Melatonin increases reactive aggression in humans

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Abstract

Objective

Methods , 63

Results

(1 3). A (1 7/ K 2003). . 200). (. 2000/ . 2002/ . 2004/ . 2012). (. ., / 16) (/ 16) (. 2000). (2001), ( ) (. 2002/ . 2004), . ., (K . 2013). (K 2000). (1) / (2) / / (A 2002). (2014). (. 2002/ . 2004), (1 7) (. 1 75). . A (. 2001) A (. 2014), (N 400) (. 2014).

, - , , - - A (A / 1 67/ K . 2007) . (200). . A (1 67/ . 2007), (2004/K . 2007).

Methods and materials

Participants

A 64 32 (, 21.3 1.) 32 (21.2 1.) 0700 0 00 2300 2400 ( ) 2 24 . A 1 . A . A

Procedures

Stanford Sleepiness Scale

Melatonin/placebo administration

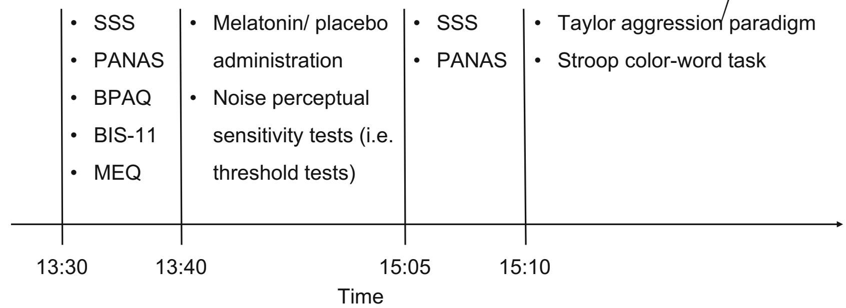

Fig. 1 . SSS , PANAS BPAQ , BIS-11 , MEQ

(57.3% 2 .0%) (41.5% 30.2%), F(1,61) 4.4 3, p 0.03 , η^2 0.06 (60. % 2 . %) (37.7% 35.2%), F(1,61) 5 .557, p 0.001, η^2 0.4 4, (. 3). , F(1,61) 0.344, p 0.55 , η^2 0.006,

Results

The TAP task

“ ” 2 (/). 2

The Stroop task

2 (/). 3 ( ) ( ) (3

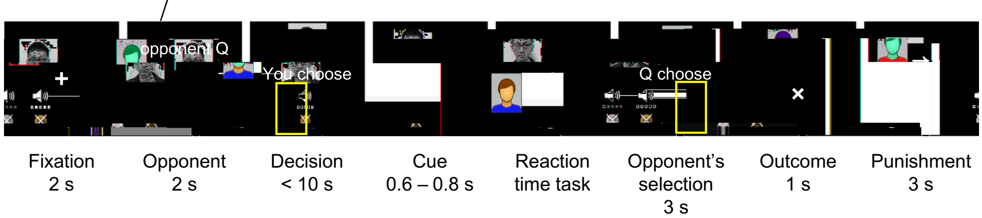

Fig. 2 (“Q”) “ ”) (red blue) ( ). Q 10 ( ).), ( ). ( )

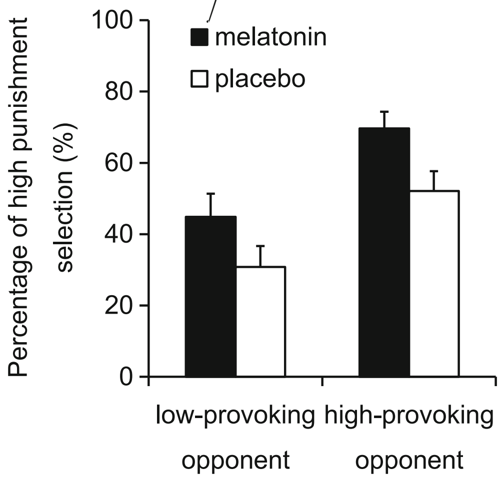

Fig. 3

, p 0.55

, F(2,60) 46.4 4, p 0.001, η^2 0.60 , F(2,60) 13.370, p 0.001, η^2 0.30

ps 0.001 (1).

(p 0.237, 0.0 ,

),

(p 0.72 , 0.355,

),

Table 1

( )								
	14	177	54	1 6	0	125	57	144
	755	157	17	1	76	137	12	14
(%)								
	4.3	5.	.1	6.0	3.7	4.1	5.3	3.4
	4.6	4.4	11.6	.	4.	5.4	7.0	4.3

20,000

(// /)

(200).

−0.0034, 0.00 0, 5%

−0.0507, 0.0104 .

Sleepiness

2 (

). 2 (−/ -)

(F(1,60) 3. 31, p 0.052, η^2 0.061)

(F(1,60) 40.624, p 0.001, η^2 0.404),

F(1,60) 4.3 , p 0.040, η^2 0.06 . t

(3. 3 1.23)

(3.0 1.12), t(60) 2.476, p 0.016,

(2.5 0. . 2.44 0. 4), t(61) 0.65 , p 0.513.

, r −0.1 5, p 0.12 .

20,000 .

0.0027, 0.0203, 5%

−0.03 4, 0.044 .

Controlling for potential contributing factors

(1, 2),

(1,

2,).

, p 0.03 (3).

Discussion

(. 2000; . 2002; . 2004; . 2012), (. 2001; . 2014). (2000; . 2003; 2004) (. 2011). (. 1 4; . 1 4) (200), (“ ,”) (“ ,”) (2015).

(. 2005) (. 2004). ( ) ( ), (2014; . 2014), (1 0) (2014), (. 200) ( ). (1 7; . 2003), (2005).

1 1 544 .01 .07 .5 60000 (2046 .02465.12046

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Compliance with ethical standards

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Conflict of interests

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