

· 特殊群体心理卫生 ·

高焦虑个体对威胁性词语的注意偏向及习惯化*

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【摘要】目的：探讨高焦虑个体对威胁性刺激注意偏向的习惯化。方法：高焦虑个体（ $n=24$ ）和低焦虑个体（ $n=23$ ）参加了强迫选择反应时版本的点探测任务。共有48对负性-中性词语对作为刺激。每个词语对在8次不同的试验中被呈现，并且在每次试验中负性词语的注意偏向被测量。结果：高焦虑个体在第一次呈现时表现出对负性词语的注意偏向（ $t=2.34, P<0.05$ ）。随着刺激呈现次数的增加，高焦虑个体的注意偏向显著减少（ $F=5.1, P<0.01$ ）。低焦虑个体在整个试验过程中没有表现出对负性词语的注意偏向。

【关键词】焦虑；注意偏向

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Abstract: Objective: To explore the habituation of anxiety-related attentional bias for threatening words in subjects with high and low trait anxiety by re-creating the conditions of stimulus exposures. Method: High anxious ($n=24$) and low anxious ($n=23$) individuals participated in a forced-choice reaction time version of a modified dot-probe task. There were 48 negative-neutral word pairs chosen as stimuli. Each word pair were presented eight occasions in different blocks, and at each occasion the attentional bias to the emotionally negative word was examined. Results: High anxious individuals showed initial selective attention to the negative words when they were presented for the first occasion ($t=2.34, P<0.05$). However, the pattern of attentional bias changed from initial selective attention to the negative words when they were presented in the second and third occasions ($F=5.1, P<0.01$; the bias were $3.1\pm 27.3, 2.5\pm 27.0, -10.0\pm 27.9$ respectively). After then no attentional bias towards the negative word meaning was observed. In addition, attentional bias to threatening words, high anxious participants showed habituation to these words when they were presented more occasions.

Key words: anxiety; dot-probe task; attentional bias; habituation

近年来，关于焦虑障碍的研究，人们开始从生物学、心理学、社会学等多方面入手。高焦虑个体（或高焦虑个体）的研究，发现焦虑个体对威胁性刺激表现出明显的注意偏向。研究发现，高焦虑个体对威胁性刺激表现出明显的注意偏向。近年来的研究，发现对威胁性刺激表现出明显的注意偏向。

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