Literature Review

2013 – The Relation Between Valence and Arousal in Subjective Experience

Valence – ranging from unpleasant to pleasant

Arousal – ranging from quiet to active

* Positivity offset – (higher minimum boundary, lower maximum boundary for arousal)
* Negativity bias – (higher maximum boundary for arousal – negative emotions are stronger than positive emotions)

Theory of Optimal Arousal

* Valence is most pleasant at medium levels of arousal, and higher arousal leads to more negative valence (triangle model)

2017 – On the Importance of Both Dimensional and Discrete Models of Emotion

Emotion consists of neural circuits, response systems, and a feeling state/process that motivates and organizes cognition and action.

2017 – A Mathematical Model Captures the Structure of Subjective

Bipolar framework – valence and arousal

* As (+) increases, (-) decreases, vice versa.
* Changes in valence are different from changes in arousal (inactive vs active)

2019 – The Immutability of Valence and Arousal in the Foundation of Emotion

Affect (valence) is required for emotions, but emotions are not reducible to affect.

* The arousal dimension expands with age (Nook et al., 2017) – the relative 0importance of arousal increases with age.