



**THE MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE
RUSSIAN FEDERATION**

THE RUSSIAN ACADEMY OF SCIENCES

**THE INSTITUTE OF BIOMEDICAL PROBLEMS OF THE RUSSIAN
ACADEMY OF SCIENCES**

Announcement

The Institute of Biomedical Problems of the Russian Academy of Sciences invites you to take part in the International Conference "The problem of stress caused by prolonged physical and social isolation. The SIRIUS project: the results and prospects of the isolation stress major research areas", which will be held on December 17, 2020 using Zoom platform.

Modern living conditions substantiate the urge to integrate research aimed at studying stress related to physical and social isolation in order to develop preventive measures that reduce the negative impact of physical inactivity and psychological stress that is characteristic of extreme environmental conditions.

In this regard, long-term isolation in controlled environmental conditions is one of the best models for studying the stress factors impact on the human body. An interdisciplinary comparison of compound research results and the development of a further research program based on them will allow in the future to describe the main risks and answer a number of fundamentally important questions related to the psychological, physiological and other aspects of stress factors influence on the human body.

The event offers a comprehensive discussion of the human body adaptation processes to stress caused by prolonged isolation in a hermetic facility with an artificial (extreme) environment, as well as the possible efficiency of prevention tools, which include specially developed psychological and physiological support. An important task of the conference is to engage young specialists in the discussion of the integration of international research devoted to the study of isolation stress and marking an important

milestone in the development of approaches to ensure safe human stay and activity in an extreme habitat.

The conference will discuss the following areas:

- psychological aspects of isolation;
- psychophysiology in isolation;
- immunological markers of isolation stress;
- problems and prospects of international cooperation in model research.

Co-Chairs of the Conference are: Dr. Oleg I. Orlov, IBMP Director and Dr. William H. Paloski, NASA HRP Director.

Conference date:

17 Dec. 2020 year

Registration Start:

5 Dec. 2020 year

Registration finish:

15 Dec. 2020 year

The link to the online conference will be available after sending filed out registration form to Dr. Anna Kussmaul

annakussmaul@gmail.com

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