

UC Merced

Proceedings of the Annual Meeting of the Cognitive Science Society

Title

Mindfulness Skill Enhances Inhibition of Irrelevant Negative Emotions: Evidence from a Stop Signal Task

Permalink

<https://escholarship.org/uc/item/5vt3q221>

Journal

Proceedings of the Annual Meeting of the Cognitive Science Society, 45(45)

Authors

Lodha, Surabhi
Gupta, Rashmi

Publication Date

2023

Peer reviewed

Mindfulness Skill Enhances Inhibition of Irrelevant Negative Emotions: Evidence from a Stop Signal Task

Surabhi Lodha

Indian Institute of Technology Bombay, Mumbai, Maharashtra, India

Rashmi Gupta

IIT Bpmby, Mumbai, MAHARASHTRA, India

Abstract

The present study investigated the effect of mindfulness on response inhibition and its interaction with emotions. Individuals with prior experience in mindfulness meditation and those without any meditation experience participated. During a stop signal task, participants responded to a target stimulus on go trials and inhibited responding on stop trials. An emotional face (angry, happy, or neutral) always preceded the target stimulus, which was to be ignored. Participants also completed self-reports associated with affect, awareness, and impulsivity. There were no group differences on any self-report. The task results showed that happy faces enhanced response inhibition in non-meditators, whereas angry faces enhanced response inhibition in mindfulness meditators. Results are explained through functional perspectives of how mindfulness influences attentional resource deployment to emotional stimuli, affecting response processes over time. The findings contribute to understanding the dynamic patterns through which mindfulness modulates the attention-emotion interface to promote meaning in the face of difficulty.