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Efecto de los movimientos oculares y la estimulación visual en la reactivación de estímulos visuales. Diferencias individuales según el nivel de ansiedad estado-rasgo.

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EFECTO DE LOS MOVIMIENTOS OCULARES Y LA ESTIMULACIÓN VISUAL EN LA REACTIVACIÓN DE ESTÍMULOS VISUALES. DIFERENCIAS INDIVIDUALES SEGÚN EL NIVEL DE ANSIEDAD ESTADO-RASGO

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RESUMEN

Los movimientos oculares, utilizados en la terapia EMDR, disminuyen la emocionalidad y vividez de recuerdos traumáticos. La teoría de la tarea dual propone que la reactivación de un recuerdo junto con una tarea que ocupe la memoria de trabajo (MT) disminuye la emocionalidad y vividez por sobrecarga en la MT. Sin embargo, estos estudios no evaluaron el rendimiento de la memoria. En un estudio preliminar previo de este equipo, evaluamos el rendimiento en una tarea de recuerdo libre de estímulos visuales. Encontramos un efecto perjudicial en la reactivación en sujetos que realizaron movimientos oculares y también en quienes recibieron estimulación visual periódica, sugiriendo que el efecto podría no ser exclusivo de los movimientos oculares. Adicionalmente, no todos los pacientes responden igual a los movimientos oculares. Si bien se conoce que la activación emocional es necesaria para el efecto de los movimientos oculares, no hay estudios que examinen si la ansiedad afecta el rendimiento en tareas de este tipo y/o con estimulación visual. Presentaremos resultados sobre si los movimientos oculares horizontales durante la reactivación de estímulos visuales empeoran el rendimiento de la memoria y si este efecto es específico, además de analizar diferencias individuales relacionadas con niveles de ansiedad estado-rasgo.

Palabras clave

Memoria visual - Movimientos oculares - Estimulación visual - Ansiedad Estado-Rasgo

ABSTRACT

EFFECT OF EYE MOVEMENTS AND VISUAL STIMULATION ON THE REACTIVATION OF VISUAL STIMULI. INDIVIDUAL DIFFERENCES BASED ON STATE-TRAIT ANXIETY LEVELS

Eye movements, used in EMDR therapy, reduce the emotionality and vividness of traumatic memories. The dual-task theory suggests that reactivating a memory alongside a task that engages working memory (WM) decreases emotionality and vividness due to WM overload. However, these studies did not evaluate memory performance. In a previous preliminary study by our

team, we assessed performance in a free recall task of visual stimuli. We found a detrimental effect on reactivation in subjects who performed eye movements and also in those who received periodic visual stimulation, suggesting that the effect might not be exclusive to eye movements. Additionally, not all patients respond the same way to eye movements. While it is known that emotional activation is necessary for the effect of eye movements, there are no studies examining whether anxiety affects performance in such tasks and/or with visual stimulation. We will present results on whether horizontal eye movements during the reactivation of visual stimuli worsen memory performance and if this effect is specific, as well as analyze individual differences related to state-trait anxiety levels.

Keywords

Visual memory - Eye movements - Visual stimulation - State-Trait Anxiety

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