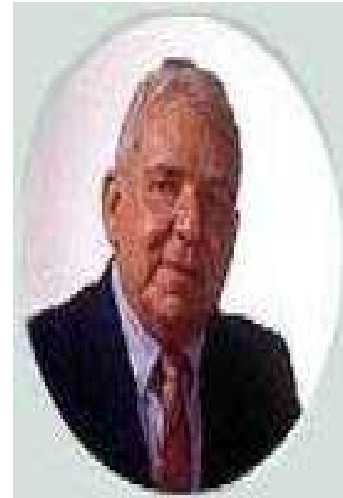




Wes Sime, Ana Maria Rossi, John G. Carlson



Walter J. Ciecko



Camille A. Frey, Johann Stoyva, Marigold A. Edwards



Tannya Rojas, Christine Lang, Ingrid Pirker-Binder

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[Richard H. Rahe, M.D](#)



Welcome to the Fall,2000 edition of our Newsletter

We now have a new Newsletter Editor, Ms. Serena Wadhwa, and this is her first production. As communications have become more electronic, ISMA-USA has kept pace with this trend, and we are now publishing our Newsletter on-line. It can be printed out by persons interested in having a paper copy for their files, but by "going electronic" we have saved precious dollars in printing and postage costs.

Similarly, the Membership Directory is scheduled to be an on-line publication only in the near future. The online membership directory came about because of a suggestion by member Robert Dato to the Board. There remains a strong interest to have the Directory published and mailed to members as well – so that was done this year. I'm

very pleased with the Directory this year, and we all owe a debt of gratitude to Betty McGuigan for her hard work to create this edition.

I'm delighted to report that ISMA-USA's chairmen for 2001 and 2002 are already busy at work. Both Paul Rosch and Jim Quick are working with Wes Sime, Camille Frey and their team in determining the requirements and administrative support necessary if we are to re-institute stress management credentialing. Careful thought has been given to everything from required academic preparation, necessary coursework, possible testing, and even the likely need for periodic recredentialing. The e-mails have been flying!

I am also pleased to report that the IRS has approved ISMA-USA as a nonprofit organization. We are indebted to Past-Chairman John Carlson for all his work in securing this for us. It has taken quite awhile and a lot of correspondence. Because of his persistence and attention to all the details, this status will be permanent.

Membership continues to grow slowly. I'm hoping to gather ideas from our group as to how to promote an increase in membership. A greater number of members would allow for occasional meetings of our society - something that occurs too seldom in my opinion. Also, with a larger membership we could ask for a morning or an afternoon for presentations at a larger meeting of like-minded professionals. For example, The American Institute of Stress is having its annual meeting this November in Hawaii. Many ISMA-USA members will be there, and we can possibly have a mini-meeting over mai-tais.

One of my most successful contacts as Chairman this year has been with Ana Maria Rossi, Ph.D. of Brazil. Ana Maria has modeled an ISMA-Brazil branch from studying our organization. She has just published her first Newsletter, and I've suggested getting articles from us for their subsequent Newsletters, and vice versa. Ana Maria also wishes to create hot-links between web sites of USA members with Brazilian members. As an example, she has taken my Recent Life Changes Stress Test, translated it into Portuguese, and placed it on her website. (For those of you who wish to see my test, with the latest Life Change Unit values, you can go to: <http://www.hapi-health.com/> and click on to the Stress and Coping Inventory page. Toward the bottom of this page you can click on my Recent Life Changes Test.

Finally, Charles Spielberger, Ph.D. is working with ISMA-UK to organize the 7th. International Meeting of ISMA next July 4-6th. So far the speakers, except for Charlie, are all from the UK. If you would like to exert some influence on the selection of speakers, please e-mail Charlie right away. I'm doing so, as I would really like to see this meeting become a true international gathering of ISMA branches.

Warmest regards,
Richard H. Rahe,

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FROM the CHAIR

HOW TO FUNCTION WELL ON ANY COMMITTEE

By [Robert Dato, Ph.D., NCPsyA.](#)

Dato Leadership Institute, Wynnewood, PA

[Web Site: http://www.dato-leadership-institute.com/](http://www.dato-leadership-institute.com/)

The rich complexity of modern organizations with their cross-functional projects and programs often requires the use of committees for decision-making. Leadership of each committee is generally assigned to the person who will be accountable for the results of the committee's work. It is up to the leader to monitor the progress of the committee as he or she simultaneously coordinates the dynamic interplay of its members. This is a sensitive and daunting task. Coordinating many personalities in an attempt to produce a coherent pattern of perceptions acceptable to all is akin to juggling balls while riding a bicycle. What the leader needs is a set of guidelines that will make this task easier. These guidelines, especially when shared with the members of the committee, can serve to set the expectations of the group at a high level. If each member is held to these guidelines by the leader

and by each other, the committee will function at optimal efficiency and effectiveness. Herewith are ten guidelines that have proven valuable in conducting committees meetings.

BE PREPARED. Prepare your agenda, presentation, or report in a clear, simple outline format. Distribute copies before or at the meeting and include your name, phone, fax, email, and date.

ARRIVE AHEAD OF TIME. Arrive at least ten minutes early and call the chairperson if you will be late or absent. This shows integrity on your part and respect for the other committee members.

PLAY YOUR NATURAL ROLE. Remain within your most comfortable and effective functional role, whether that is a Bold Leader, Keen Observer, Critical Thinker, Diligent Worker, or Ardent Supporter.

LISTEN CAREFULLY. Listen not only to the words, but to the intonations of the responses of others. This will reveal subtle power alliances, hidden agendas, dissatisfactions, and undermining attitudes.

BE BRIEF. Unless you are presenting a prepared speech or a required report, limit your communications to one minute. Encourage other members to use committee time as efficiently as possible.

REMAIN RELEVANT. Responses that are irrelevant to agenda items can significantly reduce the committee's effectiveness. Stay focused and relevant and help others to do the same.

COMMUNICATE CONSTRUCTIVELY. Expressing requests, concerns, and suggestions are usually constructive, whereas expressing exclamations, demands, and complaints are usually destructive.

COOPERATE WITH OTHERS. Endeavor to understand another's point of view, and if it differs from your own, try to compromise. Relentless competition with others breeds frustration and anger.

SUPPORT IMAGINATIVE IDEAS. Unless creative ideas are produced, explored, and supported, the committee will soon lose its vitality, adaptability, and reason for existence.

RECOGNIZE SUCCESS. Within the committee setting, reward responsibility, cooperation, and achievement immediately and often with sincere respect, admiration, and appreciation.

You may be tempted to say that these guidelines are only common sense, and you would certainly be correct. Nevertheless, the demise of committee work is often related to one or more of these guidelines being ignored. It is important to understand that committee members try to be diligent and cooperative, and that they do this by focusing on and sharing their information and their views. It is asking more to have them simultaneously evaluate ongoing group dynamics. Some will not do this because they firmly believe that is what the group leader is suppose to do. In a sense, this is true. The leader is ultimately responsible for the functioning of the group, or lack thereof. However, mature group members will not only cooperate with and support each other, but will do the same with the leader, helping him or her in the task of coordinating the purposeful efforts of the group. You will function well on any committee when you not only take on the responsibility of providing the group with your input, but also the responsibility for managing how the group works together for the common good.

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Stress Test Affects Personality Development?

A critique of journalistic analysis
By [Margreta Klassen, Ph.D.](#)

In an article in the June 2000 issue of *Atlantic Monthly*, author Alston Chase attempts to connect a stress experiment administered to a group of male students at Harvard University in 1959 by Professor Henry A. Murray to the development of a hostile, anti-social personality disorder in the so-called "Unabomber," Theodore Kaczynski. The article entitled "HARVARD and the Making of the UNABOMBER," traces the history of Theodore Kaczynski to an experience he had while a student at the university. Chase and Kaczynski are both graduates of Harvard. Chase uses this fact to presume that he can interpret the Murray experiment and its consequences. He then concludes this event led to a fixation on the evils of science in the mind of Kaczynski and

the development of a philosophy of life that justifies murder.

Chase makes the case that there was no informed consent given to the participants in the Murray experiment in 1959. These experiments consisted of a procedure that had continuity with the stress test used by the United States Office of Strategic Services (OSS). Chase's criticism of the experiment focuses on the fact that while OSS candidates must have known that they were to endure unpleasant interrogations as a part of their occupation, the students at Harvard were not informed of the nature of the experiment and had no such anticipation.

The Murray study was designed in such a manner as to simulate the stressful interrogations often used against prisoners of war and in law enforcement. Murray measured pulse rate and respiration during each student's attempt to defend his personal philosophy of life. Chase was granted permission by the Henry A. Murray Center of the Radcliffe Institute for Advanced Study in Cambridge, Massachusetts to review the data set from the experiment by code names only, but Kaczynski's data was not given to him on the grounds that journalists have become familiar with the alias used in the experiment by Kaczynski. Chase's interpretation of these records and interviews of some of the students involved in the experiment are the information used by Chase to extrapolate an analysis of Kaczynski's case.

Chase feels that the curriculum at Harvard and other universities during the 1950s and 1960s were such that a person matriculating there could develop a hatred toward the military-industrial complex. He further speculates that the values taught by faculty at Harvard impacted Kaczynski's thinking and in turn shape his anger and justify his wrath at universities and the field of science. Chase alleges that the value neutral message of logical positivism taught at Harvard leads to a conclusion that morality is nonrational. Chase then goes one step further to argue that this value free philosophy enabled Kaczynski to commit murder.

It is true that student anarchy existed at many universities during the 1960s. Some students interpreted the civil rights movement as a mission to reinterpret students' rights. Moreover, universities now have committees which approve experiments involving students and which mandate peer review of research proposals, informed consent, consideration of harmful effects, and debriefing following the experiment.

It is interesting, as does author Chase, to speculate that Kaczynski's exposure to a stressful experiment combined with the tenets of logical positivism could lead to a form of psychopathology. If victims of sexual and physical abuse indeed change their worldview as a consequence of a stressful experience at a critical point in their personality development, the case may be made that experiments designed to produce high levels of stress must take into account the long-term developmental effects of the experiment on human beings. Moreover, this line of speculation may suggest that screening should precede the administration of the stressors. Additionally, students headed for high stress occupations may benefit from stress inoculation. Those with lower tolerance for stress could be given the choice of stress management education and/or guided toward occupational choices that have fewer stressors.

However, without a psychological evaluation of Kaczynski over the period of time when he was acting as the Unabomber, it is impossible to conclude that the stress experiment was the precipitating factor in his later anti-social behavior. No other students in Murray's experiment utilized their negative reactions as a rationale for murder. In subsequent letters to the editor of *Atlantic Monthly*, several Harvard graduates maintained that neither the experiment nor the prevailing philosophy of teaching at Harvard during that decade led them into psychopathological behavior. More evidence is needed to draw such a conclusion.

Reference: Chase, Alston "HARVARD and the Making of the UNABOMBER," *The Atlantic Monthly*, June 2000.

Got Manuscript?

Send to [NEWSLETTER Editor](#)

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**FOCUS on STRESS
MANAGEMENT**

ISMA-BRAZIL

A new ISMA international branch, the association's thirteenth, was started in May 2000. Ana Maria Rossi, Ph.D., ISMA-USA member, was instrumental in starting this branch in Brazil and serves as its director. ISMA-Brazil is publishing its own newsletter and has just launched its own web site. Its URL is <http://www.ismabrasil.com.br/> and their e-mail address is stress@ismabrasil.com.br.



SEVENTH INTERNATIONAL STRESS MANAGEMENT CONFERENCE

TAKING THE STRESS OUT OF WORK

University of Warwick, England, 4-6 July
2001

This is the preliminary announcement about the Conference.

There are still many employers who are slow in dealing with occupational stress, or who are unaware of the extent of their responsibilities. The aim of the Conference is to equip those who have the challenge of persuading their management boards to listen to their arguments about the importance of the issues and the techniques available with the tools and support they need to make a compelling case.

This is a key event for managers and other professionals who can influence the reduction of occupational stress. Three days of stimulating presentations, case studies, symposia and workshops with specialists, hand-on experts and commentators from the UK and abroad will allow the conference to explore challenging issues and inform on recommended strategy, technique and best practice. A small exhibition will be part of the event.

Topics to be covered include:

- Latest Recommendations of the UK Health And Safety Executive
- A Symposium on Measuring Stress
- Absence Management
- Employee Assistance Programs and Work/Life Balance
- Workplace Bullying
- Respecting Diversity
- Risk Management, Loss Prevention and the Law
- The Future World of Work

The Web Site for the Conference is at <http://www.isma.org.uk/isma7.htm>

ISMA is using as professional Organisers the firm-
Procon Conferences Ltd, 2 South Park Road, HARROGATE HG1 5QU UK
Tel: +44 (0) 1 423 564 488 Fax +44 (0)1 423 500 685
E-mail: sharonf@procon.demon.co.uk

Please send them your contact details in order to receive Registration Forms or to submit papers relevant to the Aim, or to receive copies of the printed Announcement.

Or for additional information contact-
Laurie van Someren
Chairman, ISMA International
E-mail: laurie@aleph1.co.uk

BACK

NEW PUBLICATIONS



YOGA QUALIDADE DE VIDA

Authored by Ana Maria Rossi, Ph.D., ISMA-BR
Director
Photographs by Eneida Serrano

Written in Portuguese
Printed in Brazil

This book is a manual for people who are very busy and work long hours but need to keep their mind clear so they don't feel overwhelmed. Its purpose is to get more people who do not exercise regularly to engage in an exercise program that will help them to relax tensed muscles in the neck, the shoulders and the back.

The exercises are designed to give the body a toning. Regardless of an individual's fitness condition, the daily practice of yoga is beneficial if done within one's own capabilities. It is an ease way of generating energy and enjoying life.

Personal trainer Carla Lubisco demonstrates each posture. There is a poster inserted in the book showing the sequence of postures.

For more information contact Dr. Rossi, the author. E-mail: stress@anamrossi.com.br

BACK



THE STRESS PROFILE

Developed by Kenneth M. Nowack, Ph.D.
Published by Western Psychological Services
(WPS) Organizational Performance
Dimensions (OPD)

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Santa Monica, CA 90405
Phone: (310) 450-8397, (800) 538-7628
Fax: (310) 450-0548
E-mail: knowack@opd.net

The following is from Western Psychological Services.

The Stress Profile Inventory by Western Psychological Services (WPS) is based on over 15 years of research. This Stress Profile quickly identifies individual behaviors that protect against or contribute to stress-related illness. In just 20 minutes, the Stress Profile measures personal traits and lifestyle habits that have been shown to moderate the stress-illness relationship. The Stress Profile is a validated stress and health risk appraisal that has been shown to significantly predict absenteeism, immune response, job burnout, depression, anxiety, psychological well-being and job performance in a number of recently published studies.

The Stress Profile can be administered over the Internet, disk or by hand in just 20-30 minutes. The Internet

scoring service gives you a complete summary interpretative report, which lists Health Risk Alerts and Health Resources for the person assessed. This lets you see at a glance the areas in which an individual is vulnerable to stress-related illness--and the health resources he or she can draw upon to help manage stress. The computer report also includes detailed treatment recommendations for both the individual and organization as well as a brief stress management action plan worksheet.

Norms for the Stress Profile were developed based on data obtained from a standardization sample of nonclinical working adults from diverse employment fields including health care, aerospace, university, manufacturing, finance, entertainment, service, communications and technology sectors (n=1,111). The standardized norms are diverse with respect to gender, ethnicity, education and age with individuals in the sample ranging from 20 to 80 with a mean age of 39.5 years. The median reliability of the Stress Profile scales (Cronbach's alpha) in the standardization sample was .72 and ranged from .61 to .91. Median test-retest reliabilities ranged from .76 to .86 over a 3-month period.

The Stress Profile can be administered and scored by hand or disk. Computer scoring (in-house or through WPS) provides a complete, norm-based, interpretative report, which lists Health Risk Alerts and Health Resources for the person assessed. The feedback report also provides detailed recommendations for both the individual and organization. The Stress Profile is also available via the Internet for Online administration and scoring (sample report and Online administration information is available at <http://www.stressinventory.com/>).

The Stress Profile is particularly suitable for executive/management coaching interventions for I/O psychologists to assess stress resistance. It is also useful for clinicians who evaluate people with physical and psychosomatic complaints. It makes an excellent health risk appraisal (HRA) tool within organizational settings (as part of wellness, health promotion, and stress management programs) and is ideal for employee assistance programs (EAP).

You can order the Stress Profile directly through Western Psychological Services at 800-648-8857 or (<http://www.wpspublish.com/>). If you want additional information about the Internet online administration option available through Organizational Performance Dimensions or current research about the Stress Profile visit our website at <http://www.opd.net/> or contact them at (310) 450-8397.

SCALES

- STRESS (6 items)
- HEALTH HABITS (25 items)
 - Exercise (3 items)
 - Rest/Sleep (5 items)
 - Eating/Nutrition (5 items)
 - Preventive Practices (11 items)
- ARC (Alcohol/Recreational Drug Use/Cigarette Use) (3 items)
- SOCIAL SUPPORT (15 items)
- TYPE A BEHAVIOR (10 items)
- COGNITIVE HARDINESS (30 items)
- COPING STYLE
 - Positive Appraisal (5 items)
 - Negative Appraisal (5 items)
 - Threat Minimization (5 items)
 - Problem-Focused Coping (5 items)
- PSYCHOLOGICAL WELL-BEING (12 items)
- HEALTH RISK ALERTS
- HEALTH RESOURCES
- INCONSISTENT RESPONDING INDEX
- RESPONSE BIAS INDEX

Selected references for the Stress Profile are available.

Got New Publication?

Send to [NEWSLETTER Editor](#)

BACK

INTERNATIONAL RESEARCH GRANT

The following is an announcement and an invitation from Michael M. Khananashvili, M.D., Director of ISMA-Georgia Branch and Director of International Science and Technology Center, to participate in a research project specifically designed for international collaboration.

If you have further interest, please contact -
Michael. Khananashvili - E-mail: itc@gol.ge

Or

Alex Tchikadze - E-mail: alex_tchikadze@email.com

Summary of the Project

Mechanisms of memory regulation and correction of its disorders during chronic emotional stress.

The goal of the Project is a multidisciplinary and multiparameter study of the mechanisms of memory regulation and correction of its disorders during chronic emotional stress.

Correction of memory disorders evoked by chronic emotional stress applies to the most important social-economic problems of modern society, due to an ever-increasing number of psychic stressogenic factors and their intensifying pathogenic effect both on higher functions of the brain (including on memory) and on other systems of the organism of all age groups of the population.

There are a lot of data on the negative effect of chronic emotional stress on the memory. At the same time, the problem of memory regulation during emotional stress has been little studied. More so, the problem of correction of memory disorders under conditions of stress has been little studied.

Solution of the problems given in the Project will essentially influence the progress of knowledge in this field and open new possibilities of memory disorders correction.

Competence of participants engaged in the Project corresponds to the demands of ISTC. Highly qualified experts with experience investigating memory functions and mechanisms regulating emotion and stress will participate in this Project, as well as experts who have worked on military problems close to the problems given in the Project.

As a result of this investigation, new data on the mechanisms of memory regulation under conditions of emotional stress are expected to be obtained, as well as pharmacological drugs for the correction of memory disorders will be determined.

This Project promotes integration of scientists from CIS into International Scientific Association, completely corresponding to the goals of ISTC.

The following specific problems during stress are supposed to be solved:

- *modeling of emotional stress on albino laboratory Wistar rats;
- *study of long- and short-term memory;
- *participation of brain limbic structures in the regulation of memory;
- *investigation of neuroreceptor density in limbic structures at molecular level and of the amount of corticosteroids in blood;
- *investigation of qualitative and quantitative distribution of biogenic amines in limbic structures;
- *investigation of NO amount and its complexes in the brain, as well as of the state of pro- and antioxidant systems and the amount of free oxygen in blood, with attention to results of behavioral, chronobiological and neurophysiological investigations which will be the basis for choice of optimal pharmacological correction of memory disorders during emotional stress.

Problems given in the Project should be solved by means of modeling long- and short-term memory disorders in animals using methods of conditioned reflexes and delayed reactions under conditions of chronic emotional stress evoked by the necessity of differentiation of active escape reaction. Participation of limbic structures in the mechanisms of memory regulation will be studied by a method of electrical self-stimulation. The following methods for molecular investigations will be used: potentiometry, polarography, chromatography, plasmic atomic absorption, spectrometry and EPR-spectrometry.

The role of collaborators will be consisted in the exchange of information on the fulfillment of the Project, in joint discussion of results of experiments, in assignment of commentaries to technical accounts (quarterly, annual, total,

etc.).

According to the Statutes of ISTC for receiving the grant, it is necessary to have consent and supporting of foreign collaborators.

The following form of collaboration is supposed:

- participation in the elaboration of our proposal on the Project and plan of the work;
- exchange of information during the fulfillment of the Project;
- joint considerations of technical accounts;
- joint symposia, seminars, conferences, consultations;
- control of results using independent methods and/or equipment;
- joint usage of scarce materials, samples and resources;
- joint or parallel investigations;
- consultations on the subjects of rights of intellectual property in case of joint inventions;
- some other forms of collaboration might be possible.

Status of a collaborator during the fulfillment of the Project is determined by the following way:

- For this collaboration it is not necessary to finance the Project.
- Activities of the collaborator within the limits of the Project do not receive support in the form of grants from ISTC, however, in definite cases the collaborator may participate in separate kinds of activities of the Project which are supported by ISTC (e.g. training courses, special seminars, etc.)
- The collaborator must bear all expenses related to his participation in the Project.
- As a rule, the collaborator and the Center do not enter into any agreement.
- In the plan of the work it should be noted that surname(s) of the collaborator(s), the name of the institution as well as main aspects of joint activities.

Advantages for foreign collaborator

- Contacts with leading high-qualified scientists and experts from CIS;
- Participation in experiments using unique equipment and installations;
- Early access to the results obtained within the limits of ISTC Projects;
- More effective and concentrated activities of SRECW at the expense of exchange of information and consultations;
- Potential participation in commercialization of obtained results.

Rights on intellectual property

- Rights on intellectual property belong to the Institute from CIS.
- The Institute from CIS concedes to the financing Part a right on an exclusive, non-recallable, free of charge license on the usage with a view of commerce on the territory of this Part.

The collaborator may ask the Financing Part about total or partial transfer of rights on intellectual property.

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We encourage news items from members and other organizations with information of interest to ISMA-USA members. We reserve the right to edit any material that is received.

Please submit a copy by e-mail or computer disk.

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