

Human Emotion

Psychology 3131
Professor June Gruber



Human Emotion

Emotion and Mental Health
Depression and Mania



Roadmap

Course Logistics

Depression

Mania

Take-Away Qs & Expert Interview

Exam 2

Depression: Diagnostic Criteria

I. Sad mood and/or lack of pleasure.

II. Associated Symptoms

- Guilt or worthlessness
- Low self-esteem
- Suicidal ideation or intent
- Appetite/eating disturbance
(appetite diminished/increased;
weight gain/loss)
- Sleep disturbance
(insomnia, hypersomnia)
- Psychomotor retardation/agitation
- Trouble concentrating
- Fatigue

III. Causes Impairment

Emotion & Psychopathology

1. Extremes

Greater intensity of emotional displays, greater amplitude of emotional reactivity

2. Absences

Lower intensity of emotional displays (or absent); decreased amplitude of emotional reactivity (or absent)

3. Disjunctions

Emotion as a multi-component system (experience, behavior, physiology). Channels ideally cohere together. Disjunction involves mis-match between channel(s) of emotion with other channel(s).

Mood and Emotion in Major Depression

Jonathan Rottenberg

University of South Florida

ABSTRACT—*Nothing is more familiar to people than their moods and emotions. Oddly, however, it is not clear how these two kinds of affective processes are related. Intuitively, it makes sense that emotional reactions are stronger when they are congruent with a preexisting mood, an idea reinforced by contemporary emotion theory. Yet empirically, it is uncertain whether moods actually facilitate emotional reactivity to mood-congruent stimuli. One ap-*

DOES DEPRESSED MOOD FACILITATE SAD EMOTIONAL REACTIONS?

One approach to studying mood–emotion interaction is to examine mood-disturbed individuals. People who suffer from major depressive disorder, commonly known as major depression, have a markedly severe type of mood disturbance. Major depression is the leading cause of psychiatric hospitalization; it is estimated to affect nearly one out of every 10 people, and is associated with

Jonathan Rottenberg: Depression & Emotion Researcher



ORIGINS *of the* DEPRESSION EPIDEMIC



Jonathan Rottenberg

4,137 likes · 238 talking about this

✓ Liked

Message

Author

Jonathan Rottenberg wrote *The Depths: The Evolutionary Origins of the Depression Epidemic*. His

eccedentesiast

noun.

A person who fakes a smile



4,137



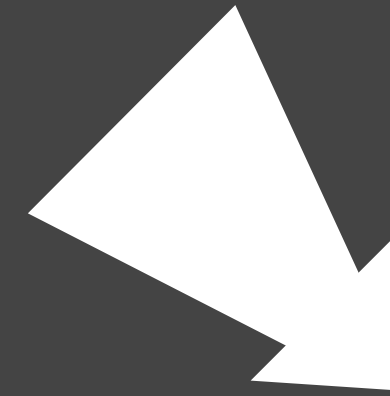
Tale of 2 Views



MAGNIFICATION

NEGATIVE POTENTIATION

- Exhibit increased (potentiated) responses to negative stimuli.
- Symptom: Sad Mood (increased negative emotion).
- Basis: Cognitive theories of depression posit negative distortions of world --> lead to negative emotions.



ATTENUATION

POSITIVE ATTENUATION

- Exhibit decreased (attenuated) responses to positive stimuli.
- Symptom: Anhedonia (decreased pleasure).
- Basis: Report less pleasure to pleasant photos (IAPS), positive films, and drink stimuli. Positive words evoke less neural reactivity.

Emotion Context Insensitivity in Major Depressive Disorder

Jonathan Rottenberg
University of South Florida

James J. Gross and Ian H. Gotlib
Stanford University

The present study tested 3 competing views of how depression alters emotional reactivity: positive attenuation (reduced positive), negative potentiation (increased negative), and emotion context insensitivity (ECI; reduced positive and negative). Normative and idiographic stimuli that elicited happy, sad, and neutral states were presented to currently depressed, formerly depressed, and healthy control individuals while experiential, behavioral, and autonomic responses were measured. Currently depressed individuals reported less sadness reactivity and less happiness experience across all conditions than did the other participants, and they exhibited a more dysphoric response to idiographic than to normative stimuli. Overall, data provide partial support for the positive attenuation and ECI views. Depression may produce mood-state-dependent changes in emotional reactivity that are most pronounced in emotion experience reports.

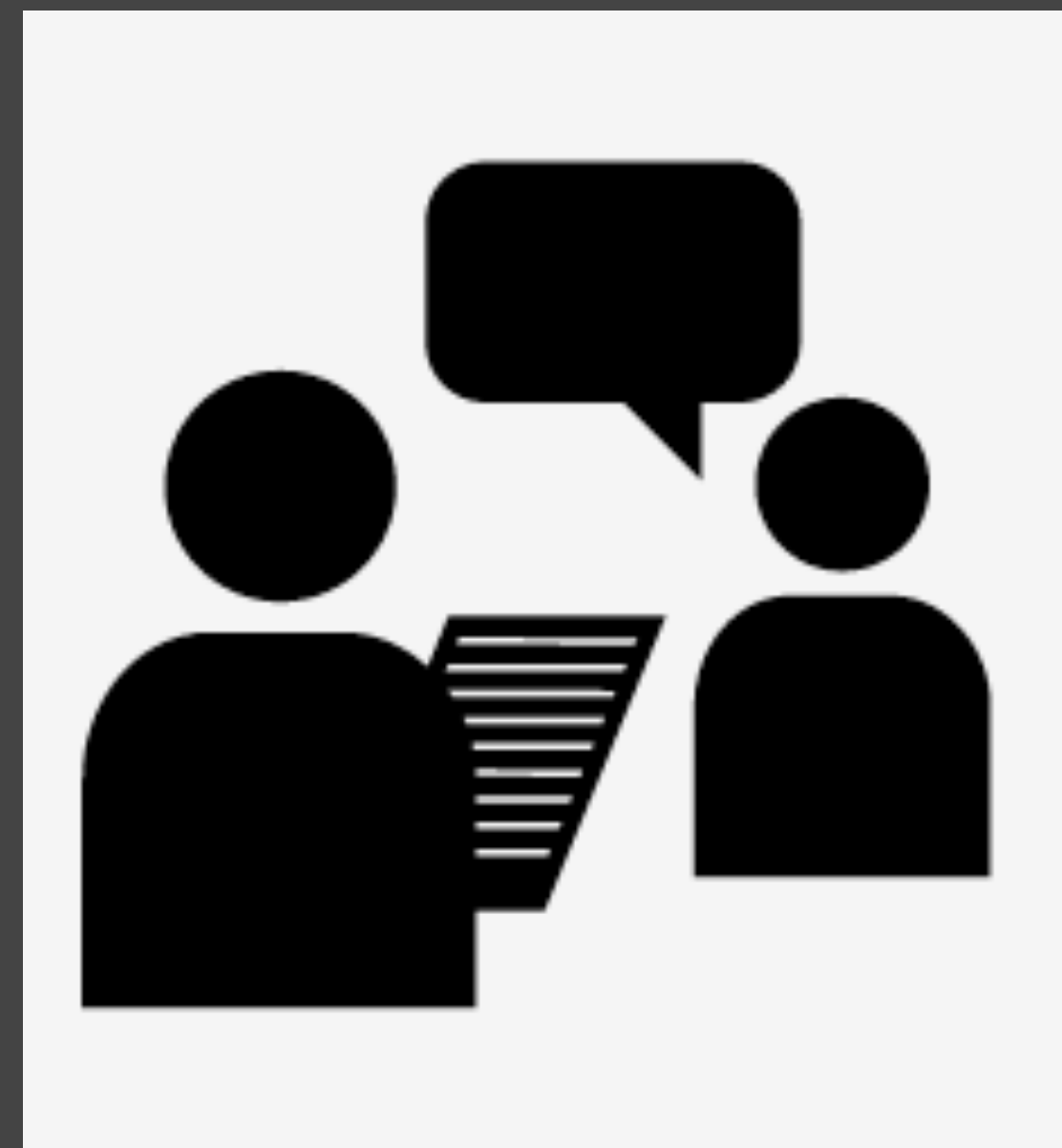
Keywords: depression, emotional functioning, reactivity

Experimental Procedure

WATCHED FILMS
(Neutral, Sad, Happy)



**EMOTIONAL LIFE
EVENTS INTERVIEW**
(Neutral, Sad, Happy)



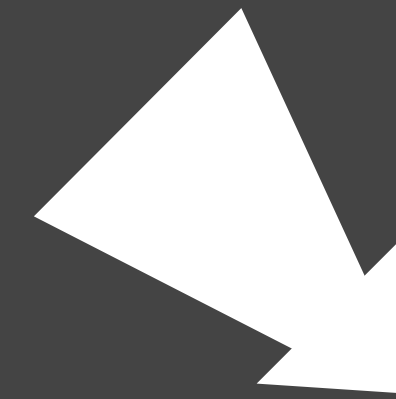
Results



MAGNIFICATION

NEGATIVE

- Exhibit **exaggerated** responses to negative stimuli
- Symptoms of **depression** (negative emotion)
- Basis: **depression** (positively biased view of world --> lead to negative)



ATTENUATION

POSITIVE

- Exhibit **attenuated** responses to positive stimuli
- Symptoms of **depression** (decreased pleasure)
- Basis: **depression** (want pleasant stimuli, e.g. drink, but less neural reactivity)



Emotion Context Insensitivity (ECI)



- Depression flattens emotional landscape.
- Constricts reactions to differing contexts (even neutral or non-emotional ones).
- Emotions are not appropriate (or “insensitive”) to context.

Mood and Emotion in Major Depression

Jonathan Rottenberg

University of South Florida

ABSTRACT—*Nothing is more familiar to people than their moods and emotions. Oddly, however, it is not clear how these two kinds of affective processes are related. Intuitively, it makes sense that emotional reactions are stronger when they are congruent with a preexisting mood, an idea reinforced by contemporary emotion theory. Yet empirically, it is uncertain whether moods actually facilitate emotional reactivity to mood-congruent stimuli. One ap-*

DOES DEPRESSED MOOD FACILITATE SAD EMOTIONAL REACTIONS?

One approach to studying mood–emotion interaction is to examine mood-disturbed individuals. People who suffer from major depressive disorder, commonly known as major depression, have a markedly severe type of mood disturbance. Major depression is the leading cause of psychiatric hospitalization; it is estimated to affect nearly one out of every 10 people, and is associated with

Thank You!

Psychology 3131
Professor June Gruber

