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# 17º ENCONTRO NACIONAL APPE

BOOK OF  
ABSTRACTS



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Universidade de Lisboa



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## **BOOK OF ABSTRACTS**

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# Index

<b>KEYNOTE SPEAKER .....</b>	<b>6</b>
WHY TIME AND RHYTHM MATTER IN SPEECH/LANGUAGE COMPREHENSION .....	6
<b>APPE AWARD .....</b>	<b>7</b>
AD HOC CATEGORIES AND FALSE MEMORIES: MEMORY ILLUSIONS FOR CATEGORIES CREATED ON-THE-SPOT .....	7
<b>MEMÓRIA   MEMORY .....</b>	<b>8</b>
SELF-GENERATED DIRECTED FORGETTING .....	8
O PAPEL DA DISCUSSÃO LIVRE NA REJEIÇÃO DE DESINFORMAÇÃO .....	9
FALSE MEMORY IN A SECOND LANGUAGE WHEN CONTROLLING THE KNOWLEDGE OF WORD MEANING.....	10
METAMEMORY FOR (UN)MASKED FACES.....	11
<b>LINGUAGEM ORAL E ESCRITA   WRITTEN AND ORAL LANGUAGE.....</b>	<b>12</b>
COVID-19 RELATED EFFECTS ON EARLY LANGUAGE DEVELOPMENT.....	12
IS IT A MATTER OF EXPERIENCE? READING STRATEGIES OF HIGHLY-LITERATE DYSLEXIC ADULTS AND BASIC-LITERATE NEUROTYPICAL ADULTS .....	13
THE IMPACT OF DIACRITICAL MARKS IN VISUAL WORD RECOGNITION .....	14
INTER-AGE AND CROSS-LANGUAGE COMPARISON OF ANIMACY WORD-RATINGS: DATA FROM PORTUGUESE AND BRITISH YOUNG AND OLDER ADULTS.....	15
VISUAL ATTENTION AND AUTOMATIC THOUGHTS DURING EXPOSURE TO EROTICA AS PREDICTORS OF SEXUAL AROUSAL IN CISGENDER HETEROSEXUAL MEN AND WOMEN .....	16
ATTRACTIVENESS: WHAT CAN WE LEARN FROM ALGORITHMS?.....	17
PRIOR KNOWLEDGE OF OBJECT-COLOR ASSOCIATIONS CAN FACILITATE AND HINDER WORKING MEMORY FOR COLORED OBJECTS .....	18
ADAPTATION INCREASES NEURAL RESPONSES THROUGH A RECIPROCAL INHIBITION CIRCUIT IN HUMAN MT+/V5 LEADING TO CHANGES IN PERCEPTUAL DECISION .....	19
EXTERNALIZING PIGEONS' TEMPORAL JUDGMENTS .....	20
<b>COGNIÇÃO SOCIAL   SOCIAL COGNITION.....</b>	<b>21</b>
ORAL APPROACH AVOIDANCE: O IMPACTO DO EFEITO IN-OUT NA PERCEÇÃO DE UTILIZADORES ONLINE .....	21
REACTIVE AND PROACTIVE CONTROL IN THE PRESENCE OF OTHERS.....	22
<b>TOMADA DE DECISÃO &amp; PENSAMENTO ESTATÍSTICO   DECISION MAKING &amp; STATISTICAL THINKING .....</b>	<b>23</b>
THE PSYCHOLOGICAL COSTS OF NEGLECTED INTUITIONS AND SUBSEQUENT IMPACT ON DECISION-MAKING .....	23
A AMPLIFICAÇÃO SOCIAL DE ENVIESAMENTOS DE RACIOCÍNIO.....	24
WHEN TYPE 2 PROCESSING MISFIRES: THE INDISCRIMINATE USE OF STATISTICAL THINKING ABOUT REASONING PROBLEMS ..	25
QUESTIONS, ANSWERS, PROBLEMS, AND SUGGESTIONS FOR THE REPLICATION CRISIS.....	26
VISUAL ADAPTATION AND NEGATIVE HYSTERESIS IN COLOUR CONE PATHWAYS DOMINATES EVEN IN SHORT MEMORY AND IS ABOLISHED BY PERCEPTUAL BINDING.....	27
<b>POSTER SESSION I.....</b>	<b>28</b>
VISUAL SEARCH ASYMMETRIES AND ACCELERATION DYNAMICS: AN ADVANTAGE FOR GRAVITATIONALLY COHERENT MOTION?28	

EFFECTS OF TARGET’S ACCELERATION ON REPRESENTATIONAL MOMENTUM AND REPRESENTATIONAL GRAVITY: EVIDENCE FOR AN INTERNAL MODEL OF GRAVITY? .....	29
VISUAL SPATIAL ORIENTATION AND REPRESENTATIONAL HORIZON IN INTERIOR AND EXTERIOR SCENES .....	30
DIRECTIONALITY EFFECTS ON OBJECT RECOGNITION: EVIDENCE FROM A SAME-DIFFERENT MATCHING TASK.....	31
COMPARING FEAR AND ANXIETY BODY ODORS: DO THEY INDUCE SIMILAR FACIAL MUSCLE ACTIVITY IN RECEIVERS? .....	32
OPEN BIOLOGICAL NEGATIVE IMAGE SET (OBNIS): A CROSS-CULTURAL COMPARISON FOCUSED ON THE RELATION BETWEEN VALENCE AND AROUSAL RATINGS .....	33
INFLUENCE OF EMOTIONAL VALENCE DURING VISUAL WORD RECOGNITION: AN ERP STUDY. ....	34
AN EYE MOVEMENT STUDY OF VISUAL WORD RECOGNITION: THE EFFECT OF WORD FREQUENCY AND EMOTIONAL VALENCE ....	35
HOW AND WHEN DO SPATIAL LOCATION AND EMOTION INTERACT IN VOICE PERCEPTION? AN ERP STUDY.....	36
DOES BLINDNESS MODULATE THE TEMPORAL COURSE OF EMOTIONAL AUTHENTICITY PERCEPTION?.....	37
GO OR NO-GO? THE ROLE OF EMOTION AND PERCEPTUAL AMBIGUITY IN BEHAVIORAL INHIBITION.....	38
ANXIETY’S GRIP OVER SOCIAL PERCEPTION: HOW ARE VISUAL PREDICTIONS USED WHEN UNDER THREAT.....	39
PERCEPTUAL HYSTERESIS IN EMOTION RECOGNITION FROM BIOLOGICAL MOTION: A HAPPINESS BIAS EFFECT .....	40
THE INTERACTION EFFECT BETWEEN ATTRACTIVENESS AND EMOTIONS ON TIME PERCEPTION .....	41
THE RETENTION OF BIOLOGICAL AND SCRAMBLED MOVEMENTS IN WORKING MEMORY AND ITS EFFECT ON SOCIAL SKILLS .....	42
THE ROLE OF SPATIAL WORKING MEMORY IN SPATIAL COGNITION: MENTAL ROTATION & VISUALIZATION .....	43
LOOKING-AT-NOTHING AND MEMORY STRENGTH IN WORKING MEMORY .....	44
AN OPEN-SOURCE WORKING-MEMORY TEST BATTERY FOR OPENSESAM .....	45
IMPACTO DOS SINAIS FACIAIS DAS DOENÇAS POTENCIALMENTE CONTAGIOSAS NA MEMÓRIA DE DESTINO.....	46
REMEMBERING TO WHOM WE TRANSMIT INFORMATION DURING PANDEMICS: THE EFFECT OF FACE MASKS ON DESTINATION MEMORY.....	47
THE INTERNAL ATTENTIONAL FOCUS: HOW TO PROMOTE A BETTER DESTINATION MEMORY.....	48
TESTING THE CONTRIBUTION OF SEMANTIC AND PERCEPTUAL TRAINING TO THE FORMATION OF UNITIZED REPRESENTATIONS ..	49
OBJECT RECOGNITION MEMORY INTERFERENCE IN HEALTHY AGEING: EFFECTS OF CONCEPTUAL SIMILARITY AND SET SIZE .....	50
INCREASED PRE-BOUNDARY LENGTHENING DOES NOT ENHANCE IMPLICIT INTONATIONAL PHRASE PERCEPTION: AN EEG STUDY .....	51
ONCE BITTEN, TWICE SHY: THE IMPACT OF PREDICTIVE VALIDITY ON ANTICIPATORY PROCESSING DURING SENTENCE COMPREHENSION .....	52
THE IMPACT OF LEXICAL FREQUENCY IN GENDER PROCESSING .....	53
IS L2 MORPHOLOGICAL PROCESSING MODULATED BY NON-LINGUISTIC VARIABLES? A MASKED PRIMING STUDY .....	54
OPERATIONALIZING ORTHOGRAPHIC REGULARITY AND CONSISTENCY IN A SEMI-TRANSPARENT ORTHOGRAPHY.....	55
EXECUTIVE FUNCTIONING AND LANGUAGE IN PRESCHOOL: EXAMINING RECEPTIVE AND EXPRESSIVE LANGUAGE, PHONOLOGICAL AWARENESS, RAPID AUTOMATIZED NAMING, AND LETTER READING .....	56
INTERPERSONAL DISTANCE AS A MEASURE OF APPROACH-AVOIDANCE BEHAVIOR WHEN FACING SICKNESS CUES .....	57
<b>POSTER SESSION II.....</b>	<b>58</b>
THE EFFECT OF PROVERBS ON MORAL JUDGMENT.....	58
MORAL FLEXIBILITY: EFFECTS OF SOCIAL INFLUENCE ON MORAL JUDGEMENT .....	59
O EFEITO DE DECISÕES MORALMENTE AMBÍGUAS NOS JULGAMENTOS MORAIS .....	60
LEARNING FROM FAILURE: HOW OTHERS MITIGATE OUR FAILINGS.....	61
THE ROLE OF OBJECT STRUCTURE IN ATTITUDE FORMATION.....	62
IS A MAN MORE LIKELY TO BE CREDITED FOR A SCIENTIFIC DISCOVERY THAN A WOMAN? .....	63
ATTRIBUTION OF INTENTIONS IN MEN AND WOMEN: AN ERP STUDY.....	64
CRENÇAS SOBRE A RELAÇÃO QUANTIDADE-QUALIDADE. ....	65
REASONING IN CLIMATE CHANGE CONTEXTS: RISK LITERACY AND CLIMATE CHANGE RISK PERCEPTION MATTERS .....	66
EFFECT OF THE PSYCHEDELIC N,N-DIMETHYLTRYPTAMINE ON BRAIN CONNECTIVITY AND BEHAVIOR .....	67
FRONTAL ALPHA ASYMMETRY AND ITS RELATIONSHIP WITH DEPRESSION AND COGNITION: A CROSS-SECTIONAL STUDY IN OLDER AND YOUNGER ADULTS.....	68

OLDER YET SHARP: NO GENERAL AGE-RELATED DECLINE IN FOCUSING SELECTIVE ATTENTION .....	69
ASSESSING EXECUTIVE FUNCTIONS IN EARLY INFANCY .....	70
INVESTIGATING FAMILIARITY EFFECTS ON COGNITIVE CONTROL USING THE SIMON TASK.....	71
ESTARÁS ATENTO(A) EM QUALQUER MOMENTO DO DIA? EFEITO DE (AS)SINCRONIA EM TAREFAS ATENCIONAIS – UM ESTUDO COM UNIVERSITÁRIOS .....	72
SALA DECORADA – APRENDIZAGEM DANIFICADA? UM PARADIGMA PARA O ESTUDO DA INFLUÊNCIA DE ELEMENTOS (IR)RELEVANTES DA SALA DE AULA.....	73
COGNITIVE LEARNING BY CONSTRUCTION PLAY .....	74
THE PSYCHOLOGY BEHIND PACKAGING DESIGN.....	75
ANALYSIS OF SPONTANEOUS BLINKING BEHAVIOR WHILE VIEWING VIDEO CLIPS WITH SEXUAL AND PHYSICAL VIOLENCE AGAINST WOMEN: AN EYE-TRACKING STUDY.....	76
SELF-ESTEEM ACROSS THE MENTRUAL CYCLE .....	77
HOW COUPLES EXPERIENCE THEIR INTIMATE RELATIONSHIP AFTER CANCER DIAGNOSIS? .....	78
DISCERNING THE EFFECTS OF MIND WANDERING AND OTHER OFF-TASK THOUGHT PHENOMENA ON MUSICAL CREATIVITY: A BEHAVIOURAL STUDY OF JAZZ IMPROVISATION.....	79
PORTUGUESE TRANSLATION AND VALIDATION OF THE FLOW STATE SCALE-2: A PILOT STUDY OF THE PSYCHOMETRIC PROPERTIES AND FACTOR STRUCTURE IN MUSICAL IMPROVISATION.....	80
EFEITO DE PRODUÇÃO NA ELICITAÇÃO DE MEMÓRIAS FALSAS: ESTUDO EXPLORATÓRIO COM O PARADIGMA DRM.....	81
TESTES DE RETENÇÃO SEM INTERVALOS ENTRE ENSAIOS.....	82
SUBLINHADO E RECONHECIMENTO DE PALAVRAS: EFEITO SUMATIVO NA MEMÓRIA .....	83
COMPARING EXPERIMENTER-DIRECTED WITH SELF-GENERATED FORGETTING.....	84
APRENDER COM A RECORDAÇÃO: O IMPACTO DA ESTRUTURA DE TESTE NOS EFEITOS INIBITÓRIOS DE PART-LIST CUEING.....	85
LEARNING FROM ERRORS: RETRIEVAL PROMOTES THE CORRECTION OF MEMORY ERRORS IN ADULTS AND ADOLESCENTS.....	86

## **Estarás atento(a) em qualquer momento do dia? Efeito de (as)sincronia em tarefas atencionais – um estudo com universitários**

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O cronótipo refere-se às diferenças individuais nas variações circadianas, podendo definir-se em três tipos principais: o tipo matutino (o pico máximo de atividade do indivíduo decorre nas primeiras horas do dia); o tipo vespertino (o pico máximo de atividade ocorre ao final da tarde/noite); e o tipo intermédio (o pico de atividade decorre em horas intermédias do dia). O principal objetivo desta investigação foi analisar as diferenças no desempenho atencional de estudantes do ensino superior quando estes realizaram tarefas de atenção no período ótimo (sincronia) e no período não ótimo do dia (assincronia). A amostra foi constituída por estudantes da Universidade Portucalense. A investigação dividiu-se em duas fases: 1) Preenchimento do Questionário de Horne & Östberg 976; versão portuguesa: Silva et al., 200 que permitiu a classificação dos participantes nos 3 tipos de cronótipo; 2) Aplicação de tarefas atencionais ao grupo dos participantes matutinos e vespertinos (parte experimental do estudo): cada participante, de forma individual, realizou um conjunto de tarefas atencionais (e.g., tarefa de atenção dividida) no seu momento síncrono e no seu momento assíncrono. A ordem de manipulação dos momentos (sincronia vs. assíncrona) foi contrabalanceada entre participantes. Todos os participantes realizaram as mesmas tarefas nos dois momentos (síncrono e assíncrono) com um intervalo de cerca de 1 semana entre eles. Nesta comunicação são apresentados resultados preliminares desta investigação, discutidos à luz das teorias existentes.

### **Keywords**

cronótipo, sincronia, assincronia, atenção, estudantes universitários