

Maastricht Student
Journal
of
Psychology and
Neuroscience

Editors

Xanthate Duggirala, MSc
Dept. of Neuropsychology & Psychopharmacology
Faculty of Psychology and Neuroscience
Maastricht University
Xanthate.duggirala@maastrichtuniversity.nl

Alexandra Emmendorfer, MSc
Dept. of Cognitive Neuroscience
Faculty of Psychology and Neuroscience
Maastricht University
a.emmendorfer@maastrichtuniversity.nl

Lilian Kloft, PhD
Dept. of Neuropsychology & Psychopharmacology
Faculty of Psychology and Neuroscience
Maastricht University
L.Kloft@maastrichtuniversity.nl

Noralie Krepel, MSc
Dept. of Cognitive Neuroscience
Faculty of Psychology and Neuroscience
Maastricht University
Noralie.krepel@maastrichtuniversity.nl

Natasha Mason, PhD
Dept. of Neuropsychology & Psychopharmacology
Faculty of Psychology and Neuroscience
Maastricht University
Natasha.mason@maastrichtuniversity.nl

Vaishnavi Narayanan, MSc
Dept. of Cognitive Neuroscience
Faculty of Psychology and Neuroscience
Maastricht University
Vaishnavi.narayanan@maastrichtuniversity.nl

Christine Resch, PhD

Dept. of Neuropsychology & Psychopharmacology
Faculty of Psychology and Neuroscience
Maastricht University
christine.resch@maastrichtuniversity.nl

Peter van Ruitenbeek, PhD
Dept. of Neuropsychology & Psychopharmacology
Faculty of Psychology and Neuroscience
Maastricht University
p.vanruitenbeek@maastrichtuniversity.nl

Contact email for all MSJPN related material:
studentjournal-fpn@maastrichtuniversity.nl

Information and submission of manuscripts:
openjournals.maastrichtuniversity.nl/MSJPN

We want to thank the reviewers for their valuable contributions

Lukas Alexander Leube
Marjolijn Valkenburg
Hanna Honcamp
Lorenzo Titone
Katherine Basil
Elisabeth Sievert
Jessica Dickes

Disclaimer

The authors, editors, and publisher will not accept any legal responsibility for any errors or omissions that may have been made in this publication. The articles reflect only the authors' view. In addition, papers presented in this journal are products of students from the Faculty of Psychology and Neuroscience, Maastricht University and are meant for student educational purposes only.

Maastricht Student
Journal
of
Psychology and
Neuroscience

Volume 9 Number 1 July 2021

*Xanthate Duggirala, MSc
Alexandra Emmendorfer, MSc
Lilian Kloft, PhD
Noralie Krepel, MSc
Natasha Mason, PhD
Vaishnavi Narayanan, MSc
Christine Resch, PhD
Peter van Ruitenbeek, PhD
(eds.)*

CONTENTS

Letter from the Editorial Board 6

The Influence of Psychedelic Drugs on the ‘Sense of Self’ 10

Philipp Matteo Härter

Bulletproof Coffee and Cognition: A Double-blind, Placebo-controlled Study on the Effects on Working Memory 37

*Anna Bergauer, Elisabeth Achteresch, Leonard Niekerken,
Tom Fernandes Visser, Noa Kök, Alyssa Meng, Antonia
Varsamis & Jannis Wolff*

Nightmares in Traumatized Children: Does Emotion Dysregulation Play a Mediating Role? 59

Anna Katharina Selter

The Memory Effects of Simulating Crime-related Amnesia: A Review of Experimental Studies 91

Lianne Wolsink

Dear reader of our Maastricht Student Journal of Psychology and Neuroscience,

We present to you: volume 9 of our Maastricht Student Journal of Psychology and Neuroscience.

The journal's main aim is to provide students with the valuable experience of both publishing and reviewing scientific articles. Publishing your own work makes you go through the process of receiving feedback, rethinking your work, adjusting it, and resubmitting it, all using a format that is also used by peer reviewed scientific journals. Reviewing papers provides the opportunity critique someone else's writing, which possibly makes you susceptible to spotting room for improvement in your own writing. Therefore, both aspects prepare you for being a better scientific writer.

Since the previous edition of this journal we have set a path that should lead to increased visibility of our journal and publishing a larger variety of paper types. Our efforts included appearances in newsletters, spreading hardcopies of the journal, and notifying students during teaching activities that they could publish their work in our journal. This has resulted in an increase in papers that have been submitted and we were planning to publish two editions per year instead of one.

However, then the Covid-19 crisis took hold of our lives. The crisis demanded focus on curricular work of both students and staff. The absence of routines, the amount of time that was spent on

preparing online and hybrid teaching, additional rules and arrangements to consider when performing studies, and simply studying or working in a non-work environment (i.e. home) all pressed hard on the time we could spend efficiently on our beloved journal. The increased workload resulted in the absence of a 2020 edition of the Maastricht Student Journal of Psychology and Neuroscience despite the increase in submissions resulting from our previous actions.

There does appear to be light at the end of the tunnel. The number of corona virus infections is decreasing and restrictions are being lifted, providing space for regular work routines again. The time we have spent on learning new ways of teaching, studying and working should also pay off by having a larger toolbox available, which could actually free up time and space. Finally, Maastricht University (with the Faculty of Psychology and Neuroscience at the forefront) is working on reducing workload for everyone. In my opinion, all these measures and events will lead to more time spend on creative processes that are associated with writing. It allows more room for our enthusiasm, which sparks thoughts about the topics we wish to write about; those bright ideas that you typically have in the shower or when doing the dishes; the moments when the outside world is not in demand.

Let's hope that the increased bandwidth for creative work will be the foundation of future papers published in our journal. Maastricht Journal of Psychology and Neuroscience is often the first

contact students have with publishing their work, which reflects an important part of a potential future career in science. Next to the formal routines that it provides students for publishing their work, it should provide the seed for creativity and enthusiasm. The journal should be a place for ideas that ultimately should enrich the knowledgebase of our community. With increased space and time for both authors, reviewers and editors to develop these ideas, and our platform to mediate spreading of the ideas, we hope to contribute to the development of students as scientists with fruitful and enjoyable careers.

Back to reality, the current edition is the result of hard work of some very resilient authors, reviewers and editors, who have pushed hard to make this 9th edition a reality despite the less-than-ideal situation. This edition contains a review of the literature on psychedelic drugs by *Philipp Mateo Härter*. The review is timely given the increased interest in psychedelic drugs to be used in clinical settings. The author discussed the evidence and neurobiology of ego-dissolution caused by psychedelic drug administration. The second paper in this edition is a report of an experiment that assesses the effects of 'Bulletproof coffee' written by *Anna Bergauer, Elisabeth Achteresch, Leonard Niekerken, Tom Fernandes Visser, Noa Kök, Alyssa Meng, Antonia Varsamis, & Jannis Wolff*. So called 'Bulletproof coffee' is a mixture of coffee with medium chain triglycerides (e.g. coconut oil) and butter. The authors put the popular claim to the test that the mixture has cognition enhancing properties. Next, *Anna Katharina Selter* reviews the evidence for emotion (dis)regulation to

mediate the occurrence of nightmares in traumatised children. She presents a comprehensive view by discussing both psychological and biological mechanisms. Finally, *Lianne Wolsink* presents an overview of experimental studies that assessed the effects of initial denial of crime-related events on later recall of those events. The topic is highly relevant for societal issues in crime solving.

We hope that this edition provides inspiring ideas and motivation to continue studying scientific topics. In addition, we hope that we can provide the platform to spread at least some of these ideas.

Peter van Ruitenbeek, PhD

On behalf of the editorial board,

Xanthate Duggirala, MSc

Alexandra Emmendorfer, MSc

Lilian Kloft, PhD

Noralie Krepel, MSc

Natasha Mason, PhD

Vaishnavi Narayanan, MSc

Christine Resch, PhD