



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/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



Tsam Ling Kathy KEI
MPhil student
Department of Psychology
The University of Hong Kong

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~

Enquiry: rpsyc@hku.hk