

The Effectiveness of Emotion Regulation Training on Attention Bias and Emotional Inhabitation in Women with Social Anxiety Disorder

1. Behzad Taghipour*, 2. Sajjad Basharpour, 3. Roqaye Barzegaran, 4. Narjes Zare, 5. Nemat Zali KareNab

- 1- Corresponding Author: PhD student in Psychology, University of Mohaghegh Ardabil, Ardabil, Iran. behzad.taaghipuor1386@gmail.com
- 2- Professor of Psychology, University of Mohaghegh Ardabili, Ardabil, Iran. basharpour_sajjad@uma.ac.ir
- 3- Ms student Clinical Psychology, University of Azad, Eslamic Ardabil, Ardabil, Iran. r.barzegaran.95@gmail.com
- 4- MA Counseling Family, University of Mohaghegh Ardabili, Ardabil, Iran. nargeszare72@gmail.com
- 5- MA Clinical Psychology, University of Mohaghegh Ardabili, Ardabil, Iran. nemat_zali@yahoo.com

Abstract

The present study was conducted in order to investigate the effectiveness of emotion regulation training on Attention Bias and Emotional inhabitation in women with social anxiety disorder. This semi-experimental study was carried out using pre-test and post-test with control group from all social anxiety disorder patients visited in Ardabil Comprehensive health clinic, 30 patients were selected through the availability sampling method and randomly were placed into two equal experimental and control groups. Experimental group experienced 8 weeks of Emotion Regulation, while control group were just followed. Dot-Probe Software and Emotional Inhabitation Questionnaires used as the study instrument. Data were analyzed by descriptive indexes and analysis of covariance. The result of comparing post-test of scores in two group showed that there was a significant difference in Dot-Probe Software and Emotional Inhabitation scores intervention group and the control group. In a way that this training reduced could Dot-Probe Software and Emotional Inhabitation in Women with social anxiety Disorder.

Keywords: Attention bias, emotional inhabitation, emotion regulation training, social anxiety disorder

Introduction

Social Anxiety disorder (SAD) is a pernicious and highly prevalent disorder with an early age of onset. SAD is characterized by excessive fear of being negatively evaluated by other and acting in ways that will be embarrassing. SAD is associated with substantial impairment in job performance and social relationships and frequently precedes the development of other disorder. The condition can significantly interfere with the relationships and life of individuals and result in other psychiatric events. SAD is associated with significant distress as well as impaired educational attainment and financial independence (Dixon, et al., 2020).

Patients with SAD experience high Attention Bias and Emotional inhabitation. Emotion dysregulation is thought to be an important component of social anxiety disorder. The current finding along with other reports show that patients with SAD can effectively down-modulate negative emotion when were to recruit front parietal control regions that support the top-down modulation of cognitive and emotional processes (Dixon, et al., 2018). There is considerable interest in understanding the extent to which emotion regulation deficits contribute to SAD. Despite the success of CBT for anxiety disorder, a sizable subgroup of patients with complex clinical presentations such as patients with SAD, fails to evidence adequate treatment response. Emotion

Regulation Training (ERT) integrates facets of traditional and contemporary CBT, mindfulness, and emotion-focused interventions within a framework that reflects basic and translational findings in affect science. Specifically, ERT is mechanism-targeted intervention focusing on patterns of motivational dysfunction while cultivating emotion regulation skills. Open and randomized controlled Psychotherapy trials have demonstrated considerable preliminary evidence for the utility of this approach as well as for the underlying proposed mechanisms (Gross, 2015). The aim of present study examined the hypothesis that emotion regulation training effective on attention bias and emotional inhabitation in women with social anxiety disorder.

Method

Patients aged 20-60 years (15 Patients in control Group and 15 patients in experimental Group) and diagnosed with Social Anxiety Disorder based on the Diagnostic and statistical manual of mental disorders, 5th Edition. Text revision (DSM-5) criteria were recruited in The Seyed Hatami Ardabil City Comprehensive Health Clinic in fall 2019. A comprehensive psychiatric interview was conducted by Psychology using the structured clinical interview for DSM-V in order to confirm the diagnosis of Social Anxiety Disorder to exclude patients with bipolar disorder, psychotic symptoms, Anxiety Generalization Disorders, psychotic symptoms, cognitive deficits, and neurological conditions. Patients were randomly divided into two groups: Those receiving emotion acceptance strategy training (Emotion Regulation Training group) and those not receiving emotion acceptance strategies (no Emotion Regulation Training group). All participants provided Written, informed consent. This study was approved by Ardabil University of Medical Sciences.

This semi-experimental study was conducted using pre-test and post-test with control group from all Social Anxiety Disorder patients visited in The Seyed Hatami Ardabil City Comprehensive Health Clinic in fall 2019 in Ardabil, 30 patients were selected through the availability sampling method and randomly were placed into two equal experimental and control groups. The experimental group received 8 weeks of Regulation Emotion Training, while control group were just followed. Dot-Probe Software the validity and reliability of this test was reported by internal consistency method and using Cronbach alpha method of 0.74 (Alboghbeish, et al., 2017), and Penn State Emotional Inhabitation Questionnaires (PSWQ) the validity and reliability of this questionnaire was reported by internal consistency method and using Cronbach alpha method of 0.77 (Roger, et al., 1989) were used in pre-test, post-test and up as the study instrument. Data were analyzed by descriptive indices and analysis of covariance.

Results

Table 1 shows The average and standard deviation results of performing pre-test and post-test of the dependent variable (Attention Bias and Emotional inhabitation) in group examine and group control woman with Social Anxiety Disorder.

Table 1: average and standard deviation pre-test and post-test Attention Bias and Emotional inhabitation in both groups

variable		Emotion Training	Regulation	control	
		M	SD	M	SD
Attention Bias	Pretest	24.73	4.02	24.15	3.95
	posttest	17.05	3.34	25.35	3.48
Emotional inhabitation	Pretest	7.20	3.34	7.80	3.34
	posttest	4.53	3.18	8.53	3.19

Before using analysis of Covariance analysis, first pre-assumption of analysis of covariance were examine. The results of Levenes test showed that the variable Attention Bias in pretest ($F=1.93$, $Sig=0.34$), Emotional inhabitation in pretest ($F=1.55$, $Sig=0.28$) and Attention Bias in posttest ($F=1.42$, $Sig=0.32$), Emotional inhabitation in posttest ($F=1.24$, $Sig=0.35$) were not significant, therefore for assumption of homogeneity of variances is supported. in addition, the results of Kolmogorove-Smirnov test showed that the variable of Attention Bias in pretest ($Sig=0.25$), Emotional inhabitation in pretest ($Sig=0.39$) and Attention Bias in posttest ($Sig=0.34$), Emotional inhabitation in posttest (0.31) were not significant, Therefore, for assumption of normal scores is supported. Accordingly, the pre-assumption of ANCOVA was confirmed in both experimental and control group. The result of comparing post-test of scores in two group showed that there were significant differences in Attention Bias and Emotional inhabitation scores intervention group and the control (Table 2).

Table 2: The results of single-variable covariance analysis on mean scores of Attention Bias and Emotional inhabitation in both groups

Dependent variables		Sum of squares	Df	Mean sum of squares	F	P	Eta ²
Pretest	Attention Bias	108.13	1	108.13	33.39	0.001	0.49
	Emotional inhabitation	42.93	1	42.93	5.73	0.024	0.18
Emotion Regulation	Attention Bias	558.44	1	558.44	167.27	0.001	0.86
	Emotional inhabitation	1408.22	1	1408.22	188.22	0.001	0.87

Conclusion

The results of data analysis showed that in research, Regulation Emotion Training have been effects in improving and reduce the Attention Bias and Emotional inhabitation women with Social Anxiety Disorder. The Limitations of this study were the geographical limitation (in Ardabil), the statistical population limitation (women with Social Anxiety Disorder) and the use of sampling methods available. Regulation Emotion Training as an effective and economic way of therapy can help improve the Attention Bias, Emotional inhabitation, emotional self-awareness, emotional regulation and quality of life women with Social Anxiety Disorder. It can be used at different levels of prevention and treatment of various disorders in society different group, especially patients with Social Anxiety Disorder, hence, therapists, especially those working in the field of Social Anxiety Disorder treatment, are recommended to use this therapeutic approach in treating the patients suffering Social Anxiety Disorder.

Acknowledgements

The authors of this article consider it necessary to fully appreciate all the participants in this research who helped us to implement this research with their participation and cooperation.

Funding

This research did not receive any specific grant from funding agencies in the public, commercial, or not for profit sectors

Reference

- Alboghbeish, S, Shetab Boushehri, N.S, Daneshfar, A., and Abedanzadeh, R. (2017). Assessment of reaction time in congruent and incongruent dual task stroop effect in the elderly. *Qom University Sciences Journal*, 11(7): 66-74. (Text in Persian).
- Dixon, M.L., Moodie, C.A., Goldin, P.R., Farb, N., Heimberg, R.G., and Gross, J.J. (2020). Anxiety disorder: Reappraisal and acceptance of negative self-beliefs. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, 5(1): 119-129. 10.16.j. bpsc.2019.07.009.
- Dixon, M.L., Vega, A.D., Mills, C., Andrews-Hanna, J., Spreng, R.N., Cole M.W., and christoff, K. (2018). Heterogeneity within the front oparietal control network and its relationship to the default and dorsal attention networks. *Procnatal Academic Science U S A*, 115(7): 1598-1607.
- Gross, J.J. (2015). Emotion regulation: Current status and future prospects. *Psychological Inquiry*, 26(1): 1-26.
- Roger, D. and Najarian, B. (1989). The construction and validation of a new scale for measuring emotion control Personality & Individual Differences, 10(8): 845-853
- Wang, S.M., Lee, H.K., Kweon, Y.S., Lee, C.T., Chae, J.H., Kim., J.J. and Lee, K.U. (2016). Effect of emotion regulation training in patients with panic disorder: Evidenced by heart rate variability measures. *Journal of General Hospital Psychiatry*, 40(3): 68-73.