

Applied Cognition & Neuroscience

Mātai hinengaro whaipāinga

Lecture notes: Emotion Regulation, 6 May 2008
Dr Robert Isler

TODAY: Emotion Regulation

- Test 1 review
- Laboratory project #3 Info
- Emotion Regulations

"The Psychology of Emotions is not a very crowded area of research!!"

LeDoux, 1996

Most of the mental disorders are emotional disorders!

Emotions can influence every aspect of our mental life -
shaping our perceptions, memories, thoughts, and dreams.

Do animals have emotions?

Why do our emotions often seem impossible to understand?

Do we have control over our emotions or do they control us?

Can we have unconscious emotional reactions and unconscious emotional memories?

Are emotions cast in neural stone by our genes or taught to the brain by the environment?

Are emotional memories permanent?

Scientists have had lots to say about what emotions are:

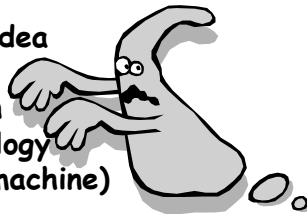
- Emotions are bodily responses that evolved as part of the struggle to survive
- Emotions are mental states that result when bodily responses are sensed by the brain
- Emotions have also been viewed as ways of acting or ways of talking

Scientists have had lots to say about what emotions are:

- Unconscious impulses are at the core of an emotion
- Emotions are thoughts about situations in which people find themselves
- Emotions are social constructions, things that happen between rather than within individuals

Behaviorist's reign (-1960)

Emotion = fuzzy idea that need to be dispensed with in scientific psychology (=ghosts in the machine)



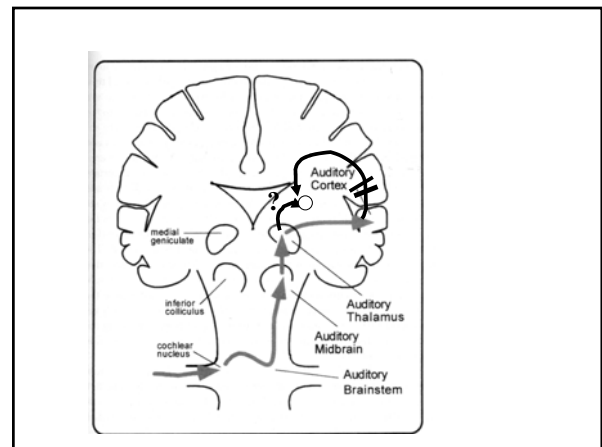
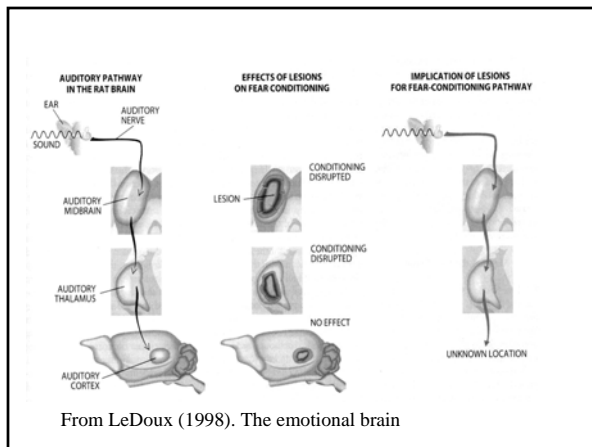
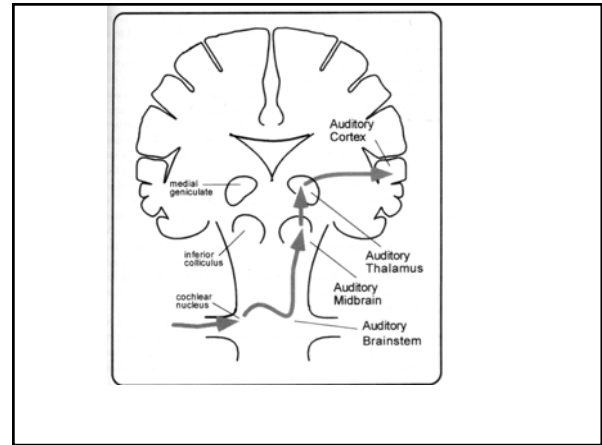
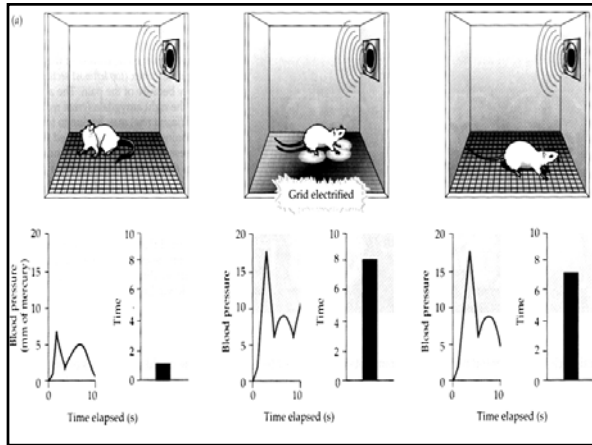
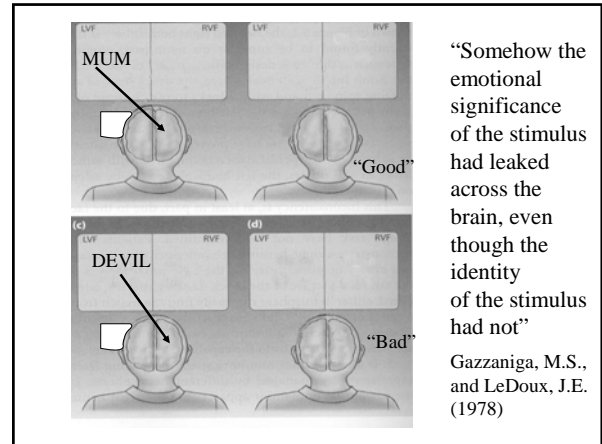
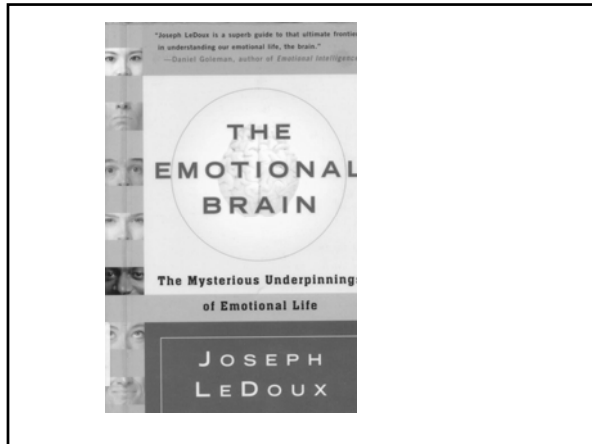
Cognitive Science: New Science of the Mind, Thinking, Reasoning, Intellect..It leaves emotions out!

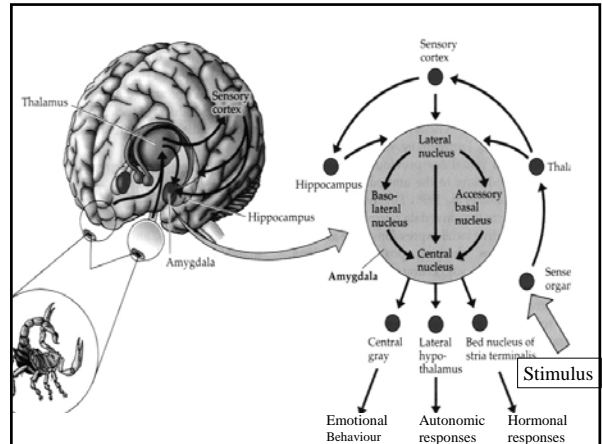
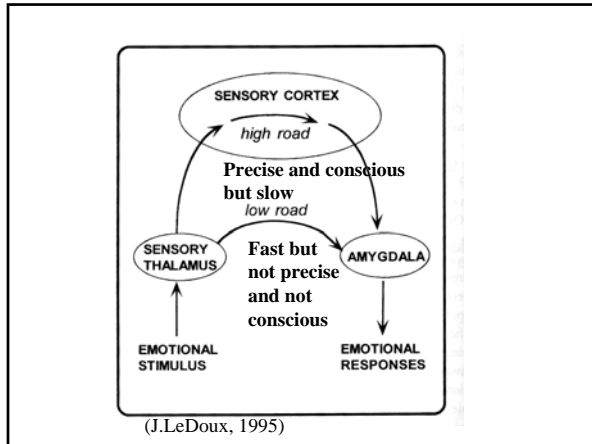
But many perceptions trigger an automatic emotional response...that you don't want to miss...!

See Capgras delusion

Since the time of the ancient Greeks, humans have found it compelling to separate reason from passion, thinking from feeling, cognition from emotion.

Le Doux, 1996



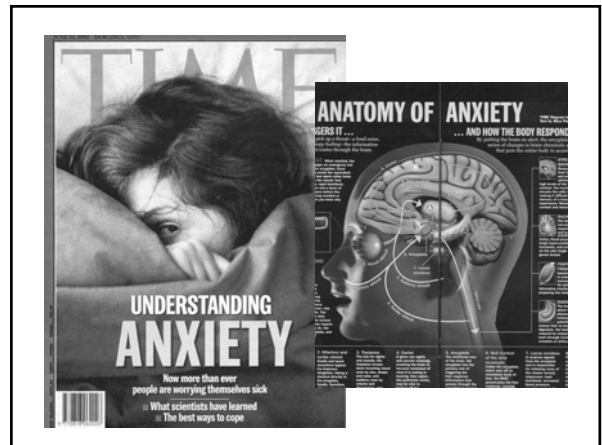


Care NZ: No Brainer

The Effect of Reminders of Death on Reckless Driving: A Terror Management Perspective
 Orit Taubman – Ben-Ari¹
 School of Social Work, Bar-Ilan University, Ramat Gan, Israel

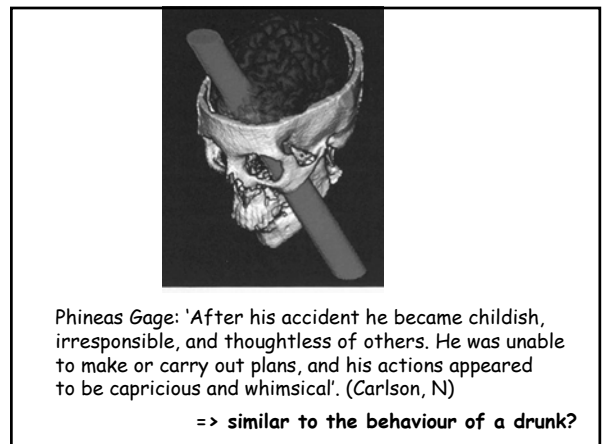
Abstract
 Why do young people, especially young men, engage in reckless driving despite the fact that this behavior contradicts the basic biological imperative of self-preservation? Answering this interesting and crucial question may lead to effective interventions. A series of studies, based on terror management theory, examined the effects of reminders of death on risk taking while driving. The dependent variable, particularly among young people, and that car accidents are one of the most common causes of severe injuries and death among young people (DeJong & Atkin, 1995). Most preventive programs and media campaigns attempt to make people aware of the potential negative consequences of reckless driving (e.g., physical injuries and death). However, there are empirical and conceptual gaps in evaluating the effectiveness of these threat appeals. These gaps seem to reflect a lack of theoretical concern with the motivational sources of reckless driving, as well as with the psychological effects of threat appeals. The most interesting question seems to be related to the motivational basis of risky behavior: Why do young people, especially young men, engage in reckless driving despite the fact that this behavior contradicts the basic biological imperative of self-preservation? The introduction of positive feedback about driving eliminated this effect. The complex role of self-esteem in the process of risk taking is discussed.

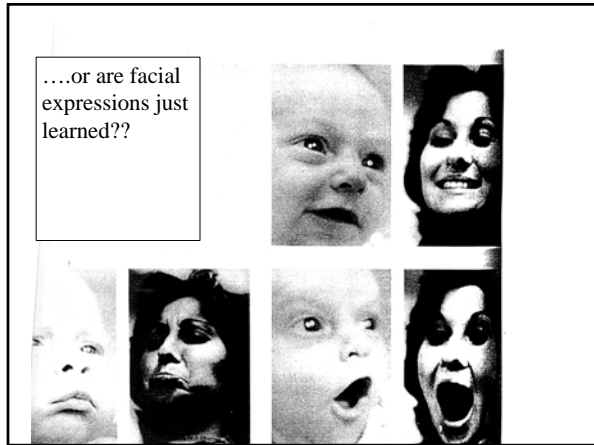
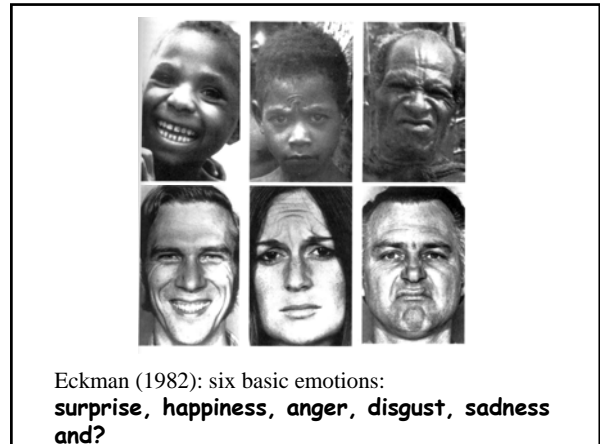
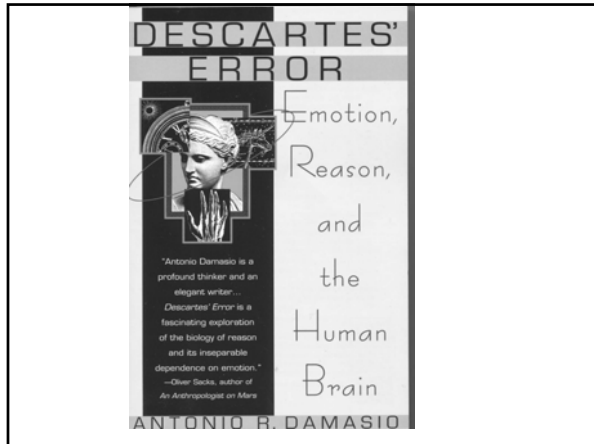
Keywords: mortality salience; reckless driving; self-esteem



Emotion Responses have three different components:

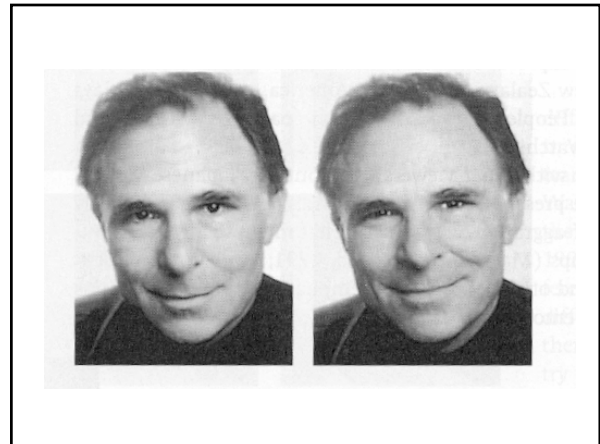
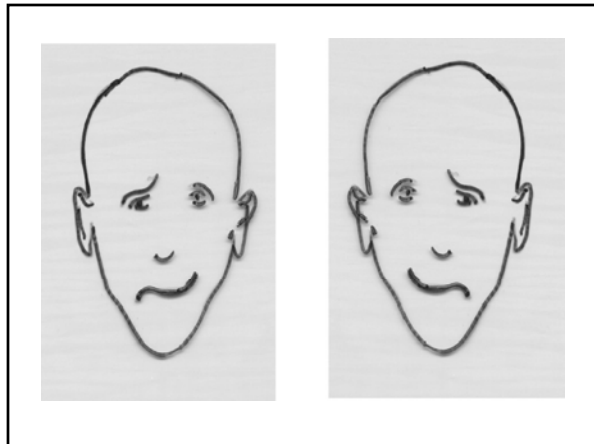
- **Feeling (Experiential)**
 - Emotion is a feeling that is private and subjective- may not have overt indicators
- **Physiological arousal (Autonomic and hormonal responses)**
 - Emotion is a state of physiological arousal
- **Actions (Behavioral) such as defending or attacking in response to a threat**



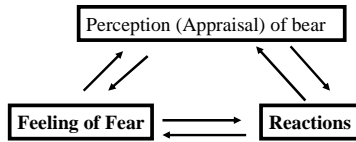


Creative Mind
Conscious
5% 40 Bit Processor

Experiential Mind
Subconscious
Habitual ("Tape")
95% 40 Million Bit Processor



MODERN BIOPSYCHOLOGICAL VIEW



Today's researchers appreciate the fact that each of the three responses to emotional stimuli – the perception of the emotional stimulus, the experience of the emotion –and the the expression of the emotion influences the other two.

EMOTIONAL STIMULUS => ??? => FEELING

Unconscious processing

VISUAL STIMULUS => ??? => VISUAL PERCEPTION

Karl Lashley: conscious content comes from processing, and we are never consciously aware of the processing itself but only of the outcome.

Just as we can study how the brain processes information unconsciously in perceiving visual stimuli and using visual information to guide behaviour we can study how the brain processes the emotional significance of stimuli unconsciously and uses this information to control behaviour appropriate to the emotional meaning of the stimuli. (Le Doux, 1996)

Emotion Regulation:

Emotion regulation refers to the processes by which we influence which emotions we have, when we have them and how we experience and express them. (Gross, 1998).

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EARLY CAREER AWARD

Emotion regulation: Affective, cognitive, and social consequences

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Abstract
One of life's great challenges is successfully regulating emotions. Do some emotion regulation strategies have more to recommend them than others? According to Gross's (1998) *Process of General Psychology*, 2, 211–239) process model

