عنوان طرح تحقیقاتی: بررسی اثر کوآنزیم Q10 بر اختلالات رفتاری ناشی از مصرف نیکوتین و اتانول به صورت همزمان در دوران نوجوانی موش های صحرایی

تاریخ خاتمه طرح : ۱۴۰۳/۱۲/۱۳

مجری یا محقق اصلی و همکاران با ذکر وابستگی هر فرد:

دکتر فریماه بهشتی

عنوان پیام پژوهشی (حداکثر ۲۰ کلمه) :
کو آنزیم Q10 بهبود دهنده اختلالات رفتاری ناشی از قطع مصرف اتانول ونیکوتین

پیام کلیدی (حداکثر ۸۰ کلمه) :
مکمل کو آنزیم Q10 می تواند از اختلالت رفتاری ناشی از قطع مصرف اتانول ونیکوتین در دوران نوجوانی جلوگیری کند

متن پیام پژوهشی (حداکثر ۲۴۰ کلمه):
با توجه به شیوع بالای مصرف داروهای مخدر در میان نوجوانان ما بررسی نمودیم از بینداروها سیگار و اتانول رواج بیشتری دارد. از طرفی نشان داده شده است قطع مصرف این داروها اثرات مخربی بر حافظه و یادگیری می گذارد. بر این اساس ما در این مطالعه به بررسی اثرات مکمل کوآنزیم Q10 پرداختیم و نشان دادیم این مکمل می تواند در دوران قطع مصرف نیکوتین و اتانول با کاهش اثرات مضر آن از اثرات عصبی آن جلوگیری نماید.

- **اهمیت موضوع(۶۰کلمه)،**
- برای دریافت راهکار کاهش اثرات سوئ مصرف مواد دردورانننوجوانی

- **مهمترین نتایج طرح به زبان غیر تخصصی(۱۰۰ کلمه)**
- بهوبد حافظه و یادگیری بعد از قطع مصرف نیکوتین و اتانول در دوران نوجوانی بوسیله مکملQ10

- **موارد کاربرد نتایج طرح (۸۰ کلمه)**
- اگر نوجوانی اتانول و سیگار مصرف نمایددر دوران قطع مصرف برای کاهش اثرات مضر آن از Q10 استفاده کند.

تأثیرات و کاربردها :

- تأثیر :۱ توضیح مختصر بهبود حافظه ویادگیری ناشی از قطع مصرف نیکوتین واتانول
- تأثیر :۲ توضیح مختصر بهبود اضطراب و افسردگی ناشی از قطع مصرف نیکوتین و اتانول

محدودیت های شواهد چه بودند؟ استفاده کردن از یک جنس حیوان، محدودیتهای مالی

مخاطبان طرح پژوهشی:

پژوهشگران

آیا این خبر می تواند از نظر سیاسی، فرهنگی، بهداشتی، ارزش های دینی و قوانین سازمان غذا و دارو، تبعاتی داشته باشد؟ خیر

در صورتی که این طرح منتج به مقاله شده است لینک مقاله درج شود :
https://www.cell.com/heliyon/fulltext/S2405-8440(25)01133-8 و https://www.nature.com/articles/s41598-024-61932-4

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منابع و مراجع : ٤ مرجع اصلی استفاده شده در طرح تحقیقاتی مورد نظر را ذکر نمایید

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