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## **Stress research and Hot Brain Hypothesis as a gate to mild cognitive impairment prevention. A neuropsychological approach**

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The generalisation of the results of my research on stress is possible through my fluidity equation and my hypothesis that sustains the quadruple brain functioning based on emotion-cognition activity: the Hot Brain Hypothesis. Here I analyse the impact of emotional processes on cognition through the fluid (empathic, sincere and positive) interaction as a developmental facilitative method and at the same time as preventing clinical instrument. Also not having subjects with maladaptative cognitive problems but normal subjects, the variation of my self-cognition coefficient is supporting two clinical types of brain functioning that imply a cognitive bias, quantitatively measured, supercold and superhot brain. It is also important that the database is extended on an interval of five years, including the pandemic period, and is supporting a conclusion with a diachronic value. The cortisol samples show a strong impact of the fluid interaction on brain functioning through the HPA axis modulation. The data support the conclusion that the fluid interaction is an efficient educational method and at the same time a powerful preclinical intervention with mild cognitive impairment preventing value for at least two pathologies: anxiety and depression. At the same time, a new hypothesis about the way a cortical column is functioning can emerge as a neurobiological fundament for the Hot Brain Hypothesis and as a new way of understanding the brain as a self-regulated probabilistic machine.

### **Biography**

Valentín Ionescu has completed his PhD in philosophy at the age of 33 from Bucharest University and a neurobiology master program at Bucharest University, Faculty of Biology, this year. He is a school teacher at Cantemir-vodă National College and has a collaboration with the Pedagogy Center of the Faculty of Philosophy and the C. I. Parhon Endocrinology Institute. He has published four papers in reputed spanish journals on philosophy, psychology and neuroscience topics, a book, *El hombre fluido y el futuro de la enseñanza. Una perspectiva de la psiconeuroendocrinología social y afectiva*, and gave four presentations at three conferences in 2019. This year he gave presentations at five conferences, the last ones in may at the Congress of the Latin American Psychology Association in Uruguay and in july at the XIX International Congress about New Trends in Human Sciences in Madrid, Spain. He is also a writer and published two letters (out of 35) of his alter-ego: Don Quixote the second.