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THE EFFECTS OF SOCIAL OSTRACISM ON FRONTAL ELECTROENCEPHALOGRAM ACTIVITY

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The need for social connections is so critical for psychological well being that the brain has evolved neural mechanisms that elicit a pain response whenever one is excluded from social situations. To determine the neural correlates of social rejection, female college students (N = 80) entered a chat room environment where they experienced phases of inclusion and exclusion while their theta electroencephalographic (EEG) activity was recorded in the frontal lobe. Recordings were taken from three frontal regions (F3, Fz, and F4). Results indicated that participants contributed less to the conversation during the exclusion phase, and they also were less interested and enjoyed this phase less. This suggests that the paradigm was successful in creating a feeling of exclusion in the participants. Preliminary analyses of EEG activity revealed decreases in theta power in the midline and left frontal regions during the exclusion phase. The differential EEG activity during inclusion and exclusion suggests that certain brain regions have different functions in the processing of an experience of social ostracism.