

### SALUTE MENTALE E COGNITIVA COSA POSSIAMO FARE

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- (1) [Hu, S et al. Beneficial Effects of Exercise on Depression and Anxiety During the Covid-19 Pandemic: A Narrative Review Front Psychiatry. 2020](#)
- (2) [Furlan Damiano R et al: Post-COVID-19 psychiatric and cognitive morbidity: Preliminary findings from a Brazilian cohort study. Gen Hosp Psychiatry. 2022 March-April; 75: 38–45.](#)
- (3) [Wallbridge Bourmistrova, N: et al: Long-term effects of COVID-19 on mental health: A systematic review. J Affect Disord. 2022 Feb 15; 299: 118–125.](#)
- (4) [Martínez García RM et al: Nutrition strategies that improve cognitive function. Nutr Hosp. 2018 Sep 7;35.](#)
- (5) [Scarmeas N. et al: Nutrition and prevention of cognitive impairment. Volume 17, ISSUE 11, P1006-1015, November 01, 2018.](#)
- (6) [Spencer, SJ et al: Food for thought: how nutrition impacts cognition and emotion. NPJ Science of Food volume 1, Article number: 7 \(2017\).](#)
- (7) [Sarris et al: Nutritional medicine as mainstream in psychiatry. Lancet Psychiatry; 3, 2015\).](#)