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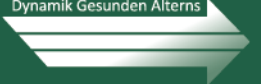
Psychologisches Institut

DoMaKo

Abstractband

Masterstudierenden- und
Doktorierenden-Kongress des
Psychologischen Instituts
Montag, 27. Mai 2024

Dynamik Gesunden Alterns



Grusswort der Institutsdirektorin zum MaDoKo

Liebe Teilnehmerinnen und Teilnehmer am MaDoKo 2024

Herzlich willkommen zum diesjährigen MaDoKo! 24 Masterstudierende und 14 Doktorierende haben sich angemeldet, um auf unserem traditionellen Posterkongress am Psychologischen Institut (PSYCH) ihre Arbeiten zu präsentieren. Es finden sich darunter theoretische und methodische Entwürfe geplanter Studien, aber auch die Ergebnisdarstellung abgeschlossener einzelner Studien oder gar ganzer Serien von Studien. In jedem Fall sind die Teilnehmenden sehr interessiert am wissenschaftlichen Austausch und an der Rückmeldung zu ihrer Forschung. Voneinander zu lernen, neue Sichtweisen kennenzulernen, seine eigenen Argumente zu schärfen, «blinde Flecken» zu entdecken, allenfalls sogar Ideen für eine Kooperation zu entwickeln – das macht den MaDoKo so wertvoll, der vor 21 Jahren von Professorin Ehlert ins Leben gerufen wurde und zu einem festen Bestandteil des akademischen Lebens am Psychologischen Institut geworden ist. Der MaDoKo gibt Anlass, auf das akademische Jahr zurückzublicken, die Fortschritte und Erfolge auf dem Weg zur Masterarbeit bzw. Dissertation zu feiern, sich zu vergegenwärtigen, wie viel man geschafft hat – auch wenn man vielleicht manchmal mit Hürden oder Rückschlägen zu kämpfen hatte. Die Förderung von Studierenden und jungen

Forschenden am PSYCH hat einen zentralen Stellenwert in unserem Leitbild – auch dafür steht der MaDoKo. Er bietet den Rahmen, (erste) Erfahrungen mit der Präsentation der eigenen Forschung zu sammeln, sich dem Wettstreit an Ideen und Argumenten zu stellen, eine Kompetenz, die in allen beruflichen und gesellschaftlichen Feldern von grosser Bedeutung ist.

Ich wünsche den Teilnehmenden viel Erfolg! Im Namen des Psychologischen Instituts möchte ich Claudia Hagmayer herzlich für die exzellente Organisation des MaDoKo danken. Ihren ausgezeichneten Beziehungen zu Sponsoren ist es zu verdanken, dass auch dieses Jahr wieder attraktive Posterpreise zu gewinnen sind. Grosser Dank auch an unsere Doktratskoordinatorin, Maike Krannich, und an unsere Kursadministratorin, Virginia Rusca, die unter den Forschenden dafür geworben haben, als Jurorin oder Juror mitzuwirken. Auch den Jurorinnen und Juroren möchte ich für ihr Mitwirken bei der Bewertung der Poster sehr danken!

Veronika Brandstätter-Morawietz
Direktorin des Psychologischen Instituts

Kongressprogramm

- Ab 13.00 Uhr** **Aufhängen der Poster**
- 14.30 Uhr** **Begrüssung und Kongresseröffnung**
- Anschliessend Posterpräsentation**
- 16.30 Uhr** **Ende Posterpräsentation, Abhängen der Poster**
- 17.00 Uhr** **Gastvortrag:**
Prof. Dr. Anna E. Kornadt, University of Luxembourg:
**«How old do you feel? Subjective aging experiences and
development in later life»**
- Anschliessend Preisverleihung**
- Ab 18.30 Uhr** **Apéro**

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



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BABU'S

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Abstracts

alphabetische Reihenfolge

01 D: From Chaos to Cohesion; Quantifying the complexity of early multilingualism

**Aalders, E. M., Rutkowska, J. M.,
Wermelinger, S. & Daum, M. M.**

Mentoring: Prof. Dr. Moritz M. Daum

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

With an increasing number of children growing up in multilingual environments, it is imperative to understand the nuances of their everyday language experiences and how these dynamics contribute to the development of their communicative behaviour. To capture the communicative complexity in early multilingual environments, this project builds upon two measures established in adult literature: language entropy and language distance. Language entropy describes the uncertainty and complexity of a system capturing language exposure in different social contexts. By accounting for the different contexts present in children's lives (home, secondary caregivers, institutional care, and educational settings), and the time children spent in each of these contexts throughout their development, we expand this measure further, making it applicable to developmental research. Furthermore, we incorporate language distance as an additional driver of complexity. Previous research has demonstrated that language distance amplifies the intricacies of language acquisition and negatively correlates with the vocabulary size of toddlers, thereby augmenting communicative complexity of multilingual environments as distance between languages increases. Data will be obtained through caregiver questionnaires on their child's language exposure, and the indicators of complexity (i.e., language entropy and distance) will be evaluated for their predictive value for children's language and communicative develop-

ment, measured via behavioural tasks. The proposed project supports the transition from a binary classification of language status (i.e., bilingual vs. monolingual) to a more nuanced representation of the complexity inherent to children's daily communicative experiences. This innovative approach aims to elucidate variations in development and behaviour with enhanced precision and sensitivity to the intricacies of everyday reality.

02 M: The influence of self-efficacy on change in mental health during a medical internship as mediated by coping

**Bissig, M., McPherson, E.,
Meine, L. & Kleim, B.**

Mentoring: MSc Ella McPherson

**Branch of study: Experimental
Psychopathology and Psychotherapy**

Medical students experience a great amount of mental distress throughout their education, which might be particularly exacerbated during their clinical internships. Despite this, longitudinal studies about the psychological factors that affect students' mental health during this time are scarce. Self-efficacy as well as successful coping have been repeatedly found to promote health and wellbeing. However, little is known about the underlying mechanisms by which these factors might interact to influence the mental health of medical students during their internship. To further explore the association between self-efficacy, coping styles and mental health outcomes, Swiss medical students were examined. This preregistered, longitudinal study followed students during three months of their clinical internship. Participants (N = 100, 72% female, mean age = 23.8 years) completed measures of mental health and self-efficacy before their internship (T0), measures of coping at the start of the internship, and measures of mental health three months later (T1). Multilevel modelling was used to analyze the effect of self-efficacy on mental health and structural equation modelling was used to integrate approach and avoidance coping into this relationship. Mental health decreased between T0 and T1. High self-efficacy at T0 buffered this effect, as it was associated with less decrease in mental health. Furthermore, self-efficacy at T0 was negatively associated with the use of avoidance coping. Approach coping was negatively associated with

mental health decrease, and avoidance coping was positively associated with mental health decrease. However, the mediating role of coping could not be confirmed. These findings add to the literature demonstrating a vulnerability in medical students undergoing internships and inform the development of targeted interventions to promote medical students' mental health.

03 M: The Effects of Perceived Physical and Mental Harm on Moral Judgment

Brunner, M.

Mentoring: Dr. Matthias Forstmann

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

Both mental harm and physical harm are significantly correlated with one's moral judgment of an action (Clifford et al., 2015). In a yet to be published study by Forstmann & Burgmer (TBD.), mental harm was even more strongly correlated with moral judgment than physical harm. Based on these findings, we intend to further explore this relationship by testing potential mediators and moderators.

04 M: The Association between Childhood Trauma and Resilience in Medical Students and the Mediating Role of Perceived Social Support

Büeler, L. A., McPherson, E., Meine, L. E. & Kleim, B.

Mentoring: MSc Ella McPherson

Branch of study: Experimental Psychopathology and Psychotherapy

Previous research implies that childhood trauma is associated with various negative mental health outcomes. Yet, little is known about the association between childhood trauma and resilience as a particular mental health outcome and potential mediating factors. This preregistered thesis aimed to bridge prevailing research gaps by adopting a current operationalization of resilience as a dynamic process that can only be assessed in the face of stressor exposure. The associations between total childhood trauma as well as three trauma subscales with resilience and the mediating effect of perceived social support on these associations were explored in a sample of Swiss medical students ($N = 100$, $n = 72$ females, $M(\text{age}) = 23.78$ years). As part of a longitudinal study, participants were followed during their first clinical internship, a period that was expected to entail stressful events and thus provide insights into participants' resilience. Results revealed a negative association between sexual trauma and resilience, while the associations were not significant for total, emotional, and physical trauma. That is, only higher sexual trauma was associated with lower resilience. Higher total and emotional trauma were associated with lower perceived social support, whereas higher sexual trauma was associated with higher perceived social support. Perceived social support did not emerge as a significant mediator of the association between childhood trauma and resilience. Exploratory analyses indicate conceptual differences

between childhood trauma and other stressful life events, albeit also revealing limitations of the predictive validity of childhood trauma in the present sample. Overall, methodological restraints might partially account for nonsignificant effects and provide perspectives for future research. Nevertheless, this thesis offers preliminary insights into current research gaps and yields important clinical implications for childhood trauma interventions.

05 M: Hedonic Success and the Role of Prior Rate of Progress on a Non-Hedonic Goal

Cantieni, L. M.

Mentoring: MSc Aisté Guobyté & Dr. Katharina Bernecker

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

Both hedonic and non-hedonic goals are associated with positive outcomes, yet research tends to conceptualize hedonic goals merely as a threat to non-hedonic success. In line with recent research, the present thesis questions this simplification of the relationship between hedonic and non-hedonic goals as well as the devaluation of the hedonic goals. The primary aim will be to experimentally investigate whether the perception of insufficient (vs. sufficient/more than sufficient) prior rate of non-hedonic goal progress impedes (vs. facilitates) subsequent hedonic success and whether intrusive thoughts mediate the effect. To address this, an online experiment will be conducted where participants will be given a goal to solve anagrams and subsequently engage in a relaxation task. The rate of progress will be manipulated by varying peoples' perceptions of how quickly they solved the anagrams before a break takes place: too slowly vs. as expected vs. faster than expected. Hedonic success will be captured by the self-reported change in relaxation (pre- vs. post break) after having followed an animated breathing exercise during the break. Insufficient (vs. sufficient/more than sufficient) rate of progress is expected to induce a time-based goal conflict and a motivational state favoring goal-consistent (vs. variety seeking) behavior. Thus, if prompted to take a break regardless, intrusive thoughts about the anagram task are predicted to

increase and undermine effective relaxation. We will aim to recruit N = 150 participants (50 per group) via Prolific. The findings will add to a better understanding of the relationship between hedonic and non-hedonic goal pursuit and the processes that underlie hedonic success.

06 M: Lebensziele im Kontext von Partnerschaft: Die Bedeutung von Partnerunterstützung und Zielwichtigkeit bei der Verfolgung von Lebenszielen sowie deren Einfluss auf das subjektive Wohlbefinden.

Choyulpa, T., Schäfer, J.,
Bernecker, K. & Brandstätter, V.

Betreuung: Prof. Dr. Veronika Brandstätter-
Morawietz

Fachrichtung: Allgemeine Psychologie
(Motivation)

Diese Längsschnittstudie untersucht die Dynamik der Verfolgung von Lebenszielen im Kontext von Partnerschaft. Dabei wird im Sinne eines Erwartung-Wert-Ansatzes ein besonderes Augenmerk auf die Interaktion zwischen Partnerunterstützung und Zielwichtigkeit bei der Vorhersage von Fortschritten bei der Zielverfolgung gelegt. Ein weiteres Ziel ist es, den Einfluss der Verfolgung von Lebenszielen auf das subjektive Wohlbefinden zu untersuchen. Die Zieldimensionen werden mithilfe des GOALS-Fragebogens (Pöhlmann & Brunstein, 1997) erfasst, während das subjektive Wohlbefinden durch den Mehrdimensionalen Befindlichkeitsfragebogen (MDBF, Steyer et al., 2019) und die Skala der Allgemeinen Lebenszufriedenheit (ALZ, Bodenmann-Kehl, 1999) gemessen wird. Die Daten stammen aus einem zehnjährigen Forschungsprojekt ("PASEZ") zu Partnerschaft und Stress*, mit einer Stichprobe von 368 heterosexuellen Paaren. Die Daten werden mittels Mehrebenen-Analysen analysiert. Die Ergebnisse dieser Studie tragen dazu bei, das Verständnis für die Zusammenhänge zwischen Zielfortschritt und subjektivem Wohlbefinden im Kontext von Partnerschaft zu vertiefen.

07 M: Relationship of Caregiver Language Input and Caregiver Sensitivity with Infants' Receptive Vocabulary Development

Damm, V., Wagner, L., Wermelinger, S. & Daum, M. M.

Mentoring: Prof. Dr. Moritz M. Daum

Branch of study: Developmental Psychology: Infancy and Childhood

Genetics and environment influence infants' language development. Examples of environmental factors are the quantity (amount of input) and quality (variation of input) of caregiver language input and caregiver sensitivity. Previous research shows that the higher these three factors are, the larger the infant's vocabulary. However, this relationship has not yet been investigated in the first year of life. This study aims to fill this research gap. The tested hypotheses can be summarized as follows: the higher the quantity and quality of caregiver language input and caregiver sensitivity, the larger the infant's receptive vocabulary cross-sectionally and longitudinally. The study was conducted at two measurement time points (t1 and t2) 6 months apart. In total N = 64 infants took part in t1 and N = 75 in t2. The age of the infants was 5 to 12 months at t1 and 11 to 18 months at t2. Quantity and quality of caregiver language input were positively associated with infant's receptive vocabulary cross-sectionally at t2, with quantity being additionally positively related to infant's receptive vocabulary longitudinally. This study did not show any statistically significant association between caregiver sensitivity and infant's receptive vocabulary. These results indicate that the effect of quantity and quality of caregiver language input on infant receptive vocabulary can be found towards the end of the first year of life, that quality might become more important earlier than previously assumed and that further investigations are needed to better understand the

relationship of caregiver sensitivity and infant receptive vocabulary.

08 D: Transfer Learning Optimization for Small Sample Size Studies: Adapting Normative Models for Enhanced Detection of Neuroanatomical Atrophy Patterns in Alzheimer's Disease

Elleume, C., Hebling Vieira, B.,
Floris, D. L. & Langer, N.

Mentoring: Prof. Dr. Nicolas Langer

Branch of study: Methods of Plasticity
Research

Disentangling healthy-aging related neuroanatomical shrinkage from Alzheimer's Disease -related pathological brain atrophy is crucial for early disease detection. Recent advances in neuroimaging methods, such as normative modelling, offer promising avenues. These methods establish normative trajectories based on large-scale datasets from healthy control (HC) population, enabling the assessment of deviations in clinical populations by analyzing outliers relative to these benchmarks. Despite their growing use and benefits, the application of normative models to independent clinical populations presents methodological challenges, such as variations in MRI scanner parameters specific to each acquisition site and typically limited sample sizes per site.

Our study addresses these challenges by using transfer learning to align pretrained models with new data. Normative models were established for the thickness and volume of 181 brain regions in the UK Biobank (N=42,747). Models were transferred to the AIBL dataset (N=462, 12% AD) and to the OASIS dataset (N=1117, 17% AD) using sub-samplings of HC as transfer learning adaptation sets.

We investigated how adaptation set's sample size and age distribution impacted 1) the precision and reliability of the model adaptation in HC and, 2) the outlier detection in HC and AD populations and 3) the classification performance of machine learning

models to discriminate AD from HC individuals. The results showed models achieved excellent reliability (ICC > 0.9) starting from 40 samples in the adaptation set. With this sample size, model performance, outlier detection and classification performances nearly saturated with little benefit in using larger sample size. The age distribution study stressed age-matching the adaptation set to the target population to avoid biases in estimating deviations in clinical cohort. Our work provides essential guidelines for adapting normative neuroimaging models to independent clinical populations.

09 M: Data-Driven Classifications of Psychopathology: An Investigation of Internalizing Disorders in Childhood.

Engler, I. M. & Langer, N.

Mentoring: Prof. Dr. Nicolas Langer

Branch of study: Methods of Plasticity Research

The validity and reliability of categorical nosologies of psychopathology has been long under scrutiny. In response, alternative empirical and dimensional models have been suggested. In particular, the Hierarchical Taxonomy of Psychopathology (HiTOP) adopts an empirical, hierarchical, dimensional and transdiagnostic approach to understanding psychopathology. The present thesis utilized the HiTOP's internalizing dimension as the theoretical basis, thus focusing on the psychopathological dimensions of *Distress, Fear, Eating Pathologies and Sexual Problems*. This work first set out to replicate the internalizing structure with childhood data from the Healthy Brain Network (2357 children aged 5 to 21 years). Exploratory and confirmatory factor analyses were conducted, utilizing 78 variables describing behavioral internalizing symptoms. Consequently, an alternative structure to that of the HiTOP was proposed including four latent factors: *Depressivity, Nervousness, Social Fears, and Obsessions, Compulsions and Sexual Tendencies (OCS)*. This structure was invariant to sex (male/female) and to age (pre/postpubescent), but not fully invariant to individuals with at least one internalizing diagnosis, in comparison to those without one. Structural equation modeling provided insights into the relationships among the latent factors, notably emphasizing robust associations between *Depressivity* and *OCS/Nervousness*, as well as between *Nervousness* and *Social Fears*. Additionally, ten predictors were examined,

with the most significant influences being a negative attitude towards the child, parental life dissatisfaction, inconsistent discipline, and bullying. All extracted models (EFA, CFA, SEM, SEM with predictors) provided good model fit, also when tested with a separate subset from the sample. Future longitudinal studies investigating the relationships of demographic variables to lower-level symptoms and traits may elucidate predictive paths in childhood psychopathology.

10 M: Biopsychological Correlates of Aggressive Behavior in Depressed and Nondepressed Men: A Comparison Study

Feuring, L, Ehlert, U. & Walther, A.

Mentoring: Dr. Andreas Walther

Branch of study: Clinical Psychology and Psychotherapy

Background: Since most antisocial acts are committed by men, research into male aggression represents a relevant societal concern. To accurately predict and, ultimately, prevent future aggressive and violent behavior, an integrative approach to what drives such behavior is of critical importance.

Objective: This study attempted to better our understanding of aggression by embracing several risk factors, such as depression status, traditional masculinity ideologies (TMI), resting heart rate (HR) and blood pressure (BP), and testosterone (T) levels. More specifically, it aimed to investigate potential interactive effects between TMI and biological markers in relation to aggressive behavior in depressed and nondepressed men.

Method: A Swiss community sample of men with (N=60) and without (N=27) major depressive disorder (MDD) participated in the male-specific psychotherapeutic program (MSPP), the world's first RCT to examine the effectiveness of a novel intervention strategy specifically designed for men suffering from depression. Participants self-reported their aggressive tendencies (BPAQ), endorsement of (MRNI-SF) and conformity to masculine norms (CMNI-30). Heart rate and blood pressure were measured at rest using the Omron M3 Comfort Automatic Upper Arm Blood Pressure Monitor. Blood samples were collected for testosterone analyses. To confirm the presence or

absence of an MDD, structured clinical interviews (SCID-5) were conducted.

Results: Aggression levels were found to be higher in depressed compared to nondepressed men. Irrespective of depression status, TMI significantly predicted aggression, whereas resting HR, BP, and T did not. However, the relationship between TMI and aggression was moderated by low resting systolic blood pressure (SBP).

Conclusion: The current study emphasizes the importance of bridging disciplines when investigating aggressive behavior. The impact that masculine norms and biological vulnerabilities have on the development of aggression cannot be understated. The results of this work offer new avenues to a better understanding of male aggression and may aid prevention efforts.

11 D: A comparative analysis of different perspectives on risky choice and involved psychological mechanisms

Fischer, O., Lob, A. B. & Frey, R.

Mentoring: Prof. Dr. Renato Frey

Branch of study: Cognitive and Behavioral Decision Research

Understanding and predicting the relevant risky choices of modern life is a key goal of behavioral research. However, how do the choices that researchers focus on align with real-life choices that people make? And what are the psychological underpinnings that might explain any differences between the two perspectives? Using a multi-method approach we compiled two comprehensive inventories totaling 165 risky choices, representative of both research and layperson perspectives. Based on cosine similarities of the choices' semantic embeddings and signal detection theory, we identify which choices the two perspectives have in common and where they diverge, and we map their overlap and discrepancies. Moreover, by leveraging the semantic content of choices, we evaluate their relevance to significant real-world risks, as identified by the World Economic Forum and the Global Burden of Disease study. Finally, to better understand why the choices in the research and layperson perspectives are (dis)similar, we examine the role of seven classes of psychological mechanisms (i.e., motivation, experience, affect, cognitive resources, social influence, contextual constraints, and evaluation of choice attributes) in making these choices using Bayesian mixed effects models. In sum, our approach illustrates how well attuned the status quo in behavioral research is to the actual choices and concerns of people. We thereby aim to refine the focus of future studies both in terms

of the choices as well as the psychological mechanisms investigated.

12 M: Identifying Subtypes of Psilocybin-Induced Altered States of Consciousness

**Florineth, G., Belinger, L., Langer, N.,
Herdener, M. & Preller, K.**

Mentoring: MSc Lydia Belinger

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

Research on the psychedelic compound psilocybin has seen a resurgence of interest in the last two decades. Psilocybin provides a tool for reliably inducing altered states of consciousness and has demonstrated promise in the treatment of various psychiatric disorders (such as mood, anxiety, and substance use disorders). Evidence indicates that the quality of the subjective experience plays an important role in beneficial and enduring outcomes following substance administration. However, there is a substantial interindividual heterogeneity in the intensity and quality of subjective effects reported, even in highly controlled clinical settings. To parse this heterogeneity, a data-driven hierarchical cluster analysis procedure was employed to identify experiential subtypes in a pooled sample ($n = 114$) of healthy participants. All included studies used a randomized, double-blind, placebo-controlled, cross-over study design and administered a single moderate dose of psilocybin ($M = 14.1$ mg). Four distinct psilocybin subtypes were identified: “Low Scoring”, “Moderate Scoring Positive”, “High Scoring Positive”, and “Challenging Experience”. Subtypes were significantly different in all 11 variables quantifying the subjective effects of psilocybin. Subtypes did not significantly differ in average dose, age, gender, verbal IQ, or life satisfaction. These results offer a first bottom-up analysis of subjective experiences from clinical psilocybin trials and provide a data-derived classification approach for psilocybin experiences. This lays the

groundwork for improving our understanding and prediction of individual-level psilocybin responses in future clinical settings.

13 M: Co-varying eye movements and power modulations of alpha oscillations during working memory: a pilot study

Hansen, A., Strzelczyk D., Langer, N. & Popov, T.

Mentoring: Dr. Tzvetan Popov

Branch of study: Methods of Plasticity Research

It is commonly agreed that power modulations in alpha oscillatory activity serve as an inhibitory neural mechanism, selectively routing information within cerebral circuits. In visuo-spatial attention, alpha oscillations enhance the processing of relevant targets and suppress potential distractors. However, there are inconsistencies regarding alpha power modulations with increasing load in common working memory (WM) tasks. Particularly, high WM load is associated with either decreased or increased alpha power, depending on the type of WM task deployed (i.e., N-back vs. Sternberg WM tasks).

This pilot study (N = 10) utilized simultaneous EEG and eye tracking to examine the relationship between alpha power modulation and oculomotor action in the context of an N-back task and two variations of Sternberg tasks. The study aimed to explore whether different gaze patterns during these tasks offer explanatory value in addressing the variations in alpha power with WM load.

Preliminary results confirmed a decrease in posterior alpha power with increasing WM load in the N-back task. However, for the Sternberg tasks, this relationship was not clearly evident. The three tasks exhibited distinct gaze variability depending on the WM load condition. Statistical power prohibits conclusions regarding the presence or absence of a clear relationship between alpha power and gaze variability.

However, these exploratory results highlight a novel research avenue linking alpha oscillations, eye movements, and working memory, providing valuable insights for future research and implications for understanding the neural mechanisms underlying the brain's control of eye movements.

14 D: The Influence of Automatic Speech Recognition on Linguistic Features and Automatic Alzheimer's Disease Detection from Spontaneous Speech

Heitz, J., Schneider, G. & Langer, N.

Mentoring: Prof. Dr. Nicolas Langer

Branch of study: Methods of Plasticity Research

Alzheimer's disease (AD) represents a major problem for society and a heavy burden for those affected. The study of changes in speech offers a potential means for large-scale AD screening that is non-invasive and inexpensive. Automatic Speech Recognition (ASR) is necessary for a fully automated system. We compare three popular ASR systems in terms of Word Error Rate (WER) using a publicly available benchmark dataset of speech recordings of AD patients and healthy controls, and analyze potential effects of diagnosis, age, and gender on error rates. Furthermore, this study is the first to quantify how popular linguistic features change when replacing manual transcriptions with ASR output. This contributes to the understanding of linguistic features in the context of AD detection. Moreover, we implemented two approaches of end-to-end classification of audio recordings into AD patients and healthy controls: A fine-tuned BERT language model, and Random Forest on popular linguistic features. We investigate how using ASR-generated instead of manual transcripts affects AD classification: Performance stays strong, achieving an Area under the ROC curve (AUROC) of 0.87. Our results indicate that the BERT-based approach is affected more strongly by ASR transcription errors than the simpler and more explainable approach based on linguistic features and Random Forest.

15 D: The Assessment and Structure of Psychopathology Among Young Adults in Kenya, Namibia, and South Africa

Hofmann, D., Hopwood, C. J. & Thalmayer, A. G.

Mentoring: Prof. Dr. Amber Gayle Thalmayer

Branch of study: Personality, Mental Health, and Culture

The universal applicability and broad generalizability of psychopathology constructs is generally assumed. However, evidence for contemporary psychopathology models comes predominantly from Western contexts, which limits generalizability. The ‘majority world’ (i.e. Africa, Asia, Latin America, Middle East) generally and Africa specifically are underrepresented in psychopathology research. Ongoing efforts to reorganize mental disorder classifications provide an opportunity to integrate evidence from majority world contexts. In this study, we examined the structure of common mental health symptoms in young adults across three African contexts: Namibia, South Africa, and Kenya. The results provide evidence of an equivalent structure of the common psychopathology dimensions Depression, Anxiety, Post-Traumatic Stress, Substance Abuse, Anger, Attention-Deficit/Hyperactivity across the three African samples. These dimensions fit a two-factor model with spectra of Internalizing and Externalizing, which was invariant across the country groups samples and aligns well with evidence-based Western models of psychopathology. This suggests a universal phenotypic structure and provides compelling support for the universal applicability of the Internalizing and Externalizing spectra and their utility in cross-cultural research and practice.

16 M: Social Competence in Children: Longitudinal and Cross-Sectional Differences and the Association with Parenting Stress

Hofmann, N., Wermelinger, S.
& Mörsdorf, L.

Mentoring: Prof. Dr. Moritz Daum

Branch of study: Developmental
Psychology: Infancy and Childhood

This study sought to examine the relative stability of social competence from infancy to 3- and 7-years longitudinally, extending previous research which focused on the period between infancy and 36 months. Additionally, this study aimed to contribute to the existing knowledge on the association between caregivers' parenting stress, children's age, and children's social competence through cross-sectional analyses, by having multiple measures of social competence. The study used a sample comprising $N = 163$ children aged 3, 5, and 7 years, along with their caregivers in Switzerland. Methods included caregiver-rated questionnaires on parenting stress and children's social competence, as well as an adaptive test on emotion understanding and two gaze following (eye tracking) tasks. While we expected relative stability of social competence across childhood, the data offered only limited support for this hypothesis. Moreover, no evidence for the postulated negative association between children's age and caregivers' parenting stress could be found. However, consistent with our hypotheses, our findings revealed a positive association between children's age and social competence and a negative association between certain measures of children's social competence and their caregivers' parenting stress. These findings indicate potential starting points for future intervention programs to increase children's social competence and decrease caregivers' parenting stress.

17 D: Do Self-efficacy and Intention Mediate the Association Between Social Support and Health Behaviours?

Höhener, P. S., Allen, J. M., Tobias, R., Küng, P., Bierbauer W., Bermudez, T., Berli, C., Lüscher, J., Schenkel, K., Radtke, T., Luszczynska, A., Biddle, S. & Scholz, U.

Mentoring: Prof. Dr. Urte Scholz

Branch of study: Applied Social and Health Psychology

Social support plays an important role during health behaviour change. However, the mechanisms through which social support works remain unclear. According to the enabling hypothesis, social support affects health behaviours through self-efficacy. Furthermore, the extended Theory of Planned Behaviour proposes an indirect effect of social support on behaviour through intention. The current preregistered study aimed to investigate these mechanisms on a daily level (<https://osf.io/a2w8y/>). We investigated the within-person mediation of self-efficacy and intention of the association between social support and health behaviours, using data from four different samples. The samples included physically inactive romantic partners aiming to increase their moderate-to-vigorous physical activity (Study 1), patients right after discharge from cardiac rehabilitation aiming to be physically active (Study 2), adolescent best friends aiming to reach the recommended physical activity (Study 3), and smokers attempting to quit smoking (Study 4). Social support, self-efficacy and intention were assessed through daily diaries. Physical activity and smoking abstinence were assessed device-based through accelerometers and smokerlyzers. We used Bayesian multilevel mediation analyses to examine the proposed mechanisms. Results indicated an indirect effect of emotional support on physical activity through self-efficacy and intention in Study 1. However, we found no mediation effects of the proposed mechanisms in the other studies.

Furthermore, there were no direct effects of emotional or instrumental support on the subsequent health behaviour in the proposed direction. Future research should investigate the proposed mechanisms across different time spans, examine different mechanisms, and investigate potential moderators.

18 M: Psychometric Evaluation of an Approach-Avoidance Task Within Romantic Relationship Contexts

Imhof, N. & Pfister, M.

Mentoring: Prof. Dr. Veronika Brandstätter-Morawietz

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

Approach and avoidance motivation represent basal tendencies to approach positive stimuli and avoid negative stimuli. Approach/avoidance temperaments can be understood as sensitivities to positive/negative stimuli which influence cognition, affect and behavior in a broad manner, whereas goals serve to direct the underlying motivation in a more precise way. The Manikin Task is a reaction-time-based task that measures approach and avoidance behavior. In this task, participants move a manikin either towards positive stimuli and away from negative stimuli (compatible condition) or away from positive stimuli and towards negative stimuli (incompatible condition). The aim of this Master's Thesis is to assess the psychometric properties of an adapted Manikin Task that measures partner-specific approach and avoidance behavior via smartphone. To distinguish between partner-specific and general approach and avoidance behavior, happy (positive stimuli) and angry (negative stimuli) faces of the participant's partner and of a stranger are used. Thus, the task has eight conditions: Happy partner/stranger and angry partner/stranger in compatible and incompatible conditions. To assess validity, the following hypotheses will be tested: Approach/avoidance temperament is positively associated with general and partner-specific approach/avoidance behavior. The association with partner-specific approach/avoidance behavior is mediated by

approach/avoidance relationship goals.

The task was part of a larger research project in which N = 96 (pilot study) and N = 257 (main study) relationship partners completed a baseline and five daily questionnaires for 10 consecutive days. The task was measured each evening with 10 trials per condition. All 10 individual measurements will be combined resulting in 100 trials per condition. The reliability will be assessed with an odd-even and a permuted split-half reliability. The hypotheses will be tested using structural equation models.

19 M: Förderung Sozialer Präsenz in einem E-Learning-Kurs für Lernende 60+

Inerle, K., Kamin, S. T., & Demiray, B.

**Betreuung: Dr. Stefan Kamin
& Dr. Burcu Demiray**

**Fachrichtung: Gerontopsychologie und
Gerontologie**

Mit der wachsenden Bedeutung von E-Learning wird die Frage nach der effektiven pädagogischen Gestaltung von Lernumgebungen mit Blick auf sozio-emotionale Aspekte dringlicher. Dies wird in anderen Studien unter anderem mit Hilfe des Konstrukts der «Sozialen Präsenz» erforscht, bisher jedoch vor allem in jüngeren Altersgruppen. Diese Thesis untersucht, ob sich das Gefühl der Sozialen Präsenz auch in einem E-Learning-Kurs für Lernende der Seniorenuniversität gezielt fördern lässt, welche Aktivitäten und Elemente sich besonders eignen, und ob sich positive Effekte auf die abhängigen Variablen Lernerfahrung, wahrgenommenen Lernzuwachs und Zufriedenheit ergeben. Dazu wurden auf Grundlage eines bestehenden E-Learning Kurses eine Kontroll- und eine Experimentalbedingung (nK = 10, nE = 11) ohne und mit Aktivitäten bzw. Elementen der Sozialen Präsenz entwickelt. In einem Mixed Methods Forschungsansatz mit quantitativen Fragebögen und qualitativen Interviews wurden Bewertungen und Erfahrungen der Teilnehmenden im Alter von 60 bis 79 Jahren ($\bar{X} = 67.8$ Jahre) erhoben, ausgewertet und verglichen. Die Ergebnisse des Brunner-Munzel Tests zeigen einen marginal signifikanten Effekt der Experimentalbedingung auf Zufriedenheit ($p = .08$, $P = 0.67$), und eine höhere Wahrscheinlichkeit für alle abhängigen Variablen höhere Werte zu erzielen (Lernerfahrung: $p = .12$, $P = 0.7$; wahrgenommener Lernzuwachs: $p = .16$, $P = 0.68$). Qualitative Aussagen der Teilnehmenden spiegeln Theorien der

Sozialen Präsenz und lassen sich darin einordnen. Die Ergebnisse weisen auf einen positiven Trend zugunsten des E-Learning Kurses mit Aktivitäten bzw. Elementen der Sozialen Präsenz hin. Trotz einer generell hohen Zufriedenheit der Teilnehmenden wurden Barrieren festgestellt, u.a. zur Usability der Chatfunktion und Videokonferenzen, die Anknüpfungspunkte für weitere Verbesserungsmöglichkeiten bieten.

20 M: Im Schatten des Gesundheitssystems – Längsschnittliche Analyse des Therapieverlaufs von ME/CFS Patient*innen in einer randomisierten, klinischen Interventionsstudie am USZ

Jenny, S., Hausmann, D. & Schiebler, S.

Betreuung: Dr. Daniel Hausmann-Thürig

Fachrichtung: Applied Social and Health Psychology

Theoretischer Hintergrund: Die myalgische Enzephalomyelitis/Chronisches Fatigue- Syndrom (ME/CFS) ist eine komplexe und oft missverstandene Krankheit, deren Prävalenz in Metaanalysen mit 0.4% angegeben wird. Symptome der Betroffenen, wie Fatigue, Post-Exertionale Malaise (PEM) und kognitive Dysfunktionen, haben gravierende Auswirkungen auf alltägliche Aktivitäten sowie das Wohlbefinden. Da die Ursache unklar ist, konzentriert sich die Behandlung auf die Linderung der Symptome. Bisherige Behandlungsansätze werden kontrovers diskutiert und sind nicht von allen Patient*innen akzeptiert. Dies verdeutlicht die Notwendigkeit weiterer Forschung hinsichtlich der Akzeptanz und Wirksamkeit von Therapien einschliesslich der Akzeptanz- und Commitmenttherapie (ACT) sowie Minipausen im Alltag (MIA). Zudem ist es erforderlich, mögliche Hindernisse, wie Kindheitstrauma und Therapieerwartung, für den Therapieverlauf zu identifizieren, um eine individuellere Behandlung zu ermöglichen.

Methoden: In einer klinischen Studie mit bisher 10 ME/CFS-Patient*innen wurde entweder ACT oder MIA über eine 13- bis 14-wöchige psychotherapeutische Intervention durchgeführt. Mittels Fragebögen wurden traumatische Kindheitserfahrungen (CTQ) und Therapieerwartung (TEX-Q) erfasst. Mit einer

Mediationsanalyse wurde der Zusammenhang von Kindheitstrauma vermittelt über die Therapieerwartung auf das subjektive Wohlbefinden untersucht.

Resultate: Ein erstes Zwischenergebnis wird im Rahmen des MaDoKo präsentiert.

Conclusion: Erkenntnisse über die Wirksamkeit von ACT und MIA bei ME/CFS sind bedeutend für die Behandlung dieser Krankheit. Daneben ist eine frühzeitige Erfassung von Therapiehindernissen ein möglicherweise vielversprechender Ansatz für bessere Behandlungsergebnisse.

21 D: A Humor-enriched Mindfulness-based Program (HEMBP): Findings from two randomized controlled trials.

Kastner, C. T.

Mentoring: Prof. Dr. Urte Scholz

Branch of study: Applied Social and Health Psychology

Objectives: Recently, research on mindfulness and humor has begun to spark interest, both being essential contributors to well-being. Forms of humor that share intention and attitudinal foundations with mindfulness, are proposed to constitute the foundation of a mindful-humorous perspective and mindful humor. Once intention and attitude are in alignment, shared mechanisms underlying a mindful-humorous perspective may lead to synergetic effects (e.g., reinforcing a shift in perspective and attitudinal foundations) as summarized in the mindful humor filter model (MHFM). The HEMBP was developed based on the MFHM. Results of two randomized trials evaluating the HEMBP for validity and efficacy will be presented.

Methods: In study 1, 60 participants were randomly allocated to either the HEMBP or a wait-list control. In study 2, 90 participants were randomized to (1) the HEMBP, (2) mindfulness-based stress reduction (MBSR), or (3) a wait-list control. In both studies, participants' mindfulness, comic styles, psychological well-being, life satisfaction, and stress were assessed before and after training(s), and at a 1-month (study 2: + a 3- and 6-month) follow-up. Linear mixed-effects models were fitted to model changes in outcome variables over time.

Results: The HEMBP was effective in increasing mindfulness, benevolent humor, and psychological well-being, and in reducing sarcasm, cynicism, and

stress compared to the wait-list control group. There were no significant differences in the effects on outcomes between the HEMBP and MBSR.

Conclusion: Results support the validity and efficacy of the HEMBP as a promising approach for improving well-being and reducing stress. The HEMBP broadens the scope of existing mindfulness-based programs by cultivating a mindful-humorous outlook on life, facilitating mindfulness practice and insights, and fostering positive emotions and relationships with others through mindful humor. Results are also suggestive of the validity of the MHFM.

22 M: Investigating stress and problem management skills and its links to mental health outcomes in refugees living in Switzerland

Kolotzek, V.

Mentoring: MSc Jennifer Kurath

Branch of study: Psychopathology and Clinical Intervention

Aim of the study

Many refugees experience higher levels of depression and anxiety even after fleeing to host countries due to post-migrations factors including financial insecurity and separation from loved ones. Additionally, refugees are confronted with barriers within the healthcare system that makes appropriate treatment difficult. Within the SPIRIT project (Scaling-up Psychological Interventions in Refugees In Switzerland), Problem Management Plus (PM+), is used to tackle this problem and improve resilience in refugees. The aim of this pilot study was to assess the strategies of stress management and problem management and their effects on depression and anxiety scores in refugees.

Methods

214 refugees filled out the baseline assessment in regards to their eligibility in participation for the SPIRIT project. 67 of these refugees fulfilled the participation criteria and completed PM+ intervention and the post-assessment. Depression and Anxiety scores as well as strategy use were assessed at before and after the intervention. To estimate the effects between mental health outcome and strategy use, linear and multiple regression was used. The changes in mental health outcomes after PM+ was done by using repeated measures ANOVA.

Results

After receiving the PM+ intervention, participants showed significantly improved anxiety and depression scores. The strategy use of stress management is significant in reducing depression and anxiety scores of the HSCL, however not in the depression scores of the WHO Well being index. While the strategy use of problem management is neither significantly reducing the scores of the HSCL nor the WHO Well being index.

Conclusion

The increase in all PM+ strategies in refugees may subsequently improve their levels of anxiety and depression. However, the strategies of stress management and problem management by themselves are not sufficient enough for improvement.

23 D: The Moderating Role of Preference for Self-Reliance in Health-Related Social Control: Daily Associations with Physical Activity and Smoking Within Romantic Couples

Küng, P., Bierbauer, W., Berli, C., Höhener, P. S., Lüscher, J., Bermudez, T., Banik, A., Luszczynska, A. & Scholz, U.

Mentoring: Prof. Dr. Urte Scholz

Branch of study: Applied Social and Health Psychology

Health-related social control describes attempts to influence an individual's health behavior. Positive control (e.g., persuasion) is associated with favorable behavioral and affective outcomes, whereas negative control (e.g., pressure) may lead to reactance-related behavior (resisting) and is associated with unfavorable outcomes. This preregistered two-study-work examines whether mean and daily preference for self-reliance, i.e., the desire for others to stay out of one's health behaviors, moderates the effects of positive and negative social control on reactance-related behavior, affect, and health behavior.

We analyzed intensive longitudinal data on physical activity from 139 patients after cardiac rehabilitation (Study 1) and on smoking cessation in 71 adults from the general population (Study 2), using multilevel modeling.

Daily negative control was associated with increased reactance-related behavior in both studies and with decreased physical activity (study 1) but was unrelated to smoking (study 2). Furthermore, it was linked to unfavorable affect in Study 1, but not in Study 2. Positive control was only associated with higher positive affect in Study 2 and unrelated to other outcomes. In Study 1, daily preference for self-reliance moderated the relationship between positive control and reactance-related behavior: the association became positive and significant when preference for

self-reliance was high. All other moderation hypotheses were not supported. Results from exploratory analyses indicated that higher daily and mean preference for self-reliance was directly related to unfavorable outcomes, suggesting potential implications for interventions. Our findings call for future research on preference for self-reliance and other inter- and intraindividual factors affecting responses to health-related social control.

24 D: Towards an Integrative Framework for Verbal and Formal Theories of Decisions Under Risk and Uncertainty

Lob, A. B., Fischer, O. & Frey, R.

Mentoring: Prof. Dr. Renato Frey

Branch of study: Cognitive and Behavioral Decision Research

Which are the psychological mechanisms shaping people's decisions under risk and uncertainty? While the behavioral sciences have produced many theories to address this question, attempts to integrate their different assumptions are sparse: Verbal theories may explain real life decisions with high face validity but lack precisely testable predictions. Conversely, formal theories allow for clear mathematical predictions but often focus on presumably artificial lab tasks. We aim to bridge this gap and harness each approach's respective advantages, highlighting both similarities and differences in the mechanisms they propose. To this end, we created a taxonomy of the most important psychological mechanisms proposed to be involved in decisions under risk and uncertainty by both theory traditions. These span different aspects of psychological functioning including affect (e.g., emotions, mood), cognitive control and resources (e.g., inhibition, attention, memory), experience and knowledge, goals and motivation (e.g., specific needs), social influence (e.g., norms), subjective perception of choice attributes (e.g., the utility of an option) and time factors (e.g., immediacy, time pressure, discounting). As such, this taxonomy is the basis for an integrative process model quantifying the psychological mechanisms involved in decisions under risk and uncertainty, and may help researchers to identify similarities and discrepancies between different theories of choice.

25 M: From forced to free interaction: Universal cooperation in ingroup, outgroup, and endogenous meeting conditions

Lushaj, N.

Mentoring: Prof. Dr. Jörg Gross

Branch of study: Cognitive and Behavioral Decision Research

Many of the challenges currently facing humanity are global in nature. In order to be successfully addressed, they require not only cooperation within groups ('group cooperation'), but also cooperation across groups ('universal cooperation'). Recent research suggests that intergroup exchange is a key factor in explaining the emergence of group vs. universal cooperation. Particularly, universal cooperation emerges when groups have a high likelihood of interacting with outgroup members instead of interacting only with ingroup members. The present experimental study builds on this finding by testing whether group members, if given the choice, would voluntarily seek to interact with outgroup members to foster universal cooperation. Using a repeated nested dilemma, participants, assigned to one of two groups, could use own resources to create a benefit for their group ('group cooperation') or the larger collective ('universal cooperation'). Each round had a second stage in which participants could see the past behavior of one other participant and reward it or not ('enforcement stage'). Across treatments, we manipulate whether participants were 'forced' to only get paired with ingroup, only outgroup members, or could voluntarily choose whether to get paired with an ingroup or outgroup member in each round. Our results replicated the finding that more universal (and less group) cooperation emerges when individuals are 'forced' to interact across groups. More importantly, we find that, when given a choice, individuals rather choose to

interact with members of their own group. This, however, does not lead to more group cooperation like it is the case when forced to interact with ingroup members, as might be expected. Instead, we observe stable universal cooperation. Results suggest that only a few, voluntary interactions with outgroup members are needed and that the possibility of free mobility across group boundaries suffices to foster intergroup, universal cooperation.

26 M: Assessing a Hostile Attributional Style in Job Interviews to Identify Potential Perpetrators of CWBs: A Study on Criterion-Related Validity and Interviewee Reactions

Mathis, S.

Mentoring: Prof. Dr. Martin Kleinmann

Branch of study: Work and Organisational Psychology

Counterproductive workplace behaviors (CWBs) result in financial losses and pose a threat to organizations' images. Therefore, identifying potential perpetrators of CWBs at the earliest stage possible in the personnel selection process is crucial. Thereby, a hostile attributional style (HAS) has been identified as a crucial predictor of CWBs. While a HAS is usually assessed via questionnaires, such as the Organizational Attributional Style Questionnaire (OASQ), I propose a newly developed structured job interview as a promising alternative tool to predicting CWBs, and to explaining incremental variance in CWBs above and beyond the established OASQ. To test this proposition, N = 52 interviewees were assessed. I could neither find evidence for the criterion-related validity of a HAS assessed in the OASQ for CWBs, nor for a HAS assessed in the structured job interview for CWBs. Consequently, I could neither establish incremental validity of the structured job interview assessing a HAS for CWBs above and beyond the OASQ. Nevertheless, interviewees showed more positive reactions towards the structured job interview assessing a HAS than towards the OASQ. This did not hold true when controlled for interviewees' self-perceived performance in the respective tools. Taken together, this study provides a foundation for incorporating the assessment of a HAS in a structured job interview into

the personnel selection process to predict interviewees' propensity to committing CWBs.

27 M: Does familiarity interfere with the removal process in working memory?

**Pantoja, M., Li, C., Rosner, A.
& Oberauer, K.**

**Mentoring: Prof. Dr. Agnes Rosner
& Prof. Dr. Klaus Oberauer**

Branch of study: Cognitive Psychology

Recent research has shown a remaining of the item memory during the removal process, potentially reflecting the activated representation in long-term memory associated with the item. This study aimed to investigate the impact of these activated representations on the removal process in working memory by manipulating the familiarity of stimuli. Firstly, a calibration experiment was conducted to equate the task difficulty between familiar and unfamiliar items. During a recall task, familiarity, presentation time, and set size were manipulated. In addition to the calibration of the task difficulty, results revealed differential encoding rates between the levels of familiarity of the items, but no difference in the maintenance of the item in working memory. Secondly, the main experiment aimed to test whether familiarity interferes with the removal of item and binding memories. The degree of familiarity with the stimuli was manipulated using an updating paradigm. Lower remaining item memory for unfamiliar items was observed but these findings were mitigated by the results revealing a higher remaining of the item memory of to-be-removed items compared to still-relevant items. Potential limitations are addressed. No difference was found in the removal performance between the levels of familiarity. Results do not suggest familiarity to be responsible for the remaining of the item memory in the removal process, nor that familiarity interferes with the removal of binding memory.

28 D: The Impact of Differences in Working Memory Capacity on Adolescents' Metacognitive Control

Rüegg, E., Zimmermann, K. & van Loon, M.

Mentoring: Prof. Dr. Mariëtte van Loon

Branch of study: Metacognitive Development during Childhood and Adolescence

Research on metacognition has proposed a model in which high metacognitive accuracy (MA) leads to effective metacognitive control (MC) in a learning task, thereby positively impacting performance. Large individual differences have been found in the ability to use MC processes, such as restudy, effectively during learning. There is some evidence to suggest that poor working memory capacity (WMC) may impair the ability to effectively use MC. As WMC and metacognition are known predictors of performance in memory tests and school achievement, their effects on both will be analysed to disentangle their unique contributions. Therefore, this study aims to analyse the relationship between WMC, MA and MC and their impact on task performance and school achievement. A sample of approximately $n = 100$ 7th graders will complete a self-paced learning task in which they are asked to learn the definition of four difficult concepts per block. Participants are allowed to select items for restudy after their first response and after judging their performance on each item. MA is defined as the accuracy of their confidence judgments, whereas MC is defined as the selection of items that received a low confidence judgment for restudy. Participants perform two complex-span tasks to assess their WMC. Task performance and grades will be collected as indicators of achievement. The relationship of the variables will be analyzed using structural

equation modeling to test whether WMC and MA impact MC and achievement. As data collection is ongoing, the study design will be presented.

29 M: Emotion regulation flexibility in a dyadic context: Older and younger couples' use of four interpersonal emotion regulation strategies

Schmid, R., Meier, T., Huber, Z.M.,
Martin, M. & Horn, A. B.

Mentoring: Dr. Andrea B. Horn
& Prof. Dr. Mike Martin

Branch of study: Gerontopsychology and
Gerontology

The aim of this master's thesis is to investigate aspects of flexibility in younger and older couples' day to day interpersonal emotion regulation. We are interested in how romantic partners flexibly use four different regulation strategies (co-suppression, responsive touch, co-reappraisal, positive humor) to respond to each other's emotions. It has been proposed that the abilities to adjust regulation efforts to a given situation and use different strategies variably across time are important aspects of adaptive emotion regulation, but this has so far not been explored for interpersonal regulation in a dyadic context. While aspects of emotion regulation are thought to change across adulthood, evidence for age-related differences in flexibility is inconclusive and limited to an individual perspective. Using dyadic experience sampling data from N = 103 couples from two different age groups we will investigate a) if individuals' regulation efforts are sensitive to their partners' affective state (i.e., higher use of strategies in moments of low partner affective valence) b) if more variability in one person's strategy use positively predicts their partner's affective and relational wellbeing (higher affective valence, more psychological intimacy) and c) if these processes differ between younger and older couples. Multilevel actor partner interdependence models are used for data analysis.

30 M: Kulturelle Werte und Traumafolgestörungen in der Schweiz. Eine qualitative Studie

Schraner, K., Maercker, A., Eberle, D. & Bachem, R.

Betreuung: Dr. Rahel Bachem

Fachrichtung: Psychopathologie und Klinische Intervention

Die Forschung der kulturellen klinischen Psychologie zeigt, dass Kultur ein wichtiger Faktor für psychische Gesundheit ist. Das gilt besonders für Traumafolgestörungen, die sich in sozialen Kontexten bilden und entwickeln. Das neue Konzept der kulturellen Skripte von Traumafolgestörungen dient dazu, kulturspezifische posttraumatische Erfahrungen in verschiedenen Bereichen zu erfassen. Um Kultur zu operationalisieren, eignen sich insbesondere die kulturellen Wertorientierungen von S.H. Schwartz und G. Hofstede. In dieser Masterarbeit wurde erstens danach gefragt, welche spezifischen kulturellen Werte im Zusammenhang mit Traumafolgestörungen bei Schweizer Trauma-Überlebenden genannt werden. Zweitens erörterte sie Parallelen zu den kulturellen Werten von Schwartz und Hofstede. Drittens wurde exploriert, in welchem Zusammenhang die spezifischen kulturellen Werte mit kulturellen Skripten von Traumafolgestörungen stehen. Zu diesem Zweck wurden fünf Fokusgruppen-Interviews mit in der Schweiz sozialisierten Trauma-Betroffenen und Expert:innen in Psychotraumatologie mittels der fokussierten Interviewanalyse qualitativ ausgewertet. Dieses Datenmaterial bildete bereits die Grundlage für die Erstellung des Cultural Scripts of Trauma Inventory (CSTI) (Bachem et al., 2024). Die Masterarbeit hat gezeigt, dass kulturelle Werte der Konformität, der Leistung und des Individualismus im Zusammenhang mit Traumafolgestörungen eine wichtige Rolle spielen. Konformität steht in engem Zusammenhang mit

kulturellen Skripten, die vom Drang zeugen, normal zu wirken, Gefühle zu kontrollieren und Leid zu bagatellisieren. Hinter dem Drang zu funktionieren wiederum steht der Wert der Leistung. Der Individualismus zeigt sich u.a. in Gefühlen der Schuld und Selbstverantwortung für das Trauma und in der Sorge, für andere eine Last zu sein. Damit stellt diese Studie einen weiteren Beitrag dar, um kulturell geprägte posttraumatische Erfahrungen besser verstehen und behandeln zu können.

31 M: Vergleich verschiedener Techniken zur Verhaltensänderung im Sportkontext: Einfluss auf die Automtizität.

Selmanaj, A. & Bürgler, S.

Betreuung: Prof. Dr. Veronika Brandstätter-Morawietz

Fachrichtung: Allgemeine Psychologie (Motivation)

Hintergrund: Obwohl regelmässige körperliche Aktivität zahlreiche Vorteile mit sich bringt, ist die Mehrheit der erwachsenen Bevölkerung nicht aktiv genug. Frühere Forschungsarbeiten legen nahe, dass die Bildung von Gewohnheiten ein Mechanismus für die Aufrechterhaltung von Verhaltensänderungen ist. Die Studie basiert auf Forschungsarbeiten, die zeigten, dass Personen mit hoher Selbstkontrolle besser darin sind, gute Gewohnheiten zu etablieren, und auch über wirksamere Techniken zur Verhaltensänderung (Behavior Change Techniques; BCTs) verfügen. In der vorliegenden Arbeit wird untersucht, (1) welche BCTs (z. B. Ziele und Pläne setzen oder Soziale Unterstützung) zu einer höheren Gewohnheitsstärke (SRBAI) führen und (2) ob der häufig beobachtete korrelative Zusammenhang zwischen Selbstkontrolle (UV) und guten Gewohnheiten, gemessen am SRBAI (AV), durch den Einsatz von BCTs mediiert wird (MV).

Methoden: Die geplante Stichprobe (N = 197) besteht aus Personen, die vor höchstens 10 Wochen eine neue Sportart begonnen haben und bestrebt sind, diese in ihre Routine zu integrieren. Die Personen werden gezielt in Fitnessstudios und Sportzentren, sozialen Medien, Online-Plattformen und in der Mailing-Liste für Psychologiestudierende der Universität Zürich für die Teilnahme angeworben. Die Teilnehmenden werden gebeten einen Online-Fragebogen auszufüllen. Es werden Fragen zur bisherigen Anzahl an Wieder-

holungen und der Häufigkeit im Wochendurchschnitt gestellt. Die Teilnehmenden werden gebeten, retrospektiv zu beantworten, welche BCTs sie spontan angewandt haben, um regelmässig zu trainieren. Selbstkontrolle wird mit der Brief Self-Control Scale (BSCS) gemessen, während die Gewohnheitsstärke wird mit dem Self-Report Behavioural Automaticity Index (SRBAI) erfasst wird, der die Automtizität der körperlichen Betätigung misst.

32 D: The Development of Incremental Phrase Planning

Slikkerveer, M. & Sauppe, S.

Mentoring: Dr. Sebastian Sauppe

Branch of study: Developmental Psychology: Infancy and Childhood

In language production, while it is possible to plan an entire utterance in advance before starting to speak, such a kind of holistic planning is neither necessary nor common. There is, however, a minimum amount of planning that must be executed: research on advance planning in language production has identified a minimal phrasal scope for the structural planning of sentences for adult speakers, all words of the first sentence element need to be retrieved and prepared for articulation. However, it is still unknown how planning scope develops in children, i.e., when and how they learn to plan in advance, in an adult-like fashion.

Here, we present the first eye tracking study exploring potential differences in sentence planning strategies between 7-year-old children and adults, focusing on phrasal planning scope. Participants describe arrays of animal pictures with sentences starting with either a simple phrase or a complex phrase (simple: “[The cat] is above the dog and the mouse” vs. complex: “[The cat and the dog] are above the mouse”), while gaze and speech onset latencies (RTs) are measured. For adults, we predict longer RTs and more fixations to the second animal referent for complex sentences, indicating that all words of the first phrase are planned before speech onset. If 7-year-old children’s advance planning abilities are still developing, we predict smaller or no fixation or RT differences between simple and complex sentences.

This is the first study examining the development of sentence planning processes *online*. Previous studies primarily relied on offline measures (such as errors and production choices). We expect the results to shed light on the development of language processing mechanisms in childhood.

Data collection is in progress. The poster will present the experiment design, stimuli, and analysis plans.

33 D: Die Erfassung von PTBS-bezogener funktioneller Beeinträchtigung bei trauma-exponierten Kindern und Jugendlichen: Eine systematische Übersichtsarbeit

Vogt, A. J., Landolt, M. A., Pfeiffer, E., Sachser, C., Skjærvø, I., Hermann, R. M. & Bartels, L.

Betreuung: Prof. Dr. Markus Landolt & Dr. Lasse Bartels

Fachrichtung: Gesundheitspsychologie des Kindes und Jugendalters

Hintergrund: Das Vorhandensein von funktionellen Beeinträchtigungen ist auch im Kindes- und Jugendalter zwingend nötig, um die Diagnose einer PTBS zu stellen. Derzeit gibt es jedoch keine Leitlinien, die Forscher:innen oder Kliniker:innen bei der Entscheidung helfen, welche Instrumente am besten geeignet sind, um PTBS-bezogene funktionelle Beeinträchtigung bei trauma-exponierten Kindern und Jugendlichen zu erheben.

Methode: Basierend auf den Ergebnissen einer systematischen Übersichtsarbeit soll, 1) die in der Literatur verwendeten Instrumente zur Bewertung des alltäglichen Funktionsniveaus in Zusammenhang mit einer PTBS bei Kindern und Jugendlichen vorgestellt; 2) die Messeigenschaften dieser Instrumente bewertet; und 3) Faktoren, die Forscher:innen und Kliniker:innen bei der Auswahl von Instrumenten zur Funktionsbewertung berücksichtigen sollten, aufgezeigt werden.

Ergebnisse: Neben inhaltlichen Metriken (erfasste Lebensbereiche, spezifische Schwierigkeiten innerhalb der Lebensbereiche) werden die methodischen Konzeptualisierungen der Messinstrumente (Antwortformat, Anzahl verwendeter Items, Auswertungsformat) sowie die psychometrischen Eigenschaften dargestellt.

Schlussfolgerung: Eine Übersichtsarbeit zu verfügbaren Instrumenten zur Erfassung des alltäglichen

Funktionsniveaus bei trauma-exponierten Kindern und Jugendlichen kann dazu beitragen, dass Forscher:innen und Kliniker:innen geeignete Instrumente zukünftig nutzen. Darüber hinaus bietet das Aufzeigen von Eigenschaften von Messinstrumenten eine Grundlage zur weiteren Weiterentwicklung und Validierung von Fragebögen zur Erfassung von alltäglichen Schwierigkeiten in Zusammenhang mit Symptomen der PTBS bei Kindern und Jugendlichen.

34 M: The Influence of Perceived Goal Progress on Conflicting Hedonic Goal Pursuit

von Moos, E.

**Mentoring: Dr. Katharina Bernecker
& MSc Aisté Guobyté**

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

Being portrayed as the threatening counterparts to long-term goals, hedonic goals and their positive outcomes have long been neglected by self-control researchers. However, more recent literature suggests that frequent hedonic success is associated with greater well-being without a negative effect on one's work life. Hedonic goals – such as eating a cupcake or watching one's favorite series – can be defined as cognitive representations of desired affective states that are associated with immediate pleasure or relief from displeasure. The aim of this master thesis was to investigate different factors that influence hedonic success to better understand the mechanisms behind successful hedonic goal pursuit. We hypothesized that perceptions of more goal progress (vs less) in a non-hedonic long-term goal (i.e., exercise) would promote the enjoyment of a conflicting hedonic goal (i.e., a Twix candy bar). Moreover, goal activation as well as the occurrence of intrusive thoughts while engaging in hedonic goal pursuit were hypothesized to be underlying mechanisms of this effect. To test these assumptions, we recruited $N = 191$ female exercisers at the exits of gym facilities, manipulated their perceived goal progress (high vs low) and offered a hedonic snack bar, which was either conflicting (i.e., healthy) or facilitating (i.e., unhealthy) towards their long-term health-related goal. Data analysis showed that our hypotheses were not supported. Exploratory findings and implications are discussed.

35 D: Association between case complexity, change in depressive symptoms and quality of life in primary health care patients

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Mentoring: Prof. Dr. Birgit Watzke

Branch of study: Clinical Psychology and Psychotherapy Research

Introduction: Patients in primary care exhibit a range of clinical complexities: while most have clearly identifiable issues, some present with a combination of mental, physical, and social challenges. Termed “complex” patients, these individuals present challenges for treatment and are at risk for poorer outcomes. This study had two aims: first, to investigate the association between case complexity and treatment outcome. Second, to examine whether “complex” patients can benefit specifically from higher-intensity treatments.

Method: The study presents secondary analyses of data from a large-scale RCT (ClinicalTrials.gov No.: NCT01731717). Based on the literature, a case complexity index (CCI) was formulated by combining six clinical features from physical, mental, and social domains. Patients were considered “complex” if they scored at least 3 points on the CCI and exhibited problematic aspects in biological, psychological, and social domains. The baseline sample included patients (N = 605) with depressive symptoms (PHQ-9 ≥ 5). Outcomes were remission from depression (PHQ-9 ≤ 5 points after one year), change in depressive symptoms, and quality of life (SF-12) at 3-, 6- and 12-months follow-up. Multilevel modelling and logistic regression were applied.

Results: Around 17% (n = 105) of patients were classified as “complex”. Patients with complex

condition were, on average, older, less often in a partnership and had a higher scores of depressive symptoms. The results of logistic regression showed that the odds of remission occurring decreased by 36.1% (95% CI [19.7%, 49.2%]) for a one-unit increase in CCI. After controlling for baseline severity, the CCI predicted the treatment outcome at 3-month follow-up. No interaction between CCI and treatment intensity over time was found.

Discussion: The study showed that higher case complexity in patients with depression is associated with poorer outcome. The compensation for the poorer prognosis of “complex” patients might need the implementation of more complex treatment approaches, especially collaborative care.

36 M: Trainability of Honest Impression Management: Can Honest Impression Management Be Effectively Trained?

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Branch of study: Work and Organisational Psychology

Honest Impression Management (hIM) displayed by job candidates plays an important role in job interviews. However, it has been shown that candidates differ unsystematically in their use of hIM. In addition, hIM only has a positive effect on interview performance ratings up to a certain point, after which it becomes detrimental. This indicates that there seems to be an appropriate level for candidates to engage in hIM, to achieve the best outcome. The primary objective of this study was to assess whether hIM, more specifically the three strategies honest Self-Promotion, honest Ingratiation and honest defensive Impression Management, can be effectively trained. We proposed that the hIM training intervention would influence the amount of displayed hIM. We also proposed that an hIM training intervention would lead to better interview performance ratings post-intervention compared to pre-intervention. Preliminary results indicate, that the hIM training had significant negative effects on self-reported honest Ingratiation and the self-reported overall score of all hIM strategies. However, there was no significant impact on self-reported honest Self-Promotion, self-reported honest defensive Impression Management, or the perception of the self-reported appropriateness of Impression Management. Our preliminary results also indicate that the hIM training did not lead to improved interview performance ratings. Possible reasons for these results need to be discussed.

37 M: Real-time fMRI Neurofeedback for Training Self Regulation of Reward Activation

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Mentoring: Prof. Dr. Paul Sauseng

Branch of study: Neuropsychology and Cognitive Neuroscience

Substance use disorders (SUDs) pose a significant public health challenge in Switzerland, highlighting the need for innovative and effective treatment approaches. Neurofeedback is a biofeedback technique that utilizes real-time monitoring of brain activity to provide individuals with information about their neural patterns and potentially improve their ability to self-regulate and modify cognitive or behavioral functions.

therapeutic applications in clinical populations affected by substance use disorders.

This thesis proposes real-time fMRI neurofeedback to quantify and train individuals' ability to self-regulate reward activation, with the aim of having greater control over substance use. Additionally, it aims to investigate the potential correlation between performance on the Prospective Imagery Task (PIT), a questionnaire assessing individuals' capacity to mentally visualize and anticipate positive or rewarding future scenarios, and neurofeedback training outcomes. The study employs a one-time neurofeedback training paradigm using a within-subject design, focusing on the ventral tegmental area (VTA) as the region of interest.

By investigating the correlation between PIT performance and neurofeedback outcomes, this research contributes to advancing our understanding of neurofeedback interventions for enhancing self-regulation in reward processing, with potential

38 D: Examining Individual Variability in Adolescents' Metacognitive Functioning

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Mentoring: Prof. Dr. Mariëtte van Loon

**Branch of study: Metacognitive
Development during Childhood and
Adolescence**

It is well known that metacognition impacts children's performance and school achievement. Previous research in the field of metacognition has widely focused on investigating means, treating metacognition as a single-measurement trait. However, only a few studies have investigated metacognition in a longitudinal design, and these do not confirm the idea of metacognition as a stable trait, but rather show fluctuations (e.g. how a person fluctuates from moment/day-to-day). Moreover, findings in the research field of learning provide evidence for the impact of intraindividual short-term fluctuations in self-regulation on children's learning and academic success, emphasizing the importance of examining variance in learning skills on the within-subject level. In our longitudinal study, 120 secondary school students (7th graders) will learn Kanji (Japanese characters) at three measurement points with a 3-week interval. At each measurement point, students go through a self-determined amount of blocks, each consisting of a learning phase followed by a test phase and an optional restudy phase. Metacognitive skills, including monitoring (confidence judgments), and self-regulation (study time allocation, restudy selections, and task persistence), will be assessed. At the end of measurement point 3, students will complete an end test, in which they can choose to withdraw/maintain the learned Kanji. Moreover, students' transcripts will be collected to obtain insight into school achievement. With these repeated-measurement data, we aim

to better explain intraindividual short-term fluctuations and their impact on performance and school achievement. Paying specific attention to variability in children will be beneficial when aiming to develop strategies (that are not one-size-fits-all) that teachers can employ to improve children's learning in educational practice.



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