



Look on the bright side: Effects of positive reappraisal training on psychological health

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Introduction

Empirical findings indicate that **positive reappraisal**, the ability to generate positive emotions in negative situations, is associated with better **mental health** and **psychological well-being** (e.g. Garnefski et al., 2002; Gross & Thompson, 2007; Martin & Dahlen, 2005).

Therefore, training people to effectively use positive reappraisal should result in increases in psychological health.

Hypothesis

Because people who already use positive reappraisal likely already benefit from using reappraisal, participants with **low initial usage of positive reappraisal** should be particularly likely to benefit from **positive reappraisal training**.

Participants

- 42 stressed females
- Mean age: 28.26

Measures

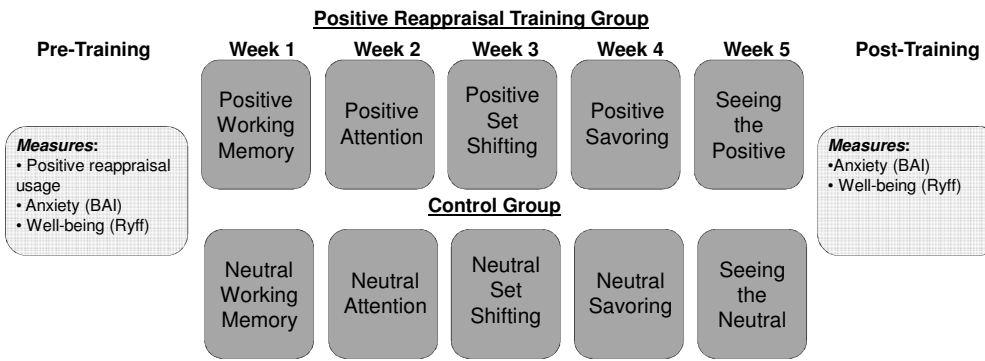
Usage of positive reappraisal:

- Increasing positive emotion scale

Psychological health:

- Anxiety (Beck Anxiety Inventory; BAI)
- Psychological well-being (Ryff)

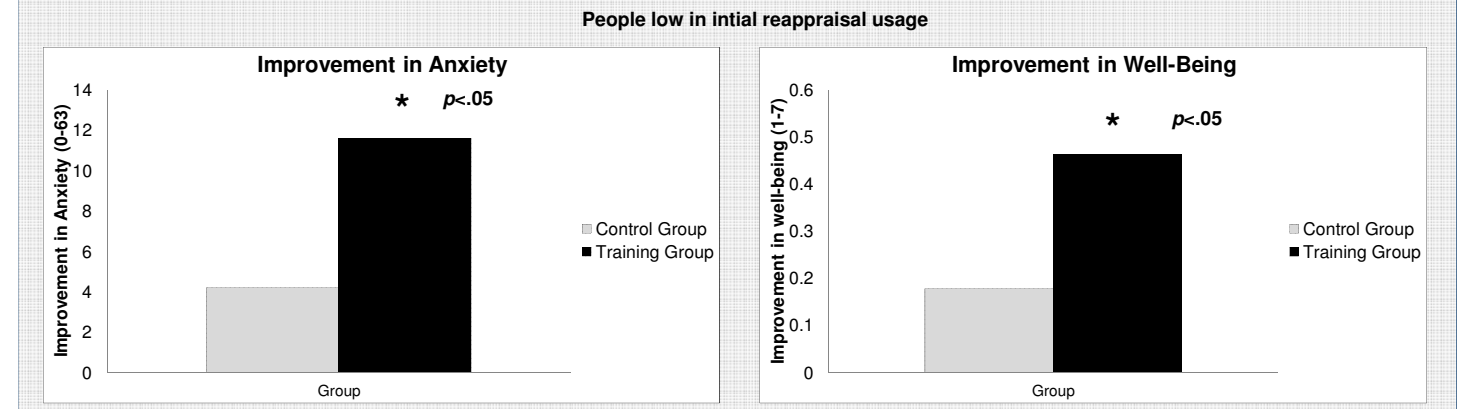
Procedure



Conclusion

- Positive reappraisal causally promotes psychological health among those low in initial reappraisal usage.
- Our findings build on existing cross-sectional studies and support theories that have proposed positive reappraisal should causally lead to better psychological health.
- Our findings suggest teaching positive reappraisal could be used in social, emotional, and clinical interventions.

Results



Garnefski, N., Van Den Kommer, T., Kraaij, V., Teerds, J., Legerstee, J., & Onstein, E. (2002). The relationship between cognitive emotion regulation strategies and emotional problems: comparison between a clinical and a non-clinical sample. *Eur J Personality*, 16(5), 403-420.

Gross, J. J., & Thompson, R. A. (2007). Emotion Regulation: Conceptual Foundations. In J. J. Gross (Ed.), *Handbook of emotion regulation* (pp. 3-24). New York, NY US: Guilford Press.

Martin, R. C., & Dahlen, E. R. (2005). Cognitive emotion regulation in the prediction of depression, anxiety, stress, and anger. *Pers Indiv Differ*, 39(7), 1249-1260.

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