

Cognitive Bias Modification for Aggression-Related Biases of Attention and Interpretation

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- 1- Cognitive bias modification (CBM) using pictorial stimuli of ambiguous social situations provides a feasible and effective training methodology to modify cognitive biases of attention and interpretation in a pro-social way. *(dit proefschrift)*
- 2- In the context of aggression, increased pro-social interpretation bias leads to an increase in adaptive attention bias but not vice versa. *(dit proefschrift)*
- 3- CBM of interpretation (CBM-I) training effects on behavioral aggression measures are only limited to measures that imply the targeted bias. *(dit proefschrift)*
- 4- CBM of attention (CBM-A) training has a significant effect on the targeted bias in an adaptive way, but this effect does not transpire to aggression-related measures. *(dit proefschrift)*
- 5- Combined CBM training targeting both attention and interpretation biases is not more effective than a CBM training targeting a single bias in both bias and aggression reduction. *(dit proefschrift)*
- 6- “If a person offends you, and you are in doubt as to whether it was intentional or not, do not resort to extreme measures.” *(Mark Twain)*
- 7- “The simple act of paying attention can take you a long way.” *(Keanu Reeves)*
- 8- “Aggression is just where politeness is ignored.” *(Amit Kalantri)*
- 9- “Most misunderstandings in the world could be avoided if people would simply take the time to ask, what else could this mean?” *(Shannon L. Alder)*
- 10- “Adaptation seems to be, to a substantial extent, a process of reallocating your attention.” *(Daniel Kahneman)*
- 11- “You make your life hard by always being in your head. Life is simple, get out of your head and get into the moment.” *(Sylvester McNutt)*