

BOGOMOLETS NATIONAL MEDICAL UNIVERSITY
Department of general and medical psychology

**NEUROSCIENCE, METACOGNITION,
AND DIGITAL FRONTIERS IN PSYCHOLOGY:
CONTEMPORARY PERSPECTIVES
AND PRACTICAL INNOVATIONS**

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«Neuroscience, Metacognition, and Digital Frontiers in Psychology: Contemporary Perspectives and Practical Innovations» presents a comprehensive exploration of contemporary psychological research through the integrative lenses of neuroscience, metacognition, and digital advancements.

In its neuroscience section, leading experts examine neocortical resonance, neurointerface applications, and neuroscience-driven personalized learning, illuminating their critical roles in cognitive clarity, academic performance, and overall mental health.

The metacognitive chapters delve deeply into decision-making complexities in individuals experiencing learned helplessness and explore attributive styles and cognitive strategies within neurotic disorder treatment. Finally, the digital frontier is thoroughly addressed through insights into online psychological practices, therapeutic applications, digital psychiatry, and the integration of physical exercise into digital mental health, offering a unified framework for comprehensive psychological assessment and interventions that fuse meta-cognitive, neuropsychological, and psychodynamic approaches.

This monograph is highly recommended for researchers, academics, and professionals specializing in neuroscience, psychology, and psychiatry.

TABLE OF CONTENTS

Introduction.....	5
--------------------------	----------

Part I: Neuroscience and Neurophysiology

1. Neocortical Resonance. The Crucial Interplay of Art, Ethics, and Cognitive Clarity in Shaping Mental Health and Human Flourishing <i>Author: Vitalii Lunov, Andrii Pavlov.....</i>	<i>9</i>
2. Neurointerface as a Method for Objective Assessment of Psychophysiological and Neuropsychological Representations of Mental Activity <i>Author: Bohdan Tkach, Vitalii Lunov, Mykhailo Matiash</i>	<i>37</i>
3. Neuroscience-Driven Personalization of Academic Learning: The Role of Default Mode and Frontoparietal Networks <i>Author: Vitalii Lunov, Hanna Voitovych</i>	<i>48</i>

Part II: Metacognition and Decision-Making

4. Metacognitive Approaches to Decision-Making in Individuals With Learned Helplessness <i>Author: Rostyslav Abdriakhimov</i>	<i>79</i>
5. The Importance of Metacognitive Research in Psychology: Attributive Styles and Cognitive Strategies in Neurotic Disorder Patients <i>Authors: Vitalii Lunov, Inha Rozhkova.....</i>	<i>95</i>

Part III: Digital Advances in Mental Health and Beyond

6. The Evolution of Online Psychology: Bridging Research and Clinical Practice for Digital Therapeutic Protocols <i>Authors: Mykhailo Matiash, Vitalii Lunov, Sergii Sereda</i>	<i>112</i>
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7.	The Dual Edges of Projective Psychodiagnostics in Psychological Research: A Critical Inquiry <i>Authors: Mykhailo Matiash, Vitalii Lunov.....</i>	128
8.	The Emergence of Online Psychology: Metacognitive and Neuropsychological Perspectives <i>Authors: Sergii Sereda, Vitalii Lunov.....</i>	141
9.	The Significance of Online Stress Therapy Applications <i>Authors: Sergii Sereda, Vitalii Lunov.....</i>	157
10.	The Rise of Online Psychological Support: Transforming Mental Health Care <i>Author: Natalia Yevdokymova, Mykhailo Matiash</i>	168
11.	Integrating Physical Exercise into Digital Mental Health: Enhancing Overall Well-being with Metacognit.me <i>Authors: Mykhailo Matiash, Inha Rozhkova</i>	186
12.	Digital Psychiatry: Neuroscientific Insights and Metacognitive Strategies in Mental Health Practice <i>Authors: Tsira Abdriakhimova, Kleban Kateryna</i>	203
13.	Unified Framework for Comprehensive Psychological Assessment and Intervention: Metacognitive, Neuropsychological, and Psychodynamic Approach <i>Author: Vitalii Lunov</i>	228

Conclusion and Future Outlook

By Prof. Mykhailo Matiash, Prof.Assos. Vitalii Lunov	248
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