

Interpersonal emotion regulation contagion

: Reappraisal and distraction influences reappraisal and distraction of others

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■ Emotion Regulation

Emotion regulation can be defined as intentional (but not necessarily conscious) attempts to change the intensity, duration, frequency or type of current or anticipated affect (Gross, Uusberg, & Uusberg, 2019). Emotion regulation can be divided into adaptive and maladaptive strategies.

■ Interpersonal Emotion Regulation Contagion

Previous studies have shown that a high tendency to ruminate, which is a maladaptive emotion regulation strategy, increases a roommate's tendency to ruminate. This phenomenon is called "**interpersonal emotion regulation contagion**." However, these studies did not focus on adaptive emotion regulation strategies, such as reappraisal and distraction. **Reappraisal** is re-interpreting the causes of negative emotions positively. **Distraction** is shifting attention from negative emotions or thoughts to non-negative content.

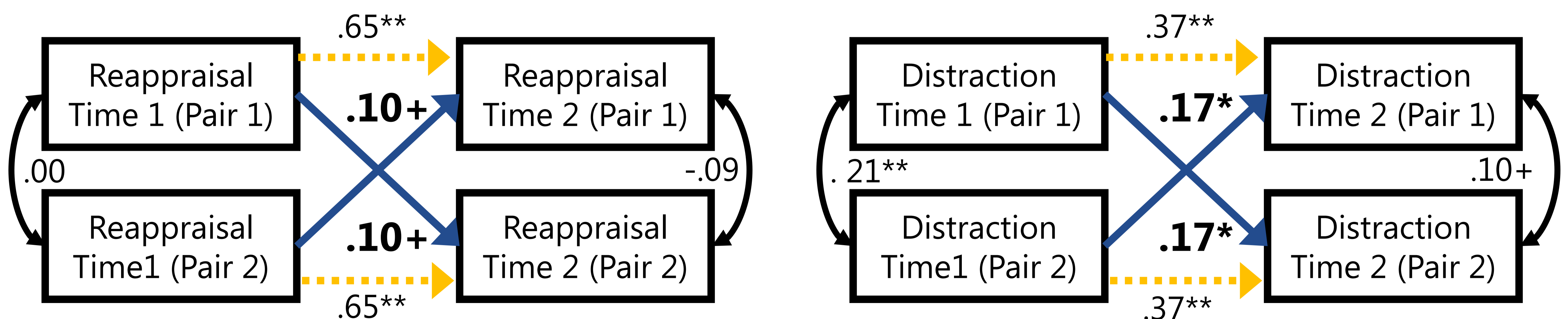
The present study examined whether interpersonal emotion regulation contagion occurs in the case of adaptive emotion regulation by analyzing paired data. Specifically, we examined whether reappraisal and distraction have contagion effects on the tendency of reappraisal and distraction of others.

■ Method

Sixty-six same-gender **friend pairs** (undergraduate and graduate students; Mean age = 19, $SD = 1.46$) participated in this study. Participants were asked to complete emotion regulation scale (Nozaki, 2013). A sample item from the reappraisal subscale was "In order to attenuate negative emotion, I think that the situation also has positive side". An example of distraction subscale was "In order to enhance positive emotion, I think about pleasant things". We conducted two wave survey. Second survey (**Time 2**) conducted three month after the first (**Time 1**).

■ Results & Discussion

We conducted the **actor-partner interdependence model (APIM)** to analyze the pair and longitudinal data. APIM is superior in testing interpersonal effect. APIM estimates "**Actor effect** (i.e., within-person effect) \dashrightarrow " and "**Partner effect** (i.e., between-person effect) \rightarrow ". Actor effects mean the effect of individual's explanatory variable on individual's objective variable. Partner effects capture the effect of individual's explanatory variable on individual's partner's objective variable. Path coefficient shows standard partial regression coefficient (i.e., β). ** $p < .01$, * $p < .05$, + $p < .10$.



With regard to **reappraisal**, APIM showed a marginally significant partner effect ($\beta = .10$, $p = .086$). With regard to **distraction**, a significant partner effect ($\beta = .17$, $p = .037$) were observed. **These partner effects indicated that high tendency of reappraisal and distraction facilitates the tendency of reappraisal and distraction of pairs.**

The results of this study imply that interpersonal emotion regulation contagion occurs not only in rumination but also in reappraisal and distraction.