Human Emotion

Psychology 3131
Professor June Gruber
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).

Gruber & Keltner (2007)
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 approach to examining the meaning of this could be an examination of mood's role in emotional reactions.

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 seven people and is associated with a significant increase in mortality, loss of productivity, and impairment in social functioning.
Jonathan Rottenberg:
Depression & Emotion Researcher

The Mood and Emotion Lab
University of South Florida
**Tale of 2 Views**

**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.

**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)

Rottenberg et al (2005)
Results

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.

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.

MAGNIFICATION

ATTENUATION
Emotion Context Insensivity (ECI)

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

Rottenberg et al (2005)
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 approach to this question is to examine depression, a marked emotional disturbance. Depressed individuals are more likely to experience emotional reactions that are congruent with their depressed mood. Does this affective response enable depressives to adapt better to stressful situations? This question is addressed in the current review.

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 seven people and is associated with a disproportionate burden of pain and suffering. One reason people with major depression are so symptomatic is that their moods are very likely to facilitate emotional reactions that are congruent with their depressed mood. For example, highly pleasurable experiences may be diminished or even absent. The mechanism by which depressed mood facilitates emotional responses is not yet completely understood, nor is it clear whether this affects the individual's ability to adapt to stress. This question is addressed in the current review.
Thank You!

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