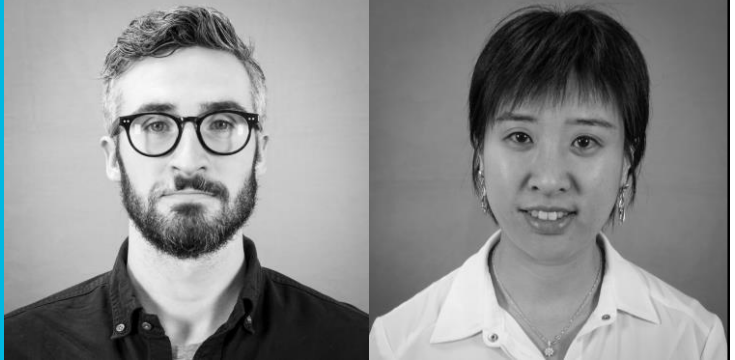


**Module:**  
**Psychological Foundations of Mental Health**

Week 3:  
Introduction to emotion and  
emotional processing



Dr. Tom Barry

Dr. Jennifer Lau

**Topic 1: The nature of emotion**

Part 1 of 3

**Topic outline for Week 3**



This week, we will be looking at the following topics:

- **Topic 1: The nature of emotion**
- Topic 2: Emotion processing: How do emotions influence the way we process information?
- Topic 3: Emotion Regulation: Top-down cognitive regulation of emotional responses
- Topic 4: Maladaptive styles of emotion processing and regulation, and mental health

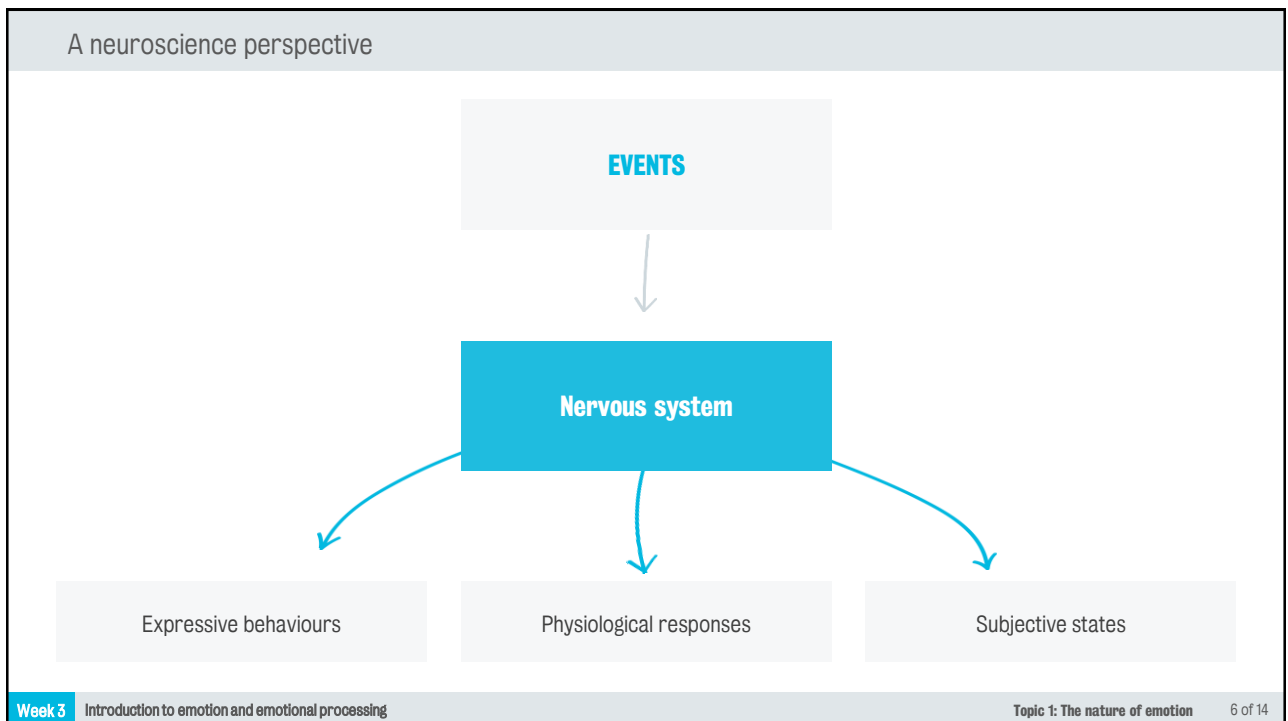
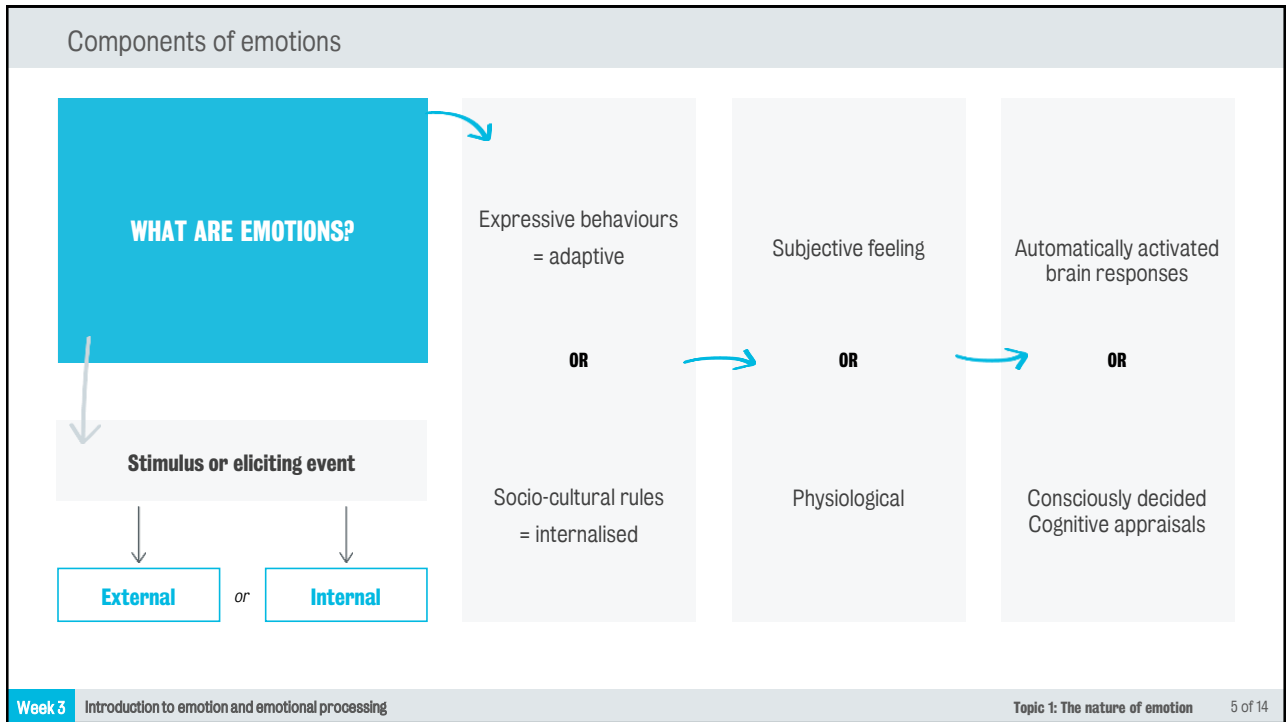
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## Section 1 : The nature of emotion

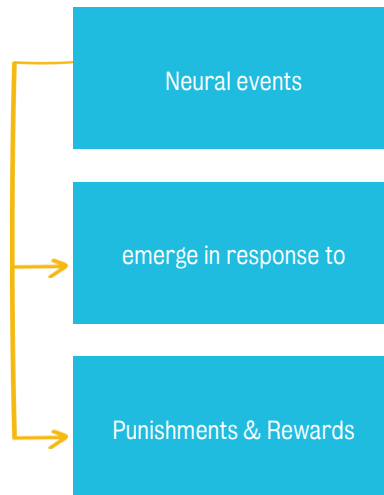
## What is emotion?

### Introductory assignment

1. What is an emotion?
2. What do love, hate, fear, anger and joy have in common
3. Are hunger or pain emotions?
4. When particular emotions occur such as fear, what do you feel?



## A neuroscience perspective



## A neuroscience perspective

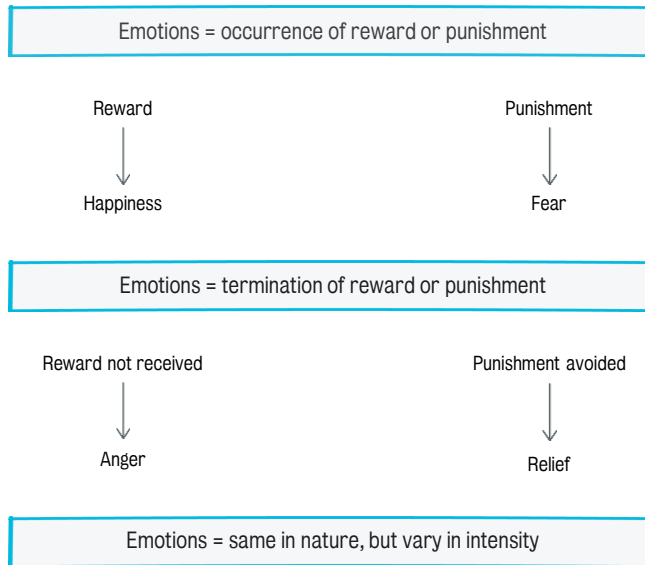


Edmund T. Rolls

"A reward is anything for which an animal will work while a punishment is anything an animal will work to avoid and escape"

- (Rolls, 2000)

## A neuroscience perspective



## A social constructivist perspective

### Emotions are socially-constructed

#### Points of criticism:

- Similar behaviours shown by other species
- Specific brain circuitry for expressing basic emotions
- Expressions are universal



Paul Ekman

Different cultures, similar facial expressions



Anger

Sadness

Disgust

Happiness

Anger

Sadness

Disgust

Happiness

Anger

Sadness

Disgust

Happiness

Anger

Sadness

Disgust

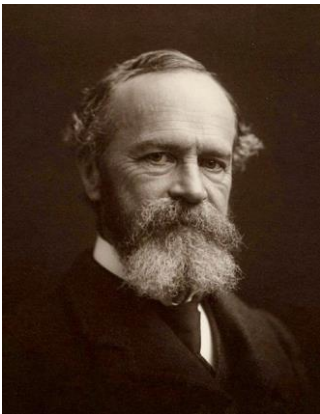
Happiness

**HOWEVER** – there are distinct cultural differences

## What comes first?

The emotion, or the physiological bodily response?

### Emotions as the result of perception of bodily changes



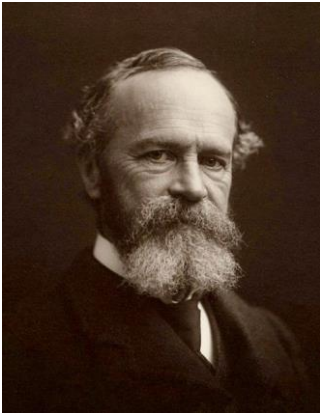
William James

Do we run from a bear because  
we are afraid?

**OR**

Are we afraid because we run?

## Emotions as the result of perception of bodily changes



William James

“Our natural way of thinking about ... emotions is that the mental perception of some fact excites the mental affection called emotion and that this latter state of mind gives rise to the bodily expression. My thesis on the contrary is that the bodily changes follow directly the PERCEPTION of the exciting fact, and that our feeling of the same changes as they occur IS the emotion.”

- William James

*Click 'next' when you are ready to go to the next section*

## Emotions as the result of cognitive appraisals

