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Published version

AKRAM, Umair (2019). Categorisation deficit of facially expressed anger in insomnia: Commentary on Zhang et al. Individuals with insomnia misrecognize angry faces as fearful faces while missing the eyes: An eye-tracking study. *Sleep*, 42 (2).

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Title: Categorisation Deficit of Facially Expressed Anger in Insomnia

(Commentary on Zhang et al. Individuals with insomnia misrecognize angry faces as fearful faces while missing the eyes: An eye-tracking study)

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For submission to: SLEEP as a commentary

Institution work performed: Sheffield Hallam University, UK.

Number of tables: 0

Number of Figures: 0

Abstract word count: n/a

Manuscript word count: 1252

References: 27

COI: No conflicts of interest declared in relation to this letter.

Financial support declaration: This letter was not supported by funding.

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Individuals with insomnia often report problems with emotion regulation and impaired social interactions^{1,2}, and previous research concurs that insomnia is associated with a blunted response to emotional facial stimuli depicting fear, sadness, and happiness^{3,4} and insomnia salient facial stimuli depicting tiredness.⁵ Moreover, both insomnia and sleep apnea patients demonstrate an impaired ability to categorize faces depicting happiness and sadness (but not anger, surprise or disgust) when compared with normal-sleepers.³ Considering an individual's capacity to correctly gauge facial expressions remains fundamental for effective social interaction, and in influencing social judgments (e.g., perceived health and attractiveness), these outcomes present negative psychosocial implications for those with insomnia.⁶ Despite this, research examining how individuals with insomnia perceive facially expressed emotions remains limited.

To that end, the novel work by Zhang and colleagues⁷, published in SLEEP, moves research in this area forward by expanding on simple categorization and intensity rating tasks commonly used to identify perception alteration of facially expressed emotions in insomnia. Specifically, the important work by Zhang and colleagues⁷ used eye-tracking to assess the role of visual attention control while examining how those with insomnia perceive and categorize emotional faces relative to normal-sleepers. Indeed, considering Individuals often visually observe stimuli which attracts their attention⁸, this method allows for a more objective and direct examination of attentional control to be recorded throughout the presentation of stimulus.^{9,10}

Here, the authors identify deficits in the categorization of angry faces, which were more likely to be perceived as fearful faces among those with insomnia when compared to normal-sleepers using a time-based task. Diverging from prior research using a similar methodology however⁴, no group differences in emotional intensity ratings for each expression were observed. Crucially, Zhang and colleagues moved away from traditional approaches to eye-tracking analysis. Specifically, a hidden Markov modelling approach for eye movement data (EMHMM) clustered gaze behaviour of all participants into two representative patterns: nose-mouth, where gaze was emphasised vertically along the facial midline between the nose and mouth; and eyes-mouth, where gaze was emphasized along lateral features such as the eyes and corners of the mouth. Using this approach, no difference in the distribution of these patterns emerged whilst both groups observed happy faces, those with insomnia adopted the nose-mouth pattern more frequently whilst observing facially expressed anger, fear and sadness when compared to normal-sleepers. Based on mixed evidence proposing the eye and/or mouth regions to be key in the accurate recognition of facially expressed anger¹¹⁻¹³, the author's postulate a deficit in eye-region attention to account for the impaired ability to categorize this expression amongst those with insomnia.

Zhang and colleagues have presented a highly influential study, applying a novel methodology to an area of research often overlooked in insomnia when compared with experimental sleep deprivation.¹⁴⁻¹⁶ However, whilst the eye-tracking data presented sheds light on why individuals with insomnia in this particular sample present deficits in categorizing angry faces, the outcomes vary substantially from the aforementioned previous research both in relation to emotional blunting and recognition accuracy.^{3,4} The four expressions used by Zhang and colleagues⁷ are typical recognised cross-culturally¹⁷. The authors cultural differences in face-processing as a potential factor for the divergence in outcomes. Previous research amongst western samples have commonly use well validated emotional facial stimuli sets including the (JACFEE) Japanese and Caucasian

Facial Expressions of Emotion^{3,18}, the KDEF (Karolinska Directed Emotional Faces)^{5,19} and the widely used Ekman and Friesen faces.^{4,17} In contrast, Zhang and colleagues validated the subset of faces used from their database with (n=13) individuals providing emotional intensity and genuineness ratings on a scale of 1-5. Interestingly here mean ratings for intensity of each expression were moderately high, however ratings of genuineness were somewhat lower (i.e. sadness < 3/5). It would be interesting to determine in what way the initial set of images were validated, and if any comparison to neutral faces were made? Moving forward, it would certainly be worthwhile to replicate the methods used by Zhang and colleagues⁷ using a well validated and cross-culturally appropriate stimuli (i.e. JACFEE), similar to Croonlein and colleagues³, amongst both Western and East Asian populations.

As reported by Zhang and colleagues⁷, Individuals with insomnia more frequently adopted nose-mouth patterns of visual behaviour, frequently overlooking the eye-region. However, accuracy for all other expressions remained consistent with normal-sleepers. Although potentially due to variation in the significance of particular facial regions in classifying specific expressions and/or the task used¹⁷⁻¹⁹, contrasting research has demonstrated heightened attention for the eye-region of both neutral and tired faces amongst individuals with insomnia.^{20,21} Given the substantial overlap between facial features which serve to characterize the perception of both tired and sad faces (i.e. swollen eyes, dark circles under the eyes)²², it is surprising that individuals with insomnia here demonstrated avoidance for this area whilst observing such faces. This may stem from the differences in the task used (i.e. reaction time vs. time capped free viewing; singular vs. dual presentation). Alternatively, this could be due to limited physiological changes in facial structure which can be made by a presumably healthy and screened actor when it comes to ecologically expressing sadness. Next, whereas the EMHMM accounts for individual differences in spatial and temporal information, it would still be interesting to unpick gaze behaviour to specific non-overlapping regions of interest examining more traditional parameters (e.g. first fixation onset, first fixation duration, total gaze duration), and how this may correlate with accuracy and intensity of ratings.

Emotional faces have been widely amongst populations with mental health conditions (e.g. anxiety, depression, bipolar disorder, anorexia nervosa) to examine alterations in attention and perception relative to controls.²³⁻²⁶ However, further consideration needs to be given to individuals with Insomnia Disorder. This line of inquiry is undoubtedly at an early stage and moving forward a number of considerations should be taken into account. First, it should consider how individuals with insomnia perceive neutral faces in terms of emotional intensity when compared to normal-sleepers. With that in mind, unpublished research from our group demonstrates those presenting clinically significant insomnia symptoms differentially interpret neutral faces as being more emotionally intense in ratings of happiness and attractiveness relative to normal-sleepers. Therefore, when presented with the corresponding expressive face, individuals with insomnia may provide an accentuated or attenuated response in comparison. Indeed, it is well noted that the neutral expression may be appraised as threatening due to the structural features of the face rather than the emotional content.²⁷ To that end, the inclusion of a neutral expression and assessment of emotional valence would be beneficial when clarifying differences in the perception of neutral faces and identifying how emotionally expressive faces are perceived in terms of valence rather than just intensity. The latter inclusion would determine whether particular expressions are considered to be

threatening in nature amongst those with insomnia. Next, research should explore clinical implications of identifying abnormalities in face processing amongst individuals with insomnia. Eventually, once a clearer picture emerges in this population, would there be scope for intervention and treatment? How would the understanding of this area feed in to theoretical perspectives in terms of the development and maintenance of the disorder? Do co-morbid psychiatric symptoms and self-reports of daytime sleepiness play a role? Should we consider subjective vs. objective measures of sleep continuity to determine the role of 'sleep-loss'?

To summarise, I would like to thank Zhang and colleagues⁷ for their important and highly novel contribution to the somewhat overlooked study of facially expressed emotion perception in insomnia. Hopefully, this study encourages further work in this area serving to provide a better understanding in relation to the points raised.

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