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ABSTRACT
Cognitive bias modification is the direct manipulation of a target bias by extensive exposure to task contingencies that encourage predetermined patterns of processing selectivity. Forty-eight participants from a general population sample recruited for a two-part study investigating the effect of two sessions of exercise orientated Positive CBM-I Training, in comparison to a Neutral Pseudo Training condition.

STUDY AIMS
This study aims to investigate how cognitive interpretation biases could be trained and modified with cognitive bias modification training which is exercise orientated, to alleviate the symptoms of anxiety, depression, and stress related disorders.

RESULTS
HYPOTHESIS ONE Participants in the CBM-I training program will show a decrease in anxiety, stress and depression measures after session one of training and a further decrease following the second training, whilst the Pseudo Training Group will show no decrease.

HYPOTHESIS TWO Participants in the CBM-I Training will show a decrease in negative cognitive interpretation biases (SST) when cognitively loaded, and in the non-cognitively loaded task. Participants in the Pseudo Training Group will show no difference between sessions, or a difference between cognitively loaded/non-loaded tasks.

CONCLUSIONS
The results suggest that positive CBM-I training significantly decreases negative interpretation biases, which in turn ameliorates maladaptive mood. A consequence being, a decrease in reported symptoms of emotion-related disorders such as: Anxiety, Depression, and Stress. Cognitive Interpretation Bias Modification Training programs offer a novel technique for reducing negative interpretation biases and consequently Anxiety, Depression and Stress.

REFERENCES