LEARNING TO LOOK AT THE BRIGHT SIDE OF LIFE: ATTENTION BIAS MODIFICATION TRAINING ENHANCES OPTIMISM BIAS

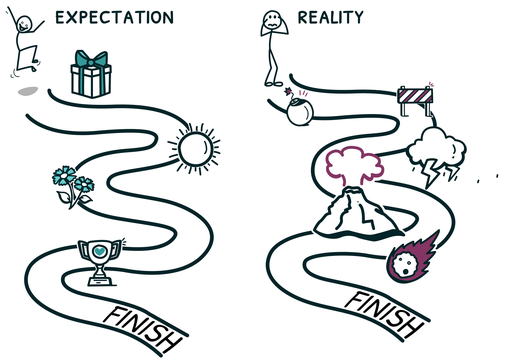
OBJECTIVE

TRAINING ATTENTION TO FOCUS ON POSITIVE SOCIAL INFORMATION

?

ENHANCED OPTIMISM BIAS

LINKED TO WELL-BEING



METHOD

EXPERIMENTAL GROUP

ATTENTION BIAS MODIFICATION TRAINING (ABMT)

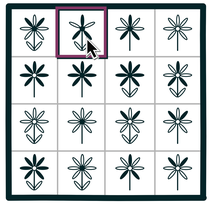
(TRY IT OUT AT MINDHABITS.COM)

FIND THE SMILING FACE

80 TRIALS/DAY
2 WEEKS

BASELINE — DAY 7 — DAY 14

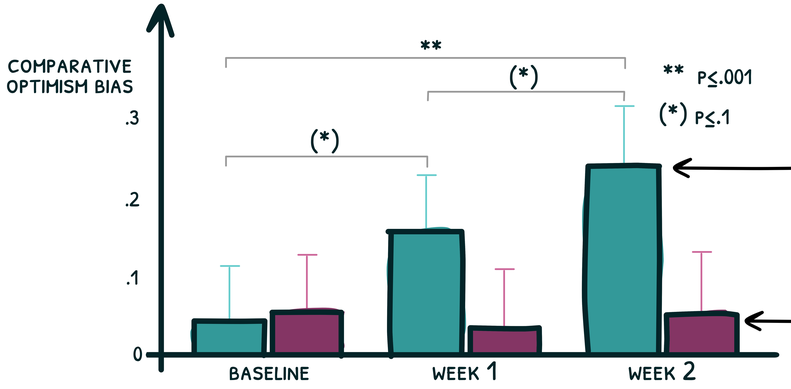
CONTROL GROUP



FIND THE 5-PETAL FLOWER

MEASURED COMPARATIVE OPTIMISM BIAS

RESULTS



EXPERIMENTAL GROUP

CONTROL GROUP

** $p \leq .001$

(*) $p \leq .1$

COMPARATIVE OPTIMISM BIAS SIGNIFICANTLY INCREASED OVER THE TWO-WEEK PERIOD IN THE ABMT GROUP*

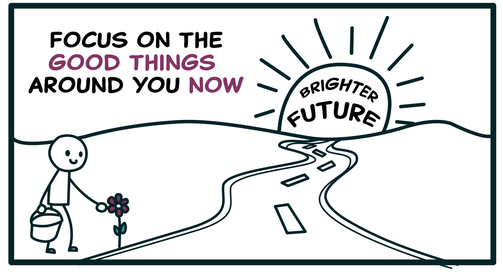
NO SIGNIFICANT CHANGE WAS OBSERVED IN THE CONTROL GROUP*

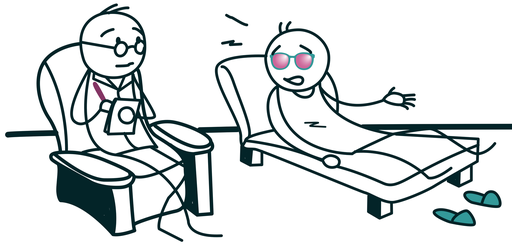
* AFTER CONTROLLING FOR TRAIT OPTIMISM

CONCLUSION

TRAINING ATTENTION TOWARD POSITIVE SOCIAL INFORMATION CAN INCREASE OPTIMISM BIAS

→ POTENTIALLY A LOW-COST, EFFECTIVE TOOL FOR IMPROVING MENTAL HEALTH AS A VALUABLE ADDITION TO PSYCHOTHERAPY





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