



**Abstract:** The present research found a three-way interaction among emotional self-efficacy, inhibitory control, and concern about the risk in predicting the probability of contemporary risks. These findings will help to improve the tailoring of psychological training depending on the individual differences and maximize its potential benefits.x

## Introduction

- Inhibitory control and emotion regulation relationship in driving risk perception is still under-investigated<sup>1,2</sup>.
- Both inhibitory control and emotion regulation are important factors driving people's decision to engage in risky behaviors: both poor cognitive and emotional self-regulation may increase the propensity to take risks<sup>3,4</sup>.

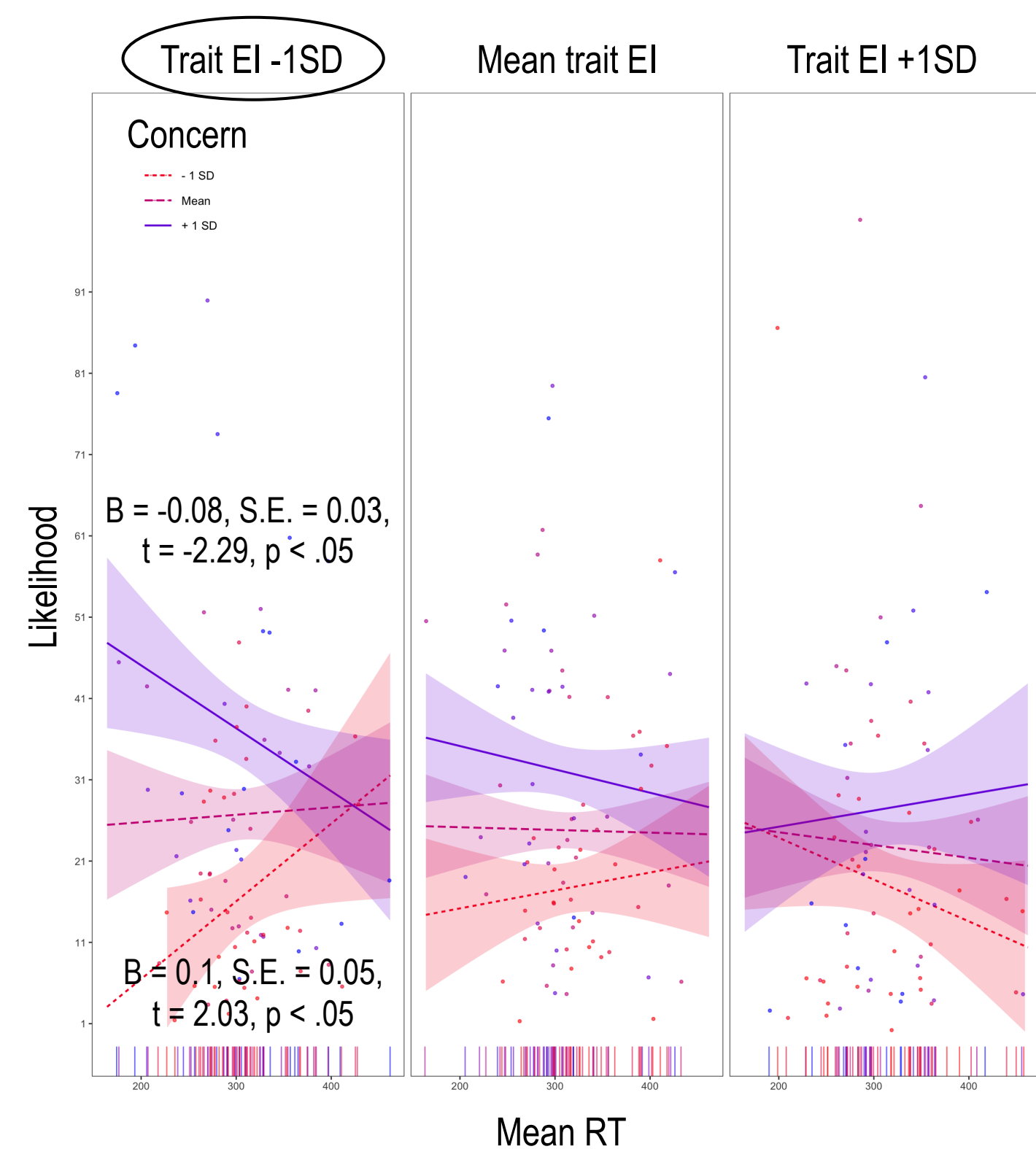
## Method

- N = 284 participants ( $M_{age} = 30.41$ ,  $SD_{age} = 13.12$ ; 57% females)
- **Go/No-Go Task** (200 trials, 80% go trials; X = "go", consonants = "no-go")
- **Likelihood** of experiencing a series of 22 events on a scale from 0% to 100%
- **Concern** for each of the 22 events from 1 (not at all) to 10 (extremely)
- **Trait Emotional Intelligence Questionnaire - Short Form (TEIQue-SF<sup>6</sup>;  $\alpha = .88$ )**

## Results

### Attack risks

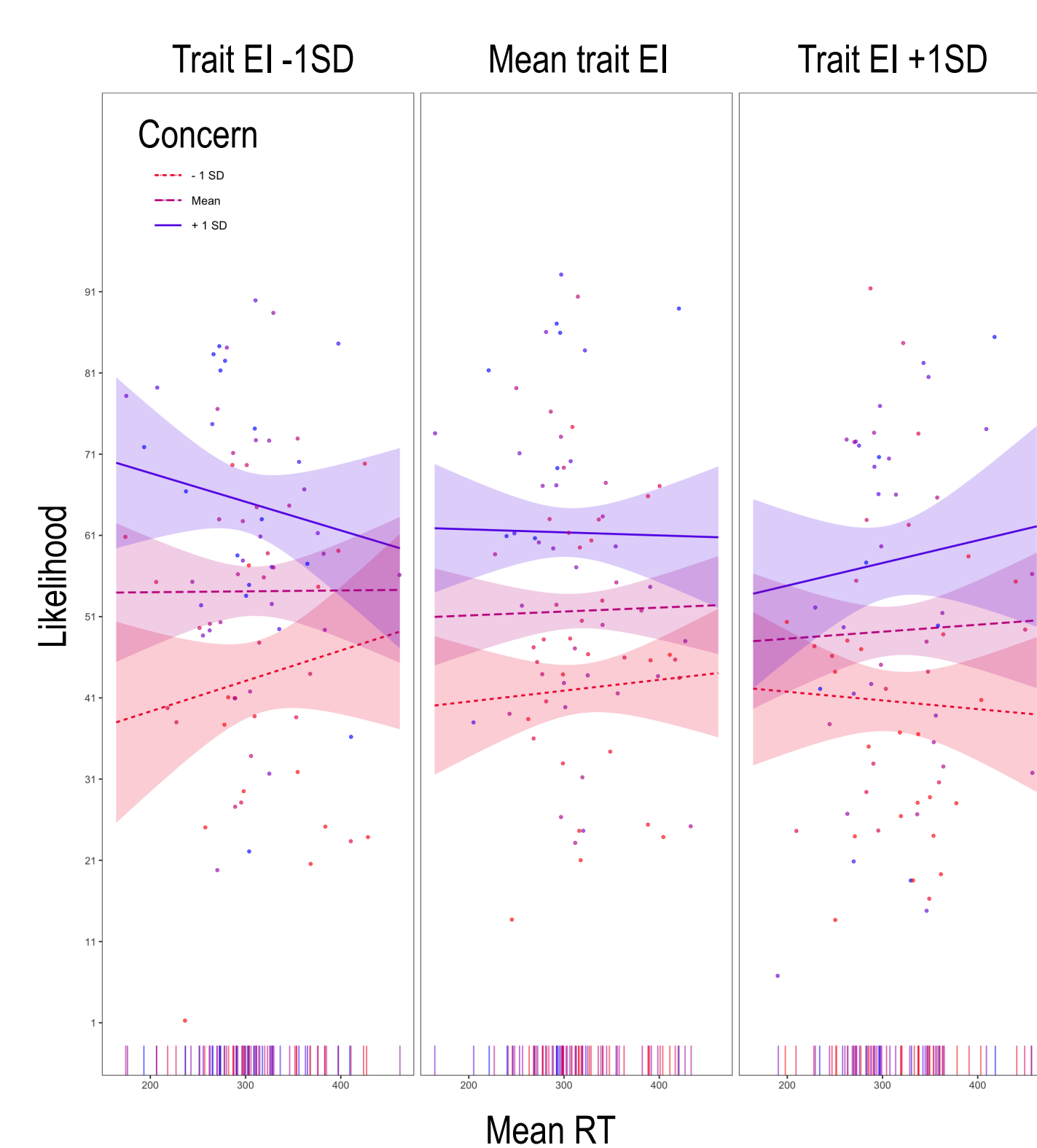
$R^2_{adj.} = .20$   
3-way interaction:  $B = 0.04$ ,  $S.E. = 0.01$ ,  $t = 3.58$ ,  $p < 0.001$



Cyber attack, Nuclear war, Nuclear explosion, Political dictatorship, Third World War, Terrorist attack

### Global risks

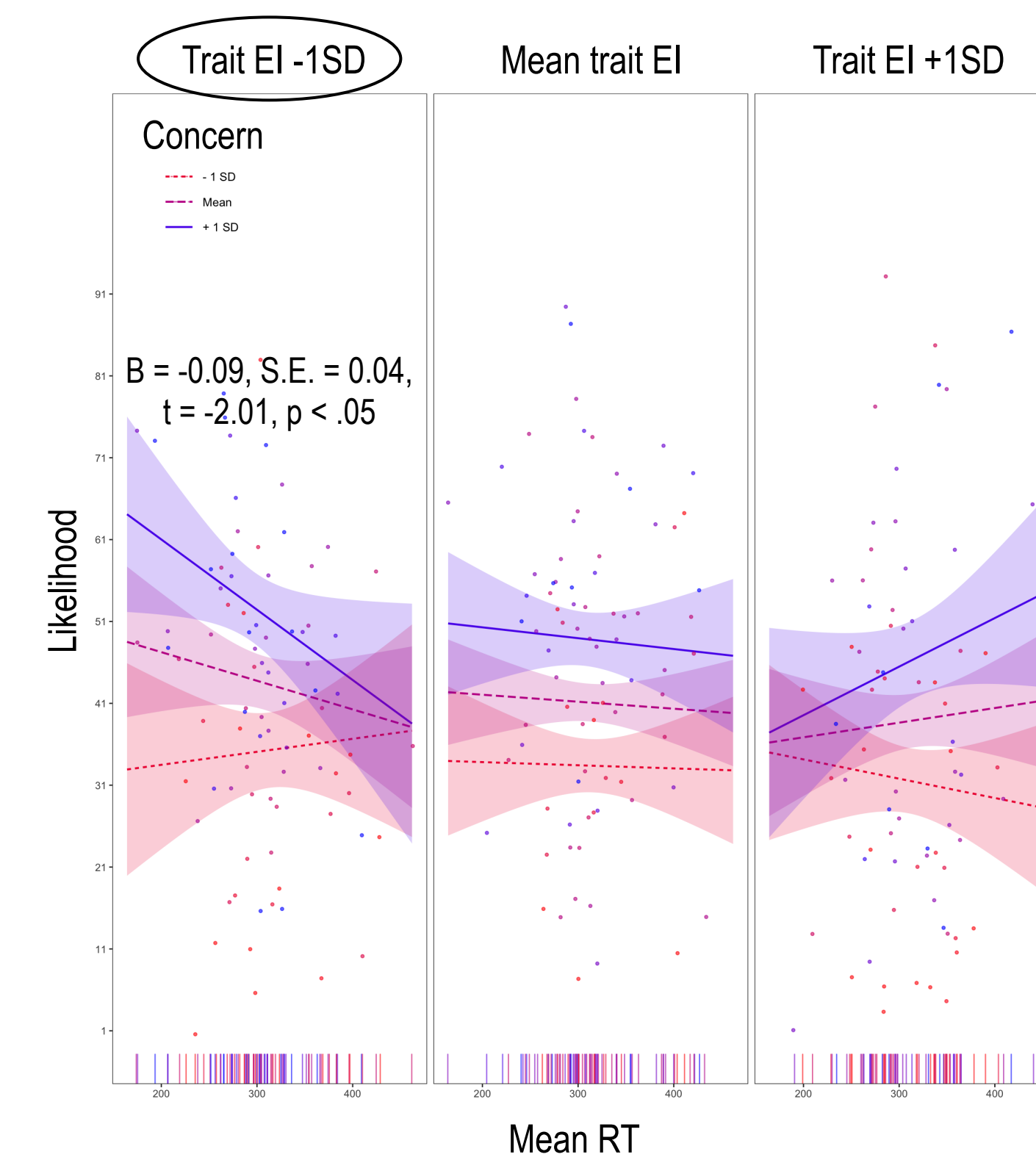
$R^2_{adj.} = .28$   
3-way interaction:  $B = 0.02$ ,  $S.E. = 0.01$ ,  $t = 1.84$ ,  $p = 0.07$



Car accident, Climate-change-caused natural disaster, Economic crisis, Flood, New pandemic in the next 10 years, Pollution-caused health issues, Unemployment

### Personal uncontrollable risks

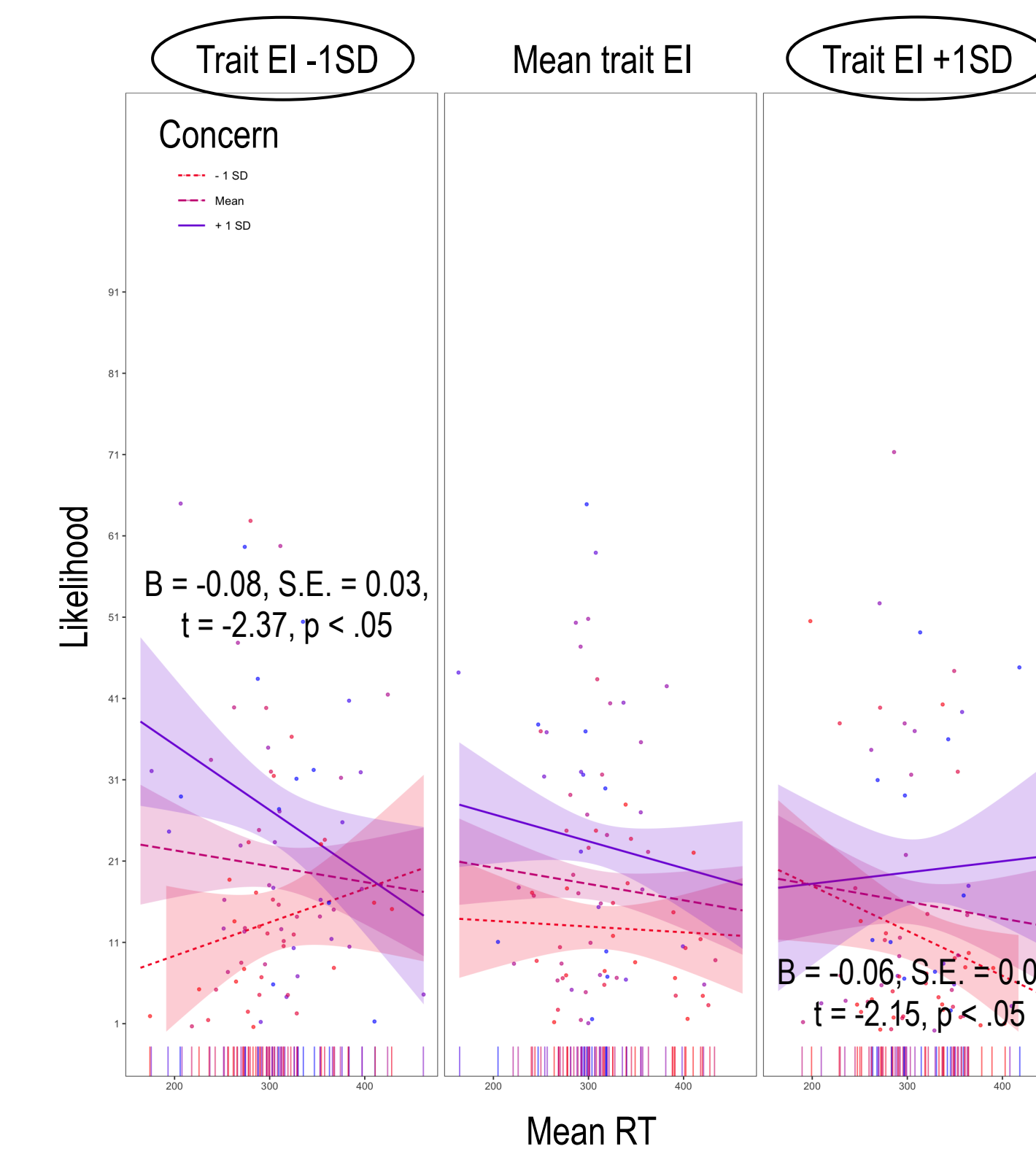
$R^2_{adj.} = .20$   
3-way interaction:  $B = 0.03$ ,  $S.E. = 0.01$ ,  $t = 2.65$ ,  $p < 0.01$



Accident being run over, Cancer, Fire, Hackers' theft, Stroke

### Personal controllable risks

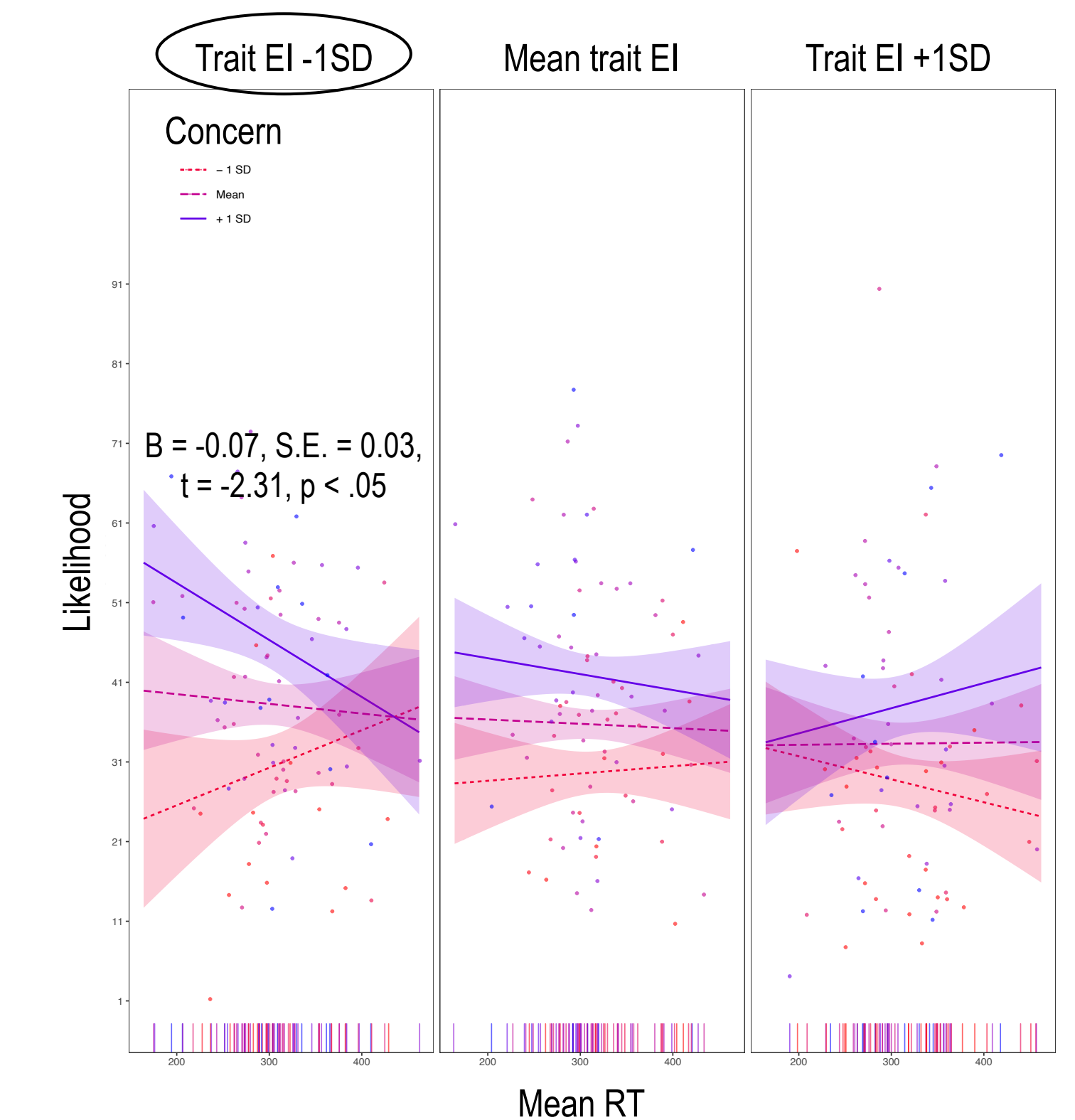
$R^2_{adj.} = .16$   
3-way interaction:  $B = 0.03$ ,  $S.E. = 0.01$ ,  $t = 2.77$ ,  $p < 0.01$



Drowning, Sexually Transmitted Disease's contraction, Starvation, Unwanted pregnancies

### General result

$R^2_{adj.} = .20$   
3-way interaction:  $B = 0.03$ ,  $S.E. = 0.01$ ,  $t = 3.26$ ,  $p < 0.01$



All risks together

## Discussion

- Insight into the interplay between emotional self-efficacy and inhibitory control in risk perception: for ineffective regulators, when concerned about the risks, the less they were able to inhibit responses and the more they judged high the likelihood of the risk.
- Ineffective regulators might benefit from cognitive training to avoid misperceiving the likelihood of the risk, rather than emotional regulation trainings.

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**References:** <sup>1</sup>Loewenstein, G. F., Weber, E. U., Hsee, C. K., & Welch, N. (2001). Risk as feelings. *Psychological bulletin*, 127(2), 267; <sup>2</sup>Gray, J. R. (2004). Integration of emotion and cognitive control. *Current directions in psychological science*, 13(2), 46-48.; <sup>3</sup>Nigg, J. T. (2017). Annual Research Review: On the relations among self-regulation, self-control, executive functioning, effortful control, cognitive control, impulsivity, risk-taking, and inhibition for developmental psychopathology. *Journal of child psychology and psychiatry*, 58(4), 361-383.; <sup>4</sup>Zimmermann, G. (2010). Risk perception, emotion regulation and impulsivity as predictors of risk behaviours among adolescents in Switzerland. *Journal of Youth Studies*, 13(1), 83-99.

For any information, please contact Elisa Tedaldi at elisa.tedaldi@phd.unipd.it.