

A large, fluffy white cloud is centered in the frame against a clear, solid blue sky. The cloud has soft, irregular edges and a bright white center, giving it a three-dimensional appearance.

Dreams

Presented by:
Jordan, Luci, Sarah, and Micah

Introduction

☁ Conducted by students at the University of Texas at San Antonio

☁ Study inspired by Freud's theory about dreams

“Wishes suppressed during the day assert themselves in dreams” -Freud

Introduction Continued

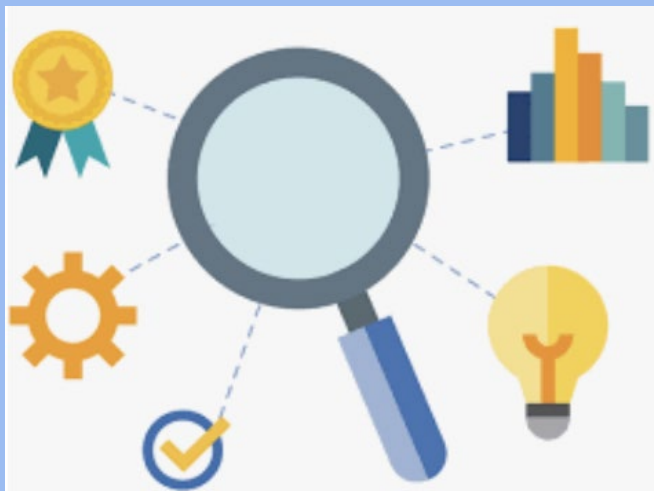
☁ Study was focused on suppressed thoughts returning in dreams

› Intentional control of mental states

☆ Conscious

☆ Unconscious

☁ Suppression or emotion?



Methods:

☁ People?

- ☆ Undergraduates from University of San Antonio Texas
 - Women: 202 Men:128
 - Mean: 20.36 years old

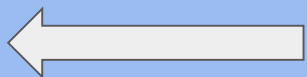
☁ Why?

- ☆ Credit for introductory psychology course participation

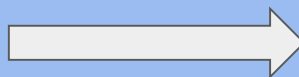
☁ Design?

- ☆ Random assignment of 3 conditions (tasks) by 2 conditions (versus).

1. Suppression
 2. Expression
- OR
1. Mention



3 X 2



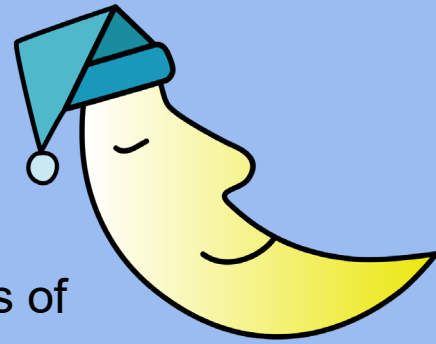
1. Crush
- VERSUS
1. Non-crush

Methods Continued:

Presleep Procedure:

☁ Sealed envelopes to read BEFORE bed including thought tasks of crush versus non-crush and a rated scale of attraction.

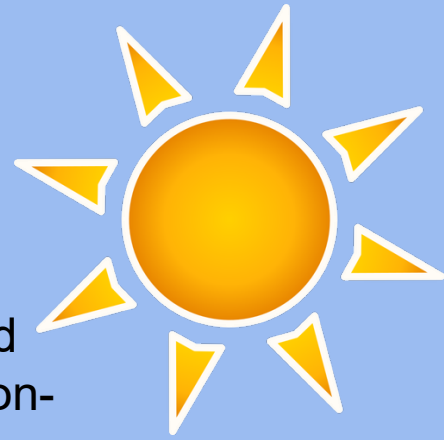
1. Suppression: try not to think about this person.
 2. Expression: focus on thoughts of the targeted person.
 3. Supplied the initials of the indicated before writing, but think about anything.
-
1. Crush: never had a relationship but have romantic feelings toward currently.
 2. Non-crush: not attracted to.



Methods Continued:

Post-sleep Procedure:

- ☁ Open dream packet and rate how much they had dreamed and how much they felt they had dreamed about their crush and non-crush.
- 1. 16 people drank the night before but were retained in the analyses.
- 2. Blind conditions and hypothesis coded the stream of consciousness and dream reports for the number of mentions of crush and non-crush and rated for emotional intensity, valence, and eroticism of the dreams.
 - Effective reliability was a minimum of .93 across all variables in the subsample of 19 participants.



Results:

☁ Manipulation Effectiveness

- ☆ 3 x 2 ANOVA rated attraction to crushes much higher than attraction to non-crushes
- ☆ Instruction conditions allowed for expression to be shown more frequently than suppression or mention



Results Continued:

☁ Dream Self-Ratings

- ☆ More participants reported dreaming about the instruction target
- ☆ Simple effect of instruction was significant for targets
 - ⌋ Suppressed targets dreamed about more often than expressed target

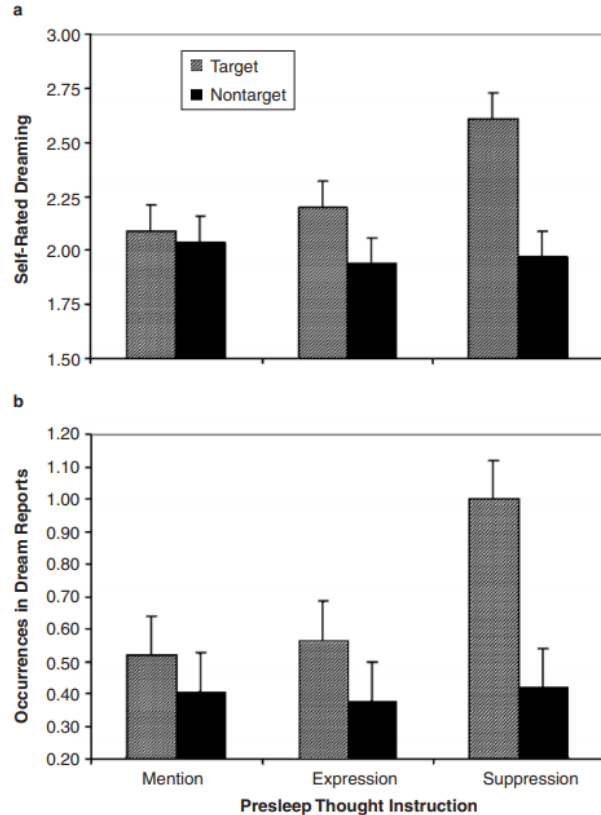


Fig. 1. Dreaming about the target and nontarget persons as a function of presleep thought instruction: mean self-ratings (on a scale from 1 to 5) of whether the person appeared in the previous night's dreams (a) and mean number of coded mentions of the person in dream reports (b). Error bars show standard error.

Results cont.

☁ Dream Reports

- ☆ Significant coded for the instruction target person rather than the nontarget
- ☆ There was small interaction between instruction condition and person coded
 - › References to the target showed significant simple effect of instruction
 - › Suppression increased dream reports of the suppression target regardless of the target's emotional valence

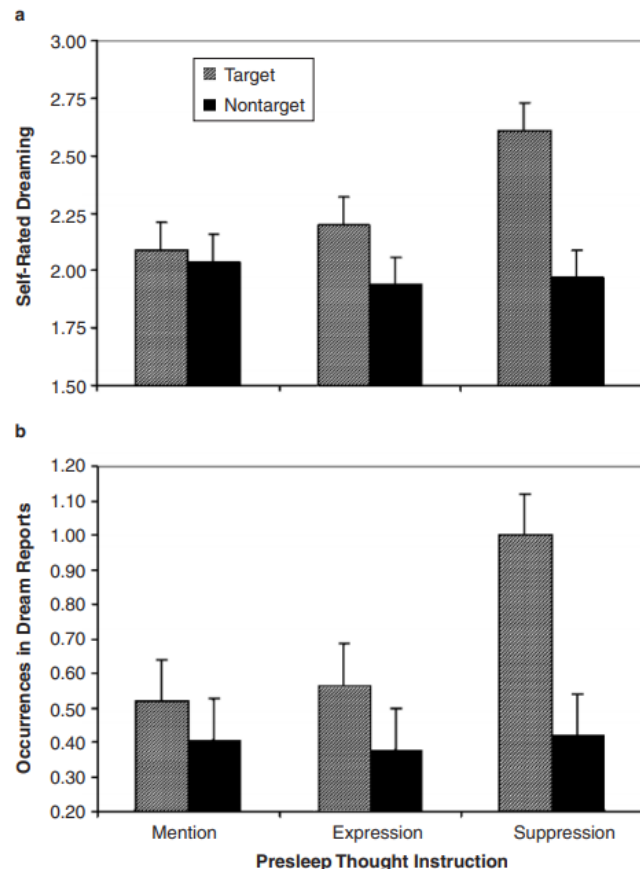


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Discussion

- The action of suppressing thoughts
- Proved Freud's hypothesis was somewhat true

Change in brain activity during REM sleep:

- Prefrontal areas
- Weak semantic associations
- Anterior cingulate activation

Reference

Wegner, D. M., Wenzlaff, R. M, & Kozak, M. (2004).

Dream Rebound The Return of Suppressed Thoughts in Dreams.

Psychological Science. Volume 15(4), 232-236.