

Name: Zhou Renlai

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Office Location: Room 418, Heren Building

Research Areas: Psychology – Cognitive Neuroscience: Cognitive Neural Regulation; Emotional Regulation

### **Teacher Profile**

Zhou Renlai, Professor. A scholar of the “Peak Talent Program” A category in Nanjing University, “Zhicheng Distinguished Professor”. Director of the Key Base for Philosophy and Social Sciences (Social and Behavioral Science Experimental Center) of Jiangsu Province; Specialized Researcher of the State Key Laboratory of Media Integration Production Technology and System; Distinguished Researcher of Nanjing Drum Tower Hospital. Formerly, Director of the Psychology Department of Nanjing University; Part-time Professor of the College of Biological Sciences and Medical Engineering of Southeast University; Vice Dean of the School of Psychology of Beijing Normal University, Professor of the National Key Laboratory of Cognitive Neuroscience and Learning, Director of the National Demonstration Center for Basic Experimental Psychology, Director of the Beijing Key Laboratory of Applied Experimental Psychology, Director of the Center for Emotional Regulation.

He mainly employs cognitive neuroscience technologies such as electroencephalography (ERP), functional magnetic resonance imaging (fMRI), magnetoencephalography (MEG), transcranial electrical stimulation (tACS/tDCS), and physiological polysomnography, combined with artificial intelligence modeling, to explore the neural mechanisms and plasticity of cognitive neuroregulation and emotion regulation, in order to reveal the

essence of intellectual activities and the mechanism of the interaction between the heart and brain in influencing emotions. He has achieved a series of results in areas such as working memory assessment and training, emotional and cognitive changes of astronauts during spaceflight, the neural mechanism of premenstrual syndrome in women, diagnosis and intervention of test anxiety, and the neural physiological mechanism of emotion regulation. His work has been widely reported by publications such as "Science Times", "Science Bulletin", Xinhuanet, Sohu, and ScienceNet. He has published over 300 papers in domestic and international academic journals. He has more than ten books and over ten software copyrights and patents. He has received the National Science and Technology Progress Award Second Prize (ranked fifth) and other provincial and ministerial awards.



Team Website



WeChat Official Account

#### **Courses:**

Undergraduate courses: 1. Mind: Perspectives from Cognitive Neuroscience;  
2. Emotional Psychology

Master's courses: Special Topics in Emotion and Memory

Doctoral courses: 1. Comprehensive Analysis of Psychological Research Methods; 2. Special Topics in Emotional Theory; 3. Special Topics in Cognition and Emotional Regulation

#### **Representative Publications:**

1. Peibing Liu, Zhaonian Hu, **Renlai Zhou\***(2026). Modulating inhibitory control in test-anxious individuals via tDCS: An ERP study. *Journal of Psychiatric Research*, 195(2026) 185-192. <https://doi.org/10.1016/j.jpsychires.2026.01.055>.
2. Fangfang Long, Weiyi Zhou, Ting Zhang, Ziyuan Zhang, **Renlai Zhou\***(2023) . Effects of working memory training on different goals of cognitive reappraisal.

Emotion. <https://dx.doi.org/10.1037/emo0001253>.

3. Cenlou Hu, Jintao Song, Yan Hong, **Renlai Zhou\***(2023). Electrophysiological and behavioral evidence for the attention capture and suppression failure of irrelevant singleton in test anxiety. *Journal of Psychiatric Research* 161 (2023) 386–392. <https://doi.org/10.1016/j.jpsychires.2023.03.044>.
4. Qiong Huang, Lulu Hou, Wenpei Zhang, **Renlai Zhou\***(2022). The dysregulation of top-down control in individuals with high test anxiety: A resting state fMRI study. *Journal of Psychiatric Research* 151 (2022) 649–656. <https://doi.org/10.1016/j.jpsychires.2022.05.023>.
5. Jintao Song, Lei Chang, **Renlai Zhou \***(2021). Effect of Test Anxiety on Visual Working Memory Capacity Using Evidence from Event-Related Potentials. *Psychophysiology*. DOI: 10.1111/psyp.13965.
6. Hua Wei, Renlai Zhou\* (2020). High working memory load impairs selective attention: EEG signatures. *Psychophysiology*. DOI: 10.1111/psyp.13643.
7. Deng, Y., Li, S., Zhou, R\*., & Walter, M. (2018). Motivation but not valence modulates neuroticism dependent cingulate cortex and insula activity. *Human Brain Mapping* (2). DOI: 10.1002/hbm.23942.
8. Hou Luolu, Chen Lirong, Zhou Renlai\* (2020). Altered reward processing in women with premenstrual syndrome: Evidence from ERPs and time-frequency analysis. *Acta Psychologica Sinica*, Vol. 52(6). 2020: 742-757. DOI: 10.3724/SP.J.1041.2020.00742.
9. Peng Wanqing, Luo Wei, Zhou Renlai\* (2019). HRV evidence for the improvement of emotion regulation in university students with depression tendency by working memory training. *Acta Psychologica Sinica*. Vol. 51 (6): 1-14. DOI: 10.3724/SP.J.1041.2019.001.
10. Zhang Wenpei, Shen Qunlun, Song Jintao, Zhou Renlai\* (2019). Classification of test-anxious individuals using Event-Related Potentials (ERPs): The effectiveness of machine learning algorithms. *Acta Psychologica Sinica*. Vol. 51, (10): 1116-1127. DOI: 10.3724/SP.J.1041.2019.01116.