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Cognitive enhancement: toward the integration of theory and practice

Steenbergen, L.

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Author: 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 multi-component 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.