



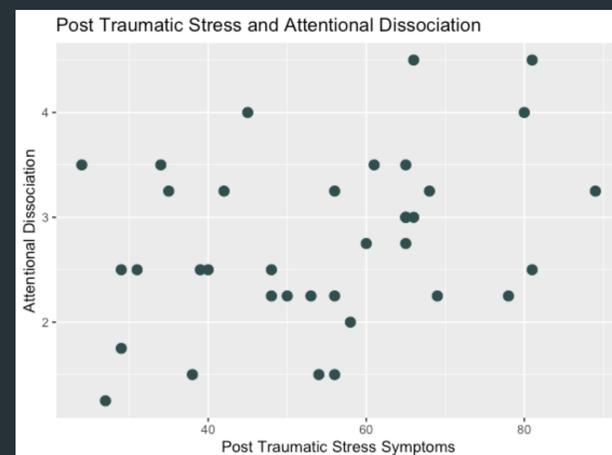
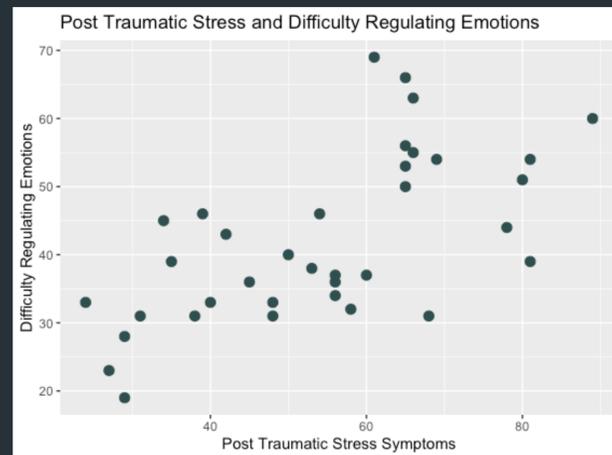
Attentional dissociation explained variance in difficulty regulating emotions, above and beyond dissociative amnesia, $F(2,33) = 10.46, p < .001; \Delta R^2 = .077$.

1. In contrast to the original hypothesis, Lower BIS sensitivity was significantly related to PTSS, $r(34)=-0.37, p < .05$.
 2. PTSS severity was related to greater difficulty regulating emotions, $r(34)=+0.64, p < .001$.
 3. PTSS symptom severity was associated with greater attentional dissociation, $r(34)=+0.33, p < .05$, and greater dissociative amnesia, $r(34)=+0.47, p < .01$.
 4. A model of dissociative amnesia and attentional dissociation explained 38.8% of the variance and was a significant predictor of difficulty regulating emotions, $F(2,33) = 10.46, p < .001$. Attentional dissociation was able to explain 7.7% more variance in difficulties in emotion regulation when controlling for dissociative amnesia.
- DISCUSSION**
- **Relevance to Clinical Practice:**
 - While dissociation allows for temporary disengagement from threat and nonreactivity, the ability to regulate emotions may be context dependent.
 - **Limitations**
 - Use of non-clinical sample, little diversity.
 - The BIS and Attentional Resource subscales had low reliability ($\alpha < .70$). However, these scales are very brief. Inhibition and attentional control could be measured more accurately through attentional bias tasks with supplemental self-report(s).
 - **Future Directions**
 - The most frequent reported traumatic experiences were (1) unwanted sexual experiences and (2) stressful events not specified by the LEC-5. Future investigations should consider pandemic related stress in traumatic dissociation.

Table 1
Hierarchical Regression Models Predicting Difficulties in Emotion Regulation.

Variables	β	R ²	ΔR^2
Model 1		.311***	.
Dissociative Amnesia	.558***		
Model 2		.368***	.077*
Dissociative Amnesia	.357*		
Attentional Dissociation	.342*		

Note: (* $p < .05$, ** $p < .01$, *** $p < .001$)



Present findings suggest using caution when choosing treatments for PTSS, as those requiring sustained mental effort toward objects of distress could encourage patterns of dissociation.

Mental resources well spent? The costs and benefits of avoidance

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INTRO

- Avoidance of internal experiences, such as memories, thoughts, or emotions, is a common feature of trauma-related disorders like PTSD (Pickett et al., 2011; Maack et al., 2012).
- Difficulty regulating emotions may be a precursor to rapid cycling between threat monitoring and avoidance (Bardeen et al., 2017; Clauss et al., 2021).
- Dissociation may be conceptualized as attentional avoidance of threat in the external environment (Melara et al., 2018).

HYPOTHESES

1. Are post-traumatic stress symptoms related to behavioral inhibition sensitivity?
2. Is post-traumatic stress symptom severity related to difficulty regulating emotions?
3. Is dissociation related to post-traumatic stress symptom severity?
4. Is attentional resource allocation associated with difficulty regulating emotions?

METHODS

Scales:

- Post-Traumatic Stress Disorder Checklist for DSM-5 (PCL-5) and Life-Events Checklist (LEC-5)
- Behavioral Inhibition Scale (BIS; Carver & White, 2011)
- Attentional Resource Allocation Scale (ARAS; Carleton et al., 2013)
- Difficulties in Emotion Regulation Scale - 16 item version (DERS-16).

Participants: Subsample (N = 36) reporting direct exposure to potentially traumatic event(s) on the LEC-5.

Demographics:

69.4% White, 11.1% Multiracial, 16.7% Hispanic/Latinx
80.6% Female, 16.7% Male, 2.8% Non-Binary