

Maastricht Student Journal
of
Psychology and
Neuroscience

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Dear reader of our Maastricht Student Journal of Psychology and Neuroscience,

In front of you is volume 10 of our Maastricht Student Journal of Psychology and Neuroscience. This journal represents a reflection of student writing at the Faculty of Psychology and Neuroscience. The journal's aim is to spreading creative ideas, which typically arise from young brains, and to provide students with the valuable experience of both publishing and reviewing scientific articles. The journal results from a publishing process performed (mostly) by students. Publishing as a student requires going through the process of receiving feedback, rethinking your work, adjusting it, and resubmitting it. Such a format of the publishing process is also used by peer reviewed scientific journals. The experience is aimed at giving students a head start in publishing. In addition, peer reviewing papers provides the opportunity to be critical on someone else's writing, which possibly makes you susceptible to spotting room for improvement in your own writing. Therefore, the journal enables students to be better scientific writers and generate scientific ideas.

The efforts of the student authors, student reviewers and staff editorial board has resulted in the current edition of our journal in which, among others, popular topics like health and psychedelic medicine are discussed. *Hanna Hoogen* reviews the literature to answer the question if regular physical resistance training has a positive impact of the ability of the body to manage oxidative stress. *Lou Antoinette Godvliet* explored the idea of combining hypnotherapie and psychedelic medicine to treat addiction and comorbid disorders. The author provides evidence for the efficacy,

which is greater than either treatment alone. *Kim Carina Hoffmann* takes a deeper dive into neurobiological mechanisms, by investigating the role of Ca^{2+} -ion influx amplitude into the post-synaptic neuron in long-term potentiation and long-term depression. The author proposes that the amplitude may be one of the decisive factors in determining the onset of long-term potentiation or long-term depression. Finally, *Dubberstein, Grashoff, Hofmann, Kaiser, Kan, Kothe, Stangier, and Zielke* performed and report on an experimental study in which they attempt to test the hypothesis that cognitive decision making relies partly on the emotional context in which the decision is presented. In addition, they utilised fMRI to determine the underlying brain activation.

We hope that this edition provides motivation to students to pursue publishing their work in our journal, which may be a starting point for a career in science. Finally, we are delighted to be able to provide this platform for spreading creative ideas and being a fertile soil for sprouting scientific interest.

Peter van Ruitenbeek

On behalf of the editorial board,

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