

To the press and the whom it may concern

January 22,2020

Renaissance Inc

## Notification of the effect inspection result of Brain activating method “Synapsology”

### Possibility of human error decrease at manufacturing site was suggested

Renaissance Inc. (Representative Director and President: Masaaki Yoshida Head office: Sumida-ku, Tokyo Hereinafter referred to as “our company” would like to inform you that we get the result that practice of Brain activating method “Synapsology” which was developed by our company influences cognitive function of workers who work at manufacturing site by cooperative research with National University Corporation, Tsukuba University (President: Kyosuke Ngata) in Center of Innovation Program of Ministry of Education, Culture, Sports, Science and Technology, Japan Science and Technology Agency.

Practice of “Synapsology” improves function of performance and attention, dexterity (skill with the hands) of workers who work at manufacturing site and possibility of human error decrease was suggested.

Our company will disseminate “Synapsology” to manufacturing site, building site and so on and utilize prevention of workers’ accident and human error decrease.

※This program is to support research and development up to a maximum of 9 years, which is challenging and high risk and led by the vision focusing our social image that we should aim for 10 years.

<https://www.jst.go.jp/coi/etc/COI-pamphlet2019.10JP.pdf>

#### 1. The purpose of research

It has been done to search the influence that practice of “Synapsology” affects cognitive function of workers who work at manufacturing site.

This research was done as the activity of Innovative Food and Healthcare MASTER (Core: Hokkaido University•Satellite: Tsukuba University) in Center of Innovation Program at Ministry of Education, Culture, Sports, Science and Technology and was presented at The 74<sup>th</sup> Japanese Society Of Physical Fitness and Sports Medicine.

##### ① How to intervene

5 times a week, 2 times a day (at morning meeting and lunch meeting) about 5 minutes

Doing “Synapsology” for 8 weeks

##### ② Target persons

Meidensha Corporation, Ota Sales Office

Workers of rotary machine system factory (Male)

Intervention group 22 35.2±10.7 years (20–60 years)

Control group 25 40.6±11.2 years (22–56 years)



experiment

### ③ Evaluation method

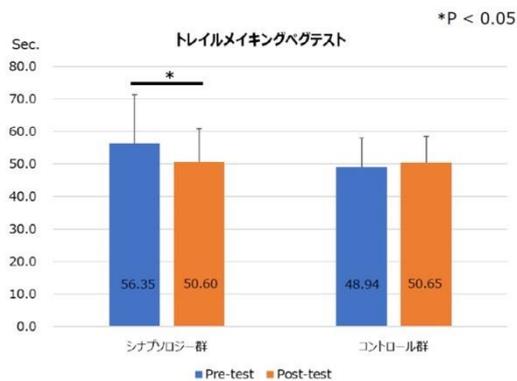
- Trail Making Peg Test  
The test which estimate function of performance and attention, dexterity
- Stroop Test  
The test which estimate function of performance and attention



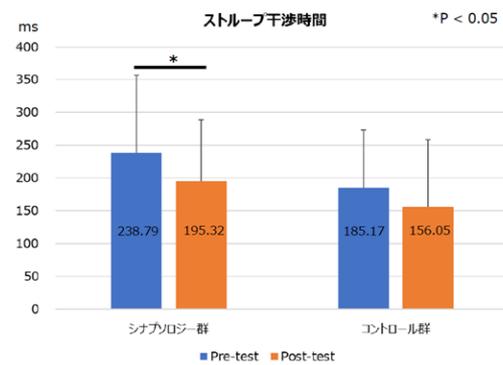
measurement

### 3. 結論 Conclusion

Improvement of function of performance and attention, dexterity of workers who work at manufacturing site was acknowledged by practicing “Synapsology” and the possibility of human error decrease was suggested.



Significant difference was acknowledged at Trail Making Peg Test



Significant difference was acknowledged at Stroop Test

### 4. What is “Synapsology”

“Synapsology” is the method to improve the brain by reacting to stimulation that we keep on changing through sensory organ (five senses) and stimulation about cognitive function (spice up) towards basic movements like “Rock-Paper-Scissors” or ball passing. To be able to do (Mastery) is not purpose but we try to improve the brain function by making the situation to correspond the impossible.



“Synapsology” is installed at any location and needs short time and you can adjust it by age, sexuality, physical strength level of participants, therefore you can do it for wide target group. Currently “Synapsology” is used at preventive care business, health care of companies, local health care from fitness clubs and drug stores, pharmacies, child education, improvement of athletes’ performance and so on.

Synapsology HP : <http://synapsology.com>

Synapsology, logo of synapsology , SYNAPSOLOGY are registered trade-mark of Renaissance Inc.

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