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Editor
Psychological Science

Dear Editor,

My co-authors and I would like to submit our manuscript “Emotion regulation strategy choice in naturalistic contexts” for possible publication in *Psychological Science*.

Across three studies, we use a combination of controlled but high-intensity naturalistic contexts and a strategy choice paradigm to explore the influence emotional intensity has on emotion regulation strategy usage beyond lab settings. These results suggest that emotional intensity predicts regulation choices in the abstract, but may be less predictive in real-world contexts. More specifically, in Studies 1 and 2, we ask participants to navigate a haunted house experience and report their uninstructed emotional experiences and regulatory responses in a surprise recall. Although previous lab studies suggest a robust association between the intensity of an emotional experience and which regulatory strategy individuals choose, we failed to find an association between intensity and strategy choice. However, when participants in Study 3 were provided descriptions of the events that Study 1 participants reported and asked to predict which strategy they would have used (allowing participants the chance to deliberate much like traditional strategy choice paradigms do), an association between intensity and strategy choice reemerged. We believe these findings highlight an important discrepancy between how regulation is measured within the lab and how it is applied outside of the lab.

While a great deal of effort has been directed towards exploring the influences of emotion regulation strategy choice, few studies have captured strategy usage within naturalistic contexts and no study that we are aware of has used a naturalistic paradigm to explore how individuals regulate in high-intensity situations; perhaps when successful emotion regulation is most pertinent. Most investigations in the extant literature train participants to use regulatory strategies and prompt the use of regulation, but most regulation is performed unprompted by individuals who are untrained. As such, we believe that this research provides novel insight to the emotional regulatory behaviors individuals naturally employ in high-intensity contexts and highlights potential directions for further inquiry. Due to the topic and innovative methodology of this project, we believe this research will be of interest to psychologists in varied concentrations, including researchers across social, emotional, self-regulatory, and decision-making domains. We believe that this research would be of interest to the readership of *Psychological Science*, and we look forward to receiving your feedback on our research.

All the best,

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