

NEURAL UNDERPINNINGS OF THE ROLE OF TRAIT MINDFULNESS IN EMOTION REGULATION IN ADOLESCENTS: AN ERP STUDY

Deng X.^{1,2}, *Gao Q.*^{1,2}, *Zhang L.*^{1,2}, *Li Y.*¹

¹College of Psychology and Sociology, Shenzhen University, China

²Shenzhen Key Laboratory of Affective and Social Cognitive Science, Shenzhen University, China

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Previous research suggested that mindfulness benefits psychological and mental health by reducing negative emotional experience and facilitating attentional processes and cognitive control during emotion regulation. However, there is still little neurological evidence linking mindfulness and emotion regulation in adolescence, which is often described as an emotionally turbulent period.

Thus, in the present study, forty-three adolescents (Mage=12.02, SD=.63) were recruited to examine the relationship between trait mindfulness negative emotion regulation and event-related brain potentials (ERPs).

The results showed that (1) the P2, N2, LPP 600-1000 and LPP 1000-1500 amplitudes of negative no-regulation were negatively correlated with observing; (2) the LPP 600-1000 amplitude of negative down-regulation was also negatively correlated with observing; and (3) the N2 and LPP 600-1000 amplitudes of negative no-regulation were positively correlated with nonjudging.

The results provide neurological evidence that trait mindfulness influences the regulation of negative emotions and affects how negative emotions are processed. Different facets of trait mindfulness have different impacts on adolescents during emotion regulation.