

PSYCHOLOGY OF EMOTION. THEORETICAL AND APPLIED ASPECTS

Course Prof. V.L. Zammuner
2017-2018



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Who am I?

- at the Psychology Faculty of the University of Padova (Italy) (Dipartimento di Psicologia dello Sviluppo e della Socializzazione),
- from 1978, has given seminars, lecture cycles and courses on topics related to
- *Social Psychology, Social cognition*
- *Techniques of questionnaire and interviewing,*
- *Psychology of emotions*
- Member of the Cognitive Science Doctoral Program of the University of Padova.
- Member of various inter/national research societies - e.g., EAESP, Psychonomic, ISRE (in the directive board 1994-1998).
- Has taught and/or given research seminars at several european universities, including Bern, Amsterdam, Bielefeld, Umea.
- Author of about 100 publications and presentations at inter/national meetings.
- research, often interdisciplinary in nature, is related to several sectors, including emotions, studied from different perspectives, and methodological issues, with special reference to cognitive processes implied in data collection methods.
- Regularly acts as referee for various inter/national journals - e.g., Cognition and Emotion, Emotion, European Journal of Experimental Social Psychology;
- organized a few inter/national symposia, meetings and conferences.

The course INFO

In light of the organization of the course:

*****CLASS ATTENDANCE IS MANDATORY** to be able to take the exam
Students have to attend lectures from the very beginning

* The **exam** should be taken at **the end of the course** (writing answers in a Computer-served room)

***STUDENTS HAVE TO ENROLL IN THE CLASS**

The course

PSYCHOLOGY OF EMOTION. THEORETICAL AND APPLIED ASPECTS

<https://elearning.unipd.it/scuolapsicologia/course/view.php?id=1467>

[Home](#) > [2017](#) > [Corsi di Laurea Magistrale](#) > [Scuola di Psicologia](#) > [PSICOLOGIA SOCIALE, DEL LAVORO E DELLA COMUNICAZIONE \(Ord. 2017\)](#) > [Percorso Comune](#) > [PSYCHOLOGY OF EMOTION. THEORETICAL AND APPLIED ASPECTS](#)

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<http://www.dpss.unipd.it/vanda-lucia-zammuner>; --<http://didattica.unipd.it/offerta/2014/PS/PS1087>

Department: Department of Developmental and Social Psychology (DPSS)

Degree course : Postgrad. Degree in Social, Work & Communication Psychology ;

Year: 1°st

Degree code: M3 **Main field:** Social & Organizational psychology

Credit points: 6 **Lecture hours:** 42 **THURSDAY 16.30-18.15 room 2A**

FRIDAY 14.30-16.15 room 2A

Begins 09/10/2017 **Ends formally** 12/01/2018

The course

EXAM About 3-5 written open questions on **specific topics** dealt with during the course **and** on **students' own work** (on assigned readings).

= The examination focuses on the course reference for the exam

Niedenthal, Paula M.; Krauth-Gruber, Silvia, Psychology of emotion interpersonal, experiential, and cognitive approaches Paula M. Niedenthal, Silvia Krauth-Gruber, and Francois Ric. New York: Hove, Psychology Press, 2006.

& includes scientific papers on which students write a report (& the related students' reports)

Evaluation Criteria Students' performance on the exam will be evaluated in terms of the correctness of his/her answers with regard to * study materials & * the extent to which answers display a good understanding of the materials.

A **third** of the assessment will focus on the **CLASS Presentation & Report**** submitted by the student (on topics agreed upon with the teacher)

The overall evaluation will also consider students' **active involvement** during class hours, & their **respect for assigned tasks & timetables**, & for communications with the teacher

Contents The course will provide a basic overview of emotions as multicomponential phenomena, and outline a few relevant issues, including: functional significance of emotions, emotions' role as determinants of action, basic versus complex emotions, self-conscious emotions, universality versus cultural specificity of emotions (e.g, in feelings, in facial expressions), gender differences
Issues of **emotion measurement** will always be in focus.

Learning activities & teaching methods: Lectures & Exams given in English

*****Students** are required to **actively take part in class activities** & to prepare an **oral-class presentation (and related written report/essay)** on at least 1 **assigned** scientific paper dealing with a **specific topic** (up to 2-3 students may work together, thus on 2-4 related papers, but both presentation and report should specify the individual contributions). By so doing, students will develop critical and synthetizing abilities.

- *facial expression of emotion*
- *regulation of emotions*
- *development of emotion knowledge*
- *relationships between emotion and well-being /health*
- *gender differences in emotion*
- *cultural differences and similarities in emotion*
- *emotions & emotional intelligence in work settings*
-

Topics might be related to:

CLASS ATTENDANCE IS MANDATORY (at least 75% of classes)

YOUR INDIVIDUAL WORK for the class

***your options: indicate/select topic**

(& discuss with me things you are uncertain about, you don't understand, etc.)

***schedule of your presentations & report** (to be discussed/shown to me before presentation, & before putting it + Report in moodle)

Class organization

- My lectures in the first 5/6 weeks
- Your talks in the last 4/5 weeks

VZ exams likely dates:

26/01/17 23/02/17

15/06/17 13/07/17

EXAM: the 2° or 3° week of January

COURSE Ends formally 12/01/2018

Class Times: 5 min pause:
ends at .05 instead of .15

?? LESSONS 21 & 22 December?

READINGS

The course

Basic Reading

Psychology of Emotion. Interpersonal, Experiential, and Cognitive Approaches

by Paula M. Niedenthal, Silvia Krauth-Gruber, & François Ric (2006) Psychology Press, New York, NY.

Paula M. Niedenthal received her Ph.D. at the University of Michigan and was on the faculty of the departments of Psychology at Johns Hopkins University and Indiana University (USA). She is currently Director of Research in the National Centre for Scientific Research and member of the Laboratory in Social and Cognitive Psychology at Blaise Pascal University in Clermont-Ferrand, France. Her areas of research include [emotion– cognition interaction](#) and [representational models of emotion](#). Author of more than 70 articles and chapters, and several books, Dr. Niedenthal is a fellow of the Society for Personality and Social Psychology.



François Ric is Assistant Professor at the University Paris 5 – René Descartes. His current main area of research interest is the [role of affect in information processing and in social judgment](#).

Silvia Krauth-Gruber is Assistant Professor at the University Paris 5 – René Descartes where she teaches social psychology. Her research interests include the [expression and regulation of emotions](#) and the [embodiment of emotional knowledge](#).

READINGS

The course

Further readings of general interest:

Two recent books are very good resources for those interested in the biology of emotion (not addressed in Niedenthal's book):

- [Handbook of Affective Sciences](#) (Davidson, Scherer, & Goldsmith, 2003)
- [Cognitive Neuroscience of Emotion](#) (Lane & Nadel, 2000)
- [Annex of The Science of Emotion: Research and tradition in the psychology of emotion](#) (Corneluis, 1996) is an excellent review of the biology of emotion

**I will provide further readings / references,
for individual / group work**

the last 15 minutes of each lesson:

***we can discuss your individual preferences, your doubts,
the work you are doing, etc***

CONTENTS

WHAT WE STUDY

What we study



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AFFECT...

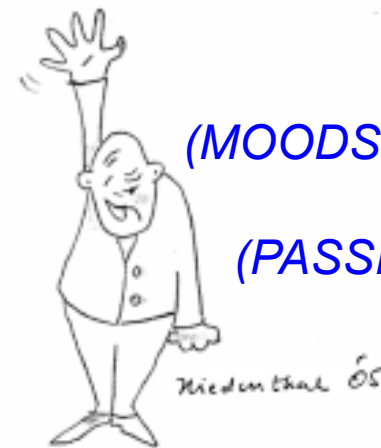
EMOTIONS...

- happyness
- sadness
- fear
- anger
- surprise
- pride
- (other)

feelings...
sentiments...



Positive OR Negative affect



(MOODS...)

(PASSIONS...)

Positive AND Negative affect

What we study



e.g. Facial expressions of emotion



Zammuner, V.L., Carrer, M., Barbero, S. (2003). *Recognizing emotions in comic strips: results from two reaction times study, and a self-report study.*

10th European Conference 'Facial expression measurement and meaning', Rimini, 18-20 September

What we study



*Physiology of Emotion
Differences &
similarities between
specific emotions*

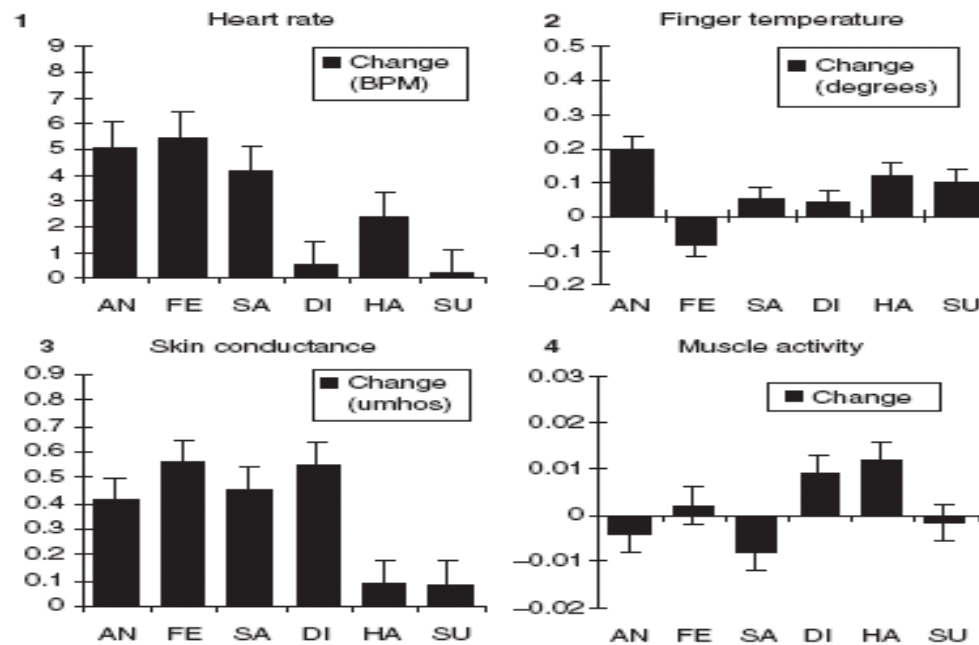


FIGURE 2.4. Heart rate (panel 1), finger temperature (panel 2), skin conductance (panel 3), and muscle activity (panel 4) and standard errors during six emotional configurations. AN = anger, FE = fear, SA = sadness, DI = disgust, HA = happiness, SU = surprise. From Levenson, R. W. et al. (1990). Voluntary facial action generates emotion-specific autonomic nervous system activity. *Psychophysiology*, 27(4), 363–384.

What we study



MODELS of EMOTION

Dimensional accounts of emotions
e.g. Valence & Activation

DATA: Emotion names

Structure of emotions:
SIMPLE vs. CIRCUMPLEX

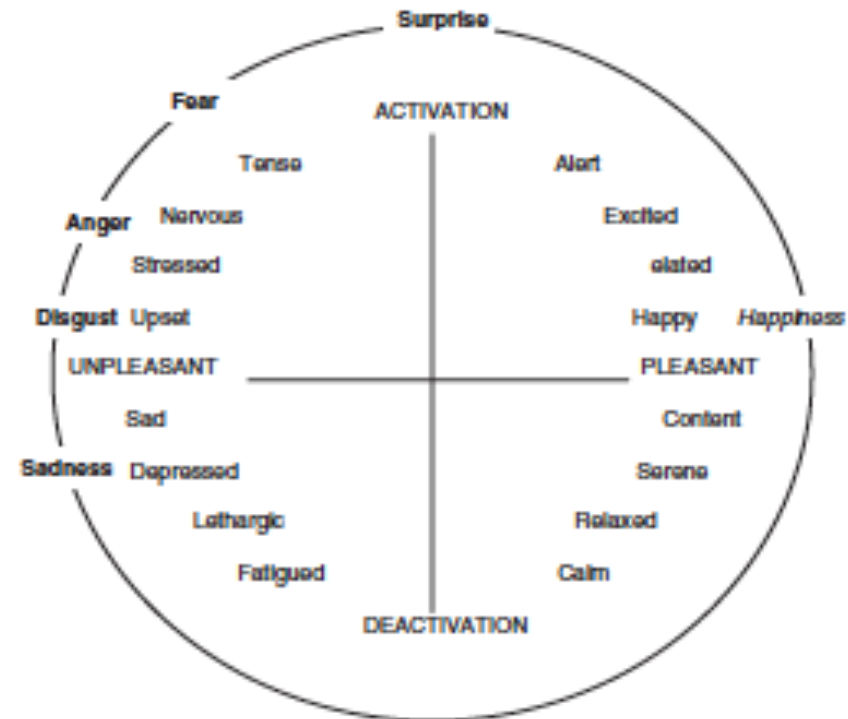


FIGURE 2.6. The inner circle shows a schematic map of core affect. The outer circle shows where several prototypical emotional episodes typically fall. Modified from Feldman Barrett, L., & Russell, J. A. (1998). Independence and bipolarity in the structure of current affect. *Journal of Personality and Social Psychology*, 74, 967–994. © 1998 by the American Psychological Association.

What we study



HOW WE STUDY EMOTIONS

VARIOUS METHODS

- Experiments
 - Diaries
 - Questionnaires
 - Observations (in laboratory, in real life)
- *Use of emotional stimuli (*films, music, words, slides, enacted confederate behavior, videotapes, acoustic stimuli...*)

DATA used to understand/ study emotions

- self-report of Em.
- recall of Em.
- Induced emotion
- Linguistic data on Em.
- Behavioral data (*RT, behaviors, facial expressions, vocal aspects, ...*)
- Context / situational setting
- Em. 'attributed' to self
- Em. 'attributed' to others
- etc.

Emotion Knowledge: Further Exploration of a Prototype Approach

Phillip Shaver, Judith Schwartz, Donald Kirson, and Cary O'Connor

What we study



EXAMPLE DATA TYPE

used to understand/ study emotions

- self-report (description) of a personal 'Emotional Episode'
- → construct Emotion prototypes

Eg: description of a personal 'Emotional Episode' of JOY:

- *tell in detail what happened,*
- *what you felt*
- *what you thought*
- *what you said*
- *who was present*
- *how long it lasted*
- *how you behaved*
- *Whether you tried to control what you were feeling*
- *etc*

Self (real) episodes
Vs 'typical' episodes
coders analyze them
to produce a feature
summary of each
emotion



FIGURE 4.8. Illustration of the technique used to contract different facial muscles. From Soussignan, R. (2002). Duchenne Smile: Emotional experience and autonomic reactivity: A test of the facial feedback hypothesis. *Emotion*, 2, 52-74.



What we study

****What are emotions?** Subjective feelings, emotion

response and expression in the face, body (eg postures), voice, ..., in behavior, in physiological changes, **THEORIES and DATA**

****Structure & function** of emotional phenomena: are there 'Basic emotions'? versus Dimensional & Functional accounts

**** 'Types' of emotions:** self-conscious, social-comparison, self-evaluative

**** Emotion processes:** Regulation; Influences on cognition, on social interaction (eg interpersonal, inter-group, in work settings)

**** What influences emotion/how emotion is influenced by:** Culture & its norms (gender, cultural context, age...), health

What we study



- * EMOTION LEXICON (WORDS)
- * NAIVE / FOLK THEORIES OF EMOTION
- * EMOTIONAL SKILLS/ COMPETENCE/ INTELLIGENCE
- * EMOTIONS & WELL-BEING
- * *Other topics?*

Topics we also focus on:

Disciplinary fields:

General / Experimental psychology

Developmental psych.

Social Psychology

Organizational Psychology

Health Psychology

... Clinical, etc.

'work' for you

Moodle: Exercise 1: please do!

Please delete 'empty rows' (=rows in which you write nothing) and ADD YOUR FAMILY NAME on the .doc in the HEADER

- Family name + name_____
- Country + Name University_____
- Degree course in_____
- Sex F M
- Age_____

- DID YOU FOLLOW LESSONS or a whole COURSE ON EMOTIONS BEFORE?
-YES NO
-If yes, what did you read? on what topics? Whithin which area of psychology?
(social, developmental, etc)
-

Exercise 1

Please specify: Family +own Name, country, sex, age

- Write (1 A4) about a **recent event** (today, in the past few days) that made you feel (emotion $x =$ **Em_x**)
What happened? Where? Who were you with? Why did you feel
What did you do afterwards? What did **Em_x** er(s) do when...?
Were you happy later on about feeling **Em_x** on that occasion? Why? Did you talk about it (with....) ?
- select a very **short film clip** (yours... you tube) in which an emotion was expressed and save it to show it to us.
Which emotion(s) was it? How did you understand/see that it was **Em_x** ?
- Take a **picture of a friend** of yours expressing **Em_x**
- Take a **picture of a friend** of yours whom you think is feeling **Em_x**
but s/he is expressing **Em_y**

and now...

- Write again some definitions of emotions based on these experiences

**PLEASE KEEP A COPY for YOURSELF of all your exercises
+ TURN IN A COPY in Moodle**

If you write to me:

VL Zammuner <vlzammuner@unipd.it>

please **always put in the mail 'subject':**

PEM_17-18 + Family Name

for instance: PEM_17-18 LANGER

THE BOOK

from the Introduction-1

Psychology of Emotion: Interpersonal, Experiential, and Cognitive Approaches is intended to introduce students to the scientific study of emotion.

General theories of emotion are discussed and compared, but the primary goal of the book is to summarize and draw conclusions from the now enormous body of experimental research.

So we consider in some detail the ways in which researchers measure and manipulate emotions in the laboratory and even in the field...

... much of reviewed research emanates from the field of **social psychology**. **However**, because emotion processes are evidenced at all levels of psychological analysis, we also draw on the **psychology of personality**, **developmental psychology**, and **cognitive psychology**.

... **chapters** therefore address the structure of emotional experience, the function of emotions, the distinction between so-called primary and secondary emotions, the perception and recognition of facial expression of emotion, emotion regulation, the relations between emotion and cognition, the experience of emotions in a group, and the important roles of gender and culture in emotional expression and experience.

from the Introduction-2

... researchers active in this field are not over-represented in one or two countries of the world. The psychology of emotion is actively researched in all countries of Europe, the United States, and Asia, in particular.

We illustrate this international nature of emotion research in two ways.

First, we cite and describe work from researchers from many different countries. Second, we also try to use everyday examples to convey the international flavor of the research.

The examples also serve to depict similarities and differences in emotional life worldwide.

we use many examples, we try to bring students closer to the actual research by reprinting the stimuli and findings

of representative studies, as well as illustrative photographs and cartoons.

We allows readers to evaluate the conclusions that can be drawn from the work.

... Emotions are interesting and we all speculate about them and even are convinced of our own theories. In the end, good data, however, allow us to evaluate both the folk theories and the academic theories.

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