

MOULD AND MIND STUDY

The below is an excerpt I came across a while back. I haven't had a chance to read it in full yet. It is great to finally find information like this. The full study on Science Direct is [here](#).

The impact of mold exposure on anxiety symptoms in the older adults...

4.2. Mediating role of cognitive impairment

The relationship between mold exposure and anxiety symptoms is mediated by cognitive impairment. Mold exposure can trigger immune responses in the hippocampus, leading to neuroinflammation and reduced neurogenesis, which impair cognitive functions such as memory, attention, and executive function([Harding et al., 2020](#)). These cognitive deficits are significant contributors to anxiety, as older adults become more aware of their declining mental capacities and the potential loss of independence([Ehsanifar et al., 2023](#)). Biological mechanisms, including the activation of microglia and the release of pro-inflammatory cytokines, play a crucial role in this process([Nordin, 2020](#)). The psychological impact of cognitive decline, such as increased worry about future capabilities and repetitive negative thinking, further exacerbates anxiety symptoms([Bartholomay et al., 2023](#)).