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EXPLORING THE COGNITIVE COSTS OF EMOTION REGULATION USING MIXED MODELS ANALYSIS

Abstract

In the study of emotion regulation, I use a dual task approach to examine the cognitive costs of different regulatory strategies. Participants regulate their emotions to emotionally evocative pictures while simultaneously performing a simple reaction time task. Reaction time performance is inherently variable, and this variability comes from a multitude of (often unknown) extraneous variables that may influence performance on any given trial. Therefore, each condition in an experiment consists of multiple trials, with different pictures on each trial. Traditional analysis using repeated measures analysis of variance on the means across trials for each condition neglects to account for the variability in stimuli that may influence performance. Mixed models or multilevel models allow one to account for this variability. I shall present data from a recent study where I compared the effects of two different emotion regulation strategies and a view condition on concurrent reaction time performance. Participants viewed a total of 96 pleasant and unpleasant photos that varied in intensity and arousal. I used mixed models to analyse the reaction time data, including photos and the participants as random factors, and including normative valence and intensity ratings of the photos as covariates.



CODS

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**Thursday,
Jan 15, 2015
OM 3772
13:30 – 14:30**

EVERYONE

WELCOME!

Cake will be served!