

CANADA RESEARCH CHAIR IN MOTIVATIONAL PROCESSES AND OPTIMAL FUNCTIONNING

Lecture Series

Wednesday, September 18th 2019, 12:30 - 2:00 pm
Pavillon Adrien-Pinard, SU-1550
100 Sherbrooke West, Montreal (Quebec), H2X 3P2
A wine and cheese will follow, SU-R310

FATIGUE INFLUENCE ON INHIBITOR CONTROL



Rex Wright, Ph.D.

Full Professor, University of North Texas

Dr. Rex Wright is a Full Professor of Psychology at University of North Texas. He received his Ph.D. from Kansas University under Jack Brehm. Dr. Wright's research is concerned centrally with determinants and cardiovascular correlates of effort. Building on ideas of Jack Brehm, Paul Obrist and others, he has developed an analysis of motivation intensity that has wide-ranging implications, including ones for health and behavior, e.g., in educational and organizational settings. An abiding interest has been in the manner in which ability factors affect effort and associated cardiovascular responses, with a special focus on fatigue as an ability determinant. Very recent studies have concerned fatigue, cognitive impairment, circadian cycle, and gender influence on effort-related cardiovascular responses as well as determinants and cardiovascular correlates of self-regulatory restraint, that is, resistance against an urge to act in some fashion. New directions in Dr. Wright's laboratory pertain to a new theory of love and a taxonomy of fundamental motives to help and harm in social contexts.

I will discuss the role that fatigue should play in determining inhibitory control, arguing that fatigue should not impact inhibitory control directly, but rather should do so indirectly by determining how intensively people resist unwanted behavioral urges or impulses. An emerging theoretical analysis suggests that fatigue influence on resistance should not be unitary, but rather multifaceted, depending on the degree of fatigue, the magnitude of the unwanted urge or impulse, and the importance of resistance. Fatigue should have potential for (1) prompting people to resist more forcefully, (2) prompting people not to resist, or (3) confirming people's pre-existing inclination not to resist. This analysis tells us when fatigue should be more and less likely to impair inhibitory control. It also addresses key concerns that have been raised in relation to the influential limited resource analysis of self-control developed by Baumeister and colleagues.

In collaboration with the Research Laboratory on Social Behavior, directed by Robert J. Vallerand, Ph.D.

Professor, Department of psychology, Université du Québec à Montréal
<http://www.lrcs.uqam.ca/en/home/>

2019-2020 CRC Upcoming Lectures

Wednesday, November 20th, 2019

Lauren Human, Ph.D.

Université McGill

"The Causes and Consequences of Accurate Interpersonal Impressions."

Wednesday, January 22nd, 2020

Frédéric Guay, Ph.D.

Université Laval

"La théorie de l'autodétermination et le développement du plein potentiel : Freins et leviers."

Wednesday, April 15th, 2020

Emily Balcetis, Ph.D.

New York University

"Focused and Fired Up : Motivated Visual Perception and The Self-Regulation of Exercise Behavior."