

Individual Differences in the Affective Experience of Uncertainty



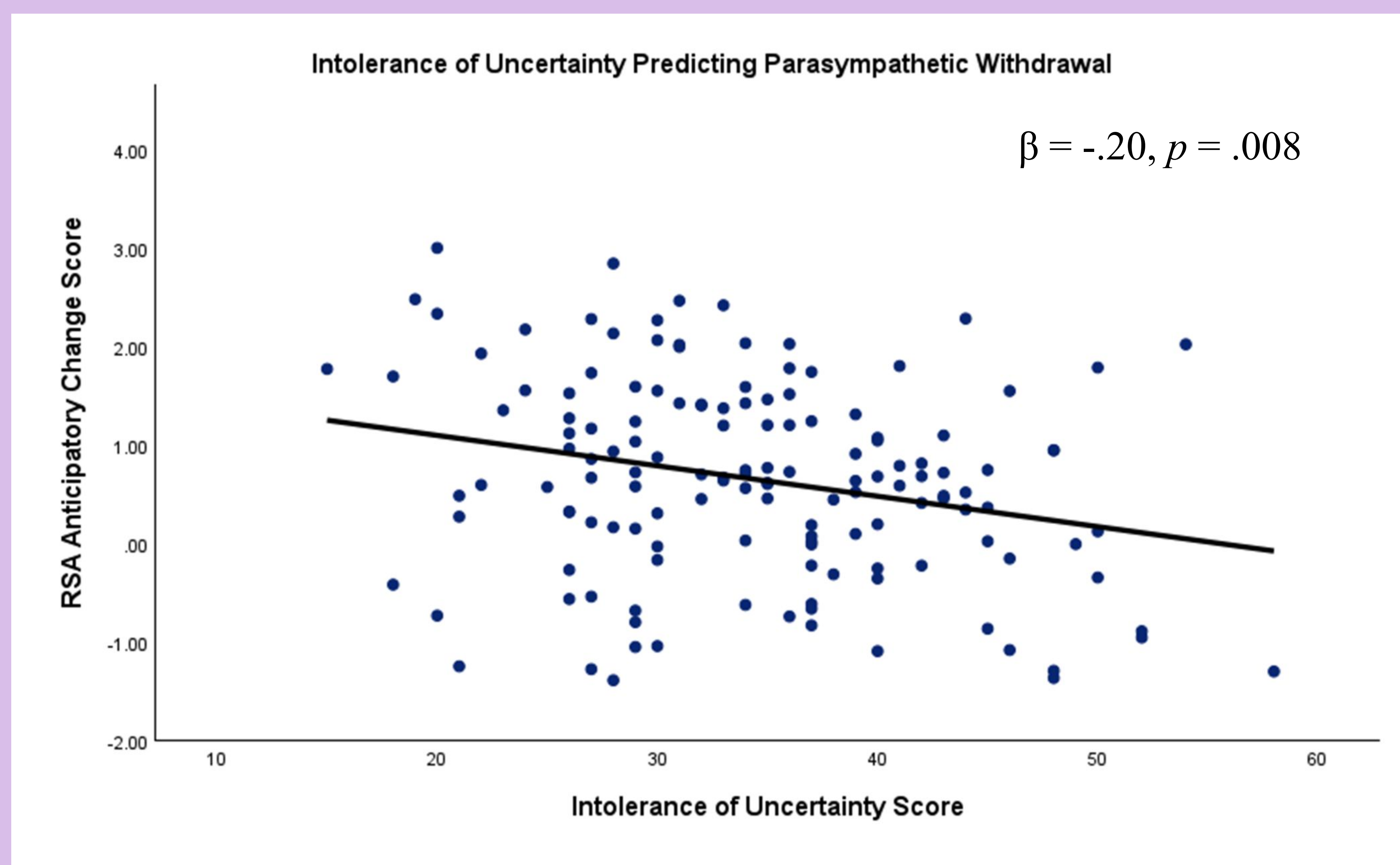
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INTRODUCTION

- Intolerance of uncertainty (IU) is the trait-like tendency to respond negatively to uncertain situations and occurrences.¹
- Intolerance of uncertainty is a transdiagnostic risk factor for mental health issues that can affect people of all ages.²
- To date, uncertainty is typically measured using self-reports or risk-based decision-making tasks.
- We used a behavioral task to measure people's subjective affective feelings and their bodily activity that is believed to underlie them in real time in order to evaluate the experiential aspects of uncertainty.

RESULTS



DISCUSSION

- Results suggest those high in IU experience greater physiological arousal during experiential uncertainty.
- It is hypothesized that increased interoceptive uncertainty contributes to intolerance of uncertainty, which may make people need more certainty from their surroundings in order to feel safe.

METHODS

- Participants included 149 undergraduate students that signed up through SONA (89.31% white; 67.33% female)

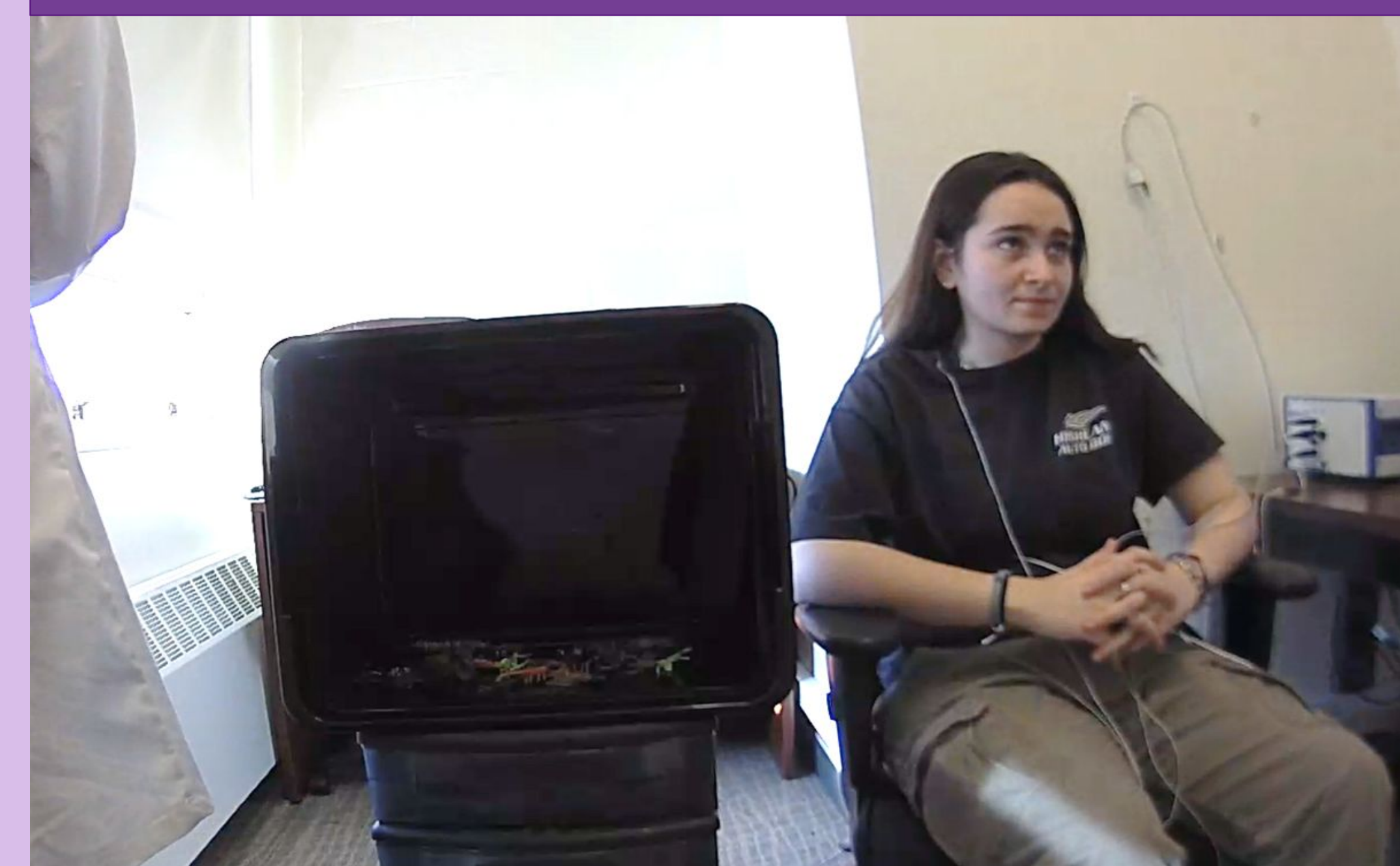
Procedure

- Five-minute resting baseline
- Heartbeat Tracking Task³
- Box Task
 - Participants were asked to put their hand inside a box and feel an unknown object
- Outcome variables:
 - Electrodermal (EDA)
 - Measures the sympathetic nervous system
 - Interbeat interval (IBI)
 - Respiratory sinus arrhythmia (RSA)
 - Measures the parasympathetic nervous system
 - Self-Reported affect
 - Arousal/valence

Data Processing:

- Change scores were calculated by subtracting participants' physiological activity at rest from activity during the anticipatory period (30s before putting their hand in the box)

ANTICIPATORY PERIOD (30 sec)



GUESSING PERIOD



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