

## Mainz researchers develop new theoretical framework for future studies of resilience

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New approach focuses on the appraisal of stressful or threatening situations by the brain. Researchers at the Research Center Translational Neurosciences of Johannes Gutenberg University Mainz (JGU) in Germany have advanced a generalized concept as the basis for future studies of mental resilience. Their new approach is based on a mechanistic theory which takes as its starting point the appraisals made by the brain in response to exposure to stressful or threatening situations. Previously social, psychological, and genetic factors were in the foreground of resilience research. The Mainz-based team has published its conclusions in the renowned journal Behavioral and Brain Sciences.

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