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Leiden
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Fading memories : the impact of stress hormones on the retrieval of emotional memories

Tollenaar, M.S.

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**Stellingen
behorend bij het proefschrift**

**Fading Memories
The impact of stress hormones on the retrieval of emotional memories**

1. Much of our current understanding of memory and emotion is based upon similarities of mice and men.
2. The amygdala and hippocampal complex govern two independent memory systems that interact when emotion meets memory.
(Elizabeth Phelps, 2004, Current Opinion in Neurobiology)
3. Memory for emotional periods is enhanced while memory during emotional periods is impaired.
4. Memories are required for a full emotional experience.
5. The effects of stress on memory retrieval are present even long after the stressor has disappeared.
6. Before cortisol is used to treat symptoms associated with emotional memory, long-term effects should be studied.
7. Memories will fade over time and memory recall during stress can accelerate this process.
8. While a commonly held notion, emotional information is not always remembered better than neutral information.
9. A good short-term memory is not necessary to complete a thesis (personal experience), but a good long-term memory is essential to defend it.
10. Long-term emotional memory is the key to a long-distance relationship.
11. Henry Gustav Molaison [H.M.], born on Feb. 26, 1926, left no survivors. He left a legacy in science that cannot be erased.
(Benedict Carey, Dec. 2008, The New York Times)