



Universität
Zürich^{UZH}

Psychologisches Institut

DoMaKo

Abstractband

Masterstudierenden- und
Doktorierenden-Kongress des
Psychologischen Instituts

Mittwoch, 1. Juni 2022

Dynamik Gesunden Alterns



Grusswort der Institutsdirektorin zum MaDoKo

Liebe Teilnehmerinnen und Teilnehmer am MaDoKo 2022

Nach zwei Jahren Pandemie freuen wir uns sehr, den traditionellen Masterstudierenden- und Doktorierendenkongress wieder als Präsenzveranstaltung durchführen zu können. Auch wenn es uns in den Jahren 2020 und 2021 durchaus gelungen ist, mit einem virtuellen MaDoKo über die Forschungen unserer Masterstudierenden und Doktorierenden im Gespräch zu sein, so ist doch die persönliche Präsentation, der persönliche Austausch wesentlich anregender, produktiver, angenehmer und für das Knüpfen von Kontakten nachhaltiger.

Interessant wird sein, inwieweit in den präsentierten Forschungsarbeiten sich die doch einschneidenden Pandemiezeiten widerspiegeln – in methodischer Hinsicht (viele Arten der Datenerhebung waren nicht möglich), aber auch in inhaltlicher Hinsicht (die psychischen, gesundheitlichen und sozialen Folgen der Pandemie).

Wie in all den früheren Jahren gilt: Unser MaDoKo ist für Masterstudierende und Doktorierende eine (erste) exzellente Gelegenheit, sich einem Fachpublikum in einem etablierten Format (Poster) mit seiner Forschung zu präsentieren, sich in dieser Situation zu erproben, das Lampenfieber vor dem Kongress, dann die Freude über die eigene Studie zu sprechen, zu erleben. Erste Schritte auf dem wissenschaftlichen

Parkett – Sie stossen auf jeden Fall auf ein aufgeschlossenes Publikum, das sich sehr freut, dass Sie dabei sind!

Ich wünsche Ihnen gutes Gelingen! Im Namen des Psychologischen Instituts möchte ich Frau Hagmayer für ihre wie immer so professionelle und freundliche Organisation des MaDoKo sehr danken. Frau Hagmayers ausgezeichneten Beziehungen zu Sponsoren ist es zu verdanken, dass auch dieses Jahr wieder attraktive Posterpreise zu gewinnen sind.

Veronika Brandstätter-Morawietz
Direktorin des Psychologischen Instituts

Kongressprogramm

- Ab 14.00 Uhr** **Aufhängen der Poster**
- 14.30 Uhr** **Kongresseröffnung und Begrüssung**
- Anschliessend Posterpräsentation**
- 16.30 Uhr** **Ende Posterpräsentation, Abhängen der Poster**
- 17.00 Uhr** **Gastvorträge:**
Prof. Dr. Wolfgang Stroebe, University of Groningen, Niederlande:
«Selbstmord, Mord und Waffenbesitz: Ein Vergleich von Schweiz und USA»
Prof. Dr. Eckart Altenmüller, Hochschule für Musik, Theater und Medien Hannover, Deutschland:
«Übung macht nicht immer den Meister: Dysfunktionelle Neuroplastizität bei Musikern»
- Anschliessend Preisverleihung**
- Ab 18.30 Uhr** **Emeritierungsfeier für Prof. Dr. Lutz Jäncke und Prof. Dr. Klaus Jonas**

Organisation

Organisationskomitee:

**Prof. Dr. Veronika Brandstätter-Morawietz,
Dr. Claudia Hagmayer, Urs Klarer und
Dr. Maike Krannich**

Sponsoren:

**Wir bedanken uns herzlich für die
grosszügige Unterstützung**



VÖGELE KULTURZENTRUM



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Psychologisches Institut

Abstracts

alphabetische Reihenfolge

01 M: Die Rolle der Bedürfniserfüllung für Bewerberreaktionen auf Personalauswahlverfahren

Aebi, M.

Betreuung: MSc Valerie Schröder

Fachrichtung: Arbeits- und Organisationspsychologie

Hintergrund. Die im Selektionsprozess verwendeten Auswahlverfahren können sich darauf auswirken, wie Bewerbende ein Unternehmen wahrnehmen und ob sie sich für ein Jobangebot entscheiden. Bisher ist jedoch unklar, weshalb unterschiedliche Auswahlverfahren positive oder negative Bewertungen bei den Bewerbenden hervorrufen. Ein Einflussfaktor darauf, wie Bewerbende ein Auswahlverfahren wahrnehmen, könnte die Erfüllung der Bedürfnisse nach Kompetenz, Autonomie und sozialer Einbindung sein. In folgender Arbeit wird untersucht, inwiefern die Bedürfniserfüllung eine Rolle für die Bewerberreaktionen spielt. Dabei wird angenommen, dass der Zusammenhang zwischen Bedürfniserfüllung und Bewerberreaktionen durch die autonome Motivation mediiert wird. Die Untersuchungen dieser Arbeit tragen dazu bei, die zugrundeliegenden Mechanismen für positive oder negative Bewerberreaktionen auf eingesetzte Auswahlverfahren besser zu verstehen und unterstützen die Praxis dabei geeignete Verfahren auszuwählen.

Methodik. Innerhalb eines einstündigen simulierten Bewerbungsgesprächs wurden die Bewerberreaktionen von 117 Personen auf zwei situative Auswahlverfahren verglichen, die sich hinsichtlich zweier Methodenfaktoren unterscheiden: dem Antwortformat (offen und geschlossen) und dem Stimulusformat (mündlich und schriftlich).

Ergebnisse. Regressionsanalysen zeigen, dass die Erfüllung der Bedürfnisse nach Kompetenz und

Autonomie die Bewerberreaktion erhöht. Der Zusammenhang für das Bedürfnis nach sozialer Einbindung konnte nicht bestätigt werden. Mittels Mediationsanalyse wurde der Einfluss der autonomen Motivation auf die Bewerberreaktionen bestätigt. Der Faktor offenes Antwortformat erwies sich als förderlich für die Erfüllung des Bedürfnisses nach Autonomie und sozialer Einbindung, nicht aber für die Erfüllung des Bedürfnisses nach Kompetenz. Der angenommene Zusammenhang zwischen Stimulusformat und Bedürfniserfüllung konnte nicht bestätigt werden.

02 M: Die Moral des Charakters

Arbenz, M.

Betreuung: MSc Fiorina Giuliani & Prof. Dr. Martin Kleinmann

Fachrichtung: Arbeits- und Organisationspsychologie

Charakterstärken und deren Anwendung sind aus deontologischer wie auch konsequentialistischer Sicht moralisch. Die dunkle Tetrade (Psychopathie, Machiavellismus, Narzissmus und alltäglicher Sadismus) sind als sozial aversive Persönlichkeitsmerkmale hingegen amoralisch. Ob Charakterstärken oder deren Anwendung mit einer höheren Moralität einhergehen, wurde bisher nicht untersucht, obwohl dies eine wichtige theoretische Annahme ist. Zudem fehlen Studien, ob Charakterstärken zu amoralischen Zwecken missbraucht werden können, beispielsweise im Zusammenhang mit der dunklen Tetrade. Daher sind die Ziele dieser Arbeit zu untersuchen, (1) wie der Zusammenhang zwischen Charakterstärken, Moral und der dunklen Tetrade und (2) wie der Zusammenhang zwischen Charakterstärken und der dunklen Tetrade mit der Häufigkeit von moralischer und amoralischer Anwendung von Charakterstärken ist. Ein Fragebogen, inklusive einer eigens erstellten Skala zur Messung der Häufigkeit von moralischer und amoralischer Anwendung von Charakterstärken, wurde von erwachsenen Personen (N = 274) aus dem deutschsprachigen Raum ausgefüllt. Die Korrelationsanalysen ergaben, dass die meisten, aber nicht alle, Charakterstärken positiv mit der Moral wie auch der Häufigkeit der moralischen Anwendung zusammenhängen. Nur wenige Charakterstärken hingen jedoch negativ mit der Häufigkeit der amoralischen Anwendung zusammen. Zusätzliche Analysen zeigten positive Zusammenhänge zwischen den Charakterstärken

und deren Häufigkeit der amoralischen Anwendung. Psychopathie und alltäglicher Sadismus korrelierten signifikant negativ mit den Moraldimensionen. Alle Merkmale der dunklen Tetrade hingen positiv mit der Häufigkeit amoralischen Anwendung von Charakterstärken zusammen. Entgegen den theoretischen Erwartungen gehen nicht alle Charakterstärken mit einer höheren Moralität einher und können sogar amoralisch angewendet werden. Die theoretischen Annahmen müssen demnach überdacht werden.

03 M: Do facial masks influence joint attention between infants and their caregivers?

**Baldenweg, C., Wermelinger, S.,
Mörsdorf, L. & Daum, M. M.**

**Mentoring: Dr. Stephanie Wermelinger &
Dr. Lea Mörsdorf**

**Branch of study: Developmental
Psychology – Infancy and Childhood**

Facial masks are an effective preventive measure against the transmission of COVID-19. However, as the widespread use of facial masks grew, so did concerns about the potential negative consequences of seeing others wear masks for the social and communicative development in childhood. Facial masks might alter the way children interact with their caregivers. The purpose of this study was to examine the impact of facial masks on one milestone of social development, namely joint attention. Infants (N = 95) aged 12 to 15 months and their caregivers participated in three different joint attention tasks. Each dyad performed the tasks twice, once with the caregiver wearing a facial mask and once without them wearing it. A questionnaire was used to determine the extent to which the infants were exposed to people wearing masks in everyday life. The main results showed no significant differences in joint attention between the with and without mask condition. Furthermore, infants' mask exposure was not significantly associated with individual differences between the conditions. Thus, this study does not provide evidence that infants' joint attention is affected by their caregiver's facial mask. Therefore, caregivers can continue to wear their mask in required circumstances, without necessarily influencing joint attention between themselves and their infants. Nonetheless, this study cannot rule out any long-term effects of mask exposure during infancy on social and emotional development into childhood or even adulthood.

04 D: Growing into Parenting together: Similarities and Differences in Parenting Practices among First-time Parents

Beck, S., Wagner, L. & Daum, M.M.

Mentoring: Prof. Dr. Moritz Daum

Branch of study: Developmental Psychology – Infancy and Childhood

Numerous studies have shown the importance of coparenting in promoting healthy child development. In the present study, we aim to expand on the current literature by investigating factors which contribute to similarities and differences in parenting behavior between mothers and fathers within the same family. We will be recruiting Swiss-German first-time parents that live together and have an only child at 12, 24 or 36 months (+/- 6 weeks). Parents must have shared custody of the child and have different genders. An online survey on Parenting via Soscisurvey.de will be conducted. Data collection will be continued until aimed sample size of 180 parent couples (with a similar number of girls and boys) has been reached. Parents will be asked to complete a questionnaire on parenting practices both as a self-assessment and an assessment of their partner's parenting practices. In addition, demographic variables such as education levels, age, etc., as well as relationship satisfaction will be assessed. After successful data collection, we will run an APIM model for all four scales on parenting practices (positive parenting, responsible parenting, authoritarian parenting, inconsistent discipline). We will conduct multigroup APIM analyses, comparing the respective parameters between different groups of parents (i.e., parents of children aged 12 months vs. 24 months vs. 36 months, parents of boys vs. parents of girls, parents with similar vs. with different level of education, parents with similar vs. dissimilar age, parents with shorter vs.

longer relationship duration). In this poster presentation, I would like to present and further discuss the study design. We expect the data collection to be completed in August 2022.

05 D: When it's Time to Remember: Effects of Gain and Loss Incentives on Time-Based Intention Memory of Younger and Older Adults

Brummer, J., Horn, S. S. & Freund, A. M.

Mentoring: Dr. Sebastian S. Horn

Branch of study: Developmental Psychology: Adulthood

Prospective Memory (PM) is the memory for intended actions in the future. PM tasks can be event-based (e.g., remembering to buy medication when passing a pharmacy) or time-based (e.g., remembering to take medication at 7pm). Across adulthood, PM takes a distinct trajectory and younger adults often remember more event-based PM targets than older adults. Moreover, younger adults tend to be more motivated by gains, whereas older adults focus more on preventing losses, suggesting an important role of motivation in PM. However, less is known about time-based PM and the moderating effects of gain and loss incentives. Time-based PM requires high internal monitoring and may thus depend even more on motivational effects than event-based PM. In the present research, older and younger adults were instructed to press the space key at regular time intervals, whilst simultaneously performing computerized lexical decisions. Participants could monitor the time by viewing a virtual clock. Correct PM responses within a specific time window led either to monetary gains (gain condition), or missed PM target times were penalized with deductions from an initial endowment (loss condition). We anticipated higher PM performance in younger than older adults, and, importantly, an Age \times Motivation framing interaction. We also expected a positive correlation between clock checking and PM performance. Our

findings add to the understanding of how motivational framing affects PM across adulthood.

06 M: Facilitators for the implementation of systematic mental health screenings for refugees in Switzerland: A qualitative study

Casanova, L.

Mentoring: MSc. Julia Spaaij, Dr. Sonja Weilenmann & Prof. Dr. Markus Landolt

Branch of study: Child and Adolescent Health Psychology

Despite high rates of mental health issues, refugees in Switzerland display low levels of mental healthcare utilisation. This can partly be attributed to structural deficiencies in early detection, such as the absence of a systematic mental health assessment. In order to reinforce early detection, systematic mental health screenings are implemented within the framework of the SPIRIT project. This thesis aimed to identify facilitators for the implementation. Semi-structured interviews with Swiss healthcare experts, policy makers, government officials and Syrian refugees or former refugees were conducted and analysed using the method of thematic analysis. In general, three overarching facilitators for the implementation of all screening aspects emerged. First, structural conditions need to be considered. Second, psychological principles and theories must be taken into account for all implementation aspects. Lastly, all decisions must be guided by the needs and particularities of refugees. This thesis was able to expand knowledge about context- and refugee-specific aspects of mental health screenings which resulted in clear recommendations for action.

07 D: The Role of In-Scanner Head Motion in the Investigation of White Matter Alterations in ADHD

Dziemian, S., Barańczuk-Turska, Z. & Langer, N.

Mentoring: Prof. Dr. Nicolas Langer

Branch of study: Methods of Plasticity Research

Attention-deficit/hyperactivity disorder (ADHD) is a common and debilitating neurodevelopmental disorder. ADHD manifests in heterogeneous symptoms, of which hyperactivity of increased motor activity constitutes one. Although past research aimed at identifying biological markers of ADHD, investigations on white matter alterations have yielded inconsistent results. We believe that the role of in-scanner head motion during diffusion weighted imaging (DTI) acquisition has been vastly underestimated in ADHD. Here, we investigated the mediating effect of in-scanner head motion and ADHD hyperactivity severity on fractional anisotropy (FA) using DTI. We analyzed the currently largest sample ($n = 739$) of medication-naïve children and adolescents (age range 5–22 years) using automated tractography. We investigated whole-brain FA and mean FA of six tracts that were reported most inconsistently in ADHD; corpus callosum forceps major and forceps minor, left and right superior-longitudinal fasciculus, and left and right corticospinal tract (CST). When in-scanner head motion was not accounted for as mediator, we observed associations between FA and hyperactivity severity in several tracts. However, the causal mediation analysis revealed that for whole-brain FA, the corpus callosum forceps minor, and left superior-longitudinal fasciculus the observed effects are fully mediated through in-scanner head motion. Only for the left CST, we observed the direct effect of hyperactivity

severity on FA. These findings emphasize the crucial role of in-scanner head motion in DTI studies in ADHD in whom an increased tendency to move constitutes an intrinsic characteristic. We showed that neglecting irremediable motion artifacts can cause spurious findings and potentially lead to past inconsistencies. Yet, the direct effect of hyperactivity severity on FA in the left CST, shows that this structure may indeed play an important role in the manifestation of hyperactivity symptoms in ADHD.

08 D: I can't get through this alone: Interpersonal emotion regulation and psychosocial resources during the Covid-19 pandemic

**Dworakowski, O., Huber, Z., Meier, T.,
Boyd, R. L., Martin, M. & Horn, A. B.**

Mentoring: Prof. Mike Martin

**Branch of study: Gerontopsychology and
Gerontology**

While going through something as difficult and uncertain as the Covid-19 pandemic we are likely to turn to the people close to us for support. How we connect with others can be more or less adaptive. In this research we wanted to investigate how adaptive and maladaptive interpersonal emotion regulation strategies are connected to mental health during the pandemic above and beyond intrapersonal strategies of emotion regulation. Furthermore, we wanted to explore how interpersonal emotion regulation tendencies interact with perceived psychosocial factors, which might also contribute to resilience. N = 1401 participants from the USA, UK, Germany, and Switzerland completed an online survey including an expressive writing task. Adaptive and maladaptive inter- and intrapersonal emotion regulation strategies were measured with self-reports. We included diverse mental health indicators, namely symptoms of depression, adjustment disorder, and fear of Covid-19 in self-reports, as well as the use self-reference words in the expressive writing task. As psychosocial resources we considered social support, secure attachment style, trust in others, and lack of loneliness. Applying structural equation modeling, we calculated latent variables for adaptive and maladaptive interpersonal emotion regulation. In an overall model, the mental health outcomes were predicted by these latent variables and control variables. In a second step, we added interaction terms with the psychosocial resources.

Maladaptive interpersonal emotion regulation strategies predicted mental distress above and beyond intrapersonal strategies. Interactions were found between both adaptive and maladaptive interpersonal emotion regulation and the psychosocial resources on depressive symptoms. Results highlight how interpersonal emotion regulation contributes to our mental health as well as resilience. These effects are stronger for people with low perceived psychosocial resources.

09 M: How architecture shapes user's perception of workspace environments: Affective appraisal and cognitive evaluation of workspace architecture in virtual reality.

Egli, S., Gath-Morad, M., Hölscher, C. & Aguilar, L.

**Mentoring: Prof. Dr. Kleinmann,
Prof. Dr. Christoph Hölscher &
Michal Gath-Morad**

**Branch of study: Work and Organisational
Psychology**

This study aims to contribute to our understanding of how detailed differences in spatial configurations within different typologies impact employees' perception of the space. The architectural parameters partition height, curvature, and ceiling height were systematically varied across three common workspace typologies, resulting in 36 workspace models. An online survey was conducted in which participants rated the virtual workspace environments on affective appraisal and cognitive evaluation. Each participant was presented with six workspace models according to BIBD (Balanced Incomplete Block Design). A validation experiment was implemented, in which participants also ranked the previously seen workspace. The models were illustrated with two pictures, defined by the highest sitting and standing isovist with longest line of sight. 713 participants were recruited via Amazon Mechanical Turk (mTurk) to participate in a mixed design. Results show that partition height significantly affected rating and ranking in privacy, distraction due to noise and interaction. Curved features were rated significantly more positive regarding affective appraisal (pleasure, arousal (-), beauty, interestingness, spaciousness).

Contrary to our hypotheses, higher ceilings did not lead to significantly higher ratings in affective appraisal. These findings, therefore, help to reveal a more complete scientific view on the perception of interior workspace architecture.

10 M: Unter der Oberfläche: Wie die Zielorientierung einer Führungskraft den Zusammenhang zwischen Leader Impression Management und Führungszufriedenheit beeinflusst

Eichenberger, L. K.

**Betreuung: Prof. Dr. Martin Kleinmann
& MSc Nina Beck**

**Fachrichtung: Arbeits- und
Organisationspsychologie**

Im Organisationskontext wurde Impression Management (IM) vorwiegend als eine Strategie untersucht, die Mitarbeitende gegenüber ihren Führungskräften anwenden. Im Gegensatz dazu ist die Befundlage zu IM bei Führungskräften (auch Leader IM genannt) vergleichsweise klein und fragmentiert. Aus diesem Grund ist es das Ziel dieser Masterarbeit einen Beitrag zur Impression Management Forschung zu leisten, indem der Zusammenhang zwischen Leader IM und Führungszufriedenheit auf Tagesebene untersucht wird. Der Fokus liegt dabei auf einer spezifizierten Betrachtung von Leader IM, indem zusätzlich die Zielorientierung von Führungskräften als wichtige Rahmenbedingung berücksichtigt wird. Zur Untersuchung der vermuteten Zusammenhänge wurde eine Online-Tagebuchstudie durchgeführt. 112 Studienteilnehmende (56 Dyaden bestehend aus Führungskraft und Mitarbeiter*in) beantworteten während zwei Arbeitswochen täglich einen kurzen Fragebogen. Insgesamt zeigten sich lineare Zusammenhänge zwischen den Leader IM Strategien Ingratiation, Exemplification, Intimidation, Supplication sowie Self-Promotion und der Führungszufriedenheit. Jedoch war nur der positive Zusammenhang zwischen Leader Ingratiation und Führungszufriedenheit signifikant. Die vermutete Moderation durch Zielorientierung konnte nicht bestätigt werden. Zusammenfassend deuten die vorliegenden Daten darauf hin, dass Leader IM tatsächlich ein Konstrukt ist, welches über die

Arbeitstage hinweg schwankt. Darüber hinaus weisen die Ergebnisse darauf hin, dass Leader IM einen Einfluss auf die Führungszufriedenheit hat. Zukünftige Forschung sollte Leader IM weiter auf Tagesebene untersuchen. Zudem sollte in diesem Zusammenhang die Relevanz von Zielorientierung für Leader IM weiter ergründet werden.

11 D: Modulation of sensory-discriminative and emotional-motivational reactions by operant learning

Flury, M. L., Löffler, M., Gour, S.,
Girardin, Y. & Becker, S.

Mentoring: Prof. Dr. Susanne Becker

**Branch of study: Experimental Psycho-
pathology and Psychotherapy**

Background and Aims: A negative hedonic shift, characterized by excessive emotional-motivational processing, is assumed to causally contribute to chronic pain. Yet, the mechanisms underlying such shift remain unclear. Learning mechanisms such as operant conditioning likely are involved. Accordingly, the aim of this study was to dissociate emotional-motivational and sensory-discriminative pain components by modulating both components independently using an operant conditioning paradigm.

Methods: Half of 124 healthy volunteers performed an avoidance task (AT; $M=29.87\pm 9.84$ years), and the other half performed a discrimination task (DT; $M=26.52\pm 8.23$ years) using a contact heat on their thenar eminence. In the AT, the motivation to avoid painful experimental stimuli was assessed as a surrogate of emotional-motivational pain processing. In the DT, the ability to discriminate small changes in nociceptive input was assessed as a surrogate of sensory-discriminative pain processing. In both tasks, after being first assessed in their unchanged baseline state, the second half of the trials of each task was coupled with either contingent or non-contingent monetary reinforcement to modulate the respective pain responses.

Results: In the AT, contingent reinforcement significantly decreased reaction times and increased avoidance success rates. In contrast, non-contingent reinforcement did not change these variables

compared to the baseline. In the DT, no significant effects on the discrimination success rates were observable, but a significant decrease in reaction times when contingently compared to non-contingently reinforced. **Conclusions:** The results suggest that both sensory-discriminative and emotional-motivational pain reactions can be modulated by operant learning, although no effects on success rates with pain discrimination were found. These findings support the assumption that operant learning contributes to a negative hedonic shift in chronic pain.

12 D: Decision-making and reasoning about own and foreign culture norms in childhood

Helbling, N., Tandhika, V., Gampe, A. & Daum, M. M.

Mentoring: Prof. Dr. Moritz M. Daum

Branch of study: Developmental Psychology – Infancy and Childhood

Norms play an essential role in everyday interaction, because they provide guidelines on how to behave in a society. Cultural differences in norms and normative cognition can lead to conflict and not much is known about how monocultural children from different backgrounds but also bicultural children reason about own and other country norms and react to their violations.

In a first study, we assessed and evaluated norms from different countries by having people rate the norms according to their importance to them and the society in which they live. In a second study, we are currently investigating reactions to a selection of these norms and their violations with mono- and bicultural children aged 4 to 12. The children are given a choice between two options of how a character behaves and are then confronted with the character's actual choice. We then ask them to judge the character's behaviour and to justify why a behaviour is okay or not. I will present the study design as well as the initial results from a subsample of children who have already been tested.

13 D: Let's do something fun! Exploring the association between companionship and physical activity.

Höhener, P. S., Lüscher, J., Allen, J. M.,
Küng, P., Tobias R. & Scholz, U.

Mentoring: Prof. Dr. Urte Scholz

**Branch of study: Applied Social and Health
Psychology**

Partners in a romantic relationship influence each other's health behaviours. This influence can occur in various ways, one of which may be companionship (i.e., enjoying spending time together). We use data from the Health and Retirement Study (HRS), with four measurement points each two years apart and $N = 9690$ participants ($M_{age} = 66.49$; $SD_{age} = 11.03$). We implemented multilevel structural equation modelling, investigating the association between companionship and physical activity, an essential protective factor for health. Results show that companionship is associated with both women's and men's physical activity. Couples with higher companionship are more physically active. This association holds for light, moderate, and vigorous physical activity. Furthermore, there is evidence that companionship may be associated with the difference in the level of physical activity between women and men. Couples who indicate higher companionship show lower differences between their levels of light and moderate but not vigorous physical activity. Response surface analysis reveals that this behaviour concordance is mainly driven by higher companionship in couples who are both physically active. These results suggest that enjoying spending time with the partner relates to increased physical activity and increased behaviour concordance for light and moderate physical activity. However, the short-term social dynamics and boundary conditions need further investigation.

14 D: Affective Dynamics and Interpersonal Regulation Processes in Daily Life in Younger and Older Couples

Huber, Z., Moulder R., Meier, T., Dworakowski, O., Martin, M. & Horn, A. B.

Mentoring: Prof. Dr. Mike Martin

Branch of study: Gerontopsychology and Gerontology

Background: How we experience and regulate our emotions is fundamental for our physical and psychological health. While often looked at as an individual process, emotion regulation often happens with those close around us, especially in a romantic relationship. Affective valence and arousal are at the core our daily emotional experiences. However, it is not yet known how these dimensions interact with each other from one timepoint to the next in the daily lives of couples. With psychological intimacy being an important marker of relationship quality and a potential socio-affective pathway between partners, we specifically want to explore the role of intimacy in these interactions. The aim of this study was to investigate these processes and their affective dynamics in the daily lives of couples and whether and how they differ between younger and older couples.

Methods: N = 116 couples with 62 younger (between 18 and 30 years) and 54 older couples (60 years and older) were recruited. Each participant received 3 daily time-based questionnaires over the span of 21 days on a study smartphone. They reported their momentary affect, energetic arousal, and intimacy. We looked at how affect, arousal and intimacy were related to each other temporally, contemporaneously and between couples through dyadic dynamic VAR network and multilevel modeling analyses, comparing older and younger couples.

Results: Overall, couples show a synchronization in daily affect, with lower synchronization when stressful events happened in older couples and specifically female partners. Older couples were more strongly synchronized with the arousal of their partner.

Discussion: These results open doors for further research regarding the dynamics of daily affect, if these differ between older and younger couples potentially related to lifespan differences or relationship duration.

15 M: Körper-Geist Dualismus, Anthropomorphisierung und Dehumanisierung

Ihn, S. K.

**Betreuung: Dr. Matthias Forstmann &
Prof. Dr. Veronika Brandstätter-Morawietz**

**Fachrichtung: Allgemeine Psychologie
(Motivation)**

Die vorliegende Studie hat zum Ziel, den Einfluss der Einstellung zum Zusammenhang von Körper und Geist (Körper-Geist Dualismus) auf Anthropomorphisierungs- und Dehumanisierungsverhalten sowie das Verhältnis zwischen Anthropomorphisierung und Dehumanisierung zu untersuchen. Dabei wird bei der Anthropomorphisierung zwischen einer allgemeinen Anthropomorphisierungstendenz und der Attribution von «Uniquely Human Emotions» unterschieden. Ausserdem wird untersucht, ob der Effekt einer dualistischen Einstellung auf Dehumanisierung durch Dehumanisierungsmotivation moderiert wird. Schliesslich wird der Einfluss von Geschlecht auf Anthropomorphisierung und Dehumanisierung getestet. Diese Fragestellungen werden in einem experimentellen Design mittels eines Szenarios über einen fiktiven Planeten bzw. dessen Lebewesen untersucht, womit bei den auf zwei Bedingungen verteilten Proband:innen entweder eine dualistische oder eine physikalistische Sichtweise induziert wird. Anschliessend werden Anthropomorphisierungs- und Dehumanisierungsmasse erhoben. Der Effekt von Dehumanisierungsmotivation wird in einem durch eine Erweiterung des Szenarios konstruierten 2x2 Design (Physikalismus/Dualismus x motivierte/non-motivierte Dehumanisierung) untersucht. Die Datenerhebung findet über die Sommermonate 2022 statt und die Rekrutierung der Proband:innen erfolgt unter anderem über Plattformen der Universität Zürich. Es sind keine bestimmten Proband:innen-Charakteristika

zur Teilnahme erforderlich, solange die Manipulationschecks richtig beantwortet werden. Die Datenanalyse erfolgt mittels multipler Regressionsanalysen und kontrolliert für die persönliche, szenariounabhängige Einstellung zum Körper-Geist Problem. Die Studie erweitert die bestehende Forschung um eine experimentelle Untersuchung der Zusammenhänge der drei Konstrukte und soll somit einen Beitrag zum Verständnis der theoretischen Basis sowie der Antezedenzen und Korrelate von Anthropomorphisierung und Dehumanisierung leisten.

16 M: How telecommuting influences affective and professional well-being during the Covid-19 pandemic

Jeyam, D.

Mentoring: Dr. Grégoire Bollmann

Branch of study: Social and Business Psychology

To slow down the spread of SARS-Cov-2, the Federal Office of Public Health (FOPH) encouraged employers to, where possible, provide remote working, also referred to as telecommuting. Consequently, there has been a dramatic rise in number of employees telecommuting. In previous research findings, telecommuting has been perceived as a beneficial working condition, since it was often associated with perceived autonomy, better task performance and job satisfaction. However, given the current exceptional changes, employees may be facing a wider set of challenges with the sudden shift to telecommuting. Therefore, existing literature on telecommuting might not adequately represent the contextual relevance of the current Covid-19 crisis. Since prior research on telecommuting was mainly based on voluntary telecommuting, there might be a chance that the previously known advantages of telecommuting may only adhere to voluntary telecommuting. One of the aims of this study was to examine the differences between voluntary and mandatory telecommuting. Furthermore, this study investigated the longitudinal effect of telecommuting in the workplace on affective and professional well-being (N = 1877). In addition, it was tested whether sudden changes or shocks, age, and career adaptability moderate the relationship between telecommuting and well-being. Preliminary results show that telecommuting has different effects on affective and professional well-being. Whilst there are no

immediate effects of telecommuting on affective well-being, it appears that over time there is an increase. As for professional well-being, there is a slight, insignificant, initial decrease when starting to telecommute. No moderator effects of voluntary telecommuting, shocks, age or career adaptability were observed. Based on the findings of this study, when implementing measures of telecommuting, the FOPH and employers should be aware of the long-term effects telecommuting can have on employee's well-being.

17 D: Effects of doxycycline on experimental trauma memory modification: A randomized placebo-controlled trial

**Meister, L., Rosi-Andersen, A., Bavato, F,
Yanfang, X., Bach, D. & Kleim, B.**

Mentoring: Prof. Dr. Birgit Kleim

**Branch of study: Experimental Psycho-
pathology and Psychotherapy**

The core clinical feature of posttraumatic stress disorder (PTSD) is recurrent re-experiencing in form of intrusive memories. Doxycycline is an MMP-9 inhibitor that can inhibit synaptic plasticity and may potentially prevent the formation of intrusive memories. Here we examined in a randomized, double-blind, placebo-controlled trial, the effect of doxycycline on the development of intrusive memories. Healthy females (N = 80) participated in a trauma film paradigm where they were exposed to stressful film footage depicting strong interpersonal violence. Before the film, participants received either 200mg doxycycline or placebo. During the film, participants' physiological fear response (heart rate, respiration, skin conductance, pupil size) was recorded. After the film, the participants completed an intrusion diary for one week.

A majority of participants, 92%, experienced intrusive memories. Against our hypothesis, the doxycycline group did not significantly differ from the placebo group in number and slope of these daily intrusive memories in a multilevel Poisson regression ($p = 0.73$). Exploratory analysis revealed lower heart rate in the doxycycline group compared to the control group one week after the trauma film when shown images of the film ($U = 401, p = .034$). Future studies should examine the effects of MMP-9 inhibitors on intrusive memories and physiological fear response. Such findings could provide guidance for the

treatment of acutely traumatized patients in the emergency department.

18 M: Predicting anxiety severity and CBT treatment outcome from smartphone-based passive sensing features

Mocellin, J.

Mentoring: Prof. Dr. Birgit Kleim

Branch of study: Experimental Psychopathology and Psychotherapy

Anxiety disorders are the most common class of mental disorders present in the general population. Cognitive Behavioral Therapy (CBT) is amongst the most effective and first-line recommended treatments. Unfortunately, only about half of treated patients show a significant decrease in symptoms. A better prediction of who benefits from this treatment and a precise understanding of the mechanisms is thus warranted. Passive mobile sensing (PS) provides an unprecedented opportunity in this regard by measuring patient behavior unobtrusively during everyday life, therefore giving the opportunity to gauge initial status, predictive features and behavior change during the therapy.

In a randomised controlled clinical trial of a transdiagnostic CBT treatment, we investigated whether data collected from several phone sensor streams prior to, during and after CBT (i) is associated with baseline anxiety severity and (ii) predicts treatment outcome. We collected data from 33 participants from their individual smartphone, including accelerometer recordings, geolocation, activity recognition data, battery usage, bluetooth and wifi devices scanned by respective antennas, ambient

light recordings, device screen unlock events. A number of engineered features were extracted from raw data in order to describe their distribution and derive metrics of behavior used for predicting symptom severity at baseline and post therapy from self-report questionnaire data and clinician-based interviews.

PS data obtained at baseline was associated with some anxiety assessments, but did not show significant difference to data collected post treatment at a population level and did not predict treatment outcome. Linear models failed to draw an association between predictors and targets ($R^2 < 0$) and therefore more complex, non-linear, supervised models need to be considered, potentially along with more discriminative features. Further planned analyses and clinical implications will be discussed.

19 D: Development and validation of the Clinical Aspects of Historical Trauma Questionnaire in Rwandan genocide survivors

Mutuyimana, C. & Maercker, A.

Mentoring: Prof. Dr. Dr. Andreas Maercker

Branch of study: Psychopathology and Clinical Intervention

Historical trauma is a relatively new concept in the literature, and investigations are needed to clarify its clinical aspects and develop instruments to measure its sequelae. The purpose of this study was to develop the Clinical Aspects of Historical Trauma Questionnaire (CAHTQ), which is meant to capture trauma sequelae in different contexts, and provide initial psychometric information. Participants were survivors of the genocide against the Tutsi in Rwanda (N = 261) aged 32–87 years (M= 46.30 years, SD = 11.95) who completed a preliminary version of the CAHTQ, constructed based on theoretical and content-related consideration, as well as the International Trauma Questionnaire, Fatalism Scale, Public Health Depression Questionnaire, Brief Coping Inventory, Forgiveness Questionnaire, and Sentiment of Reconciliation Questionnaire to test the discriminant and convergent validity of the CAHTQ. Exploratory factor analysis was conducted to reduce the number of items and extract factors; confirmatory factor analysis (CFA) was conducted to confirm the measure's dimensionality. The final questionnaire includes 20 items and five subscales. The items demonstrated good internal consistency, Cronbach's $\alpha = .91$, and the CFA demonstrated a very good fit of the model to the data, $\chi^2(60, N = 261) = 271$, CFI = .963, TLI = .956, SMRR = .052, RMSEA = .05. The CAHTQ was developed to capture the clinical aspects of historical trauma sequelae. Unlike

comparable previously developed instruments, this questionnaire can be used for various historical traumas globally, and its suitability for this purpose will be the focus of future studies.

20 D: DeepEye: Predicting Gaze Position with Deep Learning of Electroencephalography Data

**Plomecka, M., Kastrati, A., Wolf, L.,
Wattenhofer, R. & Langer, N.**

Mentoring: Prof. Dr. Nicolas Langer

**Branch of study: Methods of Plasticity
Research**

The collection of eye gaze information is widely used in cognitive science and psychology. Moreover, many neuroscientific studies complement neuroimaging methods with eye-tracking technology to identify variations in attention, arousal and the participant's compliance with the task demands. To address limitations with conventional eye-tracking systems, recent studies have focused on leveraging advanced machine-learning techniques to compute gaze based on images from a webcam or images from fMRI. While using a webcam to specify the eye gaze position requires an additional system and synchronization with auxiliary measures from the actual experiment that is even more cumbersome than in traditional eye-tracking systems, fMRI data acquisition is costly and does not provide the temporal resolution at the level that cognition takes place. In contrast, EEG is a safe and cost-friendly method that directly measures the brain's electrical activity and enables measurement in clinical settings. However, an eye-tracking approach that offers gaze position estimation based on concurrently measured EEG is lacking.

We address this shortcoming and show that gaze position can be restored by combining EEG activity and state-of-the-art machine learning. We use a dataset consisting of recordings from 400 healthy participants while they engage in tasks with varying complexity levels resulting in EEG and EOG features

for over 3 million gaze fixations. To address intersubject variability and different experimental setups, we introduced a calibration paradigm, allowing the trained model to represent each participant's fixation characteristics throughout the experiment efficiently. Including a standardized, time-efficient and straightforward protocol to calibrate future recorded data on the pre-trained algorithm will improve the model's sensitivity, accuracy and versatility.

This work emphasizes the importance of eye-tracking for the interpretation of EEG results and provides an open-source

21 M: Do children need Theory of Mind to find semantic ambiguity humorous?

Poma, N., Manfredi, M., Bischetti, L., Sauppe, S., Brehm, J., Bambini, V. & Daum M.

Mentoring: Dr. Mirella Manfredi

Branch of study: Developmental Psychology – Infancy and Childhood

The Cognitive-Stage theory (McGhee, 1979) states that the type and complexity of humor a child can produce and understand mainly depends on the acquired cognitive functioning. Thus, each new cognitive acquisition leads to a qualitatively different form of humor. Following this account, the aim of the study was to investigate how children process different types of verbal humor and if the ability to comprehend and appreciate it was influenced by their cognitive and linguistic development. Moreover, we investigated whether ToM skills influence the ability to comprehend and appreciate humorous information containing semantic ambiguity.

To this aim, we tested the processing of humor elicited by phonological and nonsense jokes in a group of 5-year-old children (n=30). The children were presented with a context picture simultaneously paired with auditory sentences created by manipulating the final word of a straightforward sentence into: i) the *Base Condition*, which creates a non-humorous sentence containing the baseline target word (e.g., I eat the beef); ii) the *Phonological-humorous condition (PHC)*, which contains an unexpected word, phonologically close to the target word and rhyming with it, thus triggering a paradoxical and humorous effect (e.g., “I eat the

thief”); iii) the *Slapstick-rhyme condition*, which includes a non-word phonologically close and in rhyme with the target word (e.g., “I eat the sleef”); iv) the *Slapstick-nonsense condition*, which contains a non-word with the same root as the target word (e.g., “I eat the baur”). During the presentation of the stimuli, the EEG data was recorded.

The preliminary results showed a greater ERP negativity in response to the *PHC*, suggesting that at this age, children are able to comprehend and appreciate the humorous paradoxical semantic effect created by this condition. This study confirmed the results of previous investigations and offers first insights into the neural correlates of humor processing in preschoolers.

22 D: Kann eine gezielte Gedächtnisreaktivierung im Tiefschlaf die Effekte einer Moduierung von emotionalen Erinnerungen im Kontext von Psychotherapie verbessern?

Recher, D., Rohde, J., Da Poian, G., Henninger, M., Seifritz, E., Karlen, W., Lustenberger, C. & Kleim, B.

Betreuung: Prof. Dr. Birgit Kleim

Fachrichtung: Experimentelle Psychopathologie und Psychotherapie

Die Erforschung von Methoden zur Augmentation von kurz- und langfristigen Effekten evidenzbasierter psychologischer Interventionen ist zentral für die klinische Versorgung. Studien weisen u.a. auf das Potenzial von Schlaf zur Steigerung von therapeutischen Effekten hin. Ziel der Studie ist die Untersuchung, ob mittels der eher neueren Methode der gezielten Gedächtnisreaktivierung (Targeted Memory Reactivation, TMR) im Tiefschlaf die Effekte einer psychotherapeutischen Intervention verbessert werden können. Während TMR effektiv in der Verbesserung von deklarativen (z.B. Fremdsprachenlernen) und prozeduralen Gedächtnisinhalten ist, ist dessen Potenzial im Kontext von Psychotherapie wenig erforscht.

Insgesamt 80 gesunde Personen, die unter einer Erinnerung an ein sozial aversives Erlebnis (z.B. Mobbing-erfahrung) leiden, werden in vier experimentelle Bedingungen randomisiert. Die sozial-aversive Erinnerung wird mit einem evidenzbasierten Imagery Rescripting Verfahren (adaptiert nach Wild & Clark, 2011) moduliert. Je nach experimenteller Bedingung werden den Personen mit einem close-loop-EEG-Verfahren (SleepLoop, ETH Zürich) im

anschliessenden Tiefschlaf a) Wörter aus der modulierten Erinnerung, b) Wörter aus einer neutralen Erinnerung oder c) keine Wörter wiedergespielt. Explorativ soll untersucht werden, ob eine Präsentation von Wörtern während mehrerer Nächten die Effekte zusätzlich verbessert. Haupt-Outcome-Variablen sind zentrale Erinnerungscharakteristiken wie z.B. Valenz, Emotionalität, Arousal, Lebendigkeit und Häufigkeit von Intrusionen. Die vollständigen Befunde der vor kurzem abgeschlossenen Studie werden präsentiert.

Durch die experimentelle Beeinflussung der im Tiefschlaf natürlich auftretenden Konsolidierungsprozesse weist TMR möglicherweise das Potenzial auf, gezielt die Konsolidierung von zuvor in der Therapie gelernten Inhalten zu begünstigen. Damit könnte TMR eine praktikable Möglichkeit darstellen, kurz- und langfristige Effekte von Psychotherapien zu verbessern.

23 M: How to enjoy leisure? Effects of planning and choice on hedonic experience and hedonic conflict

Schäfer, J., Bernecker, K. & Wyss, V.

Mentoring: Dr. Katharina Bernecker

Branch of study: Psychology of Motivation, Volition, and Emotion

Decades of research on successful self-control has focused on negative impacts of hedonic goal pursuit on long-term goal pursuit. Recent findings showed that successful hedonic goal pursuit is important for well-being and often impeded by intrusive thoughts about long-term goals, resulting in hedonic conflict (Bernecker & Becker, 2021). Also, some people seem to be better in pursuing hedonic goals than others (i.e., trait hedonic capacity). The aim of the current study is to investigate two strategies which may help people, especially those low in trait hedonic capacity, to pursue their hedonic goals more successfully (i.e., less goal conflict, more hedonic success). We are especially interested in situations in which people experience time conflict between hedonic and long-term goals (e.g., leisure activities vs. work) as time is often perceived as a limited resource. The strategies that we are investigating are planning (vs. spontaneous pursuit) of hedonic activities as well as self-determined compared to other-directed choice of those activities. In an experimental 2x2-between subjects-design planning is manipulated by advising half of participants to pursue a hedonic activity either at a self-scheduled time or spontaneously. Choice is manipulated by giving participants either the option to choose between different hedonic activities (e.g., taking a walk, swimming, riding a bike) or by assigning them the activity (taking a walk). We expect that planning (vs. spontaneous pursuit) and self-

assigned choice (vs. other-assigned) increase hedonic success and reduce hedonic conflict. This should be especially the case for people low in trait hedonic capacity who naturally experience less success and more conflict. The hypotheses and procedure are pre-registered, and recruitment is currently under way.

24 M: Timing Is Everything, Isn't It? On the Consideration and Justification of Time-lags in Organizational Psychological Research

Schult, C.

Mentoring: Prof. Dr. Klaus Jonas

Branch of study: Social and Business Psychology

Organizational psychologists have long voiced concerns over how time-lags – that is, the time between two measurement occasions – are utilized in empirical research. They suspect that researchers rely on intuition and convenience, rather than on theory and existing research, when specifying time-lags. If true, this practice can be problematic as the choice of time-lags can directly affect the observed results and inferences regarding their causal nature. This research investigates this issue by quantitatively analyzing how time-lags are acknowledged and justified in organizational psychological research. Furthermore, it explores whether the potential neglect to acknowledge and justify time-lags is an issue specific to organizational psychology, by comparing it to the handling of time-lags in cognitive psychology. Employing meta-analytic techniques, the usage and justification of time-lags is assessed for studies published in the Journal of Applied Psychology (JAP) and the Journal of Experimental Psychology: Learning, Memory and Cognition (JEPLMC) in 2019 and 2020. The results show that despite implying a causal relationship between constructs, most studies in the JAP do neither acknowledge nor justify their choice of time-lags. Furthermore, the analyses of the studies from the JEPLMC show that time-lags and their justification are also largely neglected, indicating that the issue of inappropriate time-lags in research might not be limited to the field of organizational

psychology. To conclude, the implications and limitations of the meta-analysis are discussed and recommendations on how time-lag selection might be addressed in future psychological research are presented.

25 D: General justifiability of military violence and support for Ukraine's military resistance against Russia

Sebben, S. & Ullrich, J.

Mentoring: Prof. Dr. Johannes Ullrich

Branch of study: Social Psychology

There is some anecdotal evidence of pacifists expressing support for Ukraine's military resistance against the Russian invasion. Arguably, however, the more clearly a person considers any act of military violence unjustifiable, the less a person could be expected to support a specific instance of military violence. Our attempt to better understand potentially counterintuitive patterns of beliefs and convictions entails not only analyzing the conditional means but also the conditional variances. In a survey conducted at the beginning of March 2022 among a left-leaning sample from Germany (N = 405), respondents were less supportive of Ukraine's military resistance against Russia the more clearly they considered any act of military violence unjustifiable (pacifists). However, the variance in the reported support for military resistance against Russia as a function of pacifism reveals a noteworthy pattern. Whereas we arguably could have expected the smallest variance among pacifists and the largest variance among non-pacifists, we observed a pattern in line with the anecdotal evidence that inspired this study: Reported support of Ukraine's military resistance against Russia was more flatly distributed (i.e., the variance was greatest) the more clearly military violence was judged as categorically unjustifiable. We explore what might explain this result using additional variables such as exceptions for purely defensive acts of military violence or expected consequences of military versus non-violent forms of resistance.

26 M: Körper-Geist Dualismus und moralische Urteile

Signer, P.

Betreuung: Dr. Matthias Forstmann & Prof. Dr. Veronika Brandstätter

Fachrichtung: Allgemeine Psychologie (Motivation)

Unter Körper-Geist Dualismus wird die Vorstellung verstanden, dass Körper und Geist zwei voneinander getrennte Dinge sind. Die Ergebnisse zahlreicher Studien deuten darauf hin, dass eine solche Konzeption bei Laien trotz erworbenen expliziten Wissens über die biologischen Grundlagen kognitiver Prozesse weit verbreitet ist. Im Alltagskontext fanden Studien einen Zusammenhang von Dualismus mit geringerem Gesundheitsverhalten. Eine Erklärung dafür ist die Vorstellung, dass ein vom Körper getrennter Geist mit diesem kausal weniger stark zusammenhängt. Da geistige Fähigkeiten für viele Menschen die essentiell menschlichen Eigenschaften ausmachen, werten sie den Geist höher als den Körper. Demnach müsste körperlicher Schaden verglichen mit psychischem Schaden zu vernachlässigen sein. Wenn Menschen diese Vorstellungen vom eigenen Geist und Körper auf andere Menschen übertragen, sollte das einen Einfluss auf die moralische Beurteilung von Verhalten haben, das einer Person Schaden zufügt. In dieser Studie wird in einem Onlineexperiment mit moralischen Szenarien untersucht, ob eine dualistische Konzeption von Körper und Geist ein Moderator eines moralischen Beurteilungsprozesses ist. Die Teilnehmenden schätzen den physischen und psychischen Schaden einer Handlung ein und auch, ob diese Handlung moralisch bzw. unmoralisch ist. Die Hypothese ist, dass dualistischere Teilnehmende den psychischen Schaden tendenziell höher einschätzen und, dass sie

Verhalten bei hohem psychischem Schaden als unmoralischer beurteilen. Die Datenerhebung wird im Sommer 2022 stattfinden. Es sollen mindestens 250 Teilnehmende mit unterschiedlichem akademischem und soziokulturellem Hintergrund rekrutiert werden. Diese Studie leistet einen Beitrag zur Forschung über die Implikationen von Laienvorstellungen zu Körper und Geist. Weiter wird zum ersten Mal ein möglicher Zusammenhang von Körper-Geist Dualismus mit moralischem Urteilen untersucht.

27 D: Neurophysiological markers of successful learning in healthy aging

Strzelczyk, D., Popov, T., Kelly, S. & Langer, N.

Mentoring: Prof. Dr. Nicolas Langer

Branch of study: Methods of Plasticity Research

Global population is aging rapidly. Given that older age is often associated with a decline in learning and episodic memory, there is a pressing need to advance our understanding of the neural processes contributing to successful learning in older age. However, neural mechanisms underlying memory formation and the critical features that determine the extent to which aging affects learning are still unknown. Here, we examined effects of aging on learning trajectories and modulations of the P300 amplitude of subjects attempting to memorize a sequence of visual stimuli over repeated observations. By using a visual sequence learning task, we were able to track the progress of gradual memory formation on readily traceable neurophysiological and behavioral markers. Our task allows linking neural signals to behavior that are precluded in traditional approaches utilizing a remembered vs. forgotten comparison, because each stimulus can be examined over multiple repetitions, from being unknown, to newly learned and finally fully known. First, we showed that although both age groups improved with each sequence repetition, young subjects learned faster and remembered more stimuli. Neurophysiological data revealed that learning was accompanied by a continuous decrease of P300 amplitude. The decrease of P300 amplitude was larger in young subjects, which was significantly

linked to a better learning performance. P300 amplitude could predict the cumulative sequence knowledge in both age groups and identify fast learners among young subjects. Our results showed fair to excellent reliability for the behavioral performance and the P300 amplitude. In a supporting source reconstruction analysis, we confirmed that both age groups recruited the same occipito-parietal brain circuits during memory formation. The results highlight the importance of the P300 as a neurophysiological marker of learning, and may enable the development of preventive measures for age-related impeded learning.

28 M: Talk to the Hand: Wie Gestik Kindersprache Pusht

Stutz, S.

Betreuung: Prof. Dr. Moritz Daum

**Fachrichtung: Entwicklungspsychologie –
Säuglings- und Kindesalter**

Gemäss dem Gestural Feedback Model können Gesten den Sprachfluss unterstützen. In dieser Studie untersuchten wir, ob entsprechende Effekte bei Vorschulkindern beobachtbar sind. Wir wollten wissen, ob eine erhöhte Gestikulation im Zusammenhang mit einem erhöhten Sprachfluss steht, und ob bilinguale Kinder sowie Kinder mit einem kleineren Vokabular, mehr gestikulieren.

Dazu erklärten 24 ein- und zweisprachige Kinder (4-5 Jahre; nMädchen = 9, nKnaben = 15) und einer ihrer Elternteile (nMütter = 22, nVäter = 2) sich gegenseitig zwei mechanische Rätsel. Dabei wurden die Dyaden gefilmt. Die Gestikulation der Kinder und Eltern wurde mithilfe der Motion Tracking Software DeepLabCut analysiert. Der Sprachfluss der Kinder wurde über die gesprochenen Silben pro Minute erfasst. Zur Erfassung des Vokabulars lösten die Kinder einen altersentsprechenden Wortschatztest (BiLex).

Die Daten sprechen für einen positiven Effekt der kindlichen Gestikulation auf ihren Sprachfluss ($\text{Beta}_{\text{MpS}(138.62)} = 12.76$, $t = 3.36$, $p = .001$), zeigen aber keinen Effekt von Vokabular ($\text{Beta}_{\text{BiLex}(19)} = .00$, $t = .12$, $p = .903$) oder Bilingualismus ($\text{Beta}_{\text{Bilingual}(20)} = -.04$, $t = -.58$, $p = .569$) auf Gestikulation.

Gestikulation scheint tatsächlich beim Sprachfluss zu helfen. Entgegen bisherigen Studien konnte jedoch kein Einfluss von Bilingualismus und Vokabular auf den Sprachfluss gefunden werden. Dies spricht für

methodologische Probleme (z.B., die kleine Stichprobe). Wir sehen Potenzial in der künftigen Erforschung von Gesten als Hilfsmittel für Kinder mit Sprachflussproblemen.

29 D: Decomposing the role of alpha oscillations during brain maturation

Tröndle, M., Popov, T., Dziemian, S. & Langer, N.

Mentoring: Prof. Dr. Nicolas Langer

Branch of study: Methods of Plasticity Research

Childhood and adolescence are critical stages of the human lifespan, in which fundamental neural reorganizational processes take place. A substantial body of literature investigated neurophysiological changes during brain maturation by focusing on the most dominant feature of the human EEG signal: the alpha oscillation. Ambiguous results were reported for the developmental trajectory of the power of the alpha oscillation. Simulations in this study show that conventional measures of alpha power are confounded by various factors and need to be decomposed into periodic and aperiodic components, which represent distinct underlying brain mechanisms. It is therefore unclear how each part of the signal relates to changes during brain maturation. Using multivariate Bayesian generalized linear mixed models, we examined aperiodic and periodic parameters of alpha activity in the largest openly available pediatric dataset (N=2529, age range 5-21 years) and replicated these findings in a preregistered analysis of an independent validation sample (N=369, age range 6–21 yrs). First, the well documented age-related decrease in total alpha power was replicated. However, when controlling for the aperiodic signal component, our findings provide strong evidence for a reversed developmental trajectory of the periodic alpha power, whereas the aperiodic signal components decreased. Consequently, earlier interpretations on age related changes of alpha power need to be fundamentally reconsidered, incorporating changes in the aperiodic signal. The

interpretation of decreased total alpha power as elimination of active synapses rather links to decreases in the aperiodic intercept. Instead, additional analyses of diffusion tensor imaging data indicate that the maturational increase in periodic alpha power is related to increased thalamocortical connectivity. Functionally, our results suggest that increased thalamic control of cortical alpha power is linked to improved attentional performance.

30 M: Adaptive Führung: Wirksamkeit einer Leadership-App zur Förderung von kognitiven und behavioralen Führungskompetenzen

Wey-Mattai del Moro, P.

Betreuung: Dr. Anna Luca Heimann & Dr. Amelie Güntner

Fachrichtung: Arbeits- und Organisationspsychologie

Effektive Führungskräfte tragen maßgeblich zum Erfolg von Organisationen bei. Um in unterschiedlichen Kontexten und Führungssituationen erfolgreich zu sein, müssen Führungskräfte adaptiv führen. Adaptive Führung bezeichnet die Fähigkeit von Führungskräften, sich und ihr Verhalten an die Anforderungen der jeweiligen Situation anzupassen was sowohl kognitive als auch behaviorale Kompetenzen erfordert. Kognitive Kompetenzen beziehen sich darauf, eine soziale Situation richtig wahrnehmen, verstehen und interpretieren zu können. Behaviorale Kompetenzen beziehen sich darauf, ein breites Verhaltensrepertoire zu besitzen und anwenden zu können (z.B. aufgaben-, beziehungs- und veränderungsorientiertes Führungsverhalten). Bisherige Forschung zeigt, dass klassische Führungstrainings Führungskompetenzen erhöhen. Inwiefern sich die Adaptivität von Führungskräften durch Interventionen gezielt erhöhen lässt, ist jedoch unklar. Eine weitere Herausforderung stellt der Transfer von neu erlernten Kompetenzen in den Arbeitsalltag dar. Diese Masterarbeit untersucht, wie wirksam eine Online-Intervention ist, um Kompetenzen für adaptive Führung direkt im Arbeitsalltag zu erweitern. Insgesamt nahmen 130 Führungskräfte an der Studie teil. Die Führungskräfte durchliefen ein dreiwöchiges Selbsttraining und wurden randomisiert einer von zwei Interventionsbedingungen zugeteilt: (a) kognitiv-orientierte Übungen zum Trainieren der Situations-

wahrnehmung oder (b) behavioral-orientierte Übungen zum Trainieren von verschiedenen Führungsverhaltensweisen. Die Ergebnisse zeigen, dass der Nutzen der Online-Intervention positiv bewertet wird. Für die Wirksamkeit einer Online-Intervention zur Erweiterung von Kompetenzen für adaptive Führung, braucht es noch weitere Forschung. Einerseits um die kognitive wie auch die behaviorale Komponente von adaptiver Führung besser zu verstehen, andererseits um Trainingsinhalte spezifisch anpassen und dadurch die Wirksamkeit gezielt erhöhen zu können.

31 M: Home-Office als zweiseitiges Schwert - Warum und für wen führt Home-Office zu arbeitsbezogenem Rückzugsverhalten?

Wipf, L.

Betreuung: Prof. Dr. Klaus Jonas

Fachrichtung: Sozial- und
Wirtschaftspsychologie

Home-Office ist eine Arbeitsform, die durch die weltweite Covid-19-Pandemie enorm an Bedeutung gewonnen hat. Die Forschung zu den Auswirkungen von Home-Office generierte viel Wissen, häufig auch widersprüchliche Ergebnisse. Einerseits zeigte sich, dass erhöhte Autonomie durch Home-Office mit verbesserter Vereinbarkeit des Berufes und der Familie zusammenhängt. Andererseits finden andere Studien, dass Home-Office zu vermehrten work-family Konflikten führt. Diese Uneinigkeit und die mehrheitliche Untersuchung der Nutzung vs. Nicht-Nutzung von Home-Office im querschnittlichen Studiendesign, zeigen die Notwendigkeit einer Längsschnittstudie, die Änderungen in Home-Office Intensitäten untersucht. Wobei Home-Office Intensität lediglich den Anteil am gesamten Beschäftigungsgrad bedeutet. Diesem Appell folgend untersucht diese Masterarbeit die Einflüsse unterschiedlicher Intensitäten von Home-Office unter Einbezug des Mediators, work-family Konflikten und der Moderatoren, Boundary Management Präferenzen und Geschlecht auf die Kündigungsabsicht. Die über vier Messzeitpunkte dauernde Studie schloss 994 erwerbstätige Personen aus der deutschsprachigen Schweiz mit ein. Die postulierte Mediation, sowie die Moderationen wurden in ersten Mehrebenenanalysen nicht bestätigt. Hingegen zeigten explorative Analysen, dass eine intensivere Nutzung von Home-Office als im Durchschnitt einer Person, signifikant negativ mit der

Kündigungsabsicht zusammenhing. Ferner zeigte sich, dass Personen mit einer Home-Office Intensität von unter 50% signifikant niedrigere Kündigungsabsichten berichteten im Vergleich zu Personen mit einer Intensität zwischen 50 – 99%. Wobei Personen, die Vollzeit im Home-Office arbeiteten, sich nicht signifikant davon unterschieden. Diese Ergebnisse besitzen, neben wichtigen Impulsen für die zukünftige Forschung, hohe praktische Relevanz, da Organisationen durch angepasste Home-Office Intensitäten Kosten hoher Fluktuationsraten einsparen können.

32 M: Effekte des Menstruationszyklus auf den Psychotherapieerfolg bei Frauen mit Spinnenangst

Zorzini, G., Pallich, G., Galli, U., Hafner, A., Ehlert, U. & Fischer, S.

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Bei der Behandlung von Angststörungen werden als Goldstandard Therapien mit Reizkonfrontationsmethoden eingesetzt. Jedoch sprechen viele Patient*innen nicht ausreichend auf derartige Therapien an. Das Ziel dieser Studie besteht darin, den Effekt der Zyklusphasen auf den Behandlungserfolg bei Angststörungen zu untersuchen. Basierend auf Tierstudien kann hypothesisiert werden, dass Frauen, die sich während der Reizkonfrontation in der mittleren Lutealphase befinden, nach der Therapie eine geringere Ausprägung der Symptome aufweisen als Frauen in der frühen bis mittleren Follikelphase. Um diese Hypothese zu überprüfen, werden N=120 Frauen mit einer Spinnenphobie rekrutiert, die im Anschluss eine vierstündige Gruppentherapie mit Reizkonfrontation absolvieren. Die Zyklusphase wird mittels Ovulationstests bestimmt. Die Symptome werden mittels Spinnenphobie-Fragebogen (SPF) und dem Fragebogen zur Angst vor Spinnen (FAS) sowie mit einem behavioralen Annäherungstest (BAT) erfasst. Eine vorläufige Analyse von n=12 bereits erhobenen Frauen ergab eine signifikante Reduktion der selbstberichteten Angst und des Vermeidungsverhaltens über die Zeit hinweg. Zudem zeigten Frauen, die sich während der Therapie in der mittleren Lutealphase befanden im Vergleich zu Frauen in der frühen bis mittleren Follikelphase einen Trend in Richtung einer grösseren Reduktion der Furcht und des Vermeidungsverhaltens. Sollten sich diese

Befunde in der Gesamtstichprobe bestätigen, könnte dies bedeuten, dass vergleichsweise niedrige endogene Östradiol- und Progesteron-Spiegel im Verlauf des natürlichen Menstruationszyklus einen negativen Einfluss auf die Ausbildung eines Extinktionsgedächtnisses ausüben.



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