

**Results:** Participants did not differ in their reward learning parameters across monetary and social conditions ( $t(30) = -0.70$ ,  $p = 0.490$ ), suggesting similar perception of reward stability in both modalities. However, higher Bayesian prior mean (i.e., initial belief of reward rate;  $t(30) = -2.31$ ,  $p = 0.028$ ,  $d = 0.42$ ) and greater reward maximization (i.e., Softmax parameter;  $t(30) = -2.26$ ,  $p = 0.031$ ,  $d = 0.41$ ) were observed in response to social vs monetary rewards. In the social reward condition, higher self-reported social connectedness was associated with greater model fit of our DBM model (i.e., smaller Bayesian Information Criterion/BIC;  $r = -0.38$ ,  $p = 0.041$ ). In this condition, those expecting higher reward rates when initiating reward exploration (those with higher DBM prior mean) endorsed lower self-esteem (Spearman's  $\rho = -0.43$ ,  $p = 0.078$ ) and lower positive affect ( $\rho = -0.32$ ,  $p = 0.078$ ).

**Conclusions:** A Bayesian learning modeling framework can characterize mechanistic differences in the processing of social vs non-social reward among combat-exposed Veterans. Individuals with higher social connectedness were more model-based in their performance, consistent with the notion that they are more likely to estimate and anticipate how much social peers have to offer.

Combat-exposed individuals with lower self-esteem and positive affect appear to have higher initial expectations of reward from unknown partners, which could reflect greater need for mood and/or self-esteem repair in those individuals. Overall, Bayesian modeling of social reward behavior provides a useful quantitative framework to predict clinically relevant construct of functional outcomes in military populations.

**Categories:** Emotional and Social Processes

**Keyword 1:** social cognition

**Keyword 2:** social processes

**Keyword 3:** neurocognition

**Correspondence:** Alex F. Skupny, VA San Diego Healthcare System and the University of California, San Diego, askupny@health.ucsd.edu

---

### 35 Happiness Project: A Customized Mind Body Intervention Significantly Changed the Social Relationship Scores

### Among Healthy College Students during the COVID-19 pandemic.

Varun Pillai<sup>1</sup>, Nuthan Manohar<sup>2</sup>, Nicole Byrne<sup>1</sup>, Adriana Rodriguez<sup>1</sup>, Anil Nair<sup>3</sup>

<sup>1</sup>Boston Neuropsychiatry, Boston, MA, USA.

<sup>2</sup>MeMetMe, Netherlands, Netherlands,

<sup>3</sup>Alzheimers Disease Center, Boston, MA, USA

**Objective:** To find how healthy college going participants SRS were affected by a customized Mind Body Intervention (MBI).

**Participants and Methods:** We performed a customized online tele-video course based MBI incorporating mindfulness and awareness training over a period of one month in 2021 to MBA students attending the Indian Institute of Management (IIM). Each subject was their own control. We used the World Health Organization Quality of Life Scale (QO-BREF) social relationship sub-scores pre and post intervention to assess participant SRS.

**Results:** 277 MBA students from the IIM with a mean age of  $26.89 \pm 1.7$  were analyzed. Of the 277 students, 90 (32.49%) were female. The MBI decreased the self-perceived Social Relationship score among 277 graduate students. The mean SRS before the intervention was  $7.51 \pm 1.7$  while the mean SRS after was  $6.9 \pm 1.7$ . Univariate paired t-test showed a significant mean difference ( $t = 5.1$ ,  $p < .001$ ). On a multivariate linear-regression model, the SRS change estimate was 0.46, t-value was 9.3,  $p < 0.001$ ; 95% confidence interval was 0.37 - 0.56; p-value  $< 0.001$ .

**Conclusions:** An online tele-video based customized Mind Body Intervention decreased the self-perceived social relationship score among graduate students at the IIM during the Covid-19 pandemic.

**Categories:** Emotional and Social Processes

**Keyword 1:** social cognition

**Keyword 2:** metacognition

**Keyword 3:** adaptive functioning

**Correspondence:** Anil Nair, ADC, nair.anil@gmail.com

---

### 36 White Matter Correlates of Coping with Social Stress in Adolescence, and Their Links to Mental Health