

# THETA AND DELTA

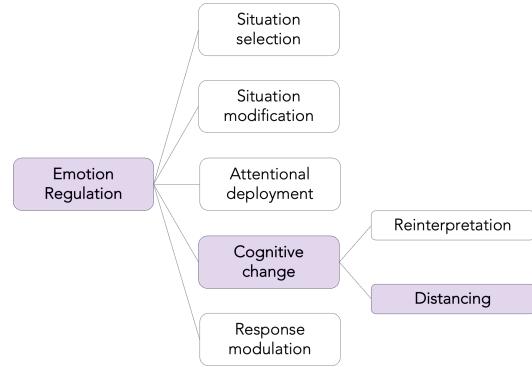
## CHANGES IN RESTING-STATE EEG ACTIVITY AFTER REGULATING EMOTIONS



Lapomarda G., Valer S., Job R., Grecucci A.



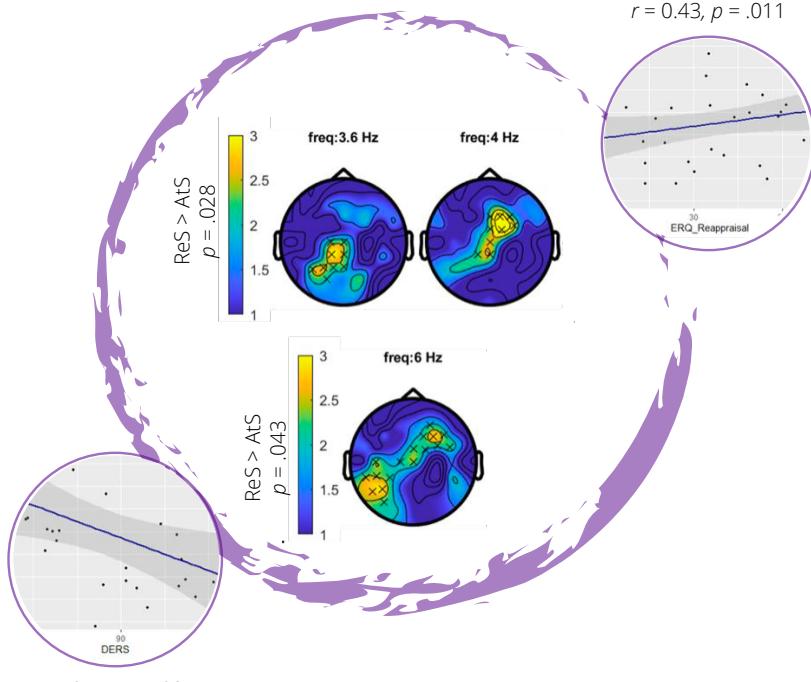
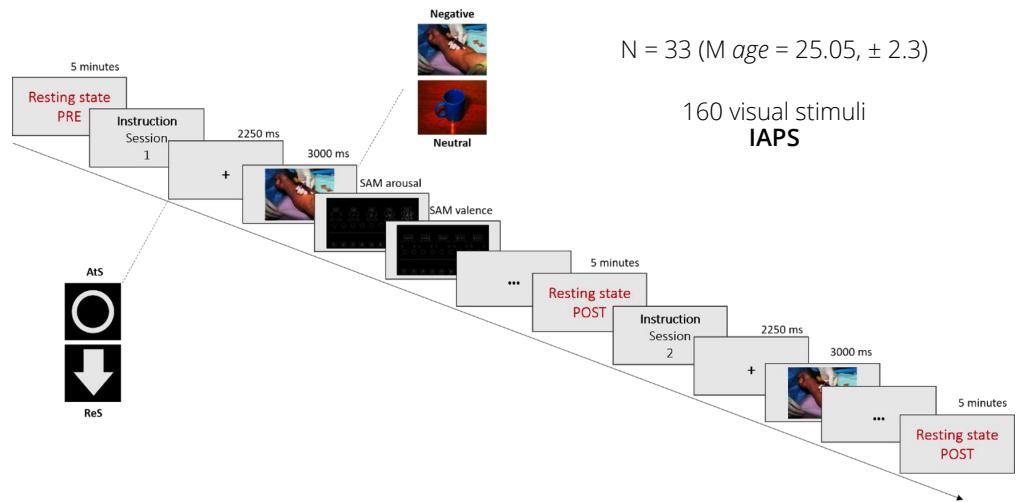
Does emotion regulation leave a trace in the brain by changing its oscillatory activity at rest?



Cluster-based  
Permutation



ERQ + DERS  
questionnaires



**Theta**  
cognitive control, inhibition  
and attention, top-down  
regulation strategy



**Delta**  
sense of increased  
relaxation, reduction  
of emotional engagement