



Department of Psychology
The University of Hong Kong

香港大學心理學系

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

**The Mediating Roles of Emotional Reactivity and Regulation in the Relationship Between
Insomnia, Depression, and Anxiety**

12:30 p.m. – 1:30 p.m. | July 5, 2023 (Wednesday)



Tsz Ching Helen TSUI

MPhil student

Department of Psychology

The University of Hong Kong

Abstract

Insomnia is bidirectionally related to mood disturbances. Emotional reactivity and regulation are often proposed as mechanisms explaining the relationship between insomnia and mood disorders. However, previous studies of the potential mediating effects of emotional reactivity and regulation were primarily cross-sectional. It remains unclear if emotional mechanisms are only concomitants of insomnia and mood disturbances. Hence, I conducted two studies to evaluate the prospective associations among insomnia, mood disturbances, and emotional reactivity and regulation. First, I investigated the mediating effects of emotional reactivity and regulation in the insomnia-depression relationship in a two-week daily study on individuals with insomnia at baseline. I hypothesized that more insomnia symptoms on one night would predict more next-day depressive symptoms and vice versa, mediated by lower positive reactivity, higher negative reactivity, less frequent use of adaptive regulating strategies, and more frequent use of maladaptive strategies.

My second study was a three-wave, three months longitudinal study. I hypothesized that insomnia symptoms would have a bidirectional relationship with depressive and anxiety symptoms in three months, mediated by lower positive reactivity, higher negative reactivity, less frequent use of adaptive regulating strategies and more frequent use of maladaptive strategies. Particularly, insomnia-anxiety was hypothesized to be uniquely mediated by threat-related regulating strategies.

In this seminar, I will present the findings of the studies above and discuss their limitations and theoretical and clinical implications.

About the speaker

Ms. Helen Tsz Ching Tsui is a final year M.Phil. student under the supervision of Dr. Wai Sze Chan. Her research focuses on the emotional mechanisms underlying the relationship between insomnia and mood disorders.

Zoom

<https://hku.zoom.us/j/3951550048?pwd=SncvL3RYakEycUtpL29vdDJEIdlEwdz09>

Meeting ID: 395 155 0048 | Password: psyc



~All are Welcome~

Enquiry: rpsyc@hku.hk