

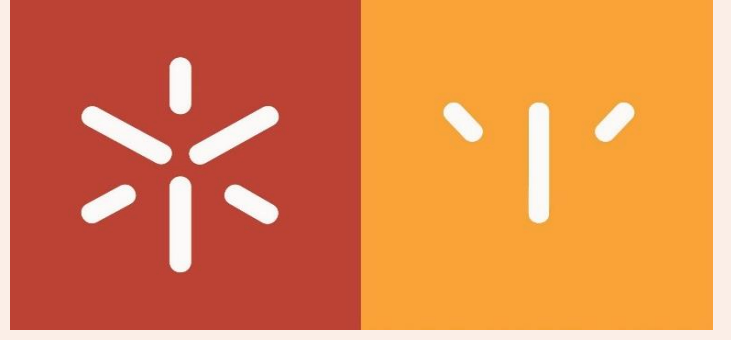
A Project With University Students

Inês B. Oliveira¹, Pedro B. Albuquerque², Bruno Cunha³ & Pedro F. S. Rodrigues^{1,3}

¹Department of Psychology and Education, Portucalense University

²CIPSI, School of Psychology – University of Minho

³CINTESIS.UPT@RISE-Health, Portucalense University

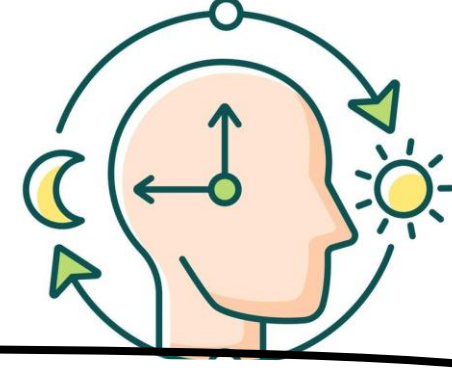


POSTER 50

INTRODUCTION

Working memory (WM) is a system that allows **information to be temporarily maintained and its content to be manipulated** [2, 4, 9], and is influenced by different factors, such as:

- **Circadian rhythms** [6, 13]



Morning type | peak activation in the early morning hours

Intermediate type | better timing flexibility for peak activation

Evening type | peak activation in the last hours of the day

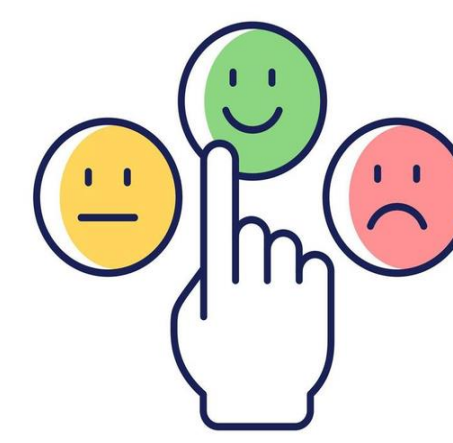
↳ Time of day congruent with the chronotype: **Synchrony**

[1, 8]

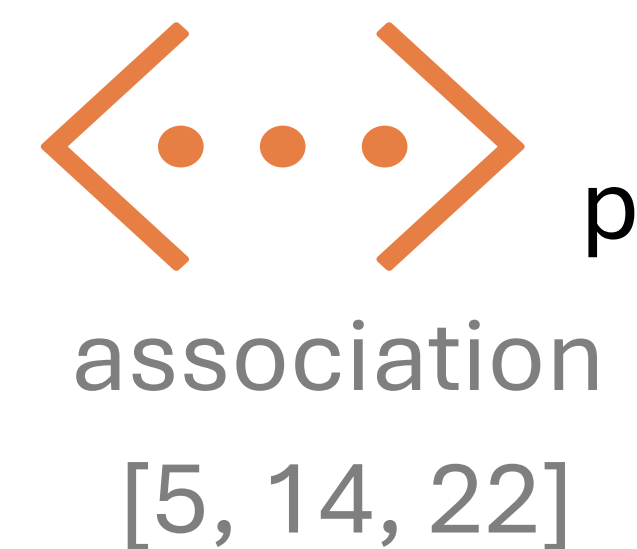
↳ Time of day incongruent with the chronotype: **Asynchrony**

- **Emotional Factors** [7, 19]

In our daily lives, we constantly use cognitive operations in contexts loaded with **information of a strong emotional nature**.



- Emotional induction
- Emotional regulation
- Use of stimuli with emotional valence



WM performance association

[5, 14, 22]

But... What about the combined effect of these factors in WM?

METHOD

Sample ✓ Portuguese university students
 2 groups (morning type vs. evening type) n = 30/group

⊗ No diagnosis of a mental disorder/use of medication that influences WM

Instruments/Tasks & Procedure

1-2 weeks interval

Moment 1

Online questionnaire

Moment 2

Synchronous/Asynchronous session

Moment 3

Asynchronous/ Synchronous session

- ✓ Free and Informed Consent
- ✓ Sociodemographic Questionnaire
- ✓ MEQ-H&O [20]
- ✓ DERS-SF [10]
- ✓ CERQ-Short [16]
- ✓ DASS-21 [12]

- ✓ STAY-Y1 [17]
- ✓ *OSPAN [24]

- ✓ STAY-Y1 [17]
- ✓ *OSPAN [24]

1 (15/3) + 5 = 11

Correct Wrong → Women

2 (2*10) - 1 = 18

Correct Wrong → Champion

3 Remember the words in order:

Type the words separated by space

Submit

*OSPAN constructed with emotional (negative and positive) and neutral valence words

347 total responses
199 agreed to proceed to Moments 2 and 3
(ongoing data collection)

EXPECTED RESULTS

- Higher levels of emotional dysregulation and greater use of maladaptive emotional regulation strategies in evening types [11, 21, 23].
- Better WM performance during the synchronous period [1, 3], regardless of the type of chronotype, with better results in the emotional conditions of the task [14, 15].
- Negative relationship between WM capacity and levels of emotional dysregulation, as well as the use of maladaptive emotional regulation strategies [5, 18].

REFERENCES



For more information:
43371@alunos.upt.pt