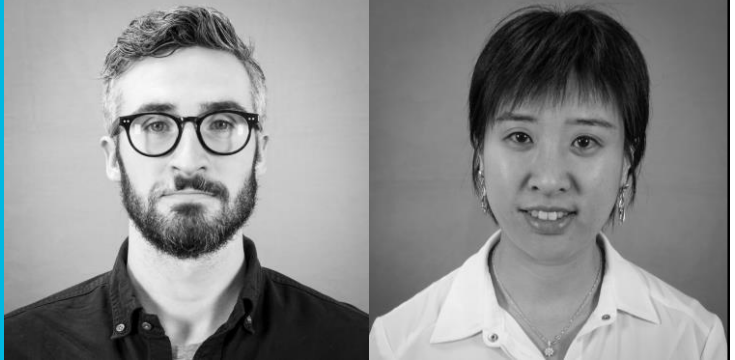


Module:
Psychological Foundations of Mental Health

Week 3:
Introduction to emotion and
emotional processing



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Dr. Jennifer Lau

Topic 1: The nature of emotion

Part 3 of 3

Section 3 : Studying emotions

Generating negative emotions

How do we generate emotion in the lab?

Provide emotion-provoking stimuli

Faces: negative emotion

Criticism: too mild

Improvement: eyes

This still lacks context of real experience



Generating positive emotions

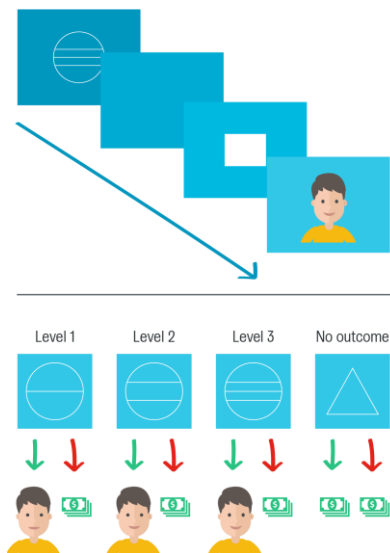
Generate realistic emotional responses

Embed in known context

Positive emotions: rewards

Monetary incentive delay task

Reward system activated



Presenting emotional stimuli in wider social context

Generating negative emotions

Chat room task



Very emotionally provocative

Other more ecologically valid methods of measuring emotion responses

Chat room task still too removed
from everyday life

Another method: real life diaries

Mood induction

Change mood states: mood induction

Rate your current mood:

(a) merry/gleeful/amused

(b) warm-hearted/joyful/elated

(c) sad/downhearted/blue

(d) tense/anxious/nervous

Now think carefully and recall a time when you were really happy.

Now close your eyes and listen to the following piece of music.

Rate your mood again:

(a) merry/gleeful/amused

(b) warm-hearted/joyful/elated

(c) sad/downhearted/blue

(d) tense/anxious/nervous

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

Mood induction

| | Positive Mood induction | Negative Mood induction | Neutral |
|---------------------------------|-------------------------|-------------------------|-----------|
| Probability for positive events | ↑ | ↓ | No change |
| Probability for negative events | ↓ | ↑ | No change |

Wright & Bower

Summary

We have covered:

- What emotions are
- Why they are needed
- How to study emotional responses in the lab

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