

research has been applied to the field of clinical psychology, with first evidence suggesting that cross-modal emotion processing is altered in mental disorders such as major depression.

In the present study, we investigated the role of anxiety in multimodal emotion processing. Based on their trait anxiety scores, healthy participants (N=33) were classified as either high or low in trait anxiety. Participants were presented with 48 emotional picture-sound combinations. The individual stimuli, taken from the IAPS and IADS, were either categorised as positive or negative and, as pairs, differed in their emotional as well as semantic congruency. Participants rated each picture-sound combination on valence and arousal.

In general, semantically congruent pairings were rated as significantly more arousing than semantically incongruent ones. This effect was most pronounced for negative picture-sound combinations. The results also show that more anxious participants rated positive stimulus combinations as less positive than participants who are less anxious. This effect was enhanced when these combinations were semantically congruent.

To conclude, the findings suggest that not just emotional congruency, but semantic congruency of multimodal cues increases feelings of arousal in individuals regardless of their anxiety levels. Furthermore, anxious people perceive positive stimuli as less positive. This is of great interest as research on anxiety has often merely focused on individuals' reactions to and ratings on negative or aversive cues. One possible explanation for these findings may be that people suffering from anxiety have a stronger negativity bias. Future research could further investigate the role of anxiety in multimodal emotion processing by using a clinical sample.

Keywords: Affektive Wissenschaft, Sonstiges

Besser zusammen als allein? – Untersuchung dyadischer Mitgefühlsmeditation

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Ziel: Meditation wird in verschiedenen mitgefühlsbasierten Interventionen des letzten Jahrzehnts auch in Dyaden ausgeführt. Allerdings wurde noch nicht untersucht, inwiefern der Rahmen – allein oder in der Dyade – einen Effekt hat. In dieser Studie untersuchten wir den Effekt dyadischer Mitgefühlsmeditation auf das Gefühl sozialer Verbundenheit. Sekundäre Zielvariablen umfassten positiven und negativen Affekt sowie die parasympathische Reaktion, erfasst über die Herzratenvariabilität (HRV). Es wurde erwartet, dass eine dyadische Mitgefühlsmeditation die Zielvariablen über den Effekt einer individuellen Mitgefühlsmeditation mit ausschließlich imaginativen Elementen hinaus verbessert.

Methode: In dieser prä-registrierten Studie wurden N = 50 gesunde Paare paarweise den zu vergleichenden Rahmenbedingungen randomisiert zugeordnet. Eine 15-minütige Mitgefühlsmeditation wurde entweder dyadisch, d.h. zusammen mit dem Partner, oder individuell, aber zur selben Zeit mit dem Partner im selben Laborraum, durchgeführt. Aufgrund der dyadischen Datenstruktur wurden Multilevel Modelle getestet.

Ergebnisse: Insgesamt verbessert die Meditation soziale Verbundenheit sowie positiven und negativen Affekt, unabhängig von der Bedingung. Ausschließlich auf Ebene der HRV zeigen sich unterschiedliche Effekte in den zwei Bedingungen über die Zeit: Während die HRV in der individuellen Bedingung signifikant abnimmt, zeigt sich in der dyadischen Bedingung keine solche Veränderung.

Diskussion: Diese Studie zeigt, dass bereits eine kurze Mitgeföhlsmeditation, ob allein oder zusammen mit dem Partner, soziale Verbundenheit und Affekt verbessern kann. Das physiologische Profil legt nahe, dass Mitgeföhlsmeditation zumindest in der individuellen Bedingung einer gewissen Anstrengung bedarf. Für die praktische Anwendung ergibt sich, dass sowohl individuelle als auch dyadische Mitgeföhlsmeditation das Potential haben, sozio-emotionales Wohlbefinden zu fördern.

Keywords: Angststörungen, E-Health/ Digitalisierung

Feedback After Exposure Therapy: Initial Usability and User-friendliness Assessment of a Mental Health App

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Purpose. There has been a substantial increase in the use of smartphone applications (apps) to monitor, evaluate, and manage mental health symptoms. While many treatments could benefit from the incorporation of apps, exposure therapy could particularly benefit from real-time data collection to help counteract patients' retrospective recall biases. This small-scale study (n = 16) assessed a university developed m-health app called Exposure Therapy Monitoring System (ETMOS) by evaluating its perceived usefulness in planning, implementing and evaluating exposure therapy.

Methods. Six psychotherapists and 10 patients were recruited from an outpatient setting. After using ETMOS for one week, participants evaluated its engagement, functionality, aesthetics and information quality, as well as its subjective quality by filling out the German end-user version of the Mobile App Rating Scale (uMARS-G). All items were rated on a 5-point scale (1 = inadequate to 5 = excellent).

Results. Participants rated ETMOS with an above average rating on the aesthetics, functionality, and information subscales (M = 3.76, M = 4.04 and M = 4.09, respectively) and with an average rating on the engagement subscale (M = 3.27). Overall, ETMOS had an above average total score (M = 3.78, SD = 0.29) and received 3.8 out of 5 stars on the subjective quality subscale. Additional qualitative analyses were conducted to further evaluate the perceived usefulness and quality of ETMOS.

Conclusions. This study gained valuable information regarding the usefulness and user-friendliness of ETMOS. Future research assessing m-health apps for clinical purposes should also take this first important step of evaluation into consideration. The next step in clinical evaluation would be to assess the short- and long-term therapeutic gains of m-health app administration as an add-on to therapy.

Keywords: Angststörungen, E-Health/ Digitalisierung

Components, mediators, and change mechanisms of Internet- and mobile-based interventions for PTSD: A systematic review and meta-analysis

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While Internet- and mobile-based interventions (IMIs) might possess the potential to increase access to evidence-based therapies for post-traumatic stress disorder (PTSD), comprehensive knowledge on active components and change mechanisms underlying their efficacy is largely pending so far. This knowledge is particularly valuable to improve the understanding of the psychotherapeutic process and enhance future interventions. Thus, we conducted a systematic literature search in five databases revealing 5920 records. We included 24 efficacy studies comparing IMIs with active controls, four additive/dismantling studies to assess components, and three mediation studies to assess mediators,