Workshop 3 – Fatigue and Behavioral Restraint
THURSDAY, October 18 – 9am-12noon
FRIDAY, October 19 – 9am-12noon

Instructor
R. A. Wright
(001) 205.936.4743
rex.wright@unt.edu

Description
We will discuss the phenomenon of behavioral restraint, focusing on the role that fatigue should play in determining its intensity. We will define behavioral restraint as active resistance against unwanted behavioral urges or impulses and consider potential implications of an emerging theoretical analysis for health and self-regulatory control. The theoretical analysis provides a framework for anticipating cardiovascular adjustments that could prove toxic if experienced frequently and for extended periods. It also (1) tells us when fatigue should impair restraint performance, and (2) addresses key concerns that have been raised in relation to the influential limited resource (LRM) analysis of self-control developed by Baumeister and colleagues. The LRM concerns pertain to elements of the relevant research literature that present an uncertain fit with a central fatigue proposition. Our emerging analysis suggests that the fatigue proposition remains viable but could benefit from informed elaboration regarding fatigue influence on restraint intensity. In light of the analysis, the literature elements of concern are not only understandable, but to be expected.

Grades
Grades will be based on general participation and the score earned on a single-item essay exam administered at the end of the workshop. Students are encouraged to review assigned publications and arrive being prepared to discuss themes.

Background Reading
1. Gross, J. J. (1998). Antecedent- and response-focused emotion regulation: Divergent consequences for experience, expression, and physiology. *Journal of Personality and Social Psychology, 74*, 224-237.
2. Hagger, M. S., Wood, C., Stiff, C., & Chatzisarantis, N. L. D. (2010). Ego depletion and the strength model of self-control: A meta-analysis. *Psychological Bulletin, 136*, 495-525.
3. Inzlicht, M., & Schmeichel, B. J. (2012). What is ego depletion? Toward a mechanistic revision of the resource model of self-control. Perspectives on Psychological Science, 7, 450–463. http://dx.doi.org/10.1177/1745691612454134
4. Muraven, M. B., & Baumeister, R. F. (2000). Self-regulation and the depletion of limited resources: Does self-control resemble a muscle? *Psychological Bulletin, 126*, 247-259.
5. Pennebaker, J. W. (1989). Confession, inhibition, and disease. In L. Berkowitz (Ed.), *Advances in experimental social psychology* (Vol. 22). New York: Academic Press.
6. Polivy, J. (1998). The effects of behavioral inhibition: Integrating internal cues, cognition, behavior, and affect. *Psychological Inquiry*, *9*, 181–204. doi: 10.1207/s15327965pli0903_1
7. Smith, T.W., & Ruiz, J.M. (2002). Psychosocial infl uences on the development and course of coronary heart disease: Current status and implications for research and practice. *Journal of Consulting and Clinical Psychology*, *7*, 548–568.
8. Wright, R. A., & Mlynski, C. (2018). Fatigue determination of inhibitory strength and control: A babe in a bath. *Motivation Science*, Advance online publication.

http://dx.doi.org/10.1037/mot0000114
9. Wright, R. A., Mlynski, C., & Carbajal, I. (2018). Fatigue and the intensity of behavioral restraint – considering significance for health and self-control. *Polish Psychological Bulletin*, 49, 86-94. DOI - 10.24425/119475
10. Wright, R. A., Mlynski, C., & Carbajal, I. (2018). *Outside thoughts on generating self-regulatory depletion effects in limited resource experiments*. Manuscript under review. (acceptance pending approval of requested revisions)