

Imagine that! Aphantasia and the implications of reduced mental imagery



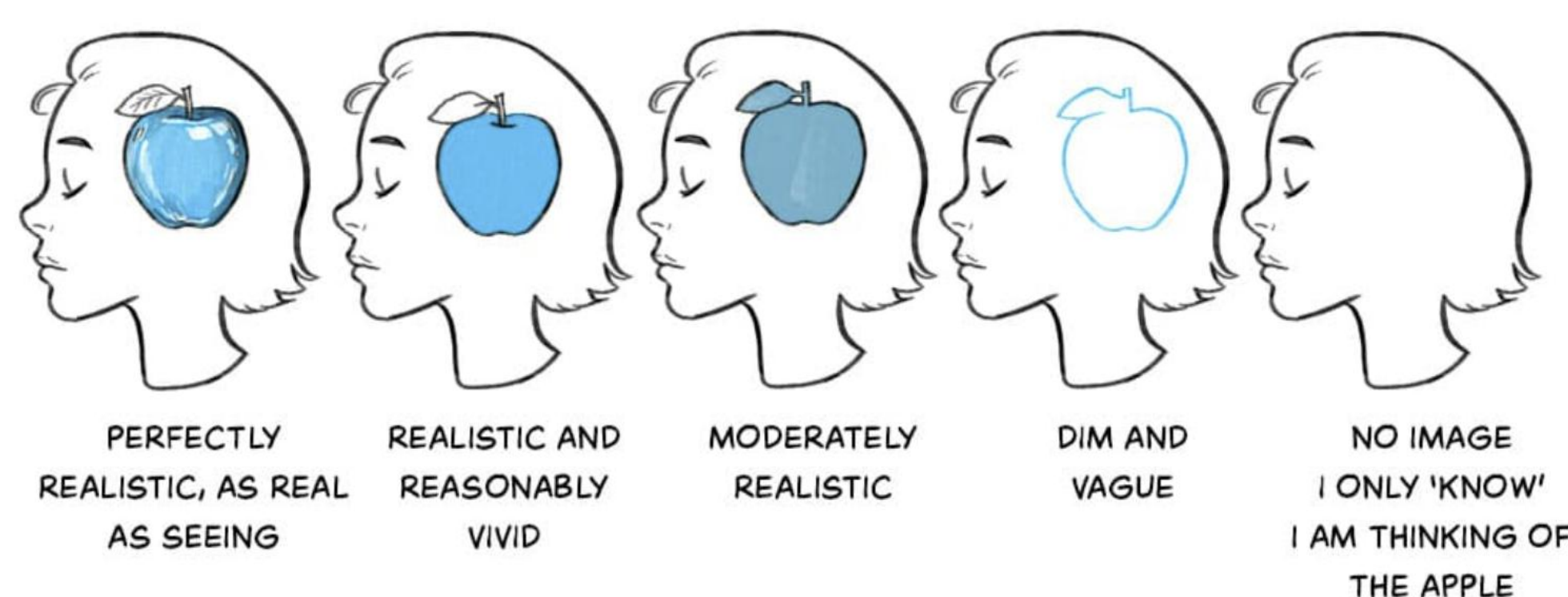
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WHAT DID WE DO?

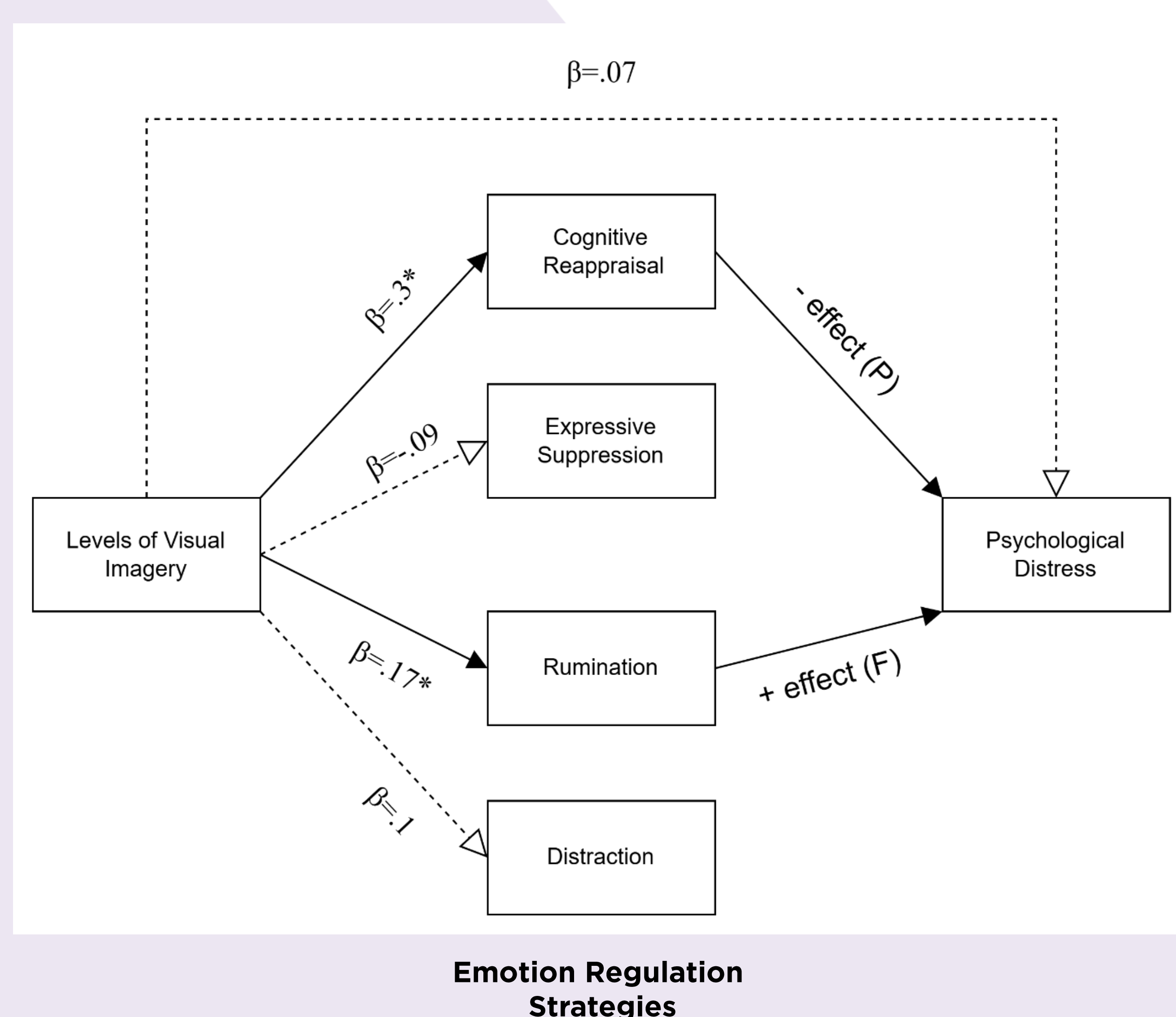
Have you ever asked someone to “imagine” a situation, hoping that they can better understand a situation?

However, people with aphantasia have little-to-no mental imagery at affects 2-4% of the population.



Typical we have an internal image of where we are and where we are going. Aphantics find it difficult to navigate around the world. They do not have impaired memory but they rely on different strategies. **Part of our research is to understand the different strategies they use in cognitive tasks.**

Over several studies, we tested hundreds of people to explore the importance of mental imagery in emotion regulation. **People with lower mental imagery have sometimes use different emotional regulation strategies.**



Aphantasia is the reduced or inability to have mental imagery.

Aphantasics have more difficulty with spatial navigation and different emotional regulation

WHY IS IT IMPORTANT?

People with aphantasia is an rarely studied population and it is important to understand these individual differences.

Many people have never heard of aphantasia and assume that people think or can “view” a situation in the same way. This research reveal significant individual differences.

Very little is known about the neural activity of people with aphantasia. This improved understanding can reshape how we think of ‘top-down’ and ‘bottom-up’ processing.

The ability to imagine modulates how their spontaneous emotion regulation strategies. This understand in improve client-patient understanding and psychological treatment outcomes.

SCAN FOR MORE INFO

