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Abstract Book



**OPPOSITE EFFECTS OF TRANSCRANIAL DIRECT CURRENT STIMULATION (TDCS) ON
SUSTAINED ATTENTION IN INDIVIDUALS WITH A HIGH AND LOW LEVEL OF DISPOSITIONAL
MINDFULNESS**

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Some studies suggest a link between mindfulness and attentional functioning. We tested the hypothesis that mindfulness might improve vigilance through enhanced prefrontal functioning. We compared the performance of 10 individuals with low and 10 individuals with high dispositional mindfulness (LDM vs HDM) under anodal direct-current stimulation of the right prefrontal region and in a sham condition. The stimulation improved vigilance performance in the LDMgroup and reduced it in the HDMgroup. No difference was found between the groups in the sham condition. The results fit with the view that lower mindfulness is associated with lower attentional functioning, such that individuals with low mindfulness benefit from the anodal stimulation of the right prefrontal region in a vigilance task. We hypothesize that individuals with high dispositional mindfulness might have directed more attention to the physical discomfort produced by the stimulation (e.g., itching), thereby reducing the attention directed to the task (and, consequently, performance in this task). In sum, our results suggest a positive link between dispositional mindfulness, prefrontal functioning and vigilance performance.

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