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Upregulation of Sadness During Films

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Margaret Jackson, Daniel Osar & Kathryn Rooney

HYPOTHESES

1. Self Report:
   - Reappraisal > Exaggeration > Control

2. Facial Behavior:
   - Exaggeration > Reappraisal > Control

3. Physiological Response:
   - Reappraisal > Exaggeration > Control

INTRODUCTION

- **Objective:** Testing the relative effectiveness of reappraisal and exaggeration in upregulating sadness
- **Reappraisal:** Thinking about a stimulus in a way that makes the participant feel more emotional towards the stimulus.
- **Exaggeration:** Hyper-expression of emotions through physical behavior.

METHODS

Participants

- Arrival
- Neutral Film
- Reappraisal
- Exaggeration
- Control
- Sad Film

Self-Report of Sadness

Self-Report Tearing

Coded Facial Behavior

Skin Conductance

DISCUSSION:

- **Significant differences found in self-report:** Reappraisal was more effective.
- **Consistent, but not significant differences in facial behavior.** With more participants, results may have been significant.
- **No significant differences in skin conductance measures**
- **Consistent with previous research on emotional down regulation:** Reappraisal is a more effective emotion regulation strategy than exaggeration (Gross, 1998).

References