

# The Effect of Creativity on Cognitive Reappraisal Effectiveness in a Sample of Older Adults

Telazzi Ilaria 1, Balzarotti Stefania 1, Crespi Matilde 2, Colombo Barbara 3

1 Psychology Department, Catholic University, Milan, Italy

2 Communication Psychology Lab, Catholic University, Milan, Italy

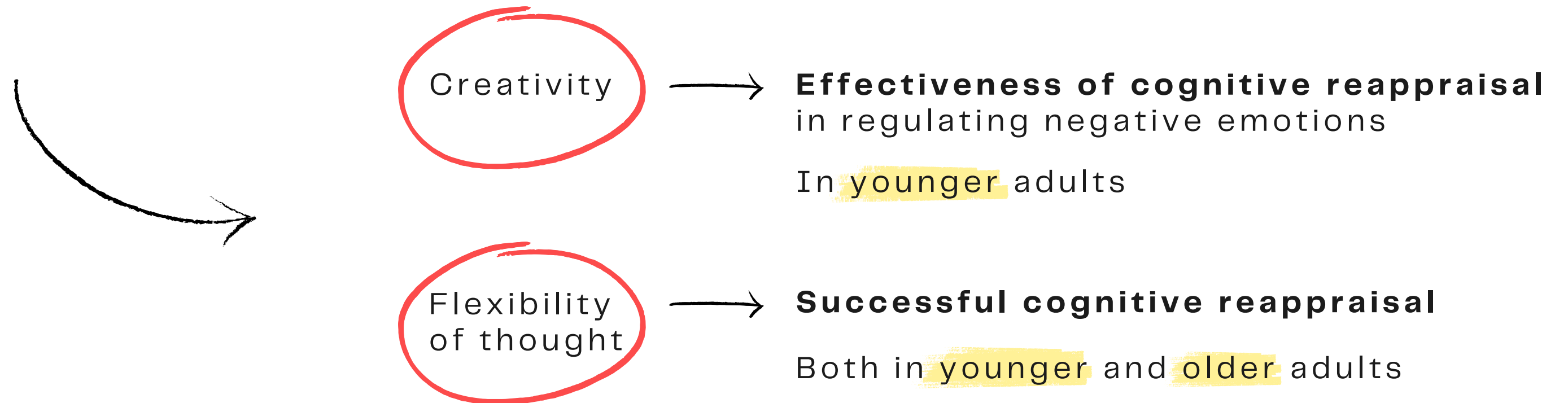
3 Behavioral Neuroscience Lab, Champlain College, Burlington (VT), USA



# Introduction

Cognitive reappraisal in older adults:

- Greater mental health
- Greater affective wellbeing



Birditt et al. (2020), Psychology and Aging; Lohani & Isaacowitz (2014), Cogn Emot; Nowlan et al. (2015), Aging & Mental Health; Opitz et al. (2014), Front Psychol; Shiota & Levenson (2009), Psychol Aging; Wu et al. (2017), Front Psychol.

# Hypothesis



**CREATIVITY** is linked to greater effectiveness in the use of **COGNITIVE REAPPRAISAL** in a sample of older adults.

Cognitive Reappraisal Effectiveness:

- Valence
- Arousal
- Emotional Experience

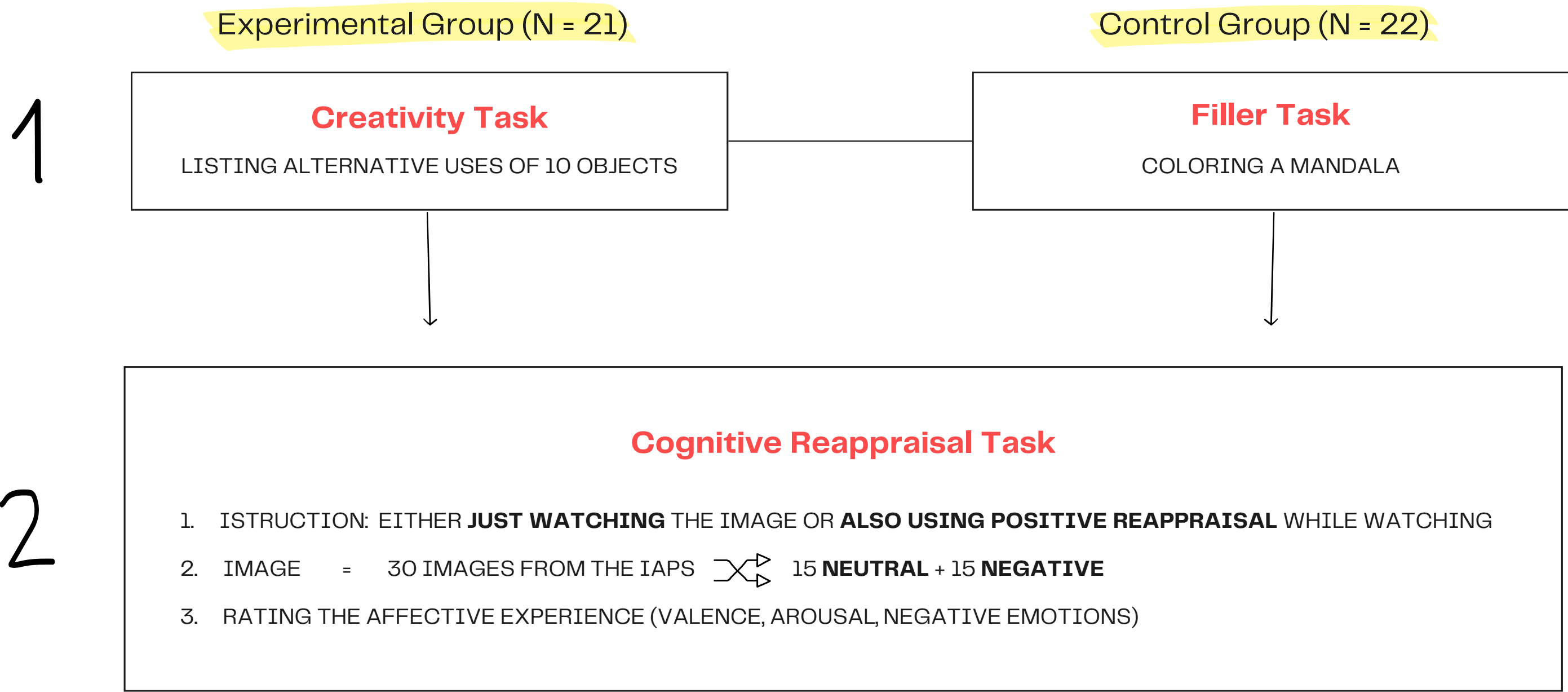
# Sample

43 healthy older adults  
living in a nursing home

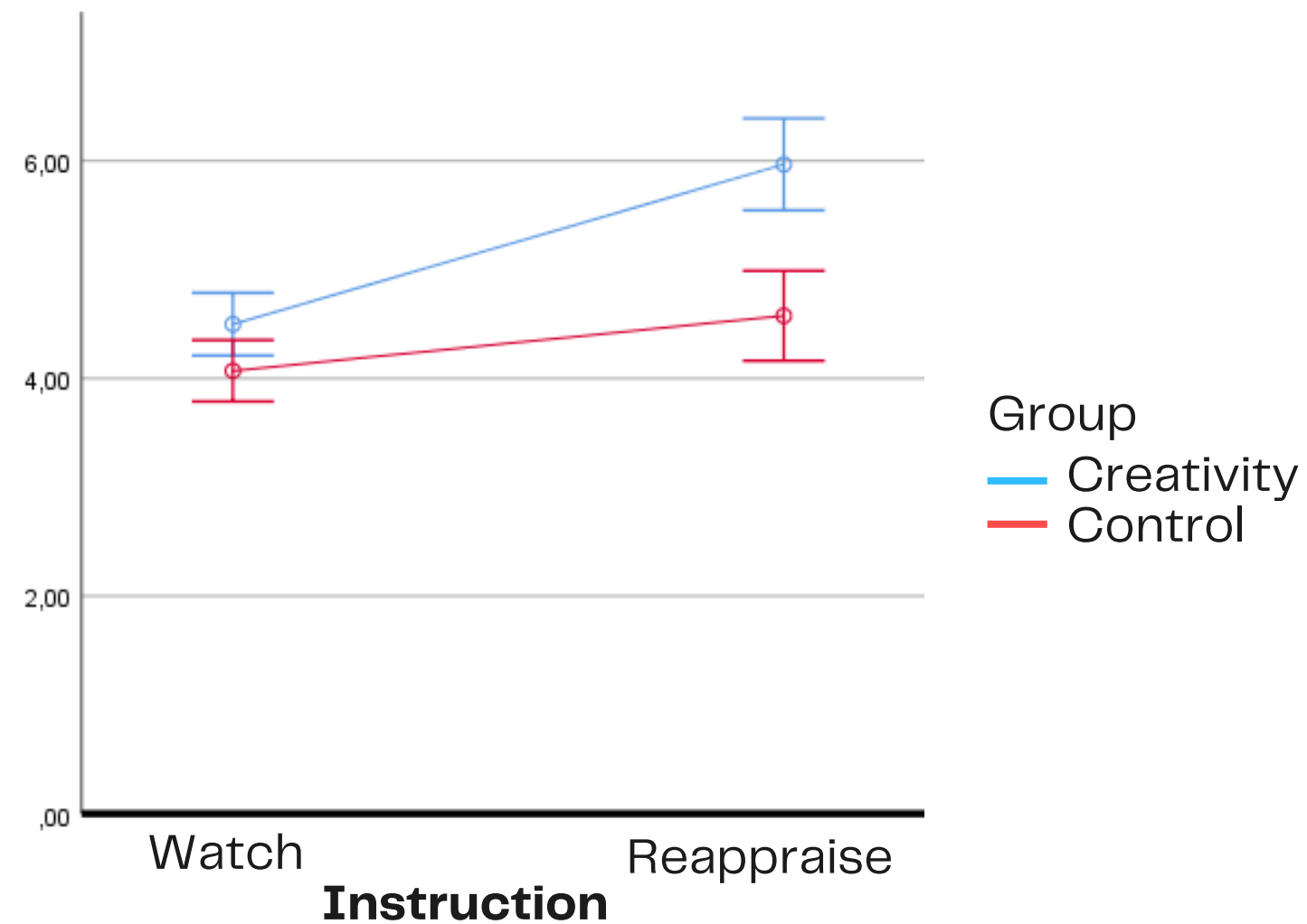


- age range 62–100;  $M = 84.56$ ;  $SD = 9.19$
- 72.7% females
- $MMSE \geq 25$  ( $M = 26.95$ ;  $SD = 1.77$ )
- years spent in education range 3–16;  
 $M = 7.14$ ;  $SD = 3.39$

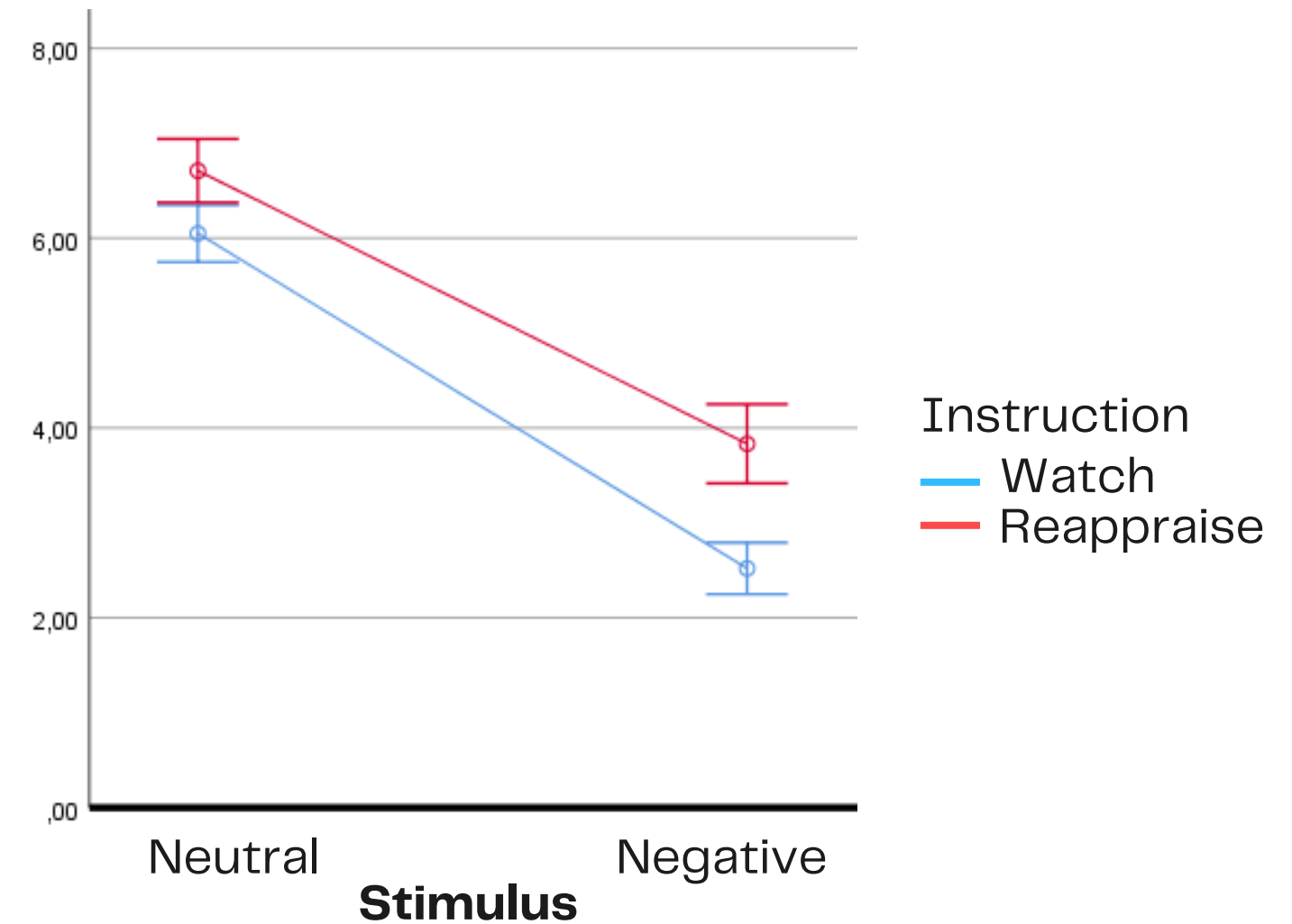
# Study Design



# Results – Valence



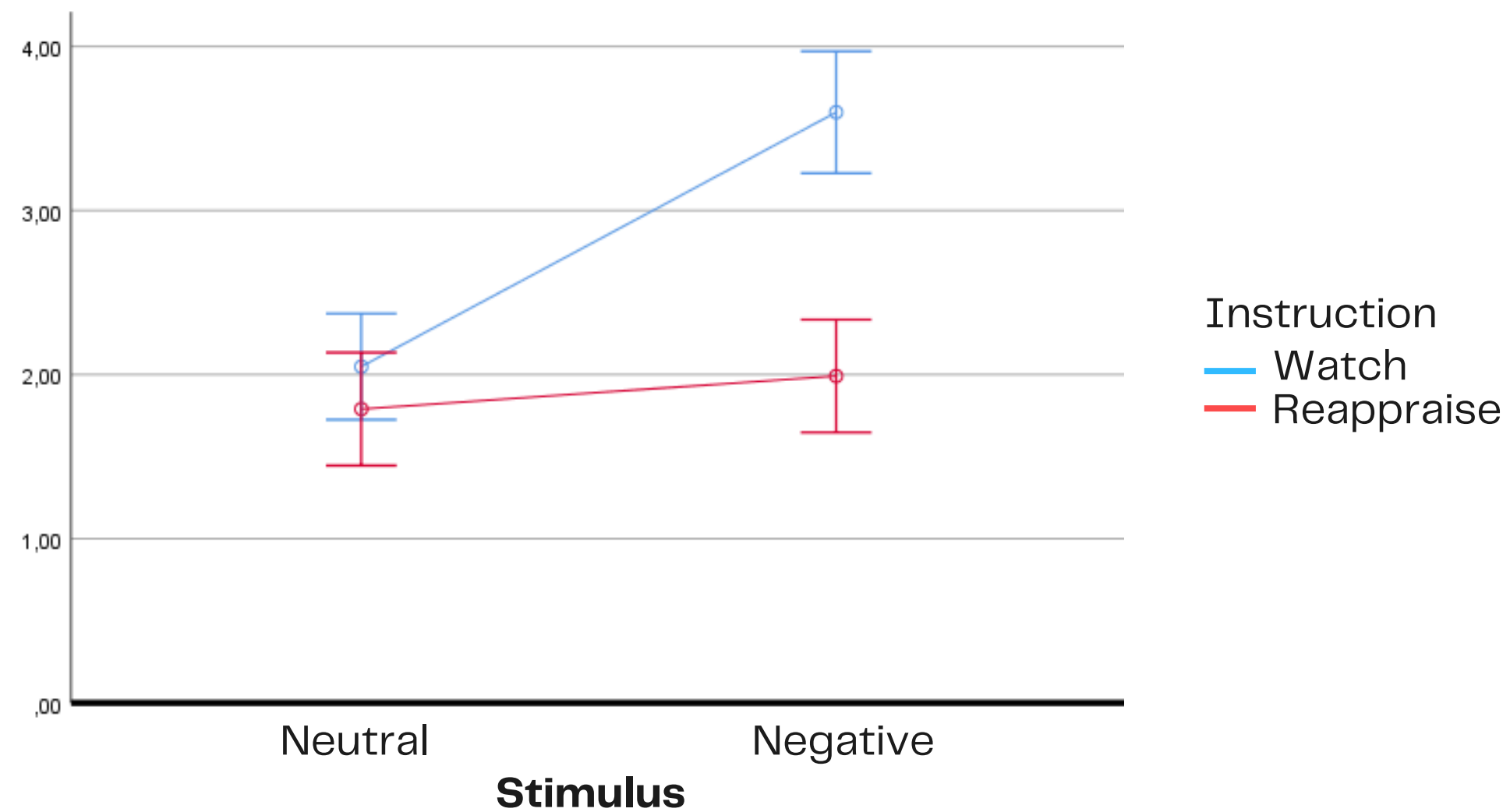
$F(41,1) = 17.21, p < .001, \text{partial eta squared} = .296$



$F(41,1) = 8.60, p < .01, \text{partial eta squared} = .173$

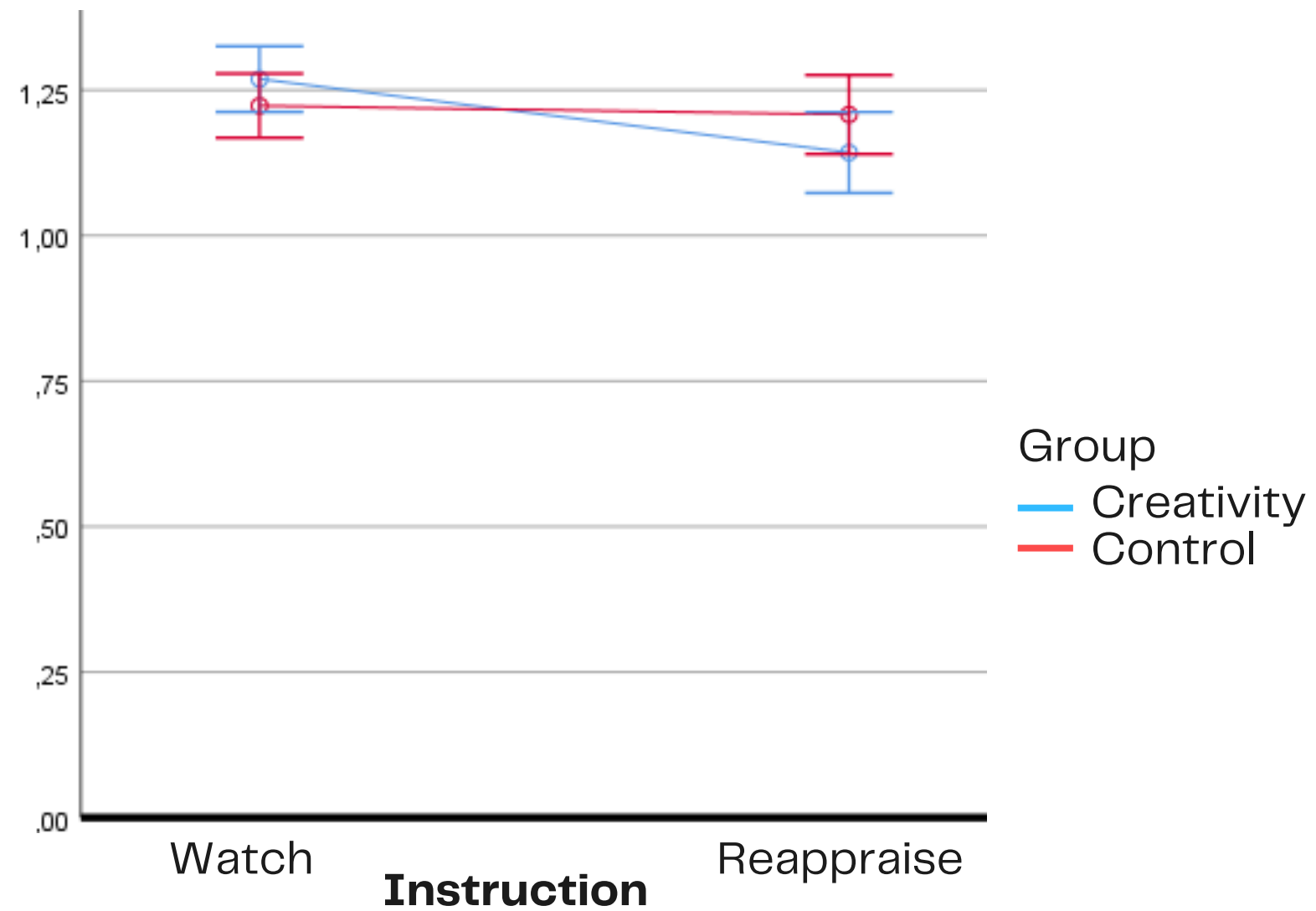
Between Subjects Effect:  $F(41,1) = 16.81, p < .001, \text{partial eta squared} = .291$

# Results – Arousal

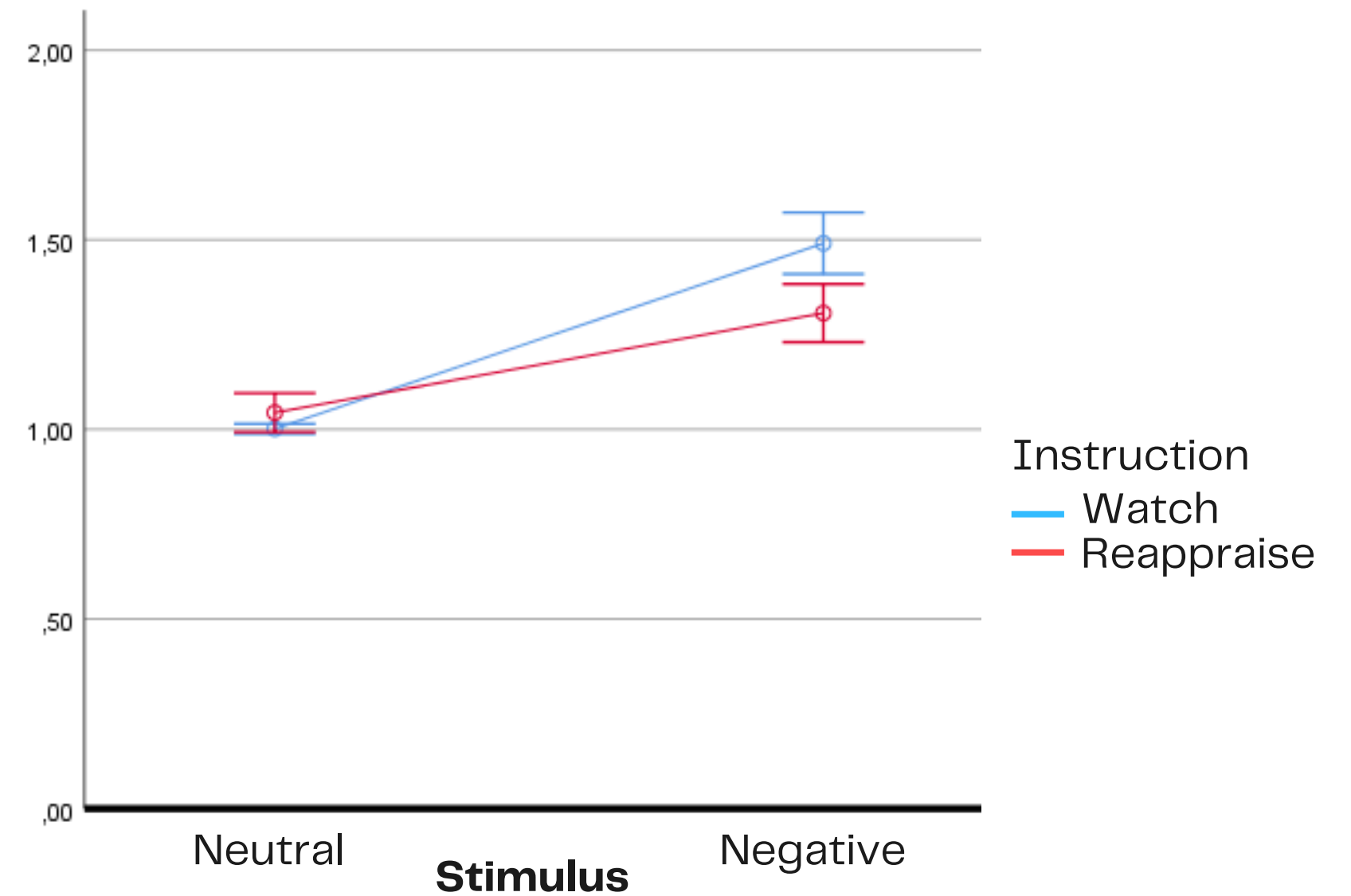


$F(41,1) = 30.04, p < .001, \text{partial eta squared} = .423$

# Results – Negative Emotions



$F(41,1) = 7.91, p < .01, \text{partial eta squared} = .162$



$F(41,1) = 25.50, p < .001, \text{partial eta squared} = .383$



# Conclusions


1

CREATIVITY seems to improve the  
**EFFECTIVENESS OF COGNITIVE REAPPRAISAL:**

- 
- less unpleasantness
  - decreased negative emotions

2

The use of COGNITIVE REAPPRAISAL in front of  
**NEGATIVE STIMULI** seems to be associated with:

- 
- less unpleasantness
  - less arousal
  - decreased negative emotions



Barbara Colombo, PhD  
Behavioral Neuroscience Lab,  
Champlain College, USA



Stefania Balzarotti, PhD  
Psychology Department  
Catholic University of Milan, IT



Matilde Crespi, MSc  
Communication Psychology Lab,  
Catholic University of Milan, IT

# Thank you!

Contact information:

Ilaria Telazzi, M.Sc.

Psych Department  
Catholic University of Milan, IT

[ilaria.telazzi@unicatt.it](mailto:ilaria.telazzi@unicatt.it)