

Effects of cognitive reappraisal ability and frequency on mental health

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科研費
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Introduction

Reappraisal as an Emotion Regulation Strategy

Emotion regulation can be defined as intentional attempts to change the intensity, duration, frequency or type of current or anticipated affect (Gross, Uusberg, & Uusberg, 2019). Gross's process model (Gross, 2013) suggested reappraisal as an effective emotion regulation strategy. **Reappraisal** refers to reinterpreting the meaning or value of negative emotions, thoughts, or events (e.g., even when we face negative events such as speech failure, through reappraisal we can reconsider the negative events and perceive that we can learn a lot from them). A number of studies reported that reappraisal attenuates negative emotion and facilitates mental health (Aldao, Nolen-Hoeksema, & Schweizer 2010).

Reappraisal Frequency and Ability

Although the previous studies reported the effect of reappraisal on mental health, previous studies have not made a distinction between cognitive reappraisal frequency and ability. **Reappraisal frequency** refers to how often a person uses emotion regulation strategies, and **Reappraisal ability** refers to a person's capability of effectively modifying an emotion through this strategy. Regarding this unclear point, the present study examined whether reappraisal ability or frequency has more effect on mental health.

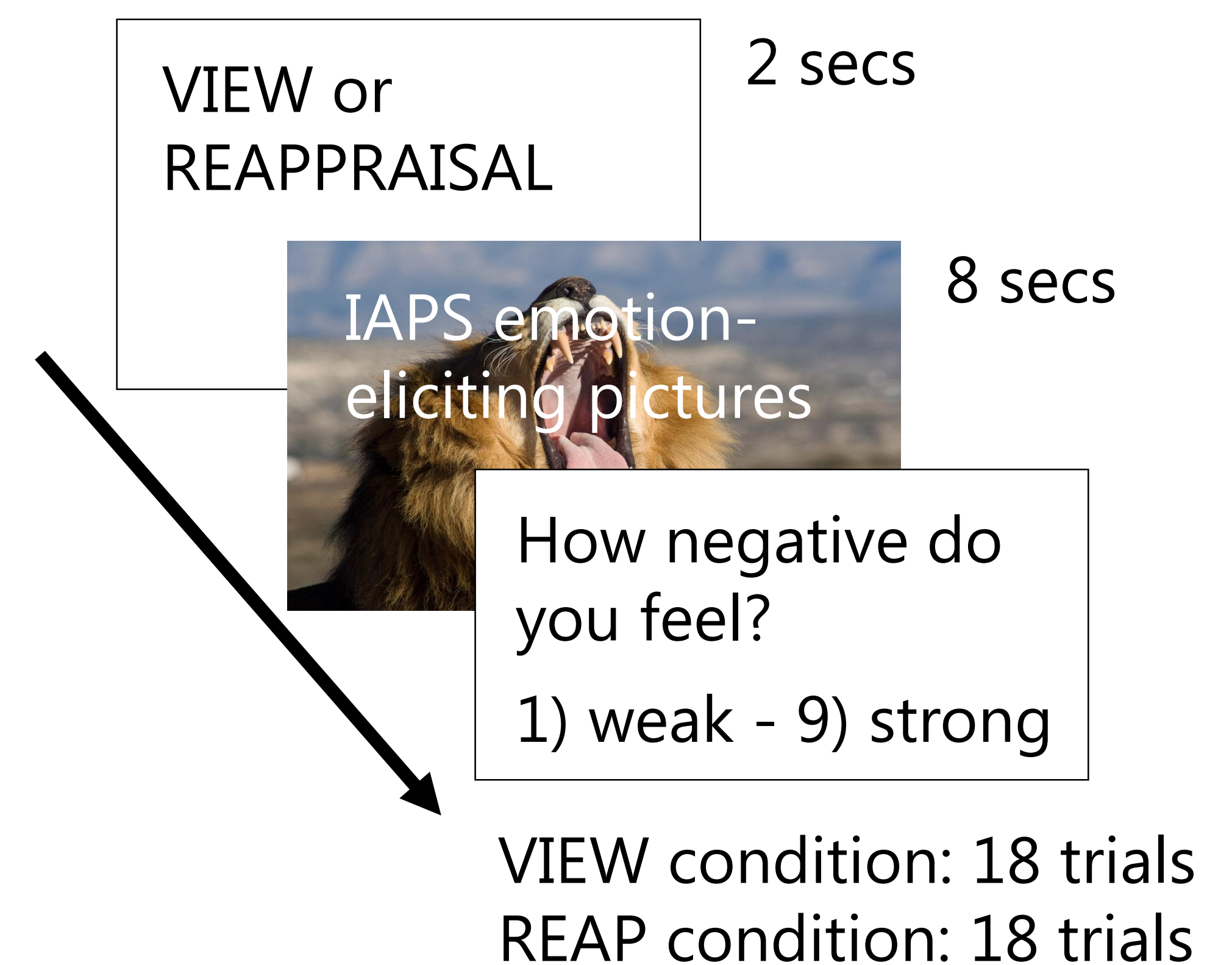
Method

Participants and Procedures

Thirty-seven Japanese university students participated in this study. Participants were asked to complete a reappraisal ability task and questionnaires that assess reappraisal frequency and mental health described below.

Measurement of Reappraisal "Ability"

In the reappraisal ability task (Mcrae et al. 2010), negative IAPS pictures were presented in VIEW condition and REAPPRAISAL condition. In VIEW condition, participants were asked to simply view negative pictures without any emotion regulation. In REAPPRAISAL condition, they were asked to re-interpret the in the picture in a way that made them feel less negative about it. After viewing each pictures, they answered their own negative emotion by using a single item (1: weak - 9: strong). **As a index of reappraisal ability**, we calculated the difference value between mean negative emotion value in VIEW and REAPPRAISAL condition. The high value of reappraisal ability index means participants have greater reappraisal ability.



Measurement of Reappraisal "Frequency"

The Cognitive Emotion Regulation Questionnaire (**CERQ**) positive reappraisal subscale was used to assess frequency of reappraisal (e.g., "I think I can learn something from the situations"). As indices of mental health, we used the Center for Epidemiological Studies Depression (**CESD**: Radloff, 1977: e.g., "I felt depressed") and the Subjective Happiness Scale (**SHS**: Lyubomirsky & Lepper, 1999: e.g., "In general, I consider myself [1] not a very happy person - [7] a very happy person").

Results and Discussion

The Effect of reappraisal frequency and ability on depressive symptoms (CESD) and subjective well-being (SHS)

Present study conducted the multiple regression analysis to investigate whether reappraisal ability or frequency has more effect on mental health. **As shown in figure 1 and 2, although reappraisal ability has little effects on mental health, reappraisal frequency has significant effects on mental health.** It may be because the emotions and health would not change unless reappraisal is attempted even if the reappraisal ability is high. Based on this idea, it can be assumed that reappraisal frequency and ability has interactive effect on mental health. This point should be examined in future study.

