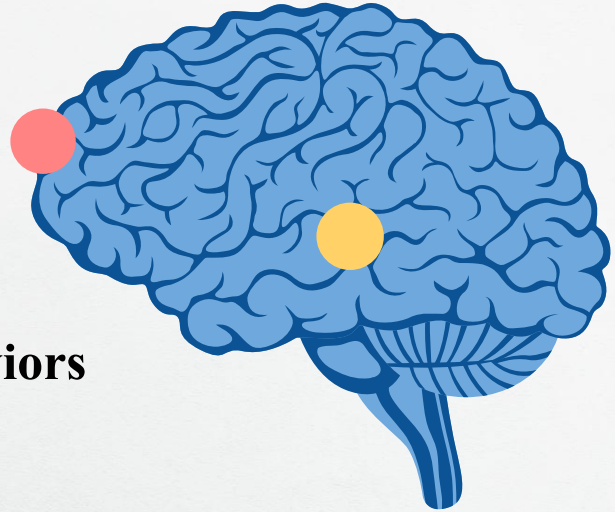


Strengthening the Prefrontal Cortex:

How Mindfitness Reduces Addictive Behaviors and Enhances Emotional Regulation

Arina Myassoyed
Founder of the International Neurohacking Academy
arina@brain4boost.com

Neuroscience coach | CBT | Neuropsychologist

- Mindfitness Ambassador
- Researcher in Cognitive Behavior

- Doctoral student in CBT
- Member of Association of Practicing Psychologists and Coaches, Russia
- Member of IPHM, UK
- Social Media Influencer (<1.500.000 views each month, <35k followers on Instagram)
- Ex-UN Officer

The International Neurohacking Academy

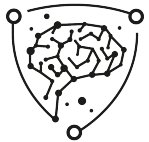
— is a pioneering **neuroscience-based educational platform** specializing in cognitive enhancement, emotional resilience and behavioral optimization. Our mission is to **help people thrive** in all aspects of life through cutting-edge brain training, research-based and neurohacking strategies.

Core research areas: cognitive behavioral changes, neuroplasticity, brain optimization, AI-driven tools in CBT, stress resilience, clinical and applied neuroscience

Aims of the Paper

- **To evaluate the effectiveness of Mindfitness**, an integrative cognitive and mindfulness-based program, in enhancing prefrontal cortex (PFC) function, impulse control, and emotional regulation.

- **To investigate whether a combined approach** (cognitive training + mindfulness + neuroaerobics) leads to greater improvements in self-regulation, cognitive flexibility, and long-term behavioral change than existing methods.



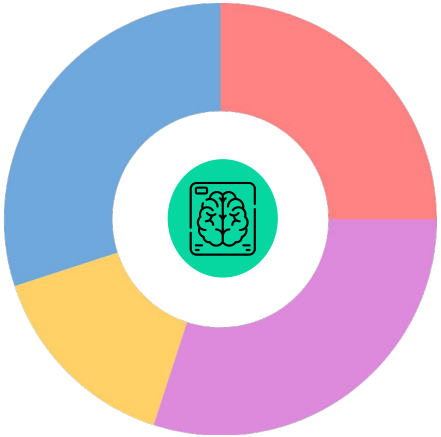
Key Contributions

Introduces an innovative neuroscience-based intervention (Mindfitness) for improving executive function and behavioral self-regulation

Demonstrates significant cognitive and emotional benefits:

35%

reduction in impulsive behaviors (shopping, binge eating, procrastination)

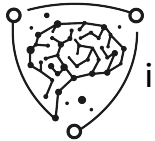


30%

increase in life goal-directed actions

36%

decrease in anxiety and emotional instability

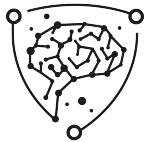


22%

improvement in cognitive flexibility

Key Contributions

- **Bridges the gap** between cognitive training and mindfulness, providing a holistic approach to PFC strengthening.
- **Lays the foundation** for future neurophysiological research, advocating for fMRI, EEG, and longitudinal studies to assess brain structure and connectivity changes.
- **Explores real-world applications** in clinical settings, corporate training, education, and neurorehabilitation.



Research Problem

Context:

- The Prefrontal Cortex (PFC) is responsible for impulse control, decision-making, and self-regulation.
- In today's digital and high-stress environment, many people struggle with self-control, procrastination, and impulsive behaviors.

Why This Matters:

- PFC dysfunction leads to poor decision-making, compulsive behaviors, and emotional instability.
- Existing interventions (mindfulness or cognitive training alone) **are not enough**—a more integrated approach is needed.

Existing Approaches & Their Limitations

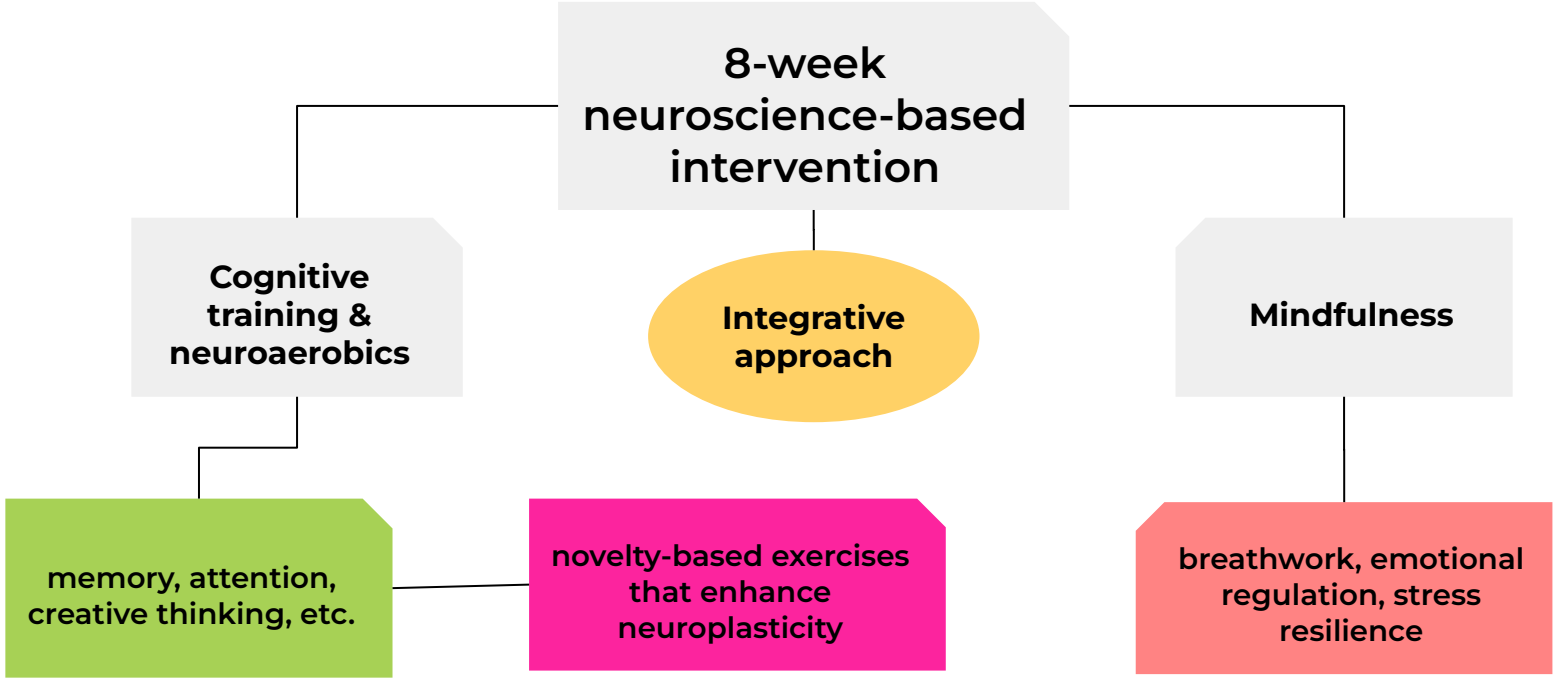
Mindfulness-Based Programs (MBSR):
✅ Improves stress regulation & self-awareness
❌ Does not directly strengthen working memory or impulse control

Cognitive Training (Working Memory, Attention, Problem-Solving):
✅ Enhances cognitive flexibility & attentional control
❌ Lacks emotional regulation components

The Gap:

- Most neuroscience-based training programs **fail to create real-world behavioral change**
- **Need for an integrative approach** combining cognitive training + mindfulness and neuroaerobics

Introduction to Mindfitness



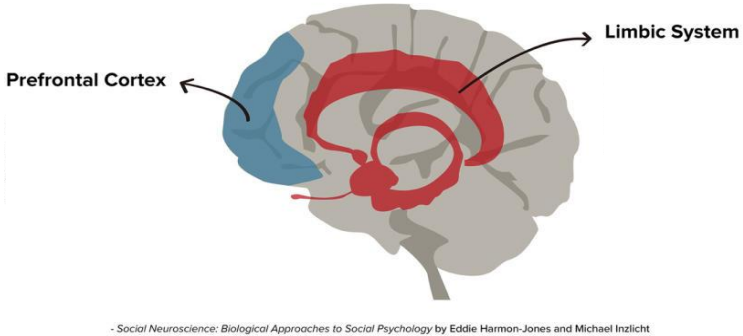
Research Objectives & Hypotheses

Key Research Questions:

1. Can Mindfitness reduce impulsive behaviors (e.g., excessive spending, binge eating, procrastination)?
2. Does it enhance emotional resilience & stress management?
3. Will it improve goal-directed behavior & cognitive performance?

<u>Hypothesis:</u>

➔ **Mindfitness strengthens PFC-limbic connectivity, leading to improved self-regulation & decision-making**

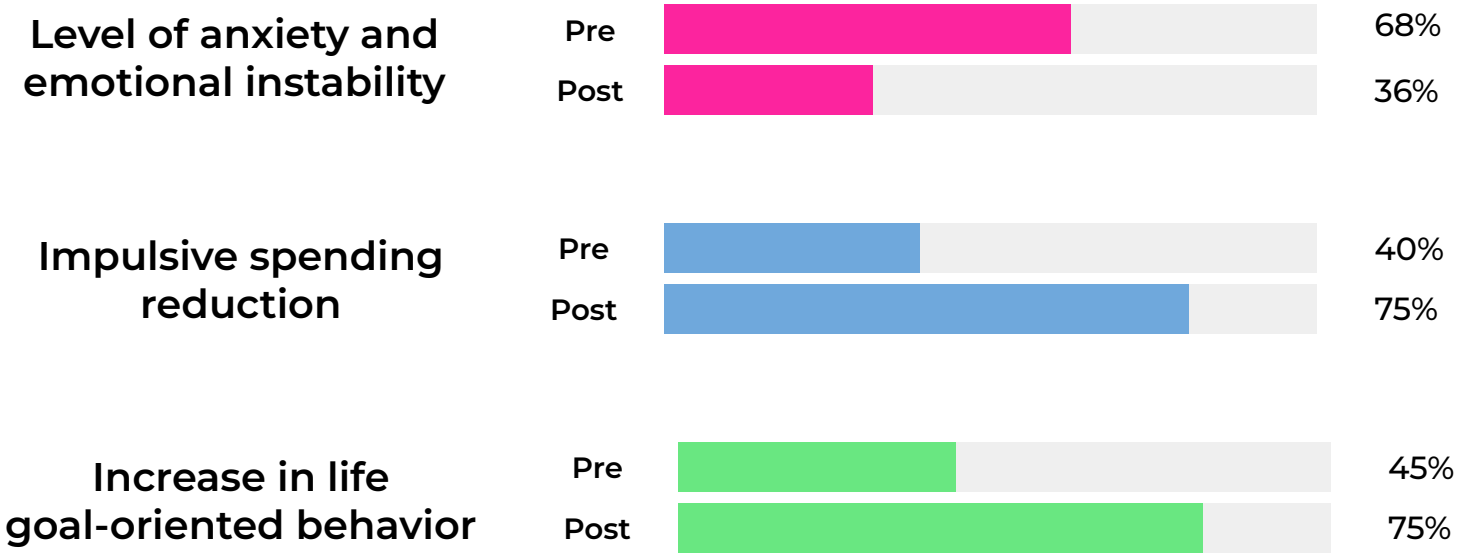


- *Social Neuroscience: Biological Approaches to Social Psychology* by Eddie Harmon-Jones and Michael Inzlicht

Methodology – Study Design

Participants	100 participants (ages 25–55) Reported chronic stress, procrastination, and impulse control difficulties
Duration	8 weeks Weekly 180-minute sessions + daily self-guided exercises
Assessment Measures	Impulse Control: Barratt Impulsiveness Scale (BIS-11) Emotional Regulation: Perceived Stress Scale (PSS), Emotion Regulation Questionnaire (ERQ) Cognitive Performance: Stroop Task, WCST

Key Results (Behavioral & Cognitive Improvements)



Key Results (Behavioral & Cognitive Improvements)

Improvement in attentional control and focus

Improvement in cognitive flexibility and executive function

Mindfitness significantly improves self-regulation, impulse control, and cognitive efficiency

Comparison with Existing Interventions

Intervention	Impulse Control	Emotional Regulation	Cognitive Training
Cognitive Training	✅	❌	✅
Mindfulness (MBSR)	❌	✅	❌
Mindfitness	✅	✅	✅

Why Integration Works?

Cognitive training + mindfulness synergistically enhances PFC function

Theoretical & Practical Implications

Neuroscientific Basis:

✔ Strengthens PFC-limbic connectivity for emotional regulation

✔ Enhances cognitive control and decision-making efficiency

Real-World Applications:

➔ Clinical Use: ADHD, anxiety, addiction therapy

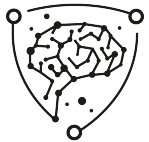
➔ Corporate Training: Leadership, strategic decision-making

➔ Education: Academic performance & cognitive development

➔ Cognitive Aging: Neurorehabilitation & dementia prevention

Study Limitations & Challenges

- **Self-reported data bias –** Need for neuroimaging validation (fMRI, EEG)
- **Short-Term Study –** Long-term impact (6–12 months) needs exploration
- **Participant Adherence –** Impulsive individuals struggled with consistency



Future Research Directions

Neuroimaging Studies	Longitudinal Studies	AI-Personalized Adaptation	Targeted Clinical Applications
fMRI & EEG to confirm neural changes	Assess retention effects (6-12 months)	Adaptive difficulty training models	ADHD, cognitive aging, and anxiety

Conclusion

Mindfitness is an effective intervention for self-regulation, impulse control, and cognitive enhancement tool

- ➔ Combining cognitive training + mindfulness produces greater executive function gains
- ➔ Future studies will explore long-term cognitive and behavioral changes and clinical applications

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