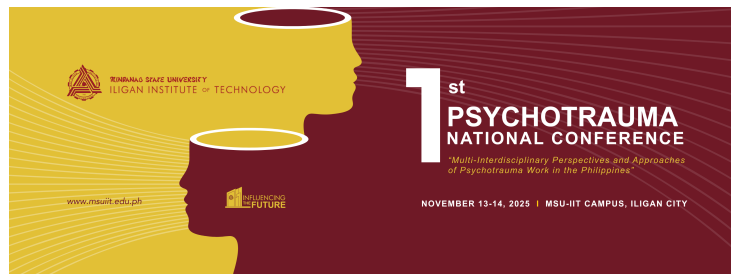


## National Psychotrauma Conference 2025



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# Turning Wreck into Gold: Cognitive Reappraisal and Peace-Supporting Attitudes Serially Mediate the Relationship between Exposure to Armed Conflict and Intergroup Contact

*Thursday, November 13, 2025 1:45 PM (15 minutes)*

Previous research has established that interactions among historically opposed racial groups can reduce bias and improve intergroup relations. However, the specific mechanisms facilitating these interactions remain underexplored. This study addresses this scarcity of literature by examining how conflict exposure facilitates the increase of intergroup contact through the association between cognitive reappraisal and peace-supporting attitudes. Utilizing a sample of 612 conflict-explored respondents, the results revealed that cognitive reappraisal and willingness to compromise (model 1), cognitive reappraisal and conciliatory attitude (model 2), and cognitive reappraisal and support and concession (model 3) serially mediate the relationship between conflict exposure and intergroup contact. These findings suggest that those who have experienced the distress brought about by conflict are likely to utilize cognitive reappraisal strategy of which eventually leads to the development of peace-supporting attitudes and ultimately, increase intergroup contact. This study highlights the importance of psychosocial mechanisms in transforming conflict exposure and experiences into enhancement of intergroup relationships in the context of a protracted political violence.

Keywords: cognitive reappraisal, peace-supporting attitudes, conflict exposure, intergroup contact

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