

APH travel award spring 2023

Conference: BGA annual meeting – Murcia, Spain

21-24<sup>th</sup> of June.

In the ever-evolving field of genetics, staying updated on the latest research and connecting with like-minded experts is vital for scientific progress. Recently, I had the opportunity to attend the Behaviour Genetics Association (BGA) annual meeting in the picturesque city of Murcia, Spain. This gathering focused on exploring the multifaceted world of genetics and its implications across various disciplines. In this blog post, I will share my experiences and explain why my attendance was valuable for my research.

As part of a symposium on genetic and environmental factors influencing wellbeing, I had the privilege of delivering an oral presentation on our project, which focused on understanding the role of genetic factors in regulating the circadian rhythm. The circadian rhythm, often referred to as the body's internal clock, controls various physiological and behavioral processes, including sleep-wake cycles, hormone secretion, and metabolism. Exploring its genetic basis can shed light on a wide range of health-related issues, such as sleep disorders, mental health conditions, and even chronic diseases.

Attending the BGA annual meeting has been a very valuable experience, mainly for two reasons. First, I had the opportunity to emphasize the importance of studying the circadian rhythm to a receptive audience. Our research showcased how disruptions in the circadian rhythm can have profound implications on overall health and wellbeing. By elucidating the genetic factors that influence this intricate system, we can pave the way for personalized interventions, chronotherapy, and targeted treatments.



Second, I had the opportunity to connect with renowned researchers who share a passion for genetics. Interacting with experts has opened up new avenues for collaboration and knowledge exchange. Establishing these connections will undoubtedly prove invaluable in enhancing the research on the circadian rhythm and its genetic underpinnings.

In conclusion, Attending the Behaviour Genetics Association annual meeting in Murcia was an enriching experience, providing me with a platform to present our research on the circadian rhythm and connect with esteemed researchers in the field. As we move forward, exploring the genetic aspects of the circadian rhythm promises to unlock new possibilities in improving human health and wellbeing.

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