



**Datum:** 04.12.2013

**Ort:** Binzmühlestrasse 14, Raum BIN 3.D.27

**Uhrzeit:** 12.30 –13.30Uhr

**Titel:** Attention to Emotional Stimuli and Stress Resilience

**Referent:** Hanna Thoern

**Abstract:**

The aim of this talk is to explore if attention to emotional stimuli, especially positive stimuli, is predictive of stress resilience. Prior research has found that biased attention to negative, psychopathology-relevant stimuli is associated with depression and anxiety. In addition, a few preliminary findings indicate that biased attention to positive stimuli might be related to low vulnerability and absence of depression, as well as with stress resilience. Recently, biased attention has been targeted in a novel treatment paradigm, the attentional bias modification (ABM). Treatment of clinical anxiety with ABM leads to reduced biases to threat as well as reductions in anxiety. ABM training to increase biased attention to positive stimuli might have important clinical use and lead to better stress adaptation as well as reduction of depression symptomatic. This main aim of this talk is to transfer current knowledge about how attentions to emotional stimuli impact stress resilience and stress-related disorders. Such knowledge could improve prevention and treatment options.

Results from a row of experimental studies will be presented. In addition, highlights from a systematic literature review of attentional biases to emotional stimuli as measured with a classic cueing task, the dot probe task will be presented. Finally, the results will be discussed in the light of prior findings and future directions will be suggested.