

generalization of exposure therapy effects to untreated stimuli (i.e. cockroaches) was measured at 1-month follow-up after exposure.

Results: Participants from both groups experienced comparable reductions of fear from pre to post-treatment and follow-up, as indexed by complementary subjective, psychophysiological, and behavioral measures. We present preliminary data on the differential effects of stress on exposure-based therapy outcome and generalization of therapy effects.

Conclusion: Our study provides new insights into possible effects of stress in the treatment of anxiety disorders.

<https://doi.org/10.1016/j.psyneuen.2019.07.105>

A comparison of emotional memory recognition following a religion/spirituality- or mindfulness-based reappraisal intervention

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Background: A burgeoning body of research has examined how cognitive reappraisal (i.e., changing your perceptions about a situation to reduce the experience of negative emotions; Gross, 1998) influences memory processes. The majority of studies, however, have examined the reappraisal-memory interaction via psychological distancing (i.e., neutral perspective). Here, we compared a novel religion/spirituality-reappraisal to a conventional mindfulness-reappraisal to assess whether recognition memory performance varies by reappraisal strategy.

Method: Participants ($N=83$, $M_{age}=21.30$) were randomly assigned to a religion/spirituality- or mindfulness-reappraisal intervention group, or control condition, and completed an encoding task comprised of negative ($n=40$) or neutral ($n=20$) IAPS images presented in a pseudorandom block design ($n=12$). After a 20-minute delay, incidental memory was assessed using an old-new recognition task.

Results: Despite sufficient power, we observed no effects of the intervention on memory for negative images ($p>.05$). Further, memory for negative images between the control and intervention groups did not differ ($p>.05$). To our surprise, there was no effect of valence on memory performance: recognition for neutral images did not differ from negative images across all groups ($p>.05$).

Discussion: Our findings are commensurate with the broader literature indicating that reappraisal has no effect on memory. We, however, demonstrated that memory performance does not vary based on reappraisal strategy type. Notably, our findings suggest a novel religion/spirituality reappraisal recruits comparable cognitive resources compared to well-established acceptance-based technique like mindfulness. Our interpretations are tempered by high memory performance overall, suggesting possible ceiling effects. Concluding remarks will discuss rival hypotheses (e.g., delay interval) and future directions.

<https://doi.org/10.1016/j.psyneuen.2019.07.106>

Awakening cortisol response and perceived stress decrease after quick massage intervention in nursing professionals

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Background: High stress levels have extensively reported in nursing professionals. Moreover, high awakening cortisol response (CAR) has already been related to burnout in those workers. However, little has been reported regarding interventions to better manage the negative effects of stress in the nursing professionals.

Objective: to analyze the effectiveness of the quick massage to change cortisol levels and to decrease perceived stress levels.

Methods: Sixty nurses without any neurological or psychiatry disorder or under use of psychoactive drugs were randomly enrolled in two groups: the quick massage (G1) and the control with no intervention (G2). The perceived stress scale (PSS) was applied and cortisol levels was analyzed in salivary samples was collected at awakening, 30 min after waking, in the afternoon and in the evening before sleep during two consecutive week days. Both measures were evaluated before and after a weekly section of quick massage, which was delivered during four weeks.

Results: No difference regarding the perceived stress scores and cortisol concentration were observed between groups before the quick massage ($p>0.1$). ANOVA for repeated measure analysis, controlling for confounders, showed a significant Time x Group interaction, whereby G1 participants showed higher decrease in the awakening cortisol levels compared to G2 individuals ($p\leq 0.01$). PSS scores were also lower after the intervention in the G1 ($p\leq 0.01$).

Conclusions: A feasible and low costly intervention was associated with significant decrease in awakening cortisol and perceived stress levels, suggesting that the quick massage may be offered to manage stress levels in nursing professionals.

<https://doi.org/10.1016/j.psyneuen.2019.07.107>

Socioeconomic status is linked to daily cortisol through social activities in older African-American adults

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Background: Participation in social activities is beneficial for health and health related biological processes. Social participation varies across socioeconomic strata, with higher socioeconomic status (SES) individuals reporting more social activities than their lower SES counterparts. Yet SES and racial health disparities are often confounded. Here, we tested whether frequency of engagement in social activities, measured via ecological momentary assessment, contributed to the association between SES and daily cortisol secretion among urban African-American older adults.

Methods: Ninety-two community dwelling African-Americans aged 55-years and older reported what they were doing at regular intervals across the day on a smartphone for seven consecutive days. They also provided four saliva samples at four time points a day (i.e., immediately upon waking, 30-min after awakening, before dinner, and at bedtime) during the same period.

Results: We found that higher SES older adults engaged in more social activities than their lower SES counterparts. A greater relative frequency of weekly social activities was associated with a steeper diurnal cortisol decline throughout the day. Higher SES was