

Ryota Kobayashi

curriculum vitae

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Affiliation

2018- Doctoral Program, Graduate School of Education, Hiroshima University
1-1-1, Kagamiyama, Higashi-Hiroshima, 739-0046 JAPAN

Education

2012-2016 B.A. Hiroshima University, Psychology

2016-2018 M.A. Hiroshima University, Psychology

Research Funding

2019-21 **Japan Society for the Promotion of Science (JSPS) Research Fellowship for Young Scientists DC2**

Project title: The relationships between interpersonal emotion regulation contagion and depression.

Amount: 680, 000 yen (approximately 6300 USD)

2018-19 **12th Hiroshima University Dream Challenge Award**

Project title: The ways to control emotion: the effect of emotion regulation order on negative emotion.

Amount: 50, 000 yen (approximately 450 USD)

2017-18 **11th Hiroshima University Dream Challenge Award**

Project title: What is the “yutori” of mind? The examination about subjective happiness of Japanese people.

Amount: 50, 000 yen (approximately 450 USD)

Awards and Fellowships

2019 **Repayment Exemptions for JASSO Category 1 Graduate Student loans, Japan Student Service Organization** - Award given to graduate students with outstanding achievements, and education loans are fully exempt.

- 2018 **Excellent Presentation Award, Japan Society for Research on Emotions** - Award given to the top talks presented at the 26th Japanese conference on emotion (JSRE).
- 2018 **The Japanese Psychological Association Travel Award** - This fellowship supports for presentations at international conferences.
- 2017, 2018 **Hiroshima University Green Wing Travel award** - This fellowship supports for presentations at international conferences (e.g., SPSP).
- 2016, 2017, 2018, 2019 **Hiroshima University Excellent student scholarship** - Annual award for graduate student with excellent research achievements.

Research Interests

- **Emotion regulation**

I am interested in what types of emotion regulation strategies can be effective in alleviating negative emotions. I also want to examine the factors (e.g., working memory) that promote the effectiveness of emotion regulation. Although emotion regulation strategy is generally considered adaptive by observing the attenuation of negative emotion and/or promotion of mental health, it can be considered that whether emotion regulation is adaptive should be determined by considering the purpose and context. I would like to examine the cost and benefit of emotion regulation in consideration of context and goal by using experience sampling and physio-psychological experiments.

- **Emotion and interoception**

It is assumed that interoceptive awareness (or interoceptive sensitivity) is involved in emotional awareness, which in turn, promotes emotion regulation. Our findings showed that people with high interoceptive sensitivity are better at reappraisal and distraction. Contrary to these findings, it has been reported that excessive interoceptive sensitivity impairs emotional regulation. Based on these findings, I would like to examine a tipping point or context in which interoceptive sensitivity promotes emotional regulation.

- **Mindfulness and decentering**

Decentering is a core treatment component of mindfulness-based cognitive therapy (MBCT). I am interested in the possibility that emotion regulation enhances decentering. Although our results indicated that reappraisal increases decentering, several hypotheses about the mechanism by which reappraisal enhances decentering can be assumed. I would like to examine this mechanism further, in the future.

- **Calmness and peace of mind**

In the Oriental region, including Japan, low arousal positive emotions (e.g., calmness) are

often valued and preferred. So far, studies on emotion regulation have examined many ways to reduce negative emotion; however, few studies have been conducted on how to facilitate calm emotion. I would like to examine this point from the viewpoint of intra-personal and inter-personal emotion regulation.

Peer-Reviewed Papers in English

- **Kobayashi, R.**, Shigematsu, J., Miyatani, M., & Nakao, T. (2020). Cognitive reappraisal facilitates decentering: A longitudinal cross-lagged analysis study. *Frontiers in Psychology*, 11, 103.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2018). High working memory capacity facilitates distraction as an emotion regulation strategy. *Current Psychology*, 1-9.
- Yang, W., Makita, K., Nakao, T., Kanayama, N., Machizawa G. M., Sasaoka, T., Sugata, A., **Kobayashi, R.**, Hiramoto, R., Yamawaki, S., Iwanaga, M., & Miyatani M. (2018). Affective auditory stimuli database: An expanded version of the International Affective Digitized Sounds (IADS-E). *Behavior Research Methods*, 50, 1415-1429.

Peer-Reviewed Papers in Japanese

- **Kobayashi, R.**, Shigematsu, J., Miyatani, M., & Nakao, T. (in press). Decentering mediates the effect of cognitive reappraisal and distraction on mental health. *Japanese Journal of Research on Emotions*.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2018). Does yutori of mind facilitate recovery from negative emotion? An experimental study of yutori. *Japanese Journal of Interpersonal and Social psychology*, 18, 21-26.

Non-Peer-Reviewed Papers in Japanese

- **Kobayashi, R.** & Nakao, T. (in press). Relationship between mental health and eating together with friends and family frequently. *Hiroshima Psychological Research*, 19.
- **Kobayashi, R.**, Noritake, Y., Anno, M., Doi, Y., Kawahara, T., Shigematsu, J., Yuzawa, M., Yokota, R., & Nakao, T. (in press). Relationship between burnout and yutori of mind in new nurses. *Hiroshima Psychological Research*, 19.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2018). The Relationship Between the Yutori Scales for Mind and for University Students. *Bulletin of the Graduate School of Education, Hiroshima University*, 67, 187-192.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2016). A study on yutori: The relationships between yutori and depression, anxiety, optimism, and pessimism. *Hiroshima Psychological Research*, 16, 35-40.

- Morinaga, Y., **Kobayashi, R.**, Takeda, N., Minamitani, M., Kuwahara, M., & Omori, M. (2014). Social comparison and self-stereotyping: Gender of compared targets influences self-perceptions of men and women, 14, 11-18.

Poster Presentations in International Conferences

- **Kobayashi, R.**, & Shigematsu, J. (2019). What cognitive emotion regulation strategies influence decentering? 58th Conference of Taiwanese Psychological Association, Kaohsiung Medical University, Taiwan, November, 2-3, 2019.
- Hashimoto, J., **Kobayashi, R.**, Kashihara, S., Hiramoto, R., Haraguchi, Y., Honda, T., Ishida, N., Okazaki, A., Kishimoto, K., Nakano, H., Horinouchi, H., Zhu, J., Sun, Y. Yamamoto, K., Namba, S., Miyatani, M., & Nakao, T., (2019). The relationship between time perspective and the mood repair effect of positive autobiographical memory. 58th Conference of Taiwanese Psychological Association, Kaohsiung Medical University, Taiwan, November, 2-3, 2019.
- **Kobayashi, R.**, Honda, T., & Nakao, T., (2019). Effects of cognitive reappraisal ability and frequency on mental health. The 21st European Society for Cognitive Psychology (ESCoP), La Pirámide de Arona, Santa Cruz de Tenerife, Spain, September 25-28, 2019.
- Honda, T., **Kobayashi, R.**, Nakao, T., (2019). Is Interoceptive Accuracy Related to Cognitive Reappraisal Ability? The 21st European Society for Cognitive Psychology (ESCoP), La Pirámide de Arona, Santa Cruz de Tenerife, Spain, September 25-28, 2019.
- Hashimoto, J., **Kobayashi, R.**, Kashihara, S., Hiramoto, R., Haraguchi, Y., Ishida, N., Okazaki, A., Kishimoto, K., Nakano, H., Horinouchi, H., Honda, T., Zhu, J., Sun, Y., Yamamoto, K., Nakao, T., Kanayama, N., Miyatani, M. (2019). Does the degree of positivity of autobiographical memories cause a difference in the mood repair effect between voluntary and involuntary retrieval in depressed people? The 21st European Society for Cognitive Psychology (ESCoP), La Pirámide de Arona, Santa Cruz de Tenerife, Spain, September 25-28, 2019.
- Hiramoto, R., Hashimoto, J., **Kobayashi, R.**, Kashihara, S., Haraguchi, Y., Ishida, N., Okazaki, A., Kishimoto, K., Nakano, H., Horinouchi, H., Honda, T., Zhu, J., Sun, Y., Yamamoto, K., Nakao, T. (2019, Sep). Long range temporal correlation during resting state predicts embodied sense of ownership? The 21st European Society for Cognitive Psychology (ESCoP), La Pirámide de Arona, Santa Cruz de Tenerife, Spain, September 25-28, 2019.
- Namba, S., Kabir, R. S., Matuda, K., Noguchi, Y., Kambara, K., **Kobayashi, R.**, Shigematsu, J., Miyatani, M., and Nakao, T. Strangers who love fiction: fantasy component of interpersonal reactivity associated with empathic accuracy. The 6th World Congress on Positive Psychology, Melbourne, July 18-21, 2019.
- **Kobayashi, R.**, Ken'ichiro NAKASHIMA, Miyatani, M., & Nakao, T. (2019). Interpersonal emotion regulation contagion: reappraisal and distraction influences reappraisal and

distraction of others. International Society for Research on Emotion (ISRE) 2019, Amsterdam, Nederland, July 10-13, 2019.

- **Kobayashi, R.**, Nakashima Ken'ichiro, Miyatani, M., & Nakao, T. (2019). Interpersonal emotion regulation facilitates relationship satisfaction with friends: An actor-partner interdependence model study. Annual Convention of The Society for Personality and Social Psychology (SPSP2019), Portland, USA, February 7-9, 2019.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2018). The relationship between self-control and emotion regulation strategies: Cognitive reappraisal, distraction, and expressive suppression. 6th Hong Kong International Conference on Education, Psychology and Society (HKICEPS2018), Hong Kong, December 18-20, 2018.
- Noguchi, Y., Namba, S., Kambara, K., **Kobayashi, R.**, Shigematsu, J., & Miyaoto, M. Clustering Individual Differences to Test Validity and Relationships between the Trait and Performance of Empathy. Association for Behavioral and Cognitive Therapies 52nd Annual Convention, Washington, USA, 16-18, November, 2018.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2018). Effect of positive reappraisal: Does reappraisal mediate the relationship between metacognitive awareness and anxiety? Annual Convention of The Society for Personality and Social Psychology (SPSP2018), Atlanta, USA, March 1-3, 2018
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2017). Working Memory Capacity Influences the Effect of Distraction. The Asian Conference on Psychology the Behavioral Sciences, Kobe, Japan, March 2017
- Namba, S, Russell, K., Fukuda, N., **Kobayashi, R.**, Miyatani, M., Nakao, T. (2017). The initiating ability of facial components and their combinations: testing the facial feedback hypothesis with prior feeling states. the International Society for Research on Emotion. St. Louis, USA, July, 2017
- Miyagi, M., Mizuochi, R., Yang, W., Kashihara, S., **Kobayashi, R.**, Hiramoto, N., ...Nakao, T. Personality trait of novelty seeking predicts the degree of choice-induced preference change. OR29-14-1. The 31st International Congress of Psychology (ICP2016), July 24-29, 2016, Pacifico Yokohama, Yokohama, Japan.

Invited Talks in Japanese Conferences

- **Kobayashi, R.** (2018) Qualia of emotion from the perspectives of interoception. 26th Annual Meeting of Japan society for Research on Emotions, preconference, November 9, 2018, Toyo University, Tokyo.

Oral Presentations in Japanese Conferences

- **Kobayashi, R.**, Nakashima, K., Miyatani, M., & Nakao, T. (2019). The relationships between

intrapersonal and interpersonal emotion regulation: a longitudinal cross-lagged analysis study. 27th Annual Meeting of Japan society for Research on Emotions, Tokaigakuen University, Aichi.

- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2019). The effect of yutori on interpersonal relationships: longitudinal pair-data analysis. c, Risho University, Tokyo.
- Hashimoto, J., **Kobayashi, R.**, Kashihara, S., Hiramoto, R., Haraguchi, Y., Honda, T., Ishida, N., Okazaki, A., Kishimoto, K., Nakano, H., Horinouchi, H., Zhu, J., Sun, Y. Yamamoto, K., Namba, S., Miyatani, M., & Nakao, T. (2019). Differences in mood improvement effects between intentional and unintentional retrieval in depressed persons. 17th Annual Meeting of the Japanese Society for Cognitive Psychology, Kyoto.
- **Kobayashi, R.**, Sasaoka, T., Miyatani, M., & Nakao, T. (2019). Interoceptive accuracy promotes the ability of emotion regulation. 26th Annual Meeting of Japan society for Research on Emotions, Toyo University, Tokyo.
- Namba, S, Kashihara, S., Russell, K., Hashimoto, J., Hiramoto, R., **Kobayashi, R.**, Haraguchi, Y., Noguchi, Y., Fujita, K., Nakao, T. (2018). Relationship between tolerance to uncertain situations and learning tasks under uncertain situations, Ritsumeikan University, Osaka.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2018). The effect of yutori on mental health: The comparison with subjective well-being. 59th Annual Meeting of Japanese Society of Social Psychology, Outemongakuin University, Osaka.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2018). Does yutori of mind facilitate recovery from negative emotion? 58th Annual Meeting of Japanese Society of Social Psychology

Poster Presentations in Japanese Conferences

- **Kobayashi, R.**, Machizawa, M., Ichikawa, N., Honda, T., & Nakao, T. (2019). Factor structure and validation of the Japanese version of the Body Perception Questionnaire. 83th Annual Convention of Japanese Psychological Association, Ritsumeikan University, Osaka.
- **Kobayashi, R.**, Hashimoto, J., Kashihara, S., Hiramoto, R., Haraguchi, Y., Horinouchi, H., Okazaki, A., Honda, T., Namba, S., Zhu, J., Yamamoto, K., & Nakao, T. (2019). The relationships between interoceptive awareness and long-range temporal correlation (LRTC) in resting-state EEG. 17th Annual Meeting of the Japanese Society for Cognitive Psychology, Kyoto.
- Honda, T., **Kobayashi, R.**, Nakao, T., (2019). Relationship between individual differences in interoception and emotional awareness. 83th Annual Convention of Japanese Psychological Association, Ritsumeikan University, Osaka.
- Hashimoto, J., **Kobayashi, R.**, Kashihara, S., Hiramoto, R., Haraguchi, Y., Honda, T., Zhu, J., Sun, Y., Yamamoto, K., & Nakao, T. (2019). Relationship between self-function of

- autobiographical memory and long-range temporal correlations in spontaneous EEG. 83th Annual Convention of Japanese Psychological Association, Ritsumeikan University, Osaka.
- Kashihara, S., Hashimoto, J., **Kobayashi, R.**, Hiramoto, R., Haraguchi, Y., Kato, M., Fujita, K., Noguchi, Y., Namba, S., Honda, T., & Nakao, T. (2019). Relationship between auditory hallucination experience and spontaneous EEG complexity in healthy participants. 83th Annual Convention of Japanese Psychological Association, Ritsumeikan University, Osaka.
 - Nakagawa, R., Kashihara, S., Hashimoto, J., **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2019). Effects of working memory capacity and task difficulty on the occurrence of mind wandering. 83th Annual Convention of Japanese Psychological Association, Ritsumeikan University, Osaka.
 - Honda, T., **Kobayashi, R.**, & Nakao, T. (2019). Does interoceptive accuracy moderate the relation between emotion regulation and mental health? 75th Annual Meeting of Chugoku-Shikoku Psychological Association, Kagawa University, Kagawa.
 - Hashimoto, J., **Kobayashi, R.**, Kashihara, S., Hiramoto, R., Haraguchi, Y., Honda, T., Ishida, N., Okazaki, A., Kishimoto, K., Nakano, H., Horinouchi, H., Zhu, J., Sun, Y., Yamamoto, K., Namba, S., Miyatani, M., & Nakao, T. (2019). Differences in the nature of autobiographical memories retrieved intentionally and unintentionally. 75th Annual Meeting of Chugoku-Shikoku Psychological Association, Kagawa University, Kagawa.
 - Nakagawa, R., Kashihara, S., Hashimoto, J., **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2019). Effects of working memory capacity and task difficulty on time series of mind wandering occurrence. 75th Annual Meeting of Chugoku-Shikoku Psychological Association, Kagawa University, Kagawa.
 - Hashimoto, J., **Kobayashi, R.**, Kashihara, S., Hiramoto, R., Haraguchi, Y., Honda, T., Ishida, N., Kishimoto, K., Okazaki, A., Nakano, H., Horinouchi, H., Zhu, J., Sun, Y., Yamamoto, K., & Nakao, T. (2019). The relationship between a well-balanced temporal perspective and spontaneous EEG alpha asymmetry. 28th Annual Meeting of Japan Society for Personality Psychology, Musasino University.
 - Honda, T., **Kobayashi, R.**, & Nakao, T. (2019). Is response bias in heart rate discrimination task associated with cognitive reappraisal? 27th Annual Meeting of Japan society for Research on Emotions, Tokaigakuen University, Aichi.
 - Kashihara, S., Hashimoto, J., **Kobayashi, R.**, Hiramoto, R., Haraguchi, Y., Honda, T., Ishida, N., Kishimoto, K., Okazaki, A., Nakano, H., Horinouchi, H., Zhu, J., Sun, Y., Yamamoto, K., & Nakao, T. (2019). The association between spontaneous EEG and reality monitoring error experience. 17th Annual Meeting of the Japanese Society for Cognitive Psychology, Kyoto.
 - Honda, T., **Kobayashi, R.**, & Nakao, T. (2019). The relationship between interoceptive

accuracy and emotion regulation tendency. 37th Annual Meeting of Japanese Society for Physiological Psychology and Psychophysiology, Bunkyo University, Saitama.

- **Kobayashi, R.**, Shigematsu, J., Miyatani, M., & Nakao, T. (2018). Dose decentering is enhanced by emotion regulation? 44th Annual Meeting of Japanese Association of Behavioral and Cognitive Therapies, Meijigakuin University.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2018). The effect of yutori on emotion regulation strategies. 74th Annual Meeting of Chugoku-Shikoku Psychological Association, Higashi-Hiroshima Culture Center, Hiroshima.
- Hashimoto, J., Kashihara, S., **Kobayashi, R.**, Hiramoto, R., Zhu, J., & Nakao, T., & Miyatani, M. (2018). Influence of self-function of autobiographical memory and attitude toward the past on depression. 74th Annual Meeting of Chugoku-Shikoku Psychological Association, Higashi-Hiroshima Culture Center, Hiroshima.
- **Kobayashi, R.**, Nakashima, K., Miyatani, M., & Nakao, T. (2018). The effect of cognitive reappraisal on another person's reappraisal tendency. 82th Annual Convention of Japanese Psychological Association, Sendai International Center, Miyagi.
- Noguchi, Y., Namba, S., **Kobayashi, R.**, Shigematsu, J., & Miyatani, M. (2018). Examination of the effect of mood on empathic accuracy in clinical settings. 82th Annual Convention of Japanese Psychological Association, Sendai International Center, Miyagi.
- Namba, S., Kashihara, S., Hashimoto, J., Hiramoto, R., **Kobayashi, R.**, Kato, M., Haraguchi., Noguchi, Y., Fujita, K., & Nakao, T. (2018). Spontaneous brain activity behind empathy: Relationship between perspective taking and spontaneous slow wave / fast wave ratio. 82th Annual Convention of Japanese Psychological Association, Sendai International Center, Miyagi.
- **Kobayashi, R.**, Sasaoka, T., Mizuochi, R., Namba, S., Miyatani, M., & Nakao, T., & Yamawaki, S. (2018). The effect of emotion-eliciting picture's arousal during false physiological feedback on subjective emotional experience. 16th Annual Meeting of the Japanese Society for Cognitive Psychology, Ritsumeikan University, Osaka
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2017). The links between yutori and empathy. 73th Annual Meeting of Chugoku-Shikoku Psychological Association, Tokushima University.
- **Kobayashi, R.**, Sasaoka, T., Mizuochi, R., Namba, S., Miyatani, M., & Nakao, T., & Yamawaki, S. (2017). The effect of false physiological feedback on arousal rating for emotion-eliciting pictures. 81th Annual Convention of Japanese Psychological Association, Kurume City Plaza, Fukuoka.
- **Kobayashi, R.**, Sasaoka, T., Mizuochi, R., Namba, S., Miyatani, M., & Nakao, T., & Yamawaki, S. (2017). The predictive coding in interoception: The examination of false

physiological feedback. 4th Kansei Brain Engineering Society, Okazaki Research Facilities, Aichi.

- Namba, S., Nakata, M., Kuwahara, R., Hirai, E., Takahashi, C., Nakayama, S., **Kobayashi, R.**, & Nakao, T. (2017). Relationship between facial expression and physiological state from the viewpoint of prior emotional state and top-down processing. 4th Kansei Brain Engineering Society, Okazaki Research Facilities, Aichi.
- **Kobayashi, R.**, & Sasaoka, T. (2017). Intentional attention on interoception influence empathy. 25th Annual Meeting of Japan society for Research on Emotions, Doshisya University.
- **Kobayashi, R.**, Sasaoka, T., Mizuochi, R., Namba, S., Miyatani, M., & Nakao, T., & Yamawaki, S. (2017). False physiological feedback increases or decreases affective state. 15th Annual Meeting of the Japanese Society for Cognitive Psychology, Keio University.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2016). Relationship among yutori, anxiety, optimism and pessimism. 72th Annual Meeting of Chugoku-Shikoku Psychological Association, Toua University.
- **Kobayashi, R.**, Miyatani, M., & Nakao, T. (2016). The attenuation effect of distraction on negative emotion. 57th Annual Meeting of Japanese Society of Social Psychology, Kanseigakuin University.
- Miyagi, M., Mizuochi, R., Kashihara, S., **Kobayashi, R.**, Hiramoto, R., Lee, S., Matsubayashi, H., Okumura, S., Edahiro, M., Matsuda, K., Nakao, T., & Miyatani, M. (2015). Feedback-related negative potentials appear in preference judgment tasks. 2nd Kansei Brain Engineering Society, Sizuoka University.

Teaching Experiences

- 2018-19 General Psychology - Kure Vocational School of Nursing, part-time teacher
- 2018-20 Psychology Laboratory Project - Hiroshima University, Teaching Assistant
- 2018 Psychological Statistics - Hiroshima University, Teaching Assistant
- 2018 Cognitive Psychology - Hiroshima University, Teaching Assistant

Manuscripts Reviewing

- Japanese Psychological Research