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## Upregulation of Sadness During Films

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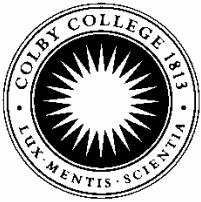
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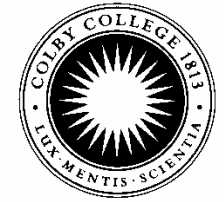
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# Upregulation of Sadness During Films

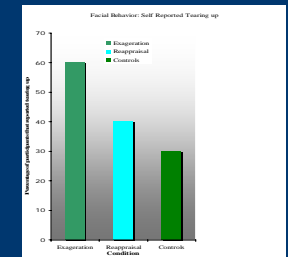
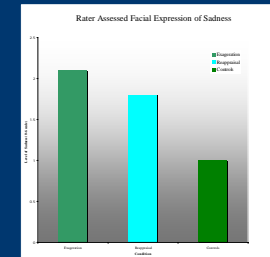
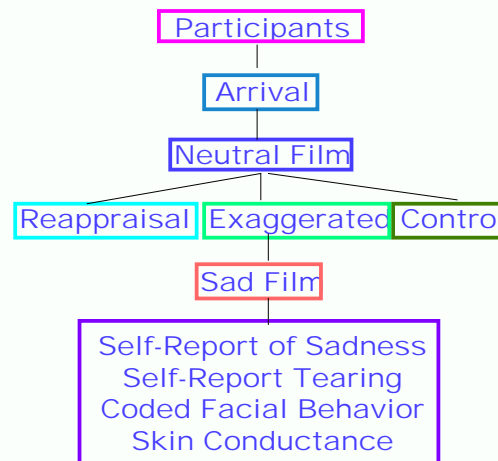


Margaret Jackson, Daniel Osar & Kathryn Rooney

## 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



### Discussion of Facial Coding:

- Independent, trained coder examined facial behavior of participants during sad film.
- Coder looked for behavior such as the furrowed brow (see red circle).

## HYPOTHESES

### 1. Self Report:

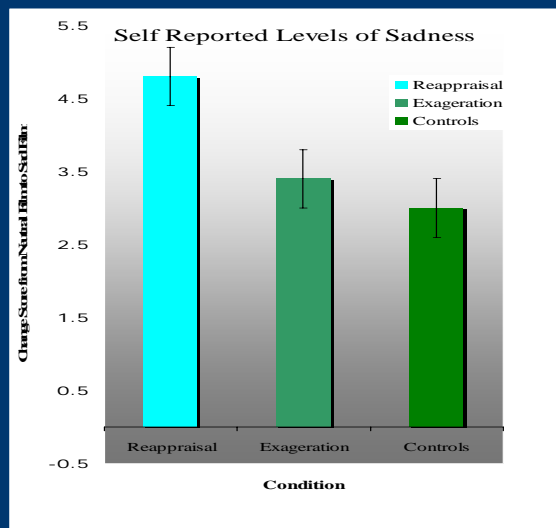
- Reappraisal > Exaggeration > Control

### 2. Facial Behavior:

- Exaggeration > Reappraisal > Control

### 3. Physiological Response:

- Reappraisal > Exaggeration > Control



## 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 is exaggeration (Gross, 1998).

### References

Gross, J.J. (1998). Antecedent- and response-focused emotion regulation: Divergent consequences for experience, expression, and physiology. *Journal of Personality and Social Psychology*, 74, 224-237.