WEEKS 1/2/3: Classic Theories & Modern Perspectives of Emotion

REQUIRED READINGS

**What is an emotion? How do emotions differ from moods and traits?**


**Classic Theories of Emotion - What are the differences between the following theories: Darwin, James-Lange, Cannon-Bard, and Schachter-Singer?**

**Modern Theories of Emotion - What are the differences between the following modern perspectives: Basic Emotions, Dimensional Models, Appraisal Theory, and Component Process Theory?**

**What are basic emotions? What is the difference between a basic and distinct emotion? What are some limitations of the basic emotion perspective?**

Fischer, S. (2013, July). About face: For half a century, one theory about the way we experience and express emotion has helped shape how we practice psychology, do policy work, and even fight terrorism. But what if that theory is wrong? *Boston Magazine*.

OPTIONAL READINGS

**Comparing Dimensional Models**

**Appraisal Theory**

**Prototype Approach**
**WEEKS 3/4: Gender, Sex, Culture, and Emotions**

**REQUIRED READINGS**

*What cross-cultural and gender/sex differences in emotion exist?*


**OPTIONAL READING**


**WEEK 5: Emotion, Brain, and Body**

**REQUIRED READINGS**

*How do we measure emotion?*


*What is emotion coherence and do we have evidence for coherence?*


*Does the amygdala have any significance outside the emotion fear?*

**WEEK 6: Fear, Anxiety, and Stress**

**REQUIRED READINGS**

*Do individuals with amygdala damage experience fear?*

*Is stress an emotion?*

**OPTIONAL READINGS**

*Do individuals with amygdala damage experience fear?*

*Is anxiety an emotion?*
**Week 7: Anger and Disgust**

**REQUIRED READINGS**

**What causes anger?**

**What are the models of anger? In particular, how does Berkowitz’s CNA model differ from Anderson’s GAM model?**

**What is the relationship between disgust and the insula?**

**What are the differences between anger and disgust (and contempt)?**

**OPTIONAL READINGS**

**What is the CNA Model?**

**What are the different types of disgust and how can we measure each type?**

**Are disgust and anger the same emotion?**
WEEKS 8/9/10: Positive Emotions

REQUIRED READINGS

Is love an emotion?

What are the positive emotions?

How can we increase happiness? Should we always be happy?


OPTIONAL READINGS

How do meditation and writing increase the experience of positive emotion?

**WEEKS 10/11: The Self-Conscious Emotions: Shame, Guilt, Pride, and Embarrassment**

**REQUIRED READINGS**

*Are shame, guilt, and embarrassment distinct or the same emotions?*


*What is pride and how many types of pride exist?*

**OPTIONAL READINGS**

*What is pride and how many types of pride exist?*

*Combining the Self-Conscious Emotions*

**WEEK 12: Emotions and Personality**

**REQUIRED READINGS**

*How are emotions associated with personality dimensions (i.e., Big Five, BIS/BAS)?*

*When angry, do we approach or avoid? How does this relate to frontal asymmetry?*

*How does our personality determine the emotions we experience?*

**OPTIONAL READINGS**

*What are the personality dimensions BIS and BAS?*
### WEEK 13: Emotion Regulation

#### REQUIRED READINGS

**What strategies do people use to regulate their emotions?**


**How do emotion regulation strategies vary with the situation?**


#### OPTIONAL READING

**Is emotional suppression a successful regulation strategy?**


### WEEK 14: Emotion in Clinical Psychology

#### REQUIRED READINGS

**Can positive emotions have negative consequences? How does the PEP model provide an explanation for bipolar disorder?**


**What is emotional context insensitivity? Do individuals diagnosed with major depression experience more negative emotions, fewer positive emotions, or both?**


**What are the emotional disturbance experienced by individuals diagnosed with schizophrenia?**


#### OPTIONAL READINGS

**Which emotion regulation strategies do individuals diagnosed with psychopathology use?**


**How can we classify emotion disturbances present in psychopathology?**