



Utrecht University

# **POSITIEVE STEMMINGSINDUCTIE VOORAFGAAND AAN EXPOSURE: NIET VERSTANDIG**

**DR. SUZANNE VAN VEEN**  
GZ-PSYCHOLOOG IN OPLEIDING TOT SPECIALIST /  
ONDERZOEKER

**ER IS GEEN SPRAKE VAN EEN BELANGENVERSTRENGELING**







# EXPOSURE

**Verwachtingsleren (als CS.....dan.....)**

**“Als ik een hond (CS) aai, dan zal hij mij niet bijten (no-US)”**

**“Als ik een presentatie geef (CS) dan zal ik niet worden uitgelachen (no-US)”**

**Evaluatief leren (evaluatie van de CS)**

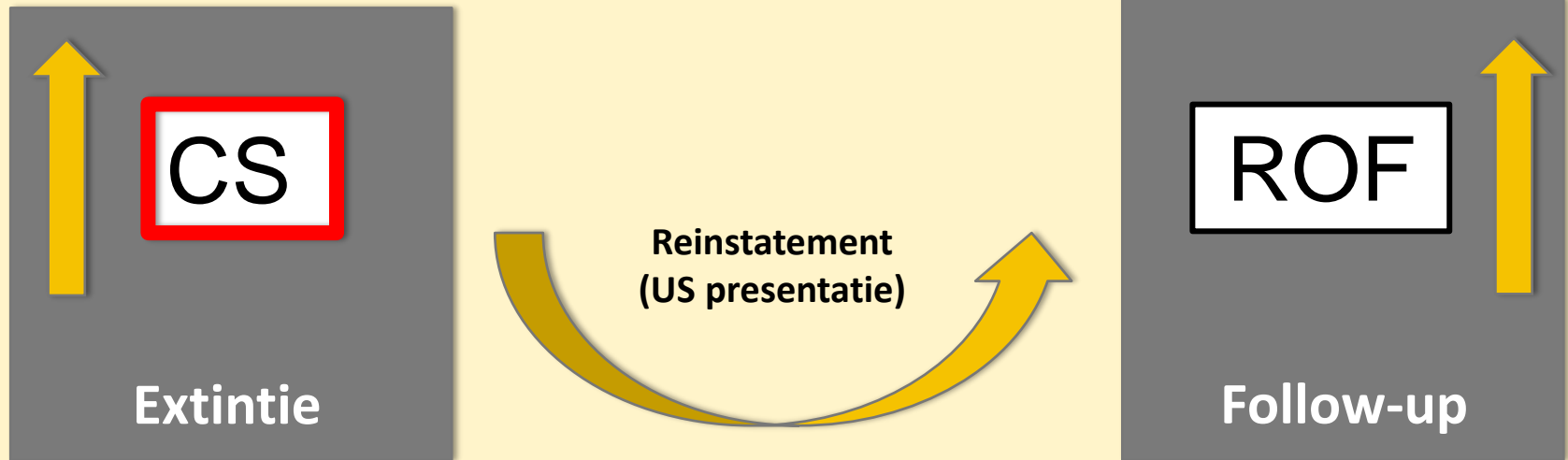
**“ik vind honden leuke beesten” (positieve valentie)**

**“Ik vind honden nog steeds akelige beesten” (negatieve valentie)**

**“Ik vind presenteren voor een groep eigenlijk best leuk om te doen” (positieve valentie)**

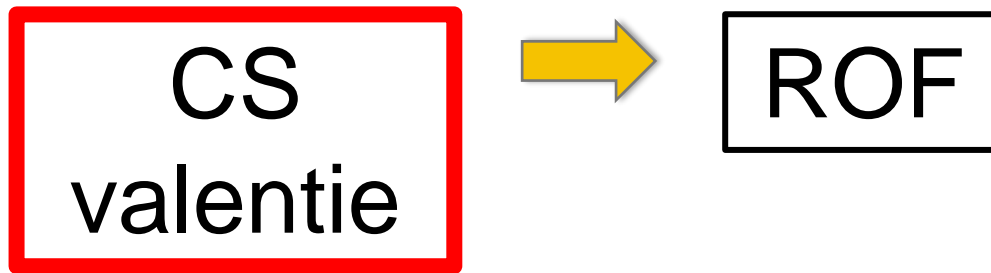
**“Ik vind presenteren voor een groep nog steeds geen pretje” (negatieve valentie)**

# CS VALENTIE



Vertaald naar de praktijk: als je spreekangst hebt overwonnen, maar nog steeds niet houdt van presenteren voor een publiek (negatieve valentie) en een afwijzing meemaakt (US), dan kan het weer zorgen voor een terugkeer van angst (CS – US)

# MOGELIJKE VERKLARINGEN



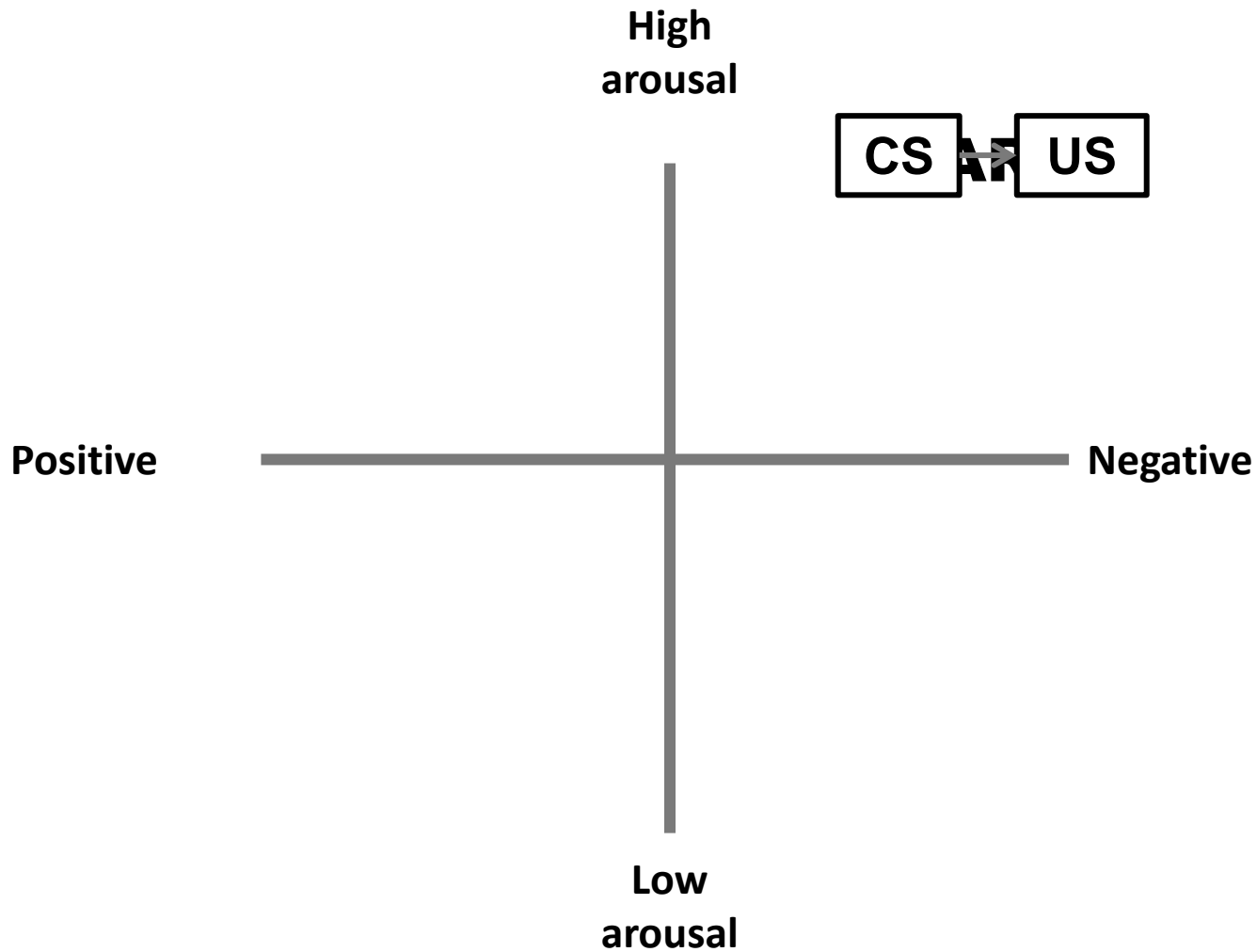
Kerkhof (2010)

Negatieve uitkomst

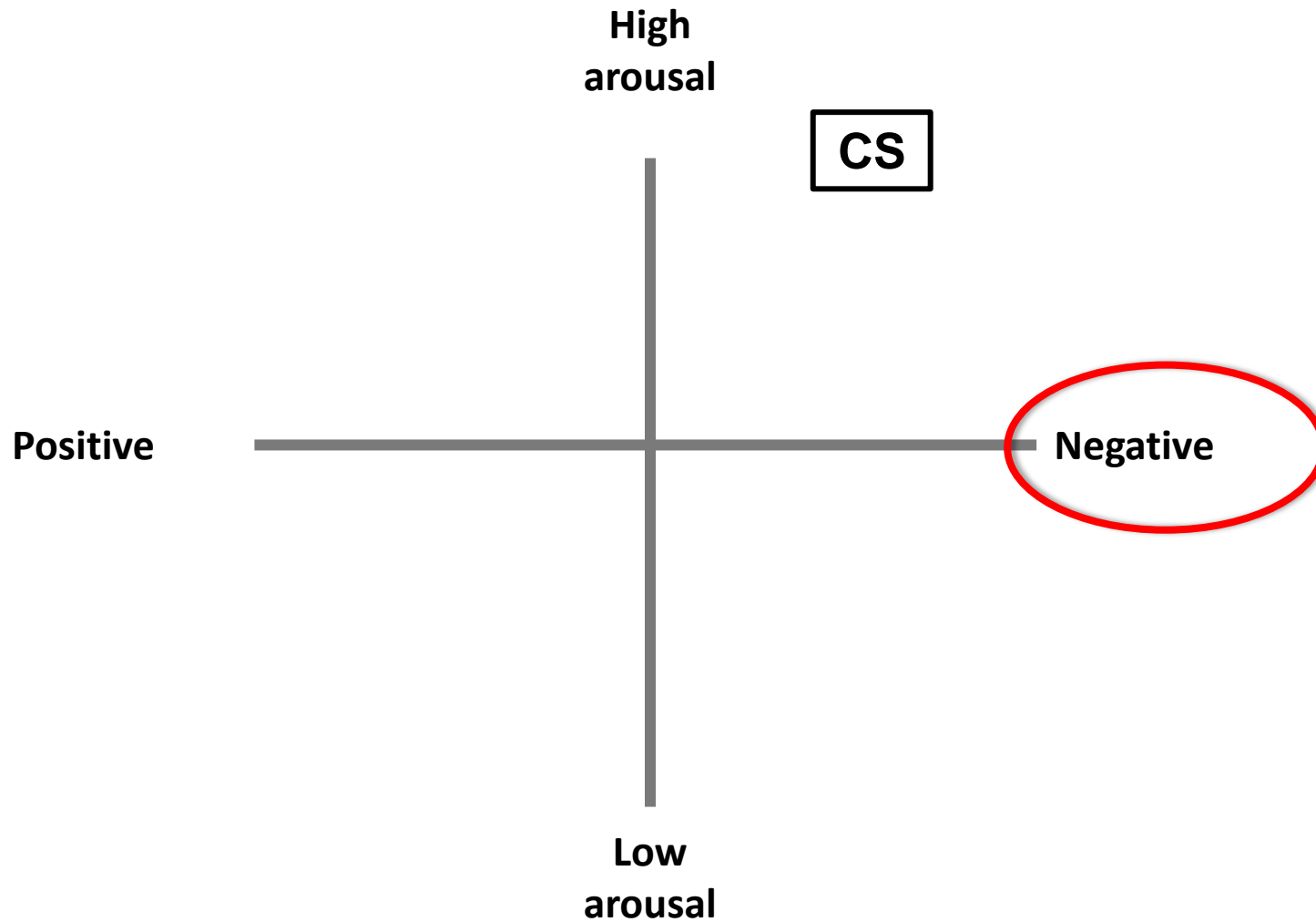
Vermijding

Valentie/Arousal

# VALENTIE - AROUSAL

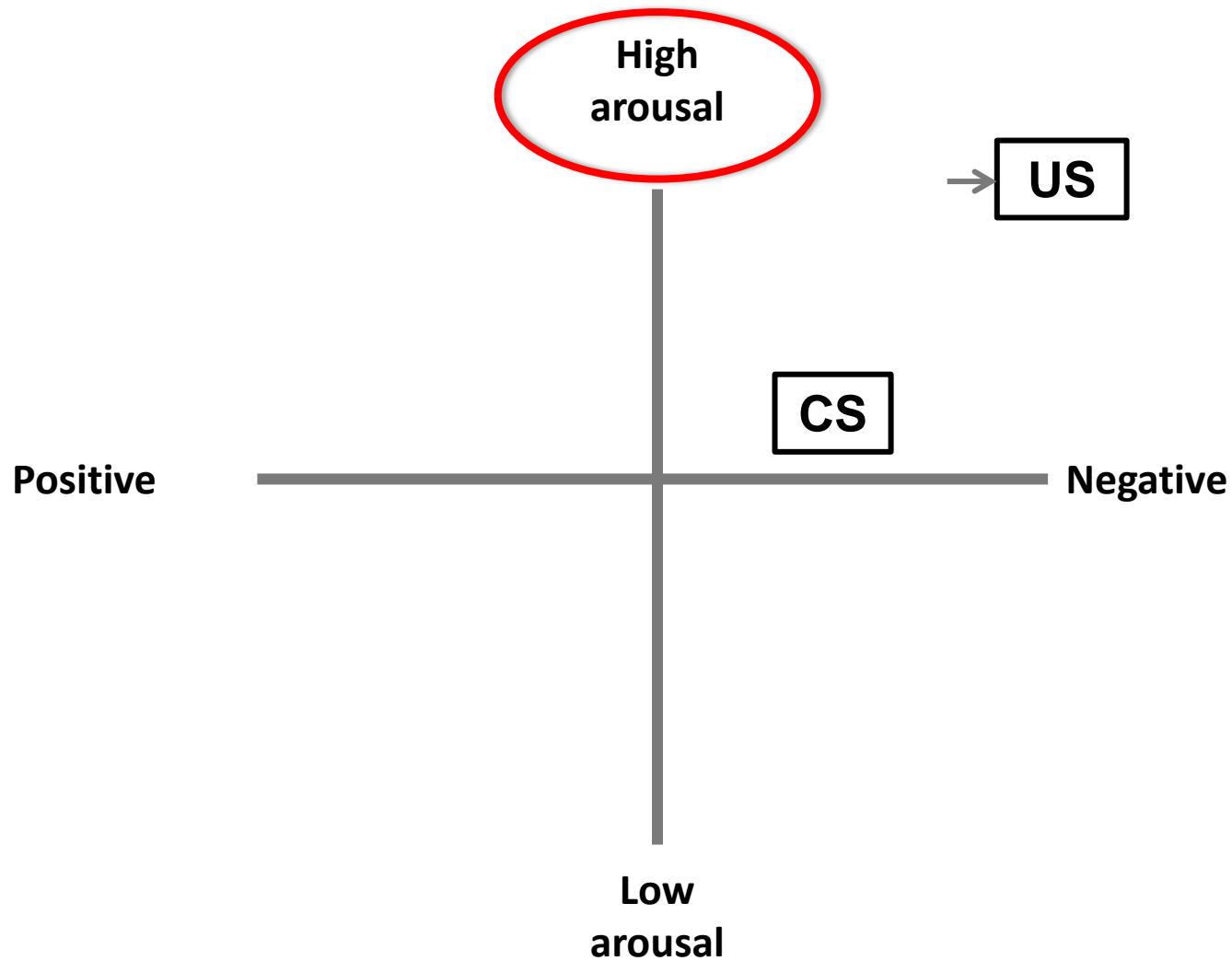


# EXTINCTIE

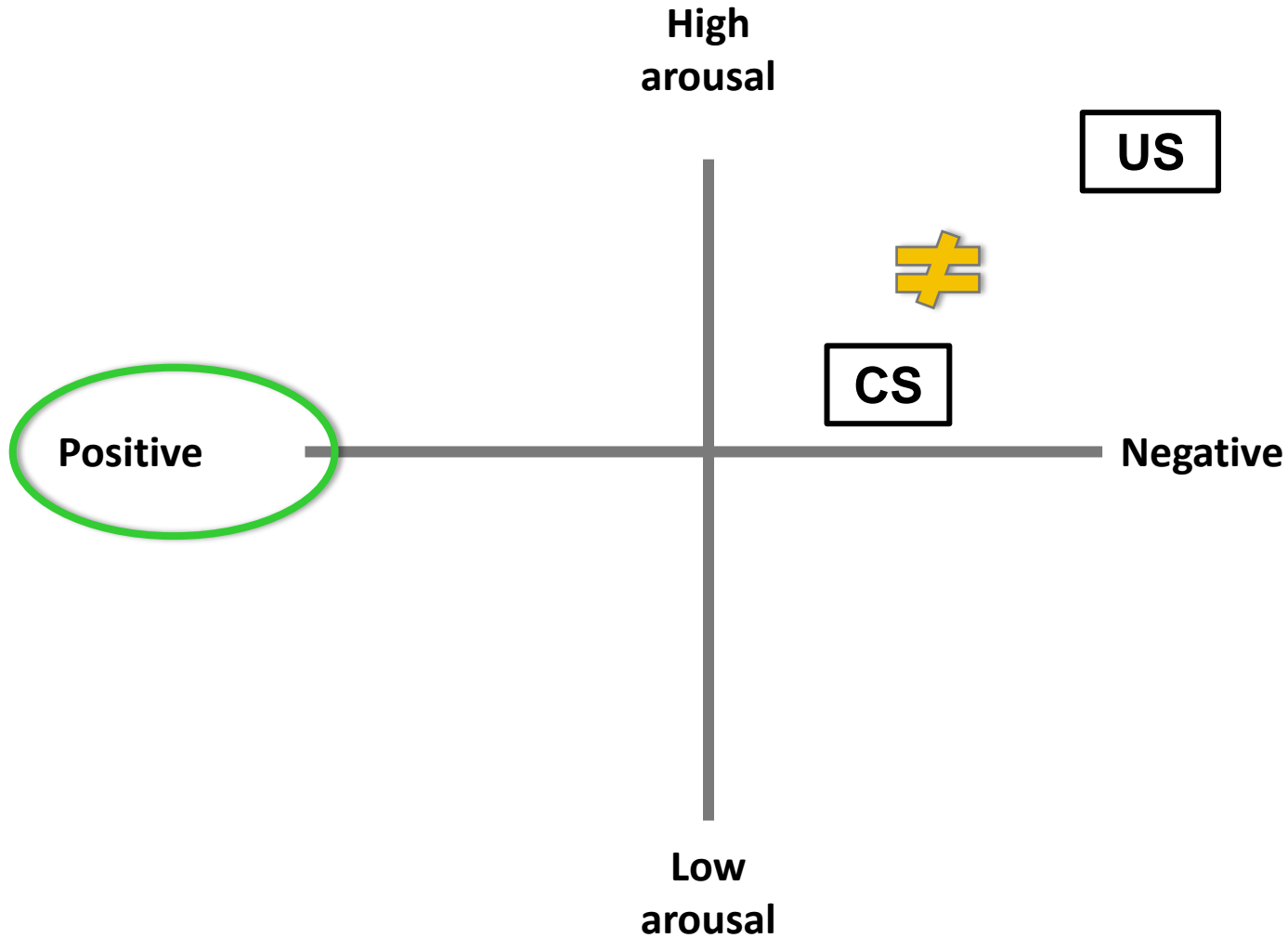




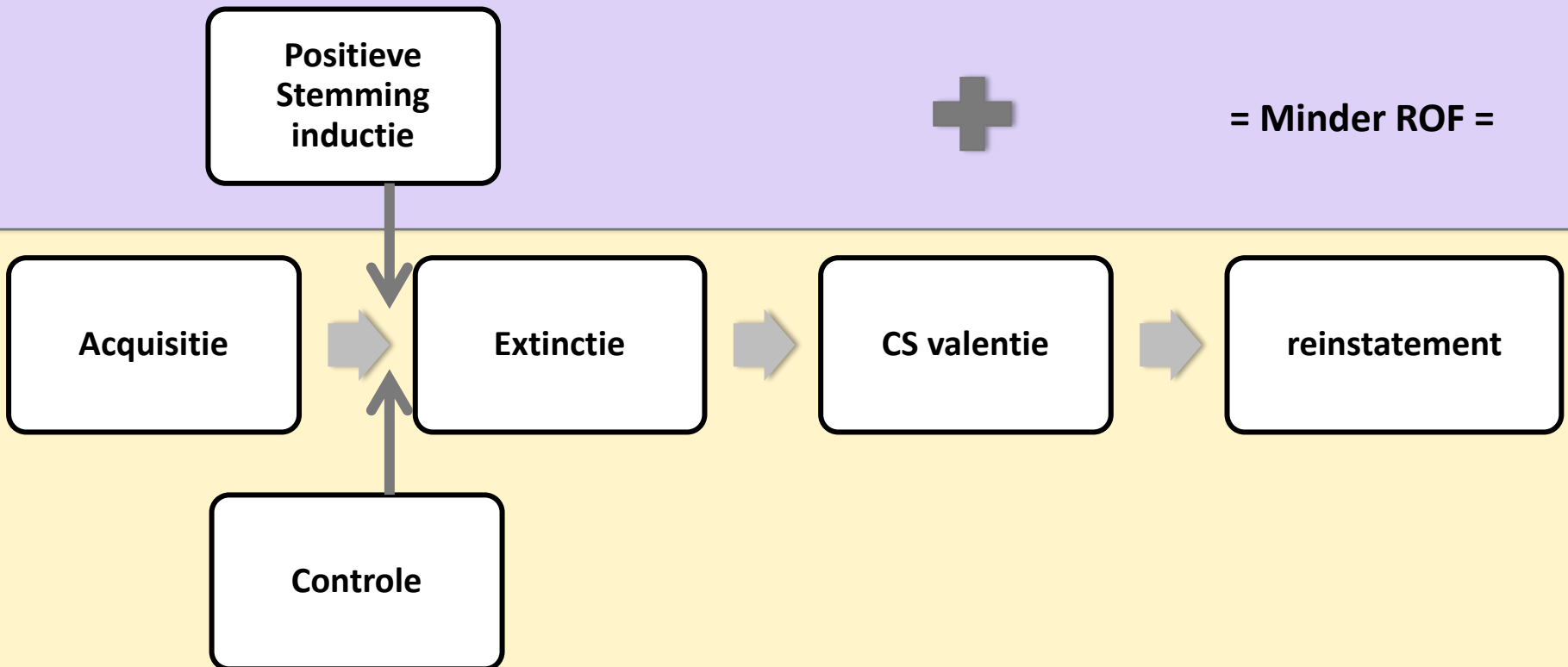
# REINSTATEMENT



# CS VALENTIE VERANDEREN



# IN HET LAB: POSITIEVE STEMMINGSINDUCTIE



# VAN LAB NAAR PRAKTIJK...

## Zbozinek et al. (2015)

- **Conditioneringsstudie (aangeleerde angst)**
- **Positieve stemming vs. Controle conditie**
- **Shock/hard geluid als US**

## Deze studie

- **Echte angsten**
- **Positieve stemming vs. Controle vs. Negatieve stemming**
- **Ecologisch valide US (afwijzing social media)**

# STEEKPROEF

Studenten met spreekangst



n = 20

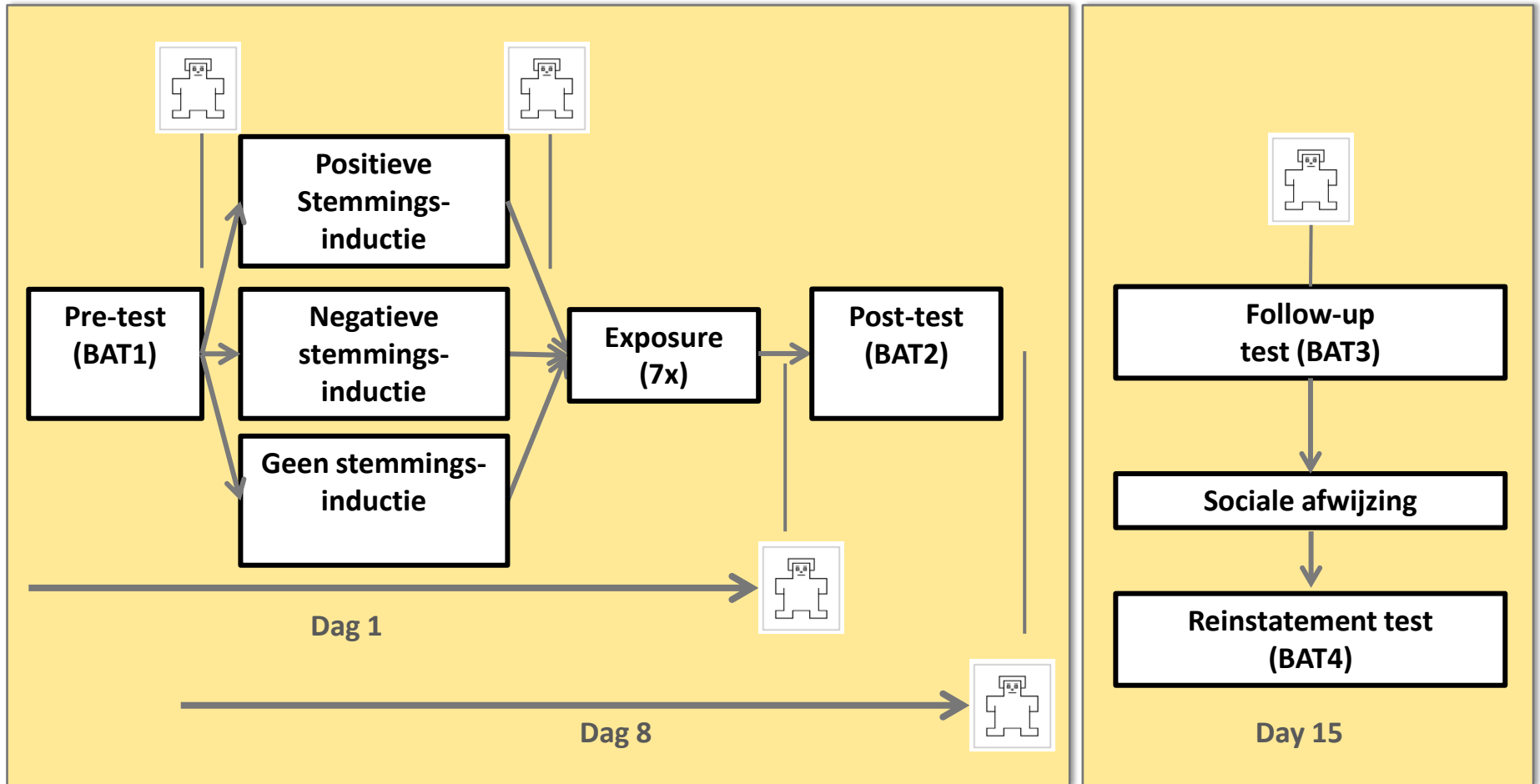


n = 52

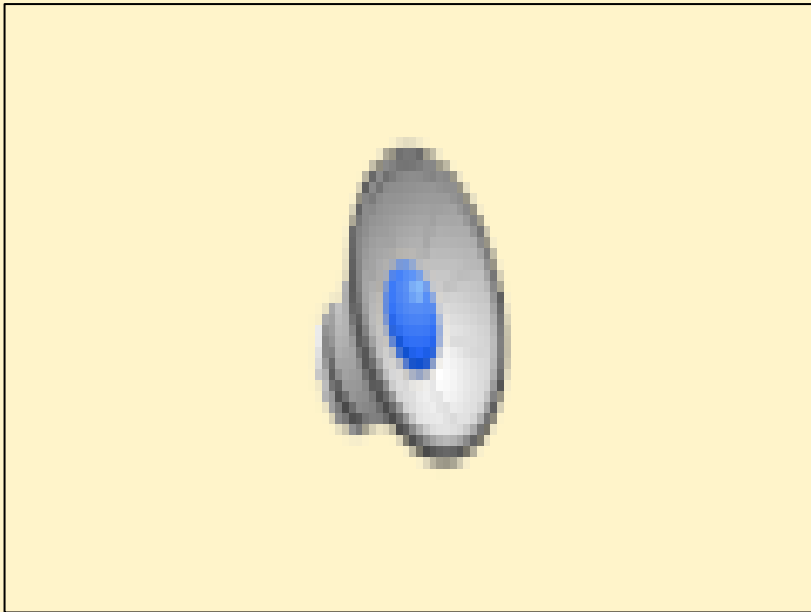


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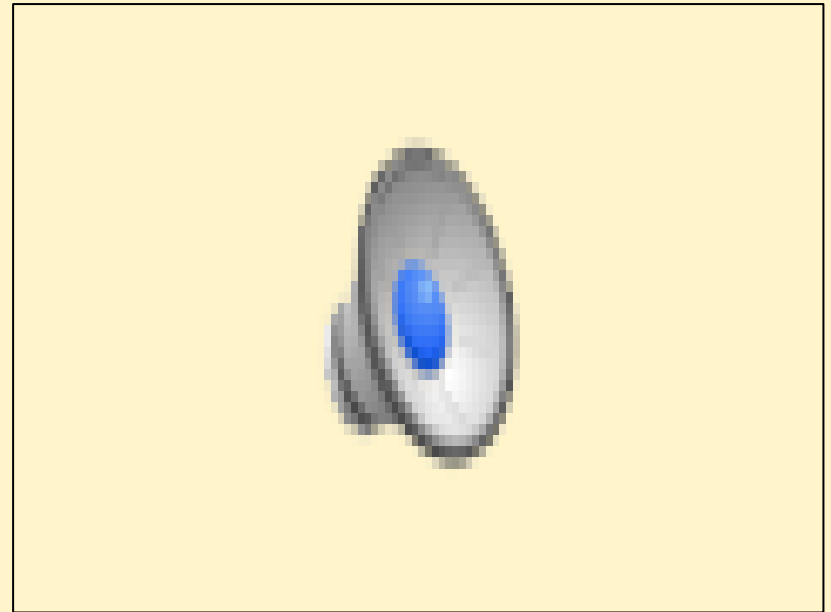
# DESIGN STUDIE



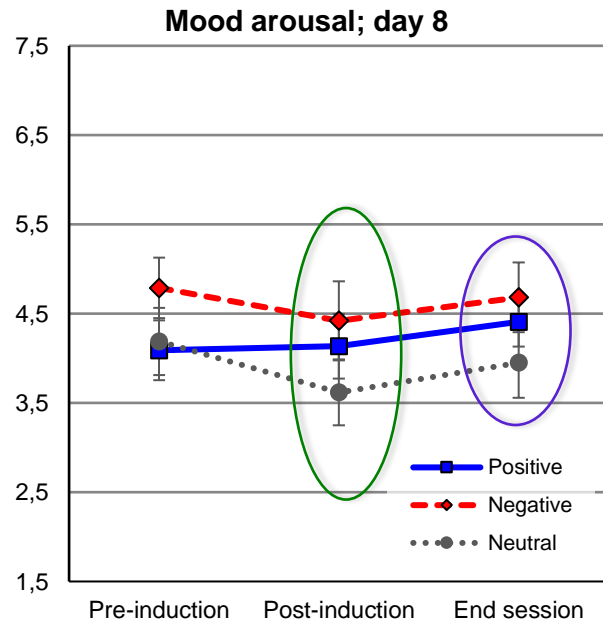
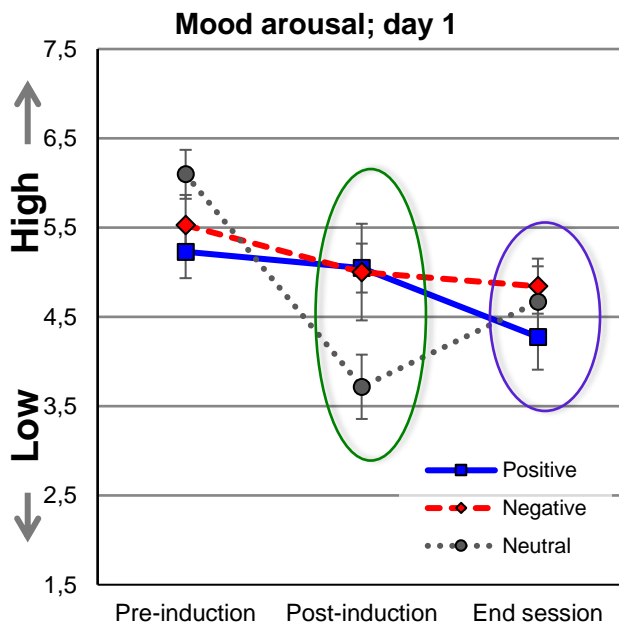
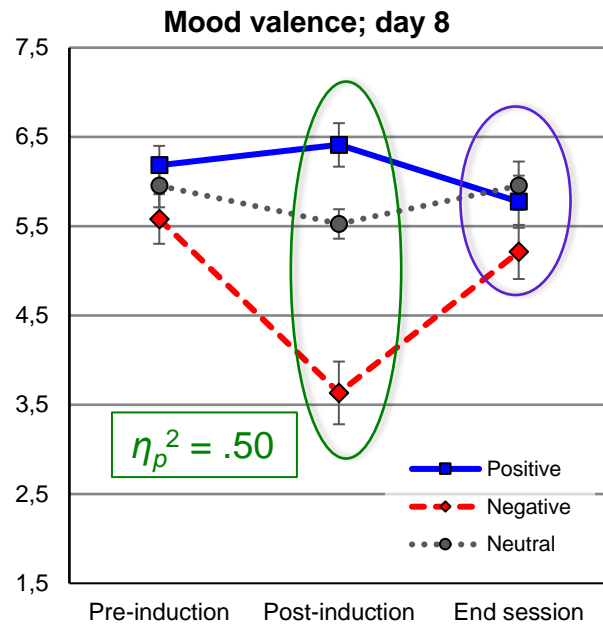
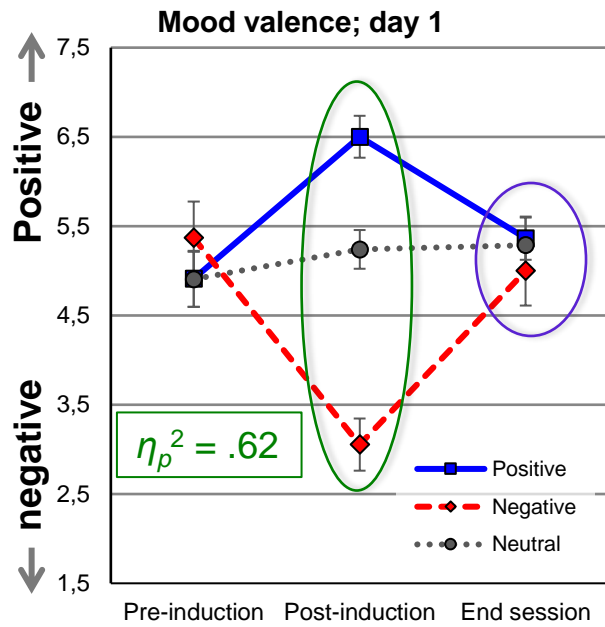
# STEMMINGSINDUCTIE



**Positieve stemminginductie**



**Negatieve stemminginductie**





# VR: VIRTUAL SPEECH



# VIRTUAL SPEECH

<https://youtu.be/Fvdm6LYB-kQ>



# SOCIALE AFWIJZING: OSTRACISM ONLINE



**Suzanne**

Hi! My name is Suzanne, I'm a 30 year old PhD student from the Netherlands. I love reading, eating croissants, late night dinners, Harry Potter and cloudspotting. I'm not really a morning person and I have no talent for any sport.

Likes **1**



**Georgeee**

I'm a 19 year old dude from Wisconsin (commence making fun of my accent). I love music and lately you can catch me listening to nothing but Joy Division, Echo & the bunnymen, and the smiths. Besides music I like learning languages, psychology, drawing, and writing.

Likes **0**

Like



**Sarah**

Let me introduce myself. I'm Sarah, married, and mother of two wonderful (grown up) children. My career has been a bit peculiar. Starting off as a graduate historian, I switched to an entirely different discipline: occupational assessor trying to help young people with disabilities to get a job. I've just retired and started spending more time on my hobbies, such as singing, reading, and playing volleyball.

Likes **1**

Like



**John**

Hi there, I'm 57 years old, married, with two kids. I've been a computer programmer in the states for about 30 years, but don't worry: I don't have the dusty haircut, oversized buttoned shirt and nerdie big frame glasses. Looking forward to working with you all. Cheers, John

Likes **0**

Like



**AncaD**

I am a Computer Science student, interested in Natural Language processing. Also a lover of loose leaf tea and a Semantic Web enthusiast. I'm curious about what this task is about.

Likes **2**

Like



**Nick**

My life revolves around rock climbing. I started climbing when I was 12 (turning 18 soon) and usually climb 4-5 hours a day. Climbing never bores me, because each time is different – the routes, the weather, my strength and endurance. It's great!

You can click "Like" if you have enjoyed somebody's description

time left:

**02:48**

John liked your post

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Likes **10**

Like



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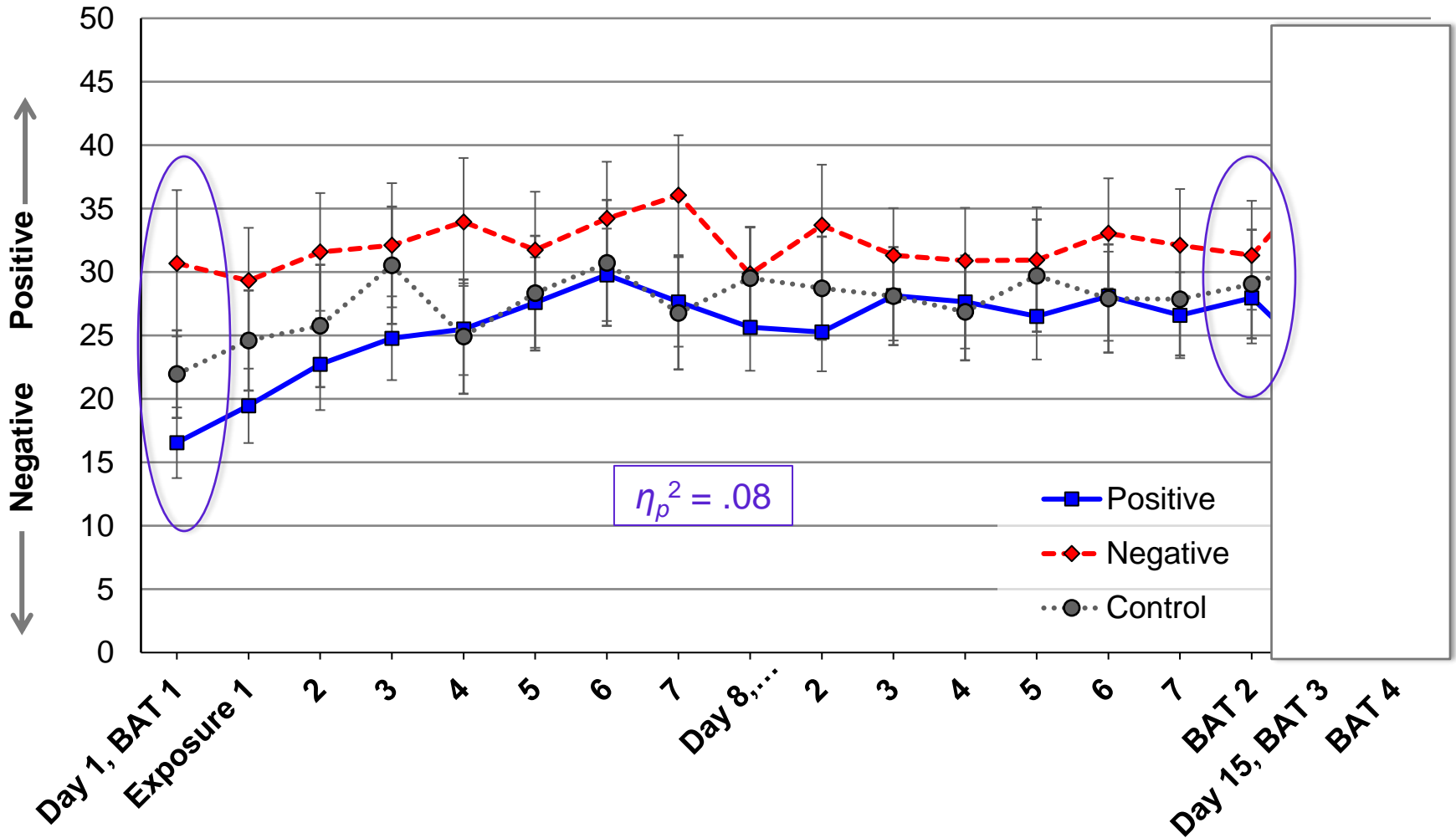
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**00:20**

**= CS VALENTIE =**

“How much do you **like or dislike** speaking in front of an audience?”

0 = dislike very much, 50 = neutral, 100 = like very much

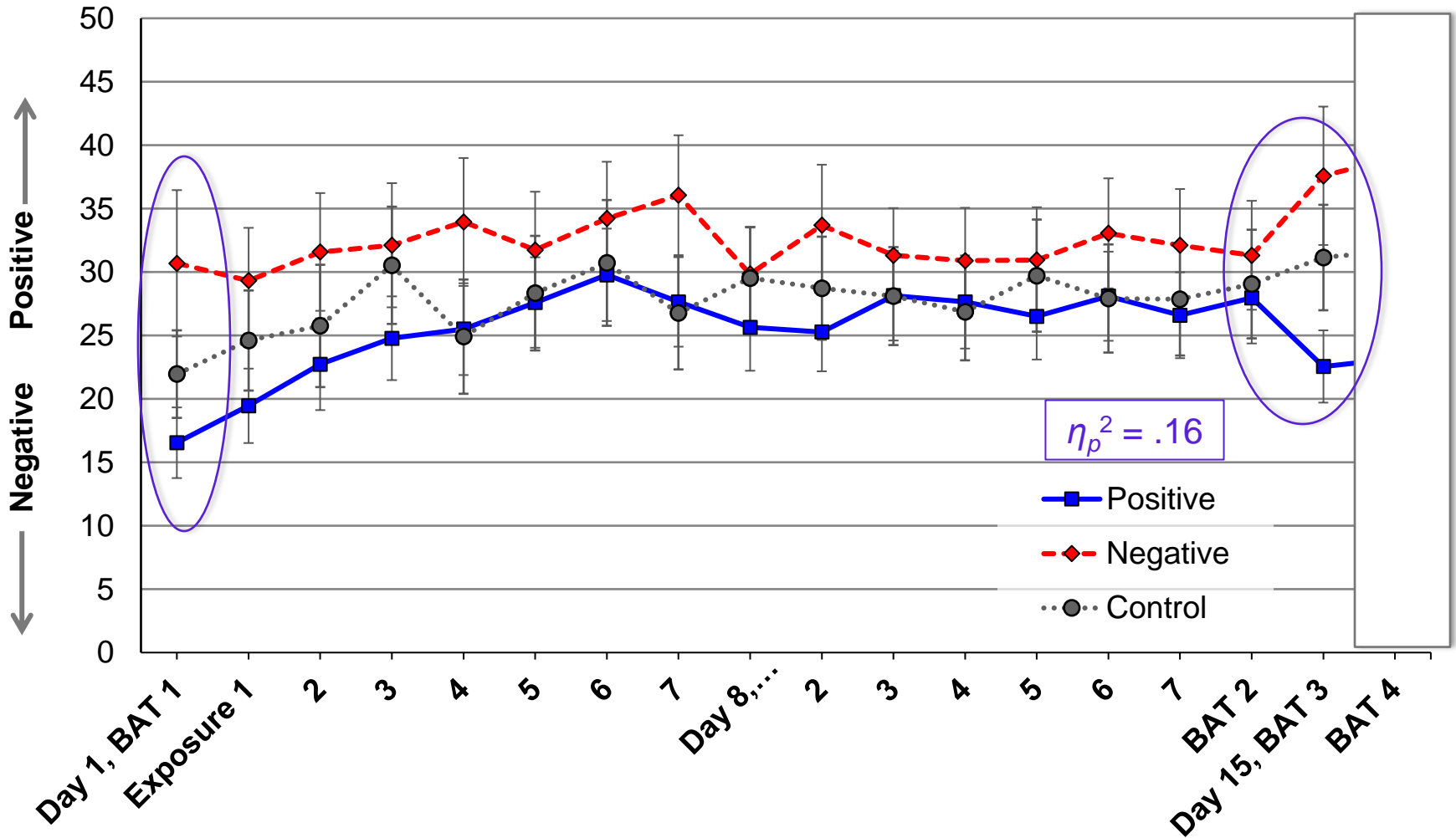


- **KLEINE VERBETERING OVER TIJD**
- **GEEN VERSCHIL TUSSEN GROEPEN**

**= CS VALENTIE =**

“How much do you **like or dislike** speaking in front of an audience?”

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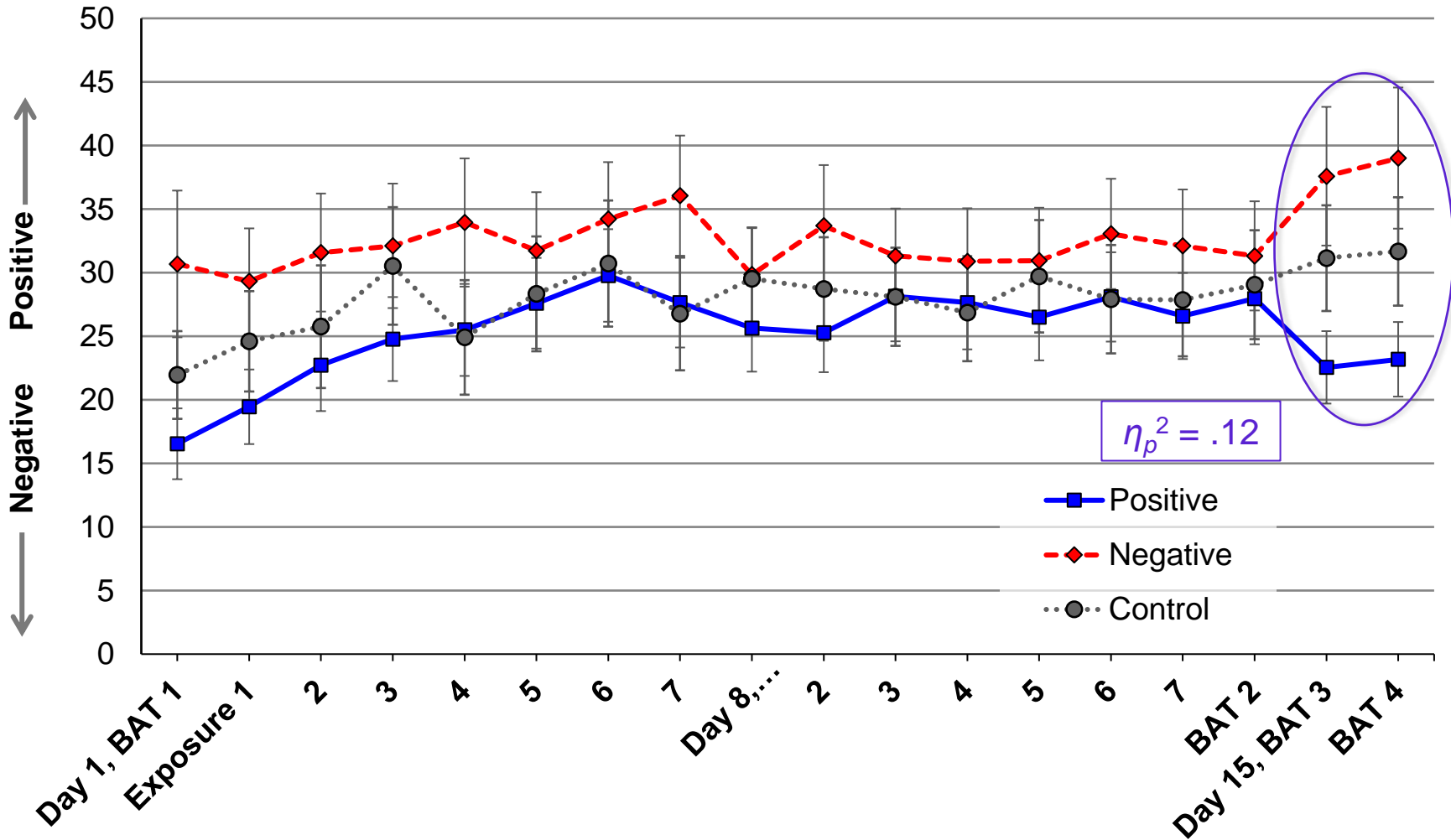


- ➔ **POSITIEVE GROEP: TERUGKEER VAN NEG. VALENTIE**
- ➔ **NEGATIEVE GROEP: VERDERE VERBETERING**

**= CS VALENTIE =**

“How much do you **like or dislike** speaking in front of an audience?”

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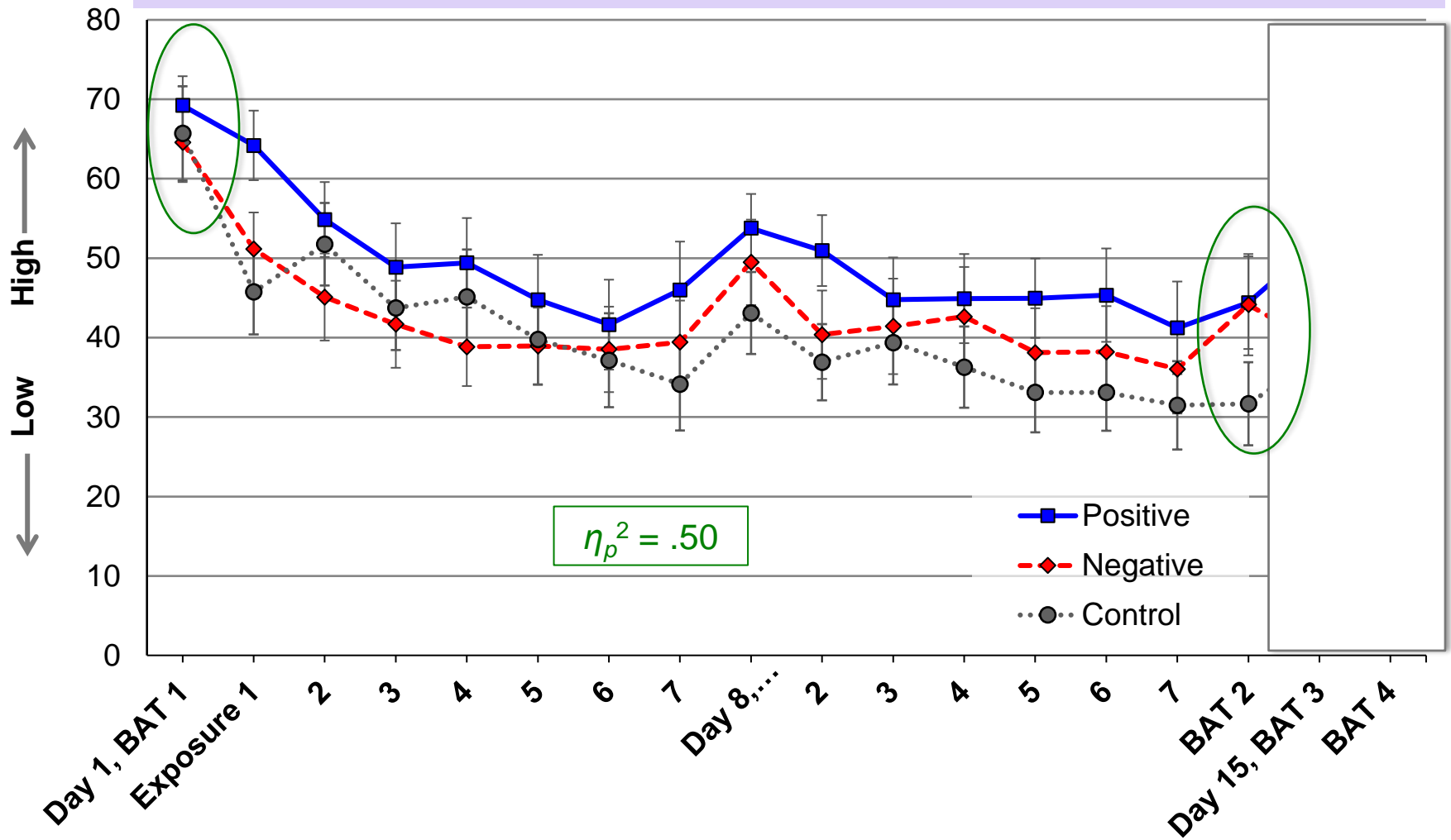


**FOLLOW-UP: NOG STEEDS EEN VERSCHIL TUSSEN GROEPEN**

**= US expectancy =**

“How likely is it that the thing you are most worried about does occur?”

0 = certain it will not occur, 50 = uncertain, 100 = certain it will occur



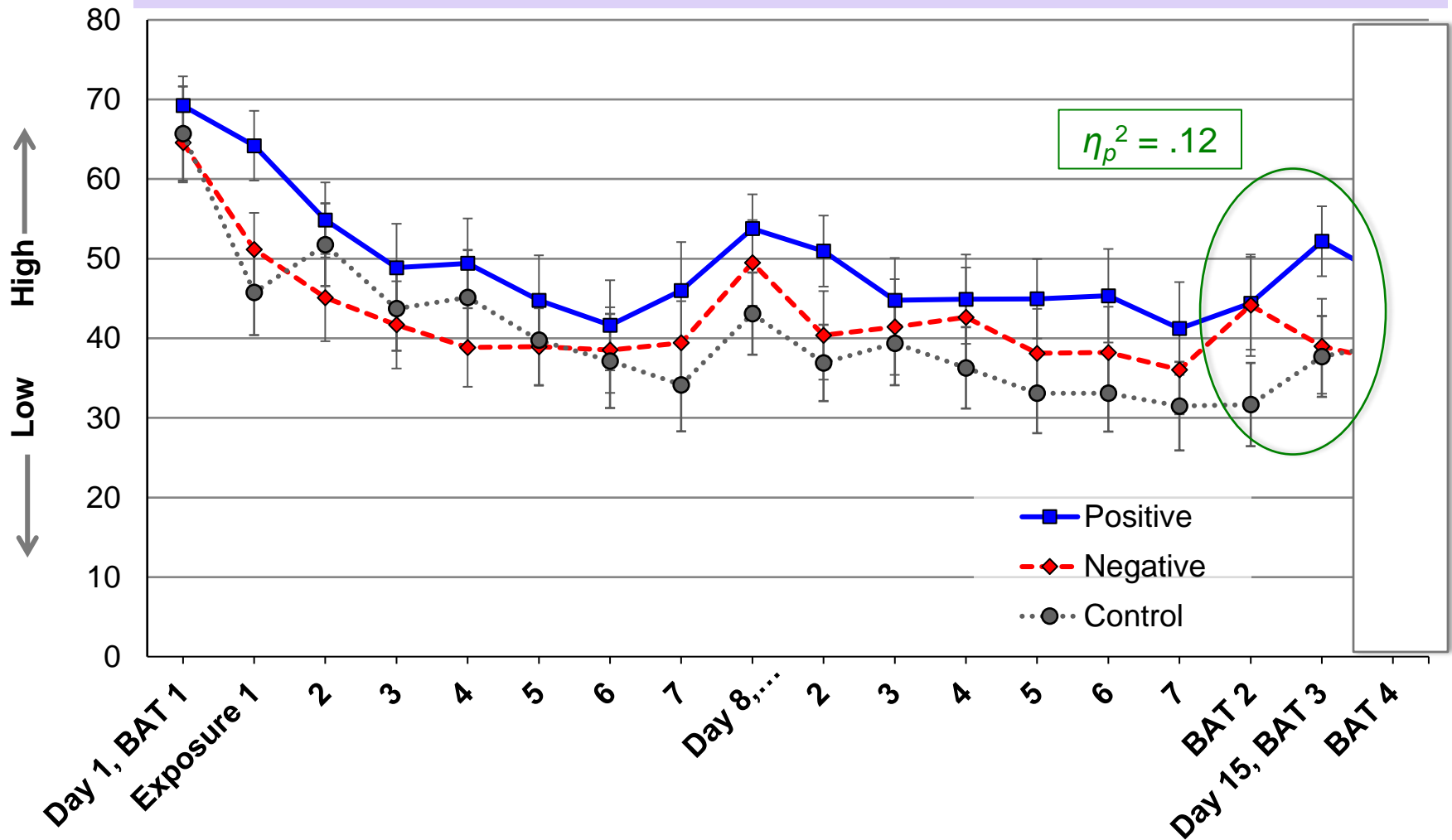
→ **EXPOSURE SUCCESVOL IN ALLE GROEPEN**



= US expectancy =

“How likely is it that the thing you are most worried about does occur?”

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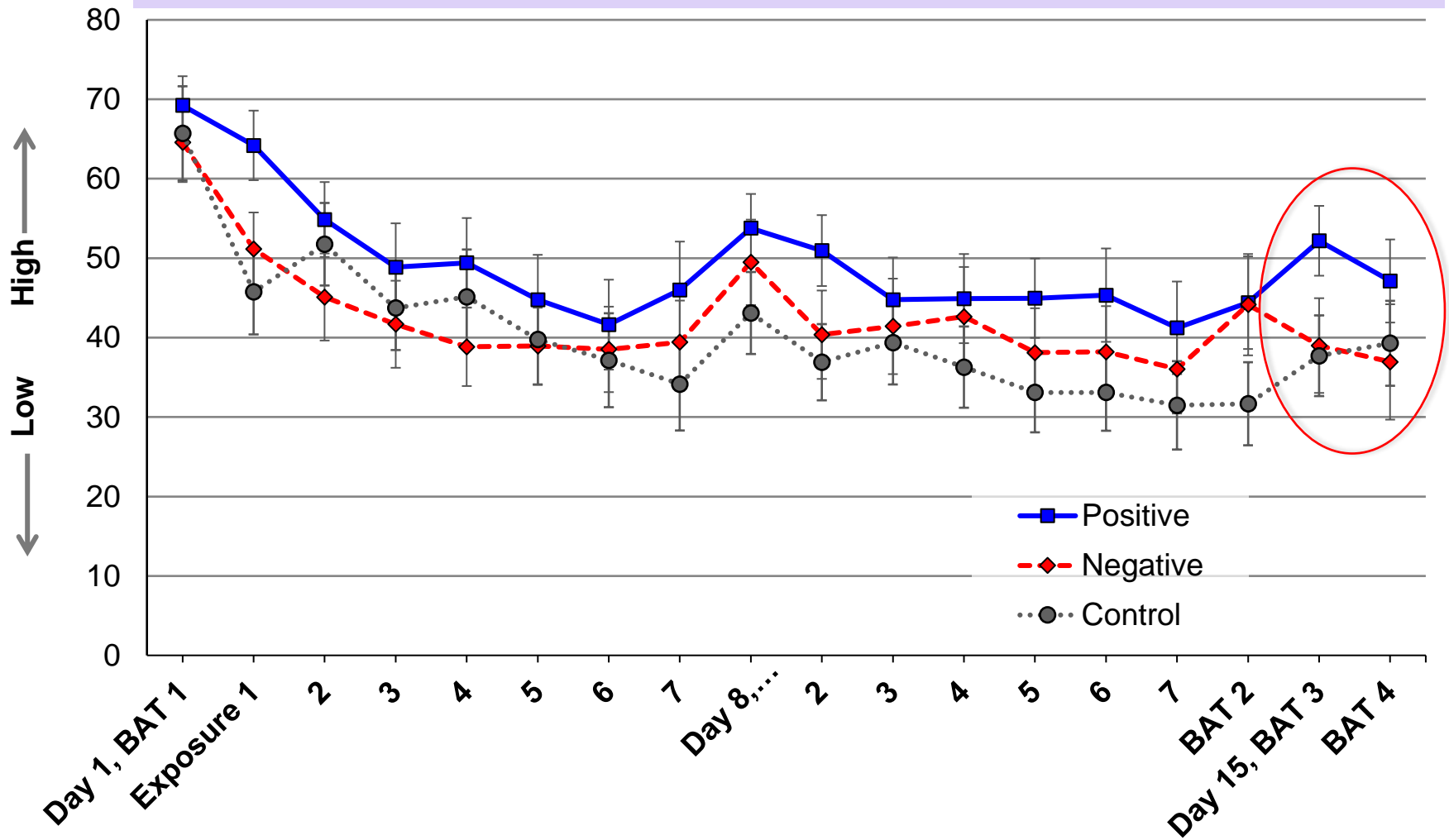


→ **TERUGKEER ANGSTVERWACHTING GROTER IN POSITIEVE CONDITIE**

## = US expectancy =

“How likely is it that the thing you are most worried about does occur?”

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# CONCLUSIE

Post-exposure  
Neg. CS valentie



Pre-exposure  
positieve  
stemming



Return of  
fear

# DISCUSSIE

- **Effect evaluatief leren KLEINER dan verwachtingsleren**
- **Positieve stemmingsinductie zorgde niet voor minder terugkeer van angst. In tegendeel...**
- **Creëert positieve stemming een interne context?**
  - “Ik kon het alleen omdat ik een goede stemming was....”
  - “Ik had een goede dag....”
- **Andere strategie om CS valentie aan te pakken: positieve informatie? (Dour et al., 2016)**
- **Niet alles vertaalt zich van lab naar praktijk**

# **TAKE-HOME MESSAGE**

**Positieve stemmingsinductie voorafgaand aan  
exposure:  
niet verstandig**



Utrecht University



Tomizlav Zbozinek



Michelle Craske



Evi-Anne van Dis



Iris Engelhard



Andrea Cervantes



Ilse van de Groep



Thomas Brouwers



Parnian Kazemi

