

# Studies on the relationship between alcohol or nicotine use and panic

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Propositions  
accompanying the thesis

# Studies on the relationship between alcohol or nicotine use and panic

Fiammetta Cosci  
Maastricht, the 15<sup>th</sup> of June 2007

1. Alcohol and nicotine are directly linked to the etiopathogenetic mechanisms of panic (this thesis).
2. Comprehensive assessment of alcohol and nicotine use is a necessary part of the assessment of panic disorder.
3. Specialised centres to treat alcohol or nicotine use disorders would derive benefit from expertise in the field of affective pathology.
4. The CO<sub>2</sub> paradigm is a tool to evaluate pharmacological treatment for double diagnosed patients.
5. Neurons are “the mysterious butterflies of the soul, the beating of whose wings may some day clarify the secret of mental life” (Cajal SR).
6. Sleep is essential for life.
7. Social bonding is rooted in brain chemistries that are activated by friendly and supportive social interaction.
8. “Evolution does not produce novelties from scratch” (Jacob F).
9. Research should be free from the load of nepotism, even in Italy.
10. One drop of olive oil makes chocolate icing glittering and bright.