

Cognitive enhancement: toward the integration of theory and practice Steenbergen, L.

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Stellingen behorende bij het proefschrift

Cognitive enhancement:

Toward the integration of theory and practice

Door Laura Steenbergen

- 1. The cognitive enhancement field should aim to understand and explain the underlying mechanisms of reported effects in order to make knowledge-based predictions in subsequent studies.
- 2. Brain-stimulation techniques allow one to infer causal relations between the stimulated neurotransmitter system or brain area and the related cognitive function measured.
- 3. Food supplements provide a safe, healthy and easy way to enhance cognitive functioning and possibly extend health and vitality across aging.
- 4. The scientific community should become more active and critical in evaluating and experimentally testing the claims made by the brain-training industry and in disseminating/reporting this to the general public.
- 5. To a certain degree, it is true that "Der Mensch ist was er isst" (*Ludwig Feuerbach*).
- 6. Although it is hard to disentangle cognitive processes measured in a multicomponent task, this does reflect the entangled nature of daily life.
- 7. Making research reproducible and verifiable should be the priority of any researcher.
- 8. In cognitive science, the contribution of the gut is underestimated.
- 9. Creating value from knowledge by making this knowledge available to society in a way that it can be understood and used to its advantage (i.e., valorization) should be part of the training of every doctorate student.
- 10. There is a clear difference between being busy and being productive, in which the key to productivity is to allocate time and energy efficiently, and to take rest when needed.