

Emotion Regulatory Effects of Emotion and Content Labeling in a Naturalistic Context



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Background

- Prior work has found that putting feelings into words¹ (**emotion** labeling) or categorizing external details² (**content** labeling) can reduce reported arousal and negative valence, but their generalizable effectiveness as emotion regulation strategies remains unclear, particularly in real-world contexts
- Moreover, in the context of self-regulation³ and episodic memory⁴ research, it is unclear how labeling influences recollection for emotional events
- This pre-registered work leverages naturalistic stimuli to investigate if **emotion** labeling or **content** labeling can effectively regulate negative emotions and examine how labeling impacts subsequent event recollection

Hypothesis 1

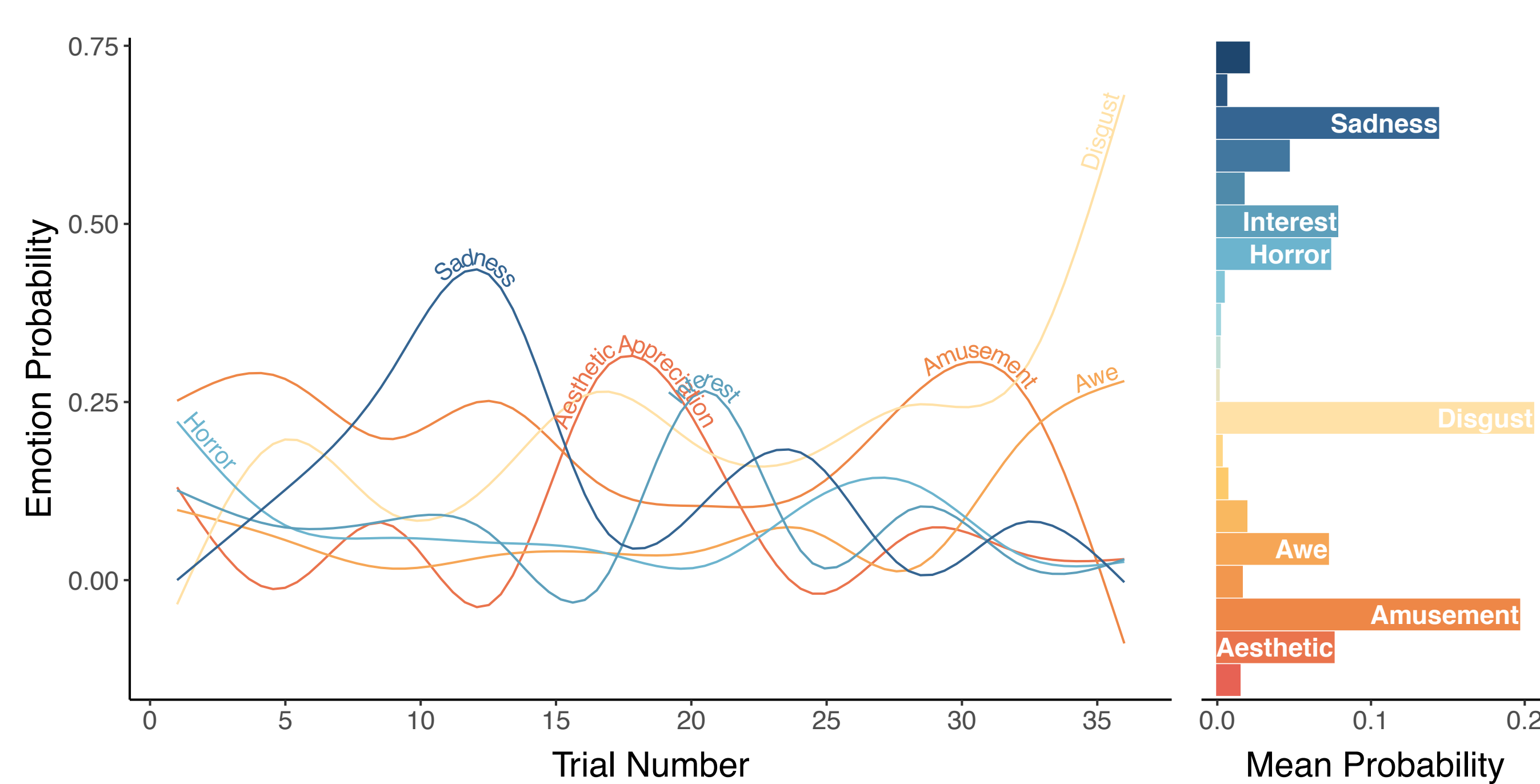
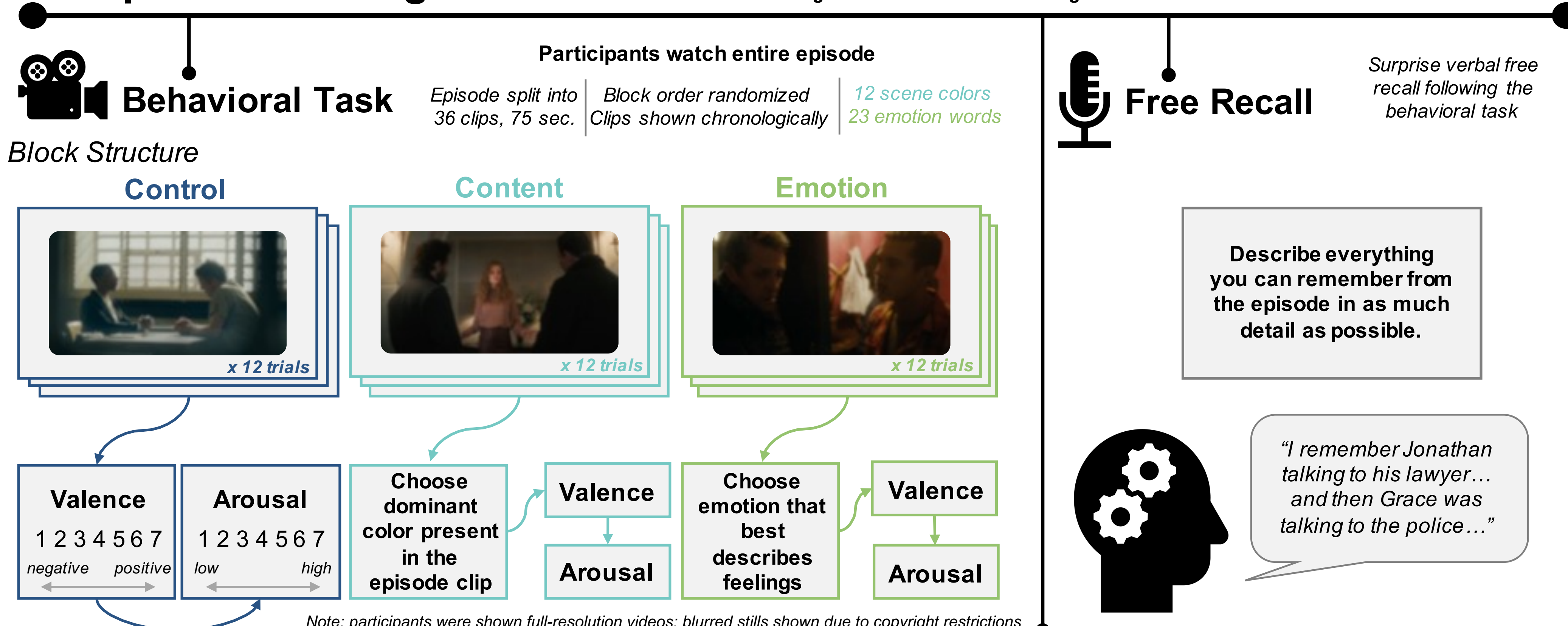
Emotion labeling will be the more effective regulation strategy, resulting in reduced arousal and increased valence ratings

Hypothesis 2

Content of participant recall will be impacted by regulation strategy and order of strategies completed during the task

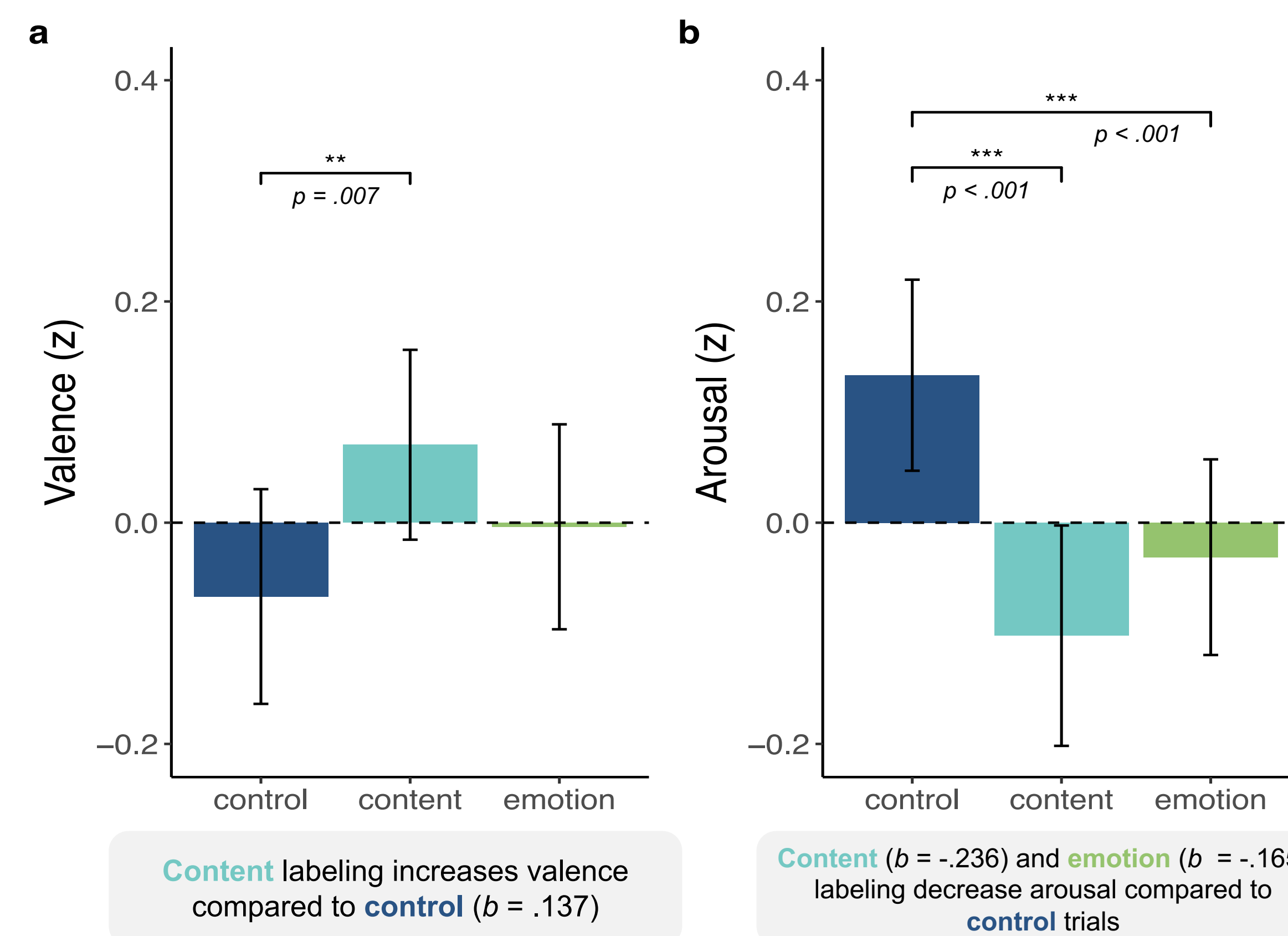
Method

Experiment Design N = 38 participants | M_{age} = 19.8 years, SD_{age} ± 3.0 years

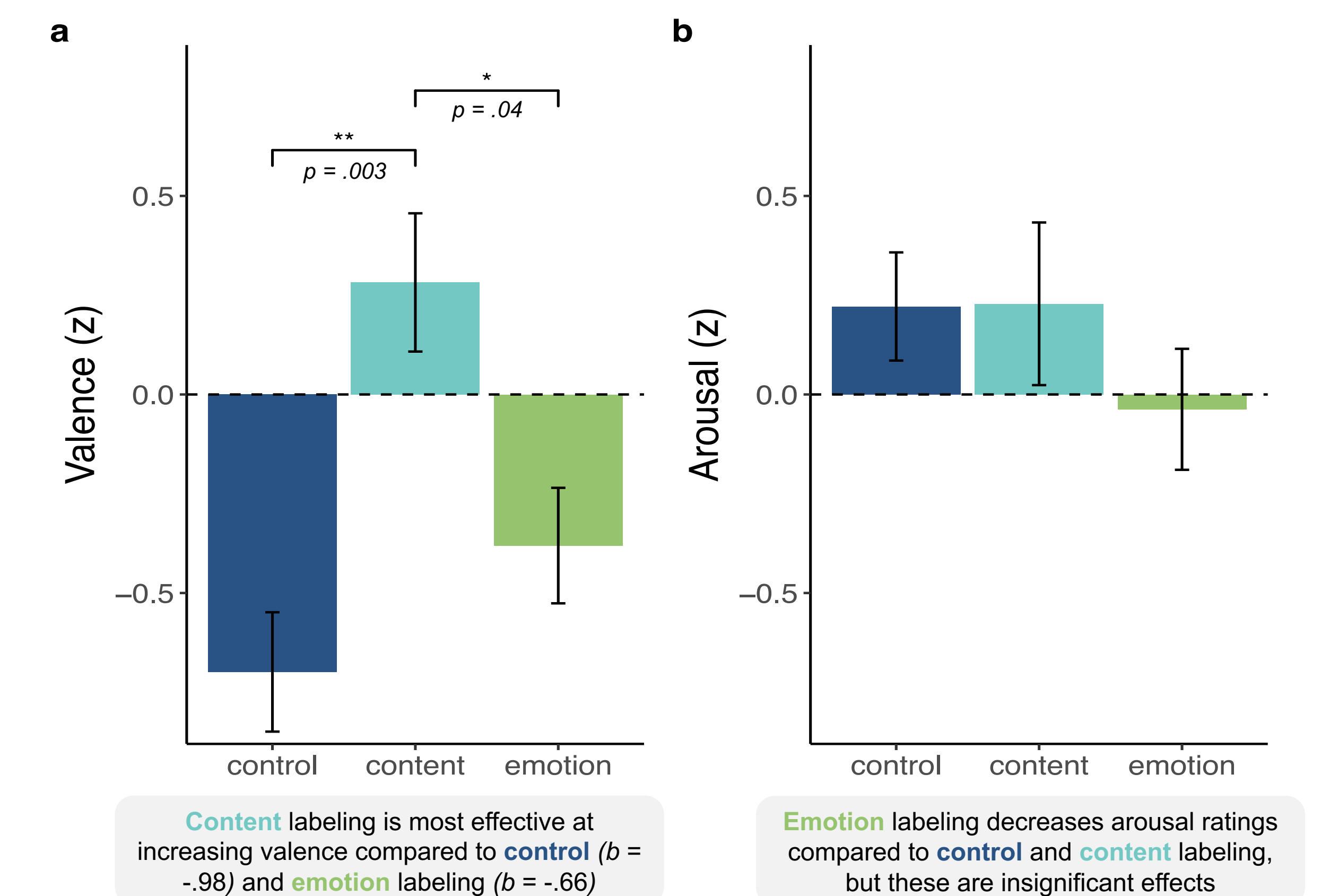


Results

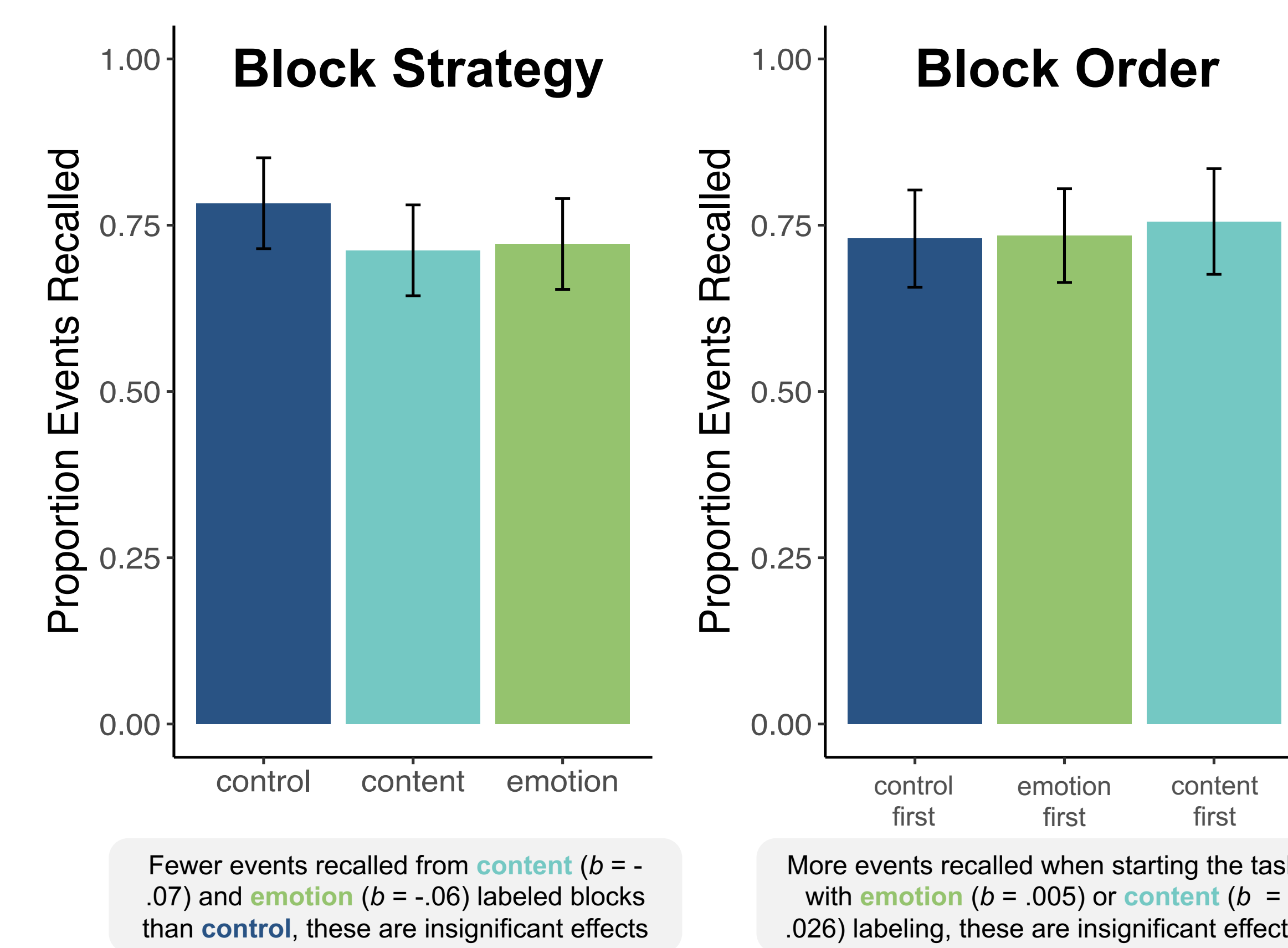
Content and emotion labeling reduce high arousal and negative valence



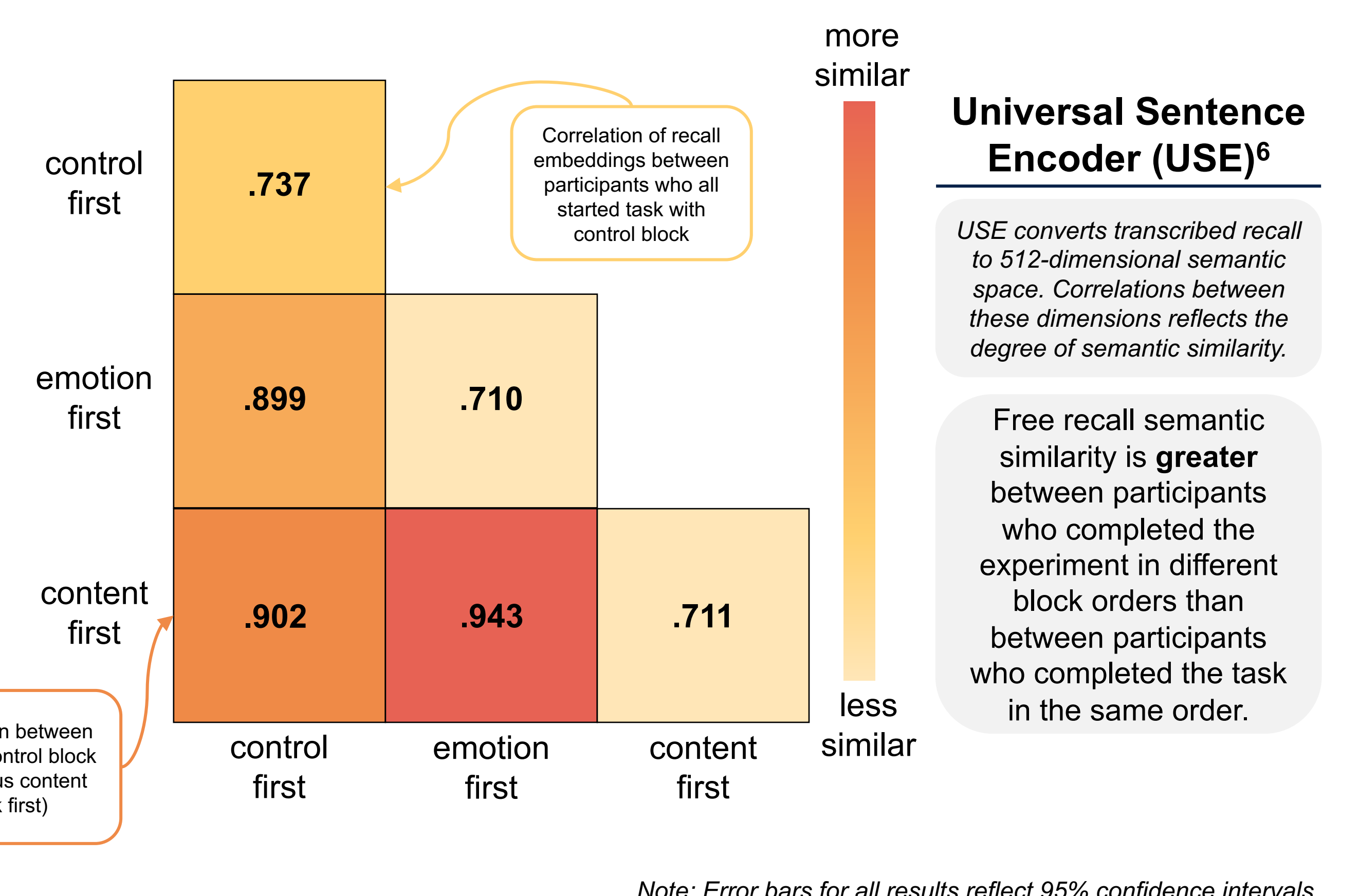
Valence effects enhanced in most intense part of episode, arousal effects diminished



Labeling reduces event recollection but slightly improves recollection when completed first



Recall content is more similar between block order groups than within groups



Conclusions

- Emotion and content labeling may be effective strategies to regulate low-intensity, negative emotions
- Block strategy and block order impact free recall content

Future Directions

- Investigate recall structure and content using additional NLP analysis techniques
- Replicate task with randomized strategies across trials rather than block structure



SCAN FOR MORE INFO!

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