

## ANNOUNCEMENT REF: Predoctoral FI

### EXPRESSIONS OF INTEREST

We are looking for a highly motivated person to join the Research line "Exposure to Ultra-processed foods and drinks and Mental Health" led by Dr. Oren Contreras-Rodriguez at the Institut d'Investigació en Biomedicina de Girona (IDIBGI) under a predoctoral grant (**application deadline November 28, 2022**).

The Research line "Exposure to Ultra-processed foods and drinks and Mental Health" advances the scientific knowledge about the harmful effect of consuming ultra-processed foods and drinks on cognition, mental health (e.g., depression, anxiety, emotional regulation strategies), and the underlying brain networks in adolescence. With this aim, the group is made up of clinical and basic researchers who integrate a great diversity of techniques and models.

The consumption of ultra-processed products has increased significantly in the last decade, especially among children and adolescents. There is evidence that its consumption could contribute to the risk of suffering depression in the normal population, but its effects are unknown in people who already have this pathology at crucial neurodevelopmental stages such as adolescence. The candidate would be linked to an ongoing project that aims to explore the impact of the consumption of ultra-processed products on the severity of depressive symptoms in adolescents with a first episode of depression, the anatomy of the associated brain circuits, as well as the improvement after an intervention with antidepressants. The study also has psychological and cognitive data before and after the intervention. The results obtained will be compared with a sample of healthy teenagers and contrasted with a study with animals exposed to a ultra-processed foods diet and depression, and subsequently treated with fluoxetine.

#### **Requirements:**

1. Between the date scheduled for the corresponding call and the time of submitting the application, candidates must have passed the requirements to access the doctoral program.
2. At the time of submitting the application, candidates cannot have benefited in previous calls for any aid for the recruitment of pre-doctoral research staff in training (FI) or any aid for the recruitment of pre-doctoral research staff in training at the University departments of the Catalan university system (FI SDUR). Nor can they have enjoyed more than 12 months of any other specific contract for pre-doctoral research personnel in training.
3. At the time of starting the contract subject to the aid, the candidates must be admitted or enrolled in the doctoral program within the university system of Catalonia for the academic year that establishes the corresponding call.
4. At the time of submitting the application, candidates cannot be in possession of any doctoral degree.
5. Have a minimum grade point average on the academic record for undergraduate studies or the equivalent qualification equal to or higher than 6.50 (scale from 0 to 10).

6. Each candidate can only appear as such in one application.

To apply for this position, please contact Dr. Oren Contreras (ocontreras@idibgi.org) attaching your CV (including academic qualifications).

Note: Call is subject to the award and conditions of the grant