

**A NEUROCOGNITIVE MODEL OF HIGH ANXIETY TRAIT IN
VICTIMS WITH POST DISASTERS EXPERIENCE**

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Abstrak

Mereka yang mempunyai pengalaman berkaitan bencana amat mudah sekali menjadi mangsa yang terdedah kepada sifat kebimbangan yang tinggi. Tingkah laku ini boleh berkembang dari semasa ke semasa menjadi kebimbangan yang tulen sekiranya individu tersebut tidak mempunyai sebarang bentuk sokongan. Oleh sebab itu, pemahaman terhadap tingkah laku individu tersebut merupakan suatu cara yang penting untuk merungkai kewujudan kebimbangan itu. Beberapa tahun kebelakangan ini, focus terhadap kebimbangan ini telah menjadi fenomena. Manifestasinya telah dikaji secara meluas di peringkat bawah tentang sistem fungsi manusia (tubuh badan). Sebahagian penyelidik juga telah meneruskan kajian tersebut di peringkat yang lebih tinggi tentang fungsi kognitif. Akan tetapi, masih lagi terdapat bukti-bukti yang menunjukkan bahawa pendekatan yang tepat tidak disediakan untuk mendapatkan jawapan tentang kewujudannya dalam tingkah laku manusia. Sementara itu, maklumat-maklumat yang masih ada menunjukkan gangguan kebimbangan ini merupakan masalah psikologi yang paling lazim yang dihadapi oleh dunia sekarang ini. Tambahan pula, mereka yang mengalami gangguan ini mencatatkan angka yang sangat tinggi dalam kalangan penduduk di seluruh dunia. Oleh sebab itu, kajian ini lebih tertumpu kepada bagaimana individu yang telah mengalami bencana ini boleh memanfaatkan kebimbangan melalui pendedahan yang baik terhadap peristiwa-peristiwa yang mendatang dalam persekitaran mereka. Ini adalah langkah yang proaktif untuk menampung kewujudan gangguan kebimbangan yang lebih luas yang mungkin timbul melalui bencana yang berlaku yang mana ianya kini merupakan hal ehwal seluruh dunia. Aspek ini dicapai melalui pertimbangan terhadap Peranan mekanisma neurokognitif dalam kewujudan kebimbangan. Hasil penyiasatan menunjukkan mekanisma neurokognitif memainkan Peranan dalam kewujudan kebimbangan. Hal ini telah didemonstrasikan melalui konsep pemodelan pengkomputeran untuk mensimulasikan mekanisma yang dikenalpasti melalui dapatan kajian dan pendapat-pendapat pakar. Peningkatan dalam pengaktifan amygdala diperhatikan bagi membantu pembangunan kebimbangan sementara perkara yang sama dilakukan kepada korteks prefrontal untuk membantu menghalang kebimbangan dan sebaliknya. Tambahan pula, transformasi yang sesuai terhadap kondisi individu telah ditaksirkan menggunakan persamaan matematik untuk menunjukkan perubahan yang munasabah dari semasa ke semasa.

Kata kunci: Mekanisma neurokognitif, Sifat kebimbangan yang tinggi, Pemodelan pengkomputeran, Pengalaman pascabencana

Abstract

People with disasters experience are the most vulnerable victims of high anxiety trait. This behavior could develop overtime to pure anxiety if the individuals do not have any means of support. Hence, understanding this behaviour in the individuals is an essential means of unveiling anxiety emergence. Anxiety has been a phenomenon of focus over the years. Its manifestations have been extensively studied at the lower level of human functioning system (the body). Also, some researches have extended to the higher level of cognitive functions. Still, evidences showed that a precise approach have not been provided to elicit its emergence in human behavior. Meanwhile, extant literatures showed that anxiety disorders are the most prevalent psychological problems the world is facing today. More so, numerous numbers of people around the globe were suffering from these disorders. Therefore, this study examines how individuals with post disasters experience could develop anxiety by virtue of exposure to further events in the environment. This is a proactive measure to cater for wider emergence of anxiety disorders that might arise through disasters occurrence which is now a worldwide affair. This aspect was achieved through consideration for the role of neurocognitive mechanisms in the emergence of anxiety. The outcome of the investigation shows that, neurocognitive mechanisms play role in the emergence of anxiety. This was demonstrated through computational modeling concept to simulate those mechanisms identified through literatures and expert opinions. Increased activation of amygdala is observed to favor the development of anxiety while that of the prefrontal cortex favor the prevention of anxiety and vice versa. In addition, possible transformation of the individuals' conditions was assessed using mathematical equations to show the possible changes overtime.

Keywords: Neurocognitive mechanisms, High anxiety trait, Computational modeling, Post disasters experience.

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Table of Contents

Permission to Use	i
Abstrak.....	ii
Abstract.....	iii
Acknowledgement	iv
Table of Contents	v
List of Tables	viii
List of Figures.....	ix
List of Appendices	x
CHAPTER ONE BACKGROUND OF STUDY	1
1.1 Introduction	1
1.2 Problem Statement	3
1.3 Research Questions	4
1.4 Research Objectives	5
1.5 Research Scope and Limit.....	5
1.6 Significance of Study	6
1.6.1 Theoretical Contribution	7
1.6.2 Practical Contribution	7
CHAPTER TWO LITERATURE REVIEW	8
2.1 Introduction	8
2.2 Disasters and its Prevalence	9
2.3 Potential Impact of a Disaster	11
2.4 Anxiety.....	11
2.5 High Anxiety Trait: An antecedent of Anxiety.....	18
2.6 Neural Mechanisms in the Development of High Anxiety Trait	21
2.7 Related Theories.....	24
2.8 Discussion of Related Works	26
2.8.1 Cognitive Model of Anxiety	26
2.8.2 Personality Trait Model of Anxiety	28
2.8.3 Information Processing Bias Model.....	30

2.8.4 Model of Intolerance of Uncertainty.....	31
2.8.5 Neurocognitive Model of High Anxiety Trait to Depression.....	32
2.8.6 Model of Psychological Impact of Disaster.....	34
2.9 Discussion of Related Works.....	37
2.10 Computational Modeling Technique.....	38
2.11 Summary.....	40
CHAPTER THREE RESEARCH METHODOLOGY.....	41
3.1 Introduction.....	41
3.2 Factors Identification.....	42
3.3 Domain Model Design.....	45
3.4 Formalization.....	46
3.4.1 Sensed stimulus.....	50
3.4.2 Sensor state.....	51
3.4.3 Thalamus.....	52
3.4.4 Sensor cortex.....	53
3.4.5 Prefrontal cortex.....	54
3.4.6 Amygdala.....	56
3.4.7 Hippocampus.....	58
3.4.8 Hypothalamus.....	59
3.4.9 Emotional response.....	60
3.4.10 Anxious mood.....	61
3.4.11 Body state.....	62
3.4.12 Sensor state for body state.....	63
3.4.13 Sensor state for body response.....	63
3.4.14 Feeling.....	64
3.4.15 Anxiety.....	65
3.5 Simulation.....	66
3.6 Evaluation.....	68
3.7 Summary.....	68
CHAPTER FOUR RESULTS AND DISCUSSION.....	69
4.1 Introduction.....	69

4.2 Logical Analysis of Factors Relationships.....	69
4.3 Simulation Results	77
4.3.1 Results for first simulation.....	77
4.3.2 Results for second simulation	79
4.3.2.1 Scenario #1: High anxious state	79
4.3.2.2 Scenario #1: Low anxious state	81
4.4 Evaluation	83
4.4.1 Mathematical verification of model.....	83
4.4.2 Mathematical verification of domain problem.....	87
4.5 Summary	91
CHAPTER FIVE CONCLUSION AND RECOMMENDATION	92
5.1 Conclusion	92
5.1.1 Contribution	94
5.1.2 Limitations	94
5.2 Recommendation and Future work	95
5.2.1 Verification	95
5.2.2 Simulation	95
5.2.3 Implementation	95
REFERENCES.....	96

List of Tables

Table 2.1: Neural Mechanisms	23
Table 2.2: Related studies on human behaviour computational modelling	39
Table 3.1: Factors of neurocognitive process in the development of anxiety	43
Table 3.2: Formalization of neurocognitive mechanisms	47
Table 3.3: Variable conditions for stimulus representations in Ss	51
Table 3.4: Variable conditions for stimulus representations in Sn	52
Table 3.5: Variable conditions for stimulus representations in Hm	53
Table 3.6: Variable conditions for stimulus representations in Sc	54
Table 3.7: Variable conditions for stimulus representations in Pc	55
Table 3.8: Variable conditions for stimulus representations in Ag	57
Table 3.9: Variable conditions for stimulus representations in Hc	58
Table 3.10: Variable conditions for stimulus representations in Hp	59
Table 3.11: Variable conditions for stimulus representations in Er	60
Table 3.12: Variable conditions for stimulus representations in Am	61
Table 3.13: Variable conditions for stimulus representations in Bs	62
Table 3.14: Variable conditions for stimulus representations in Sb	63
Table 3.15: Variable conditions for stimulus representations in Sr	64
Table 3.16: Variable conditions for stimulus representations in Fn	65
Table 3.17: Variable conditions for stimulus representations in Ax	66
Table 4.1a: Value assigned for neural activation	77
Table 4.1b: Value assigned for neural activation	78

List of Figures

Figure 2.1. Cognitive model of event appraisal in anxiety (Westbrook et. al., 2011).	27
Figure 2.2. Five factor Model of Personality Trait (Costa & McCrae, 2011).....	29
Figure 2.3. Information processing bias model.....	31
Figure 2.4. Neurocognitive model of high anxiety to depression (Sandi & Richter, 2009). .	34
Figure 2.5. Model of psychological impact of disaster (Ding, 2007)	36
Figure 2.6. Representation of neurocognitive description	37
Figure 3.1. Methodology phase.....	42
Figure 3.2. Neurocognitive model	45
Figure 3.3. Sensed stimulus	50
Figure 3.4. Sensor state.....	51
Figure 3.5. Thalamus	52
Figure 3.6. Sensory cortex	53
Figure 3.7. Prefrontal cortex	54
Figure 3.8. Amygdala	56
Figure 3.9. Hippocampus.....	58
Figure 3.10. Hypothalamus.....	59
Figure 3.11. Emotional response.....	60
Figure 3.12. Anxious mood	61
Figure 3.13. Body state	62
Figure 3.14. Sensor state for body state	63
Figure 3.15. Sensor state for body response	63
Figure 3.16. Feeling	64
Figure 3.17. Anxiety	65
Figure 4.1b. Amygdala activation.....	79
Figure 4.1c. Result of scenario #1.....	80
Figure 4.1d. Result of scenario #2	82
Figure 4.2. Transition stage	88

List of Appendices

Appendix A Simulation Code for Scenario #1: High anxious state.....	106
Appendix B Simulation Code for Scenario #2: Low anxious state	110

CHAPTER ONE

BACKGROUND OF STUDY

This chapter presents the introduction to this research by explaining the background information underlying the concepts in the study, the problem statement, research objectives as well as scope and significance of the study. It explicitly defined the focused of the study and provides brief insight into the target model.

1.1 Introduction

Anxiety is a feeling and emotion exhibited in response to a particular threat. It is characterized by set of physiological and behavioral patterns such as arousal, vigilance, and avoidance that protect individuals from the possible danger associated with that threat (Gross & Hen, 2004).

These patterns of behaviour form part of the psychological and universal mechanisms employed to excite the states of the mind towards a threat (Choi et al., 2011). Physiologically, these are normal reactions, but, if the condition associates with the cognitive functioning process, it becomes problem and if not given the necessary attention could lead to chronic condition that could affect the normal psychological state of individuals (Eysenck, 2013).

The symptoms of anxiety share similar features with fear, but, a clear distinction could be made between these and fear in term of response to a specific threat that is short lived (Rachman & Maser, 2013). In the pathological form, anxiety exist in six forms as provided in the Diagnostic and Statistical Manual of the American Psychological association (Gross & Hen, 2004). These classifications include Panic

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