

Theory and Disorders of Specific Emotions

1

Fear

- Fear/anxiety as normal responses
 - Evolutionary advantage
- Responding to everything even when non-threatening/ambiguous is problem
 - Exhausting and Affects bio responses
- Esp. if responding to association stimuli
 - Learned response, particularly in childhood

2

Initial fear studies:

- Agras et al. (1969); Costello (1982)
 - Animals (esp. snakes)
 - Heights/Tunnels/Enclosed spaces
- Rutter (1984)
 - Children's fears differ, tend to disappear/change with age
- Lack of fear of cars/speeding/dangerous driving (Rachman, 2013)
- Suggests deep-rooted evolutionary aspects to irrational fear - Biological preparation (Seligman, 71)

3

Fear Disorders

- Excessive fear to relatively harmless objects
- See things as threatening/harmful when not
- Overgeneralisation of appropriate fear/anxiety
 - Post-traumatic reaction
 - Chronic worry

4

Anxiety Disorder Symptoms

Phobias	Panic Disorder	Generalised Anxiety Disorder	PTSD
• Feeling panicky • Sweating • Tachycardia • Difficulty breathing	• Shortness of breath • Dizziness, unsteady feeling or faintness • Palpitations or tachycardia • Trembling and shaking • Sweating • Choking • Nausea or abdominal distress • Depersonalisation or derealisation • Numbness or tingling sensation • Flashes or chills • Chest pain or discomfort • Fear of dying • Fear of going crazy or doing something uncontrolled	• Trembling, twitching or feeling shaky • Muscle tension, aches or soreness • Restlessness • Easy fatigability • Shortness of breath • Palpitations or tachycardia • Sweating or cold, clammy hands • Dry mouth • Dizziness or light-headedness • Nausea or abdominal distress • Flashes or chills • Frequent urination • Trouble swallowing (lump in the throat) • Feeling on edge • Exaggerated startle response • Difficulty concentrating • Trouble falling or staying asleep • Irritability	• Difficulty falling or staying asleep • Irritability or outbursts of anger • Difficulty concentrating • Hypervigilance • Exaggerated startle • Enhanced physiological reactivity to relevant stimuli

Ohman, 1993

5

- Somatic Overactivity versus Cognitive/Psychic Activity (Ohman, 1993)
- Lifetime comorbidity and genetic predisposition (Hettema et al., 2005)
- Panic as 'fear of fear' (Goldstein & Chambles, 1978)
- Worry as functional planning state (Fisher & Wells, 2011)
- Information processing bias (Rachman, 2013)
 - Attention deployment task, Emotional Stroop task, Ambiguous sentence task

6

Sadness

- Least studied emotion in psychology
- Extreme pathological form extensively studied - Bereavement, depression
- Studying sadness in lab
 - Velten mood induction procedure (Velten, 1968)
 - Cards with self-referential statements
 - Heavily criticised and may combine with disgust (Power & Dalgleish, 2016)

7

Defining sadness

- Appraisal of loss
- Loss can be temporary
 - Some argue permanent (e.g., Lazarus, 1991)
- Focus of loss can be external
- Can have multiple temporal frames
 - More likely retrospective; prospective linked more to anxiety
- Duration and intensity can vary

8

- Cultural variations (e.g., Barr-Zisowitz (2000))
 - Negative in Western cultures
 - Celebrated in Eastern cultures
 - Social function in Western society
 - Evoking empathy/altruism (Izard, 1993)
- Lazarus (1991) – lack of action tendency for sadness
 - Is it even a pure emotion?

9

Feedback Loops in Sadness

- Propositional Level
 - Thoughts
 - 'I am sad'
- Associative Level
 - Memories of previous events
- Schematic Model
 - Sad – Self – Alone
- Maintain or enhance sadness activation

10

Potential Sadness Pairings?

- Oatley and Duncan (1992)
 - Sadness/(Self-) Disgust – blame and pity
 - Sadness/Anger – hurt and fury
 - Sadness/Anxiety - worry
 - Sadness/Happiness – ruefulness
- Does real life equate to 'pure' emotion theory?

11

e.g., Bereavement

- Sadness at loss of goals, plans, roles, attachment
 - Can couple with anger (at individual, self, others)
 - Redefinition of self
 - Withdrawal from other social relationships
 - Financial hardship
- Ott et al. (2007) - Three groups
 - Resilient group (one third)
 - Grief that decreases over time (majority)
 - Chronic grief sufferers (one-sixth)

12

Depression

- Hippocrates – *melancholia*
- DSM-5
 - 'Depressed mood lasting for at least two weeks plus three...
 - Loss of interest in pleasurable activities; Low self-esteem;
 - Feelings of guilt; Thoughts and/or attempts of suicide;
 - Decreased energy; Agitation or retardation; Sleep disturbance; Increase or decrease in appetite; Problems with thinking and concentration

13

- 'Medicalisation of normality' (Frances, 2013)
 - Minority with symptoms seek professional help
- Women more likely to experience depression
 - But boys more than girls
 - Single men same as women
 - Married women most, married men least
 - Epidemiology is highly complex
- Other pathologies where sadness plays role:
 - Postpartum depression
 - Seasonal Affective Disorder (SAD)

14

Anger

- As 'moral' emotion
 - Respond to personal offence (Russell & Giner-Sorolla, 13)
 - Attributions and appraisals are key
 - Appraisal of deliberate, negligent, or avoidable wrongdoing = desire for punishment or correction
 - Suggests animals are incapable of anger?
- Early theories – focused on frustration (e.g., Gates, 1926; Meltzer, 1933)
 - Dollard et al. (1939): frustration-aggression hypothesis –
 - Frustration = necessary/sufficient condition for aggression - frustration inevitably leads to aggression, and act of aggression is due to frustration

15

- Later theories (Averill) focused on targets of anger and reasoning
 - 88% of anger perceived as instigated by another
 - 6% inanimate objects but high levels of anthropomorphism
- In addition to frustration – loss of personal pride; violation of social norms; personal injury (Averill, 1982)
- Snell et al. (1991)
 - Inadequacy and failure (anger at self)
 - Frustrating events
 - Interpersonal exploitation

16

Physiological Transfer

- Physiological arousal from other sources may excite anger
 - Anderson and Anderson (1998) – heat
 - Fernandez and Turk (1995) – pain
 - Berkowitz and Harmon-Jones (2004) – cold
- Attribution effects? Geen and Stonner (1974) – fighting attribution – back to Schachter and Singer

17

Philosophy of Anger

- How much is too much/not enough anger?
 - Aristotle’s view
 - The right amount at the right time
 - Seneca’s view
 - Anger as a sign of weakness
 - Anger as a necessary psychological function
- Anger in (suppression)
- Anger out (expression)

Linked to cardiovascular disease (Siegman, 1993)

- Spielberg et al., 1985

18

Differentiating Anger

- Annoyance
 - Averill - nine features differentiate the two
 - Anger lasts longer and more likely to lead to retribution
- Indignation, Hatred and Wrath
 - Moral element of indignation (Solomon, 1993)
 - Disgust element of hatred (Oatley, 1992)
 - Desire for revenge of wrath (Solomon, 1994)
- Jealousy and Envy
 - Anger linked to fear (East & Watts, 1999)
 - Malicious/Admiring (Neu, 1980; van de Ven et al., 2009)

19

Disgust

- Most physiologically pure emotion?
 - Rejection of noxious substances



Physiological for individual and social signalling to group

Powerful cultural value elements (e.g., Rozin et al., 1999)
Hindu caste system – highly focused around dirt and contamination issues (Akhtar et al., 1975)

20

- External object/event, internal thought/images
 - Disgust Sensitivity Scale (Rozin et al., 1984)
 - 'Step on an earthworm with bare feet'
 - 'You are asked to wear Adolf Hitler's sweater'
 - Noxious in literal or symbolic sense
 - Appraisal that item violates state of non-contamination
- Some animal phobias linked to disgust than fear (Davey, 1994)
- Calder et al. (2001) – 'Disgust discussed'
 - Insula and basal ganglia role in disgust functioning

21

- Shame as self-disgust (Powell et al., 2015)
 - Link to depression
 - Shame as distancing
 - Guilt as reparation
- Shame and social anxiety (Beck & Emery, 1985)
 - Social phobia as fear-disgust based disorder, not just fear-based (Amir et al., 2005, 2010; Davey et al., 1993; Dickerson et al., 2004).
- **OCD and Disgust**
- Role for disgust-based emotion in some OCDs (Phillips et al., 2000; Shapira et al., 2003)
 - fMRI studies – insula activation

22

- Self-disgust links to depression, parasuicide (form of self harm mimicking suicide) and suicide
 - 35 – 79% of parasuicide individuals depressed (Williams, 2014)
 - 52% self-harm cases reported sexual/physical childhood abuse (Van Egmond & Jonker, 1988)

23

See current:

- Diagnostic and Statistical Manual (DSM) of Mental Disorders of the American Psychiatric Association (APA) and....
- World Health Organisation (WHO)

On criteria for specific conditions with emotion-based links

24

Happiness

- Often linked to economic and physical capital
 - Happiness scales taken in many countries
 - Low correlation between happiness and wealth
 - No correlation across nations
 - Gross National Happiness (GNH) measured in Bhutan for many years
 - Large decline when TV became widely available (Burns, 2014; MacDonald, 2003)

25

- Problems of definition
 - Brief transitory emotion (delight, joy, amusement)
 - General life satisfaction (belonging, love - Argyle, 2001; Layard, 2011)
 - Hedonic and eudaimonic (pursue happiness - Ryan & Deci, 2001)
- ‘degree to which an individual judges overall quality of life-as-a-whole favourably’ (Veenhoven, 1984, p.4)
- ‘Hedonic asymmetry’ (Averill & More, 2000)
 - Far more words for negative than positive
 - Very few ‘disorders of happiness’
- Happiness as positiveness
 - ‘Positive psychology’ (e.g., Seligman)
- Happiness as wellbeing

26

- Deiner et al. (2009) - Happiness as sum of positive experiences
 - Gap theory and quality of life (Michalos, 1986)
 - What we want and have
 - Actual and ideal conditions
 - Actual conditions and expectations
 - Actual conditions and past conditions
 - Upward and downward social comparison
 - Personal and environmental attributes
- Happiness as optimal level of goal fulfilment (Power et al., 2005)
 - Happiness as function of lower and higher-level goal fulfilment (Maslow, 1968; Power, 2003)

27

Surprise

- Universal emotion recognition
 - But with cultural and contextual factors
 - Cultural norms and experiences may shape perception and expression
- Cross-cultural studies
 - Gendron et al. (2014)
 - Jack et al. (2012)
- Facial expression analysis
 - Calvo and Nummenmaa (2016)
 - Barrett et al. (2019)
