

The Influence of Attentional Training Toward Happy Faces on Overt Social Rejection

Bachelor or Master Thesis am Lehrstuhl für Sozial- & Organisationspsychologie

Fragstellung

Does training an attentional bias toward happy information buffers the threat experienced when encountering social rejection?

Hintergrund

Attentional bias is the selective perception of a certain kind of information over another kind of information. A technique was found to train selective perception of positive information over the perception of negative information. Empirical data show that this technique has short- as well as long-term positive effects on future well-being.

Social rejection is a powerful stressor for human beings. Potential social rejection is so stressful that some individuals may develop phobic tendencies toward any social interaction.

A **threat physiological reaction** is occurring whenever a social rejection is experienced. Immediately after someone encountered the stressor, threat manifest itself by a distinctive pattern of blood pressure and amount of blood pumped by the heart.

It is unknown whether the threat physiological reaction caused by social rejection is attenuated after having been trained to focus on positive information instead of negative information. If yes, this kind of attentional training could be used in social phobia therapy.

Geplantes Vorgehen

- Schritt 1: Catch up with the literature about attentional bias, experimental social rejection paradigm and the assessment of threat and challenge physiological states.
- Schritt 2: Learn basic psychophysiology principles and to clean blood pressure and impedance cardiography data. Prepare the data for analysis.
- Schritt 3: Planning a data analysis strategy in order to test the predictions and perform it.
- Schritt 4: Write a report of the results.

Anforderungen

- Affinität zu Forschungsmethodik und wissenschaftlichem Schreiben
- Interesse an grundlegende Forschung in der Sozialpsychologie
- Interesse an Psychophysikologie
- Sorgfältigkeit und systematische Arbeitsweise

Organisatorisches

- 3 Bachelor Studenten oder 2 Master Thesis Studenten
- Beginn der Arbeit: ab sofort
- Anfertigung der Arbeit: publikationsbasiert

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