Departmental Seminar

The Interrelationship of Cognitive Biases in Anxiety

11:30 a.m. – 12:30 p.m. │ June 9, 2020 (Tuesday)

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Abstract

Accumulated evidence has implicated the role of cognitive biases in the development and maintenance of anxiety. These biases selectively prioritise the processing of information in a negative manner, reinforcing emotional dysfunction in a self-perpetuating cycle. However, the underlying mechanism of these processing biases is yet to be fully understood. By focusing on attention, interpretation and memory bias, the complex framework of emotional processes in anxiety was investigated.

The speaker will present a systematic review and two meta-analyses of the combined cognitive bias hypothesis to gain a broad understanding of the reciprocal nature of cognitive biases in anxiety. Three questions will be investigated – (1) Are different cognitive biases associated with each other; (2) Does one bias influence another bias; and (3) Are biases independent or do they interact with each other in their association with anxiety? Results revealed that cognitive biases are associated and can modify each other, but the effects appeared to be small. These findings shed light on the future development of cognitive bias measurements/modifications.

via Zoom link:

https://hku.zoom.us/j/94483532303?pwd=NHpKcTgzR3dmOEhkdJURkdXNGhZdz09

~All are Welcome~

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