

ÁLLAPOT- ÉS VONÁSSZORONGÁS SZEREPE AZ AUTOMATIKUS ÉS AKARATLAGOS GÁTLÁSI FOLYAMATOKBAN

ALBU MÓNIKA

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Abstract: The paper investigates whether the cognitive bias for threat information is a function of state or trait anxiety. To seek clearer evidence of the roles of state and trait anxiety, we carried out this study that assessed attentional and memory inhibitional bias in high and low trait anxious subjects who were randomly allocated to either low or high stress conditions, induced by a mood manipulation technique.

In the emotional Stroop task the findings put in light the role of the trait anxiety, because subjects with high trait anxiety level, independently from mood manipulation show a great interference effect toward threatening stimuli, while this interference effect was lower in groups with low trait-anxiety. In contrast, in the memory inhibition paradigm the effect of the state anxiety seems to be more relevant, and this is supported by the fact that, subjects under high stress condition couldn't inhibit the threatening words, designated to be forgotten. The findings show, that state- and trait anxiety contribute to selective bias toward threat related stimuli at different processing levels: trait- anxiety has effect on attention and on free recall processes, while state anxiety influences the memory inhibitional processes.

Keywords: cognitive inhibition, directed forgetting, emotional Stroop-task, trait anxiety, state anxiety