

PREVIOUS RESEARCH

In-person worry induction procedures effectively induce increases in state worry, negative affect, and anxiety (Penney et al., 2011)

PRESENT STUDY

Investigate the effectiveness of an online worry induction and the predictors of an individual's emotional response to the induction

METHODS

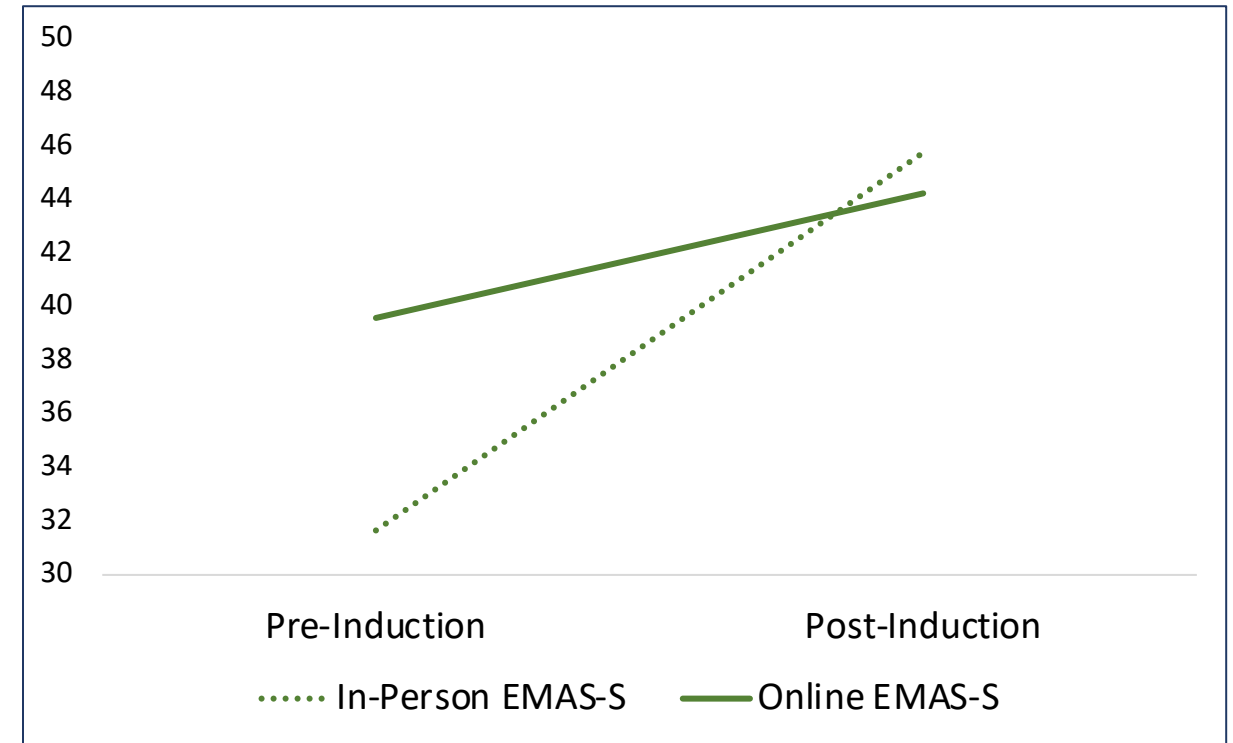
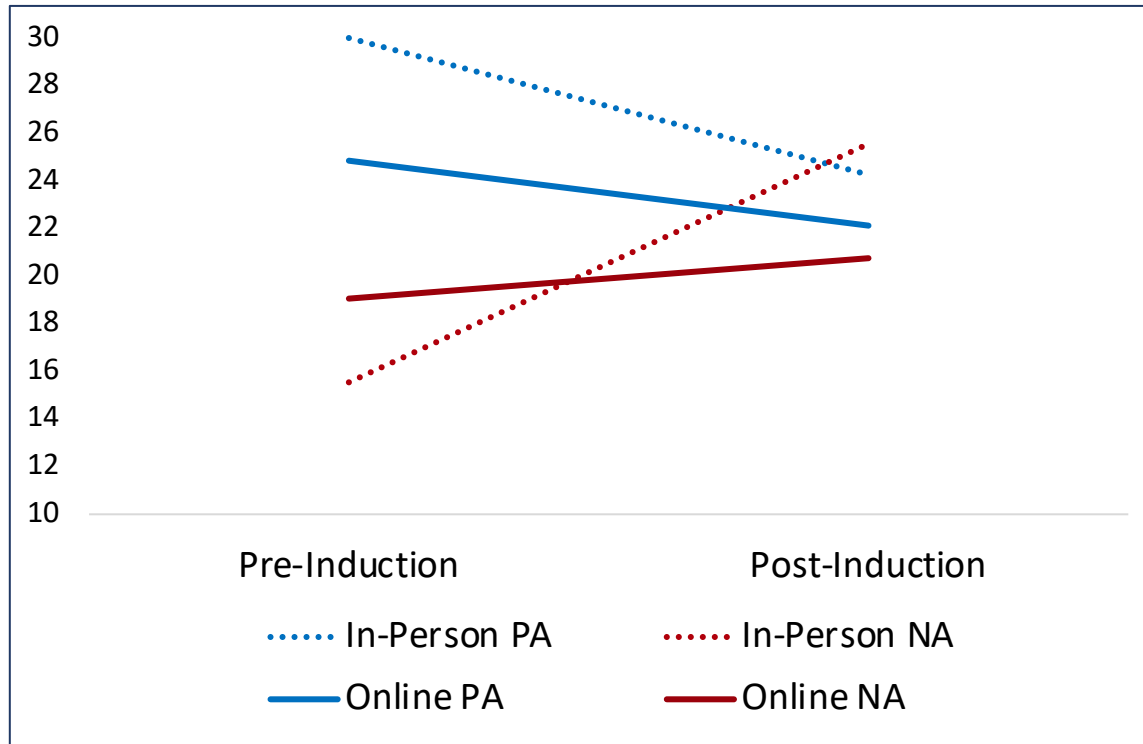
Sample: 268 undergraduate psychology students (M_{age} 21.5 years; 76% female)

Self-report measures:

- Penn State Worry Questionnaire (PSWQ)
- Generalized Anxiety Disorder Questionnaire-IV (GADQ-IV)
- Positive and Negative Affect Schedule (PANAS)
- Endler Multidimensional Anxiety Scales-State (EMAS-S)
- Worry Report



Magnitude of emotional change



Predictors of an individual's emotional response

	▲ PA	▲ NA	▲ EMAS-S
GADQ-IV	$r = -.05$	$r = .20^{**}$	$r = .19^{**}$
PSWQ	$r = -.01$	$r = .20^{**}$	$r = .14^*$

* $p < .05$, ** $p < .01$

TAKE AWAYS

- Online worry inductions → increase distress
- GAD symptoms and trait worry predict changes in NA and anxiety
- Intensity of worry = less pronounced compared to in-person induction

IMPROVEMENTS

- Proctor induction/cameras
- Hide timer
- Write out worries

LIMITATIONS

- Pandemic → heightened baseline distress/anxiety



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