

Disclosures

- NIMH (K23 MH128451; PI: K.I.)
- Yale Center for Clinical Investigation (NCATS KL2 TR001862)
- Yale Child Study Center Faculty Development Pilot Award (K.I.)

2

Outline

- 1. Emotion regulation and disruptive behavior disorders
- 2. Related brain mechanisms
- 3. Ongoing opportunities for study participation



4



	Strategy	Strategy impacts negative or	How strategy is used		
		positive emotion			
	Accentance	Negative	I scounted the ritustion and/or my emotions		
	Rehavioural activation	Negative and positive	I found an activity to keep myself distracted/I sought out activities and socialising		
	Benefit finding	Negative	I thought about how I could become stronger or learn from the situation		
	Broadening	Positive	I thought about all the good things that were hannening in my life as well		
	Canitalising	Positive	I made a plan to make the good situation hannen again		
	Consequences	Negative or positive	I thought about all the different things in my life that this situation would impact		
	Denial	Negative or positive	Linst acted like the situation never hannened		
	Exercise	Negative	I exercised		
	Emotional expression	Positive	I emphasised my emotions by showing them		
	Entertainment	Positive	I listened to upbeat music or watched a happy movie or show		
	Future focus	Positive	I concentrated on upcoming positive events in my life		
	Generalising	Negative	I thought about all the other things that have happened to me in addition to this		
	Minimising	Positive	I thought about how the situation was not really that great		
	Non-suicidal self-injury	Negative	I hurt (pinched/cut/burned/hit) myself		
	Other-blame/credit	Negative and positive	I thought about how the situation was someone else's fault/due to someone else		
	Perspective	Negative	I reminded myself that things could be worse		
	Positive refocusing	Negative	I thought of something pleasant instead of what had happened		
	Problem solving	Negative	I made a plan to make the situation better		
1	Reappraisal	Negative or positive	I thought about the situation in a different way		
	Reminiscing	Positive	I reminisced about pleasant memories		
	Replaying	Positive	I replayed all the details of the event in my head		
	Reward	Positive	I treated myself to something special		
	Rumination	Negative	I thought over and over again about the situation and my feelings		
	Savouring	Positive	I tried to revel in the moment and concentrate on how good I felt		
	Self-blame/credit	Negative and positive	I thought about how my actions brought about this situation		
	Sleep	Negative	I went to sleep		
	Social support/sharing	Negative or positive	I found a friend or family member to talk to		
	Stimulus control	Positive	I avoided all negative thoughts and stressors		
	Substance use	Negative or positive	I smoked a cigarette/drank alcohol/got high		
	Suppression				
	Expressive Suppression	Negative or positive	I controlled my emotions by not snowing them		
	Emotional Suppression	Negative	I ignored my teerings and acted like the situation never happened at all		
	Abmed et al. Dev Cogn Neurosci 2015				
	Annied et al., Dev obgit Neurosci, 2013				





7









Neural networks involved in emotion regulation Emotion Generation Amygdala Insula Dorsal anterior cingulate Emotional Control refrontal cortex arietal cortex Supplementary motor area















 Thank You!

 karim.ibrahim@yale.edu

19

20