



Department of Psychology
The University of Hong Kong

香港大學心理學系

Brown Bag Lunchtime Seminar
(Theme: Social and Health Psychology)

**Negative Emotionality, Self-Regulatory Control and Maladaptive Behaviours
in Children with Attention-Deficit/Hyperactivity Disorder (ADHD)**

12:30 p.m. – 1:30 p.m. | April 25, 2023 (Tuesday)
Rm 1104, 11/E, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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Abstract

Children diagnosed with ADHD often exhibit elevated externalizing and internalizing behaviours, which can increase the risk of psychological maladjustment, peer rejection, academic underachievement, low self-esteem, and delinquent behaviours later in life.

Emotions and self-regulatory control are known to play significant roles in the development of adaptive and maladaptive behaviours. However, limited studies have examined how negative emotions and self-regulatory control interact and contribute to the manifestation of maladaptive behaviours among children with ADHD.

To address this research gap, three studies have been proposed. Study 1 will use questionnaires to examine the possible factors contributing to the manifestation of maladaptive behaviours in children with ADHD. Preliminary results from this study will be presented. Study 2 will investigate the relations between self-regulatory control and behavioural performance under emotion-arousing social situations using virtual reality (VR) technology, with a focus on heart rate variability (HRV) as a potential biomarker of self-regulatory control. Finally, Study 3 will assess the effectiveness of heart rhythm coherence training, a widely used HRV biofeedback training, on improving self-regulatory control and behavioural performance in children with ADHD.

These studies aim to provide a more profound understanding of the manifestation of maladaptive behaviours in children with ADHD, particularly from a psychophysiological perspective. The results from these studies will also benefit practitioners by providing insights into suitable bio-feedback training for children with ADHD.

About the speaker

Ms Kei is a MPhil student supervised by Dr Kathy Shum. Her current work focuses on children with ADHD.

Zoom (For participants who couldn't attend the Seminar in person)

<https://hku.zoom.us/j/3951550048?pwd=SncvL3RYakEycUtpL29vdDJEdlEwdz09>

Meeting ID: 395 155 0048 | Password: psyc



~All are Welcome~

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