Brown Bag Lunchtime Seminar

(Theme: Cognition and Neuroscience)

Understanding Attentional Bias in Youth with Insomnia: An Eye-tracking Study

12:30 p.m. – 1:30 p.m. │ December 1, 2023 (Friday)
Rm 813, 8/F, The Jockey Club Tower │ Centennial Campus │ The University of Hong Kong

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Abstract

It is a widely held view that people with anxiety problems undergo excessive distress about threatening information. Likewise, people with insomnia are prone to sleep-related worries. Yet, despite the high comorbidity of insomnia and anxiety, and their overlapped cognitive nature on excessive worries, it remains unclear whether the underlying anxiety problem in insomnia is only associated with biased attentional allocation and response to sleep-related information, or even to general threats. Existing research on sleep-related attentional bias in insomnia was mainly based on adult samples (e.g., MacMahon et al., 2006; Spiegelhalder et al., 2010), while systematic neurocognitive analyses on particular attentional patterns are minimal. Therefore, this study uses advanced eye-tracking measurements to examine both sleep- and threat-related attentional bias in youth with insomnia.

About the speaker

Isla is a second-year joint HKU-KCL PhD student supervised by Dr. Shirley Li in HKU and Dr. Ivana Rosenzweig in KCL. Her current study focuses on insomnia and anxiety.

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~