PADOVA
neuroscience
CENTER

27 JUNE 2024 3:00 pm
Aula 2C-Psico2
(Via Venezia 12, Padova)

PNC SEMINARS

A talk by Antonio Maffei (University of Padua)

THE SOCIAL SIDE OF EMOTIONAL REGULATION: PSYCHOPHYSIOLOGICAL IMPLICATIONS

The dominant approach to the study of emotions and affective processes does not typically take into account that affective reactions are constantly shaped by the presence of others. Additionally, they also shape others' behavior and emotions. Recently, there has been a growing interest toward devising novel approaches and paradigms to overcome this limitation. A promising area of affective research, where encompassing the social dimension can make an important role, is stress reactivity. In this talk, I will review a series of psychophysiological studies on the processes of social *stress buffering* and *stress contagion*, and how these are linked with health and well-being. The goal will be showing how these two processes can be considered as two sides of the same coin, namely emotional co-regulation. Furthermore, I will discuss the significance of interindividual synchronization of physiological markers of stress, such as cortisol and heart rate variability, as a potential objective biomarker of *social allostatic load*, and how it could be used to quantify emotional co-dysregulation in social groups.

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Biography

Antonio Maffei is an Assistant Professor (RTD-a) at the Department of Developmental Psychology and Socialization (DPSS) of the University of Padova.

He obtained his Master's Degree in Neuroscience and Neuropsychological Rehabilitation in 2014, and his PhD in Psychological Sciences in 2019 from the University of Padova (Supervisor: Prof. Alessandro Angrilli). He held positions as a junior and senior postdoctoral fellow at the Department of General Psychology (Supervisor: Prof. Alessandro Angrilli), Padova Neuroscience Center, and Department of Developmental Psychology and Socialization (Supervisor: Prof. Paola Sessa) of the University of Padova. Furthermore, he has been a visiting researcher at the University of Würzburg (Germany) and the Babes-Bolyai University (Romania).

His research interests are focused on understanding the psychobiological correlates of emotional behavior in healthy and subclinical populations, taking advantage of a wide range of electrophysiological techniques for measuring activity in the central (EEG/MEG) and peripheral nervous system (ECG, EMG, GSR). Furthermore, he is interested in devising ecological experimental approaches for experimental emotional induction.