**NOVELTICS GROUP CONFERENCES** 

 **Writing an Abstract for a Scientific Conference**

**Oral/Poster Abstract: Title of Presentation**

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**Abstract** (Word limit 250 to 300)

Vitamin D deficiency is a prevalent issue in the United Kingdom, particularly due to limited sunlight exposure, which is essential for Vitamin D synthesis. This study investigates the neurological effects of Vitamin D deficiency among UK residents, considering both the physiological mechanisms and the epidemiological evidence. Vitamin D plays a crucial role in brain development and function, influencing neurotransmission, neuroprotection, and brain plasticity. Deficiency in this essential nutrient has been associated with various neurological disorders, including cognitive decline, depression, and multiple sclerosis.

A cross-sectional study was conducted with a sample of 500 participants aged 20-65 from different regions of the UK. Vitamin D levels were assessed through serum 25-hydroxyvitamin D concentrations, and neurological health was evaluated using standardized neuropsychological tests and clinical assessments. The results indicate a significant correlation between low Vitamin D levels and impaired cognitive function, increased depressive symptoms, and higher prevalence of neurodegenerative diseases (Balion et al., 2012; Brouwer-Brolsma et al., 2013).

Our findings suggest that Vitamin D deficiency is a modifiable risk factor for neurological disorders in the UK population. Public health interventions aimed at improving Vitamin D status, such as dietary supplementation and lifestyle modifications to increase sunlight exposure, could potentially mitigate these adverse effects. This study underscores the importance of routine screening for Vitamin D levels and highlights the need for further research to explore the underlying mechanisms and long-term benefits of Vitamin D optimization on neurological health (Peterson, 2014; Annweiler et al., 2015).

Keywords: Vitamin D, Neurological Disorders, Neurological Health and Brain Development

**Biography** (Word limit 100 to 150)

Presenting author name is an associate professor and clinical psychologist at the Psychiatry Department at the Faculty of Medicine, American University of Beirut. She is the director of the Clinical Psychology Training Program, and the Director of the Arab Regional Center for Research and Training in Mental Health. Her main activities revolve around clinical work, teaching and supervising psychology graduate students and conducting research. Her research interests relate to sexuality and reproductive health, diagnostic and classification processes, and comparing psychology across international settings.

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