

Indução de emoções em contextos artificiais: análise das representações fisiológicas e cognitivas

Pedro B Albuquerque e Ângela Maia

Results:

The aim of this study was to analyse the relation between emotion induction in artificial settings (e.g., laboratory) and the self-report measures and physiological activation. The problem that we tried to answer was that it is very difficult to study emotions in natural settings. Due to that fact, literature shows that the majority of studies apply several emotion induction procedures (mental imagery, Velten technique, immersion, etc.) despite very poor evidence that those procedures effectively produce emotional states.

We use pictures to produce emotional states.

Results showed: (1) aversion (*versus* sadness and happiness) is the emotion that is more intensively induced in laboratory, and that intensity was measured through physiological activation (GSR, HR, EMG *orbicularis*); (2) sadness and happiness had a very basal peripheral activation; (3) sadness is the emotion that was self-reported with more intensity; (4) there is no relation between the physiological activation and the self-report of the emotional experience; (5) memory congruence, one of the techniques to study the emotional inducing reliability shows that sadness is the emotion that produces better results (memory congruent hypothesis).

The results of that study revealed that the emotional induction in artificial settings is not reliable to all emotions. In fact, happiness is very difficult to produce in those contexts, and sadness is the emotion that results in more consonance between processing of information, self report evaluation and peripheral activation.

Published Work:

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Albuquerque, P. B., & Santos, J. A. (2000). "*O paradoxo da influência da emoção na memória implícita: Acção nos processos ou contextuaização episódica de tarefas*". *Psicologia: Teoria, Investigação e Prática*, 5(1), 87-98.

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Researcher`s Contacts:

Emanuel Pedro Viana Barbas de Albuquerque
Instituto de Educação e Psicologia da Universidade do Minho
Departamento de Psicologia
4710-057 Braga
Phone: 253 604240
Fax: 256 678987
Email: pedro.b.albuquerque@iep.uminho.pt