

Cognitive Methods for Assessing Mental Energy

2007

Title: Cognitive methods for assessing mental energy

Author: Harris R. Lieberman, PhD

Journal: Nutritional Neuroscience, 10(5/6): 229-242

Supported by the Technical Committee on Energy

Abstract: This review assess the concept of mental energy and cognitive tests used to assess it including cognitive performance, mood questionnaires, electrophysiological techniques, brain scanning technologies, and ambulatory monitoring. Studies of the factors affecting mental energy, such as drugs, foods, sleep, and diseases are also reviewed.