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Principles of perceptual disagreement

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Sensory information is often too sparse to fully determine the perceptual experience. This uncertainty is resolved by filling in the missing information with assumptions. We show where these assumptions come from - differential experience - for a wide range of perceptual phenomena that create substantial disagreement, such as “the dress”, “the sneakers” or “Laurel and Yanny”. We trace these disagreements to specific light, fabric and frequency priors, respectively. Finally, we introduce a new stimulus - “the crocs” - which we created on the basis of a principle (Substantial Uncertainty combined with Ramified or Forked Priors or Assumptions creates fundamental Disagreement) to reliably create perceptual disagreement in a large sample of participants. We propose that this principle underlies all instances of substantial perceptual disagreement.

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Contingency of self-worth reduce academic procrastination?

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The purpose of this study was to examine the relation between the contingency of self-worth (CSW) for academics and academic procrastination. In the high CSW area, people not only make an effort but also take evasive action, because they want to protect themselves against the reduction of their self-esteem by failure. Therefore, CSW may have two opposing effects (reducing effect or enhancement effect) to academic procrastination, but few studies have clarified the relation between them. We investigated the relation between CSW and three intentions of procrastination (aversion, planning fallacy, and activeness) for university students in a questionnaire survey. All participants took one course in three introductory psychology courses, and they worked on the same writing assignment. Also, we explored the effect of CSW and procrastination intention on the consciousness during the task production period in a longitudinal survey. As a result, CSW had a significant negative effect on planning fallacy, but no effect on the others. These results implied that CSW could suppress inappropriate postponement. This study found the basic knowledge about

the effect of contingency of self-value on the suppression of procrastination.

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Physical activity, Mediterranean diet and personality domains

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Introduction: Several investigations have found association between different lifestyle variables such as quantity and quality of physical activity, adherence to a healthy or unhealthy diet and personality factors. Objectives: The aim of our study was to analyze the association between physical activity and adherence to Mediterranean diet with personality domains in a Mediterranean cohort. Methods: This study is part of the SUN (Seguimiento Universidad de Navarra) project, a prospective cohort study formed by Spanish university graduates with more than 22,500 participants. At baseline, participants complete a questionnaire that includes lifestyle questions such as dietary habits and physical activity. Biannually, information is update. Personality is assessed with the PID-5 (Personality Inventory for DSM-5) after 16 years of follow-up. Leisure-time physical activity and dietary intake were collected through validated questionnaires. Leisure-time activities were computed by assigning a metabolic equivalent score (METs) to each activity, multiplied by the time spent for each activity and summing up all activities. Adherence to the Mediterranean Diet was calculated using the MEDAS score (14 points). Both, physical activity and adherence to the Mediterranean diet were categorized into quartiles. Generalized linear models were fitted to calculate sex and age adjusted means of each domain of personality according to physical activity and diet adherence levels. Results: participants who were less physically active (quartil1) showed higher levels of Negative Affect (Mean: 5.56, *p*: 0.002). Less adherence to a Mediterranean dietary pattern (quartil1) was associated with higher scores in Antagonism (Mean: 1.64, *p*: 0.004) and Disinhibition (Mean: 2.18, *p*: 0.051). Conclusions: Maintaining unhealthy dietary patterns is related to behaviors such as interpersonal conflict, impulsive behavior and instant gratification in the SUN cohort. Engaging in less physical activity level was associated with the tendency of experience negative emotions such as emotional lability, anxiousness and hostility.

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The relationship among dissociation, the social support and the resilience

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Purpose: The purpose of this study was to examine the relationship between the dissociation tendency, the social support and the resilience. The Japanese tend to turn the responsibility in interpersonal relationships into stress and inconvenience. And this can create “stress to produce dissociation”. But few researches on the dissociation tendency can be found. This study focused on the normal dissociation. The dissociation was defined as a defense mechanism in which we cannot keep a hard experience in mind and unconsciously separate emotions related to the experience. So, it can be assumed that one who has high resilience can overcome a hard experience without the dissociation. Methodology: In this study, 157 healthy undergraduates (41 males and 116 females) completed a questionnaire consisted of Dissociative experiences Scale (DES), Bidimensional Resilience Scale (BRS), and the Social Support Scale for New College Students. Results: The dissociation tendency had a low negative correlation with the resilience, especially with the innate factors of the resilience. And we found a low positive correlation between the resilience and the social support. But the tendency of the dissociation didn’t have a correlation with the social support. Discussion: These results indicated the relationship between the tendency of the dissociation and the innate factors of the resilience. The innate factors of resilience include optimism, control, sociability, and vitality, and these factors may not be innate but related to the relationship of their parents in their childhood.

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The relationship among ambiguity tolerance, contingent self-esteem, and sense of authenticity

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Self-esteem comprises two constructs; one is contingent self-esteem, which depends on the evaluation of others, and the other is sense of authenticity, which does not depend on others’ evaluation. The present study investigated the adaptability of ambiguity tolerance by examining its relationship with contingent self-esteem and sense of authenticity. The participants consisted of 800 Japanese college students (400 men, 400 women) who completed the new Ambiguity Tolerance Scale, the Japanese version of the Rosenberg Self-Esteem Scale, and the Sense of Authenticity Scale. All the scales were completed via the internet. On