

Individuals with anxiety direct attention to task-irrelevant threatening stimuli, which increases anxiety. Although many cognitive models in anxiety propose that an impaired top-down control enhances the processing of task-irrelevant stimuli, few studies have paid attention to task-irrelevant stimuli under a cognitive load task. In the present study, we investigated the effects of the working memory load on attention to task-irrelevant stimuli in social anxiety. The results showed that as social anxiety increased, participants were unable to disengage from task-irrelevant stimuli identical to memory cue (Experiment 1). Even when the working memory load was increased, impaired attentional disengagement was positively correlated with social anxiety (Experiment 2). This impaired attentional disengagement was related to trait social anxiety, and not state anxiety. Our findings suggest that socially anxious people have difficulty in disengaging attention from the task-irrelevant memory cue owing to an impaired top-down control under a working memory load.

Sun in the tropics: Attitudes surrounding incidental sun exposure in North Queensland

K. Morris¹, A. Swinbourne¹, S. Harrison²

¹James Cook University, Psychology, Townsville, Australia

²James Cook University, Skin Cancer Research Centre, Townsville, Australia

Background: To date, skin cancer prevention initiatives have focused on attitudes and cognitions surrounding deliberate sun exposure such as tanning. In North Queensland (NQ) however, comparatively few people deliberately tan. This indicates that much of the damage caused by excessive sun exposure happens incidentally, whilst performing normal daily activities. Incidental exposure is not planned or deliberate, thus theoretical modelling used in research should reflect this. **Methods:** Twenty-nine semi-structured interviews were conducted in NQ. Sun-related attitudes and behaviours were explored using content analysis. **Findings:** While participants reported negative perceptions of deliberate tanners, those who acquire a tan incidentally are perceived in a positive light. Similarly, participants considered their own incidental exposure to be 'non-risky'. **Discussion:** The focus on deliberate sun exposure has meant that attitudes surrounding incidental exposure have not been adequately explored. Future research should target attitudes and behaviour surrounding incidental sun exposure, especially in high-risk regions such as NQ.

Do mindful individuals benefit more from stress reducing effects of regular physical activity?

H. Mothes¹, S. Klaperski¹, R. Fuchs¹

¹Institute of Sport and Sport Science, University of Freiburg, Freiburg, Germany

Background: Effects of regular physical activity on stress reactivity have been investigated intensively, yet little is known about differential moderators of this relationship. Trait mindfulness, which has been suggested to reduce stress reactivity, is hypothesized to play an important role as a moderator. **Methods:** We performed a randomized controlled study with $N = 75$ subjects comparing the effects of a 12-week exercise training program with a relaxation group and wait-list control group on stress reactivity in the Trier Social Stress Test for Groups. Stress reactivity was measured via cortisol, heart rate, heart rate variability and self-report measures. Trait mindfulness was measured with the Mindfulness Attention Awareness Scale. **Expected results:** Regular physical activity reduces stress reactivity more effectively in