HANDBOOK OF EMOTION REGULATION

THIRD EDITION

edited by

James J. Gross Brett Q. Ford



Contents

SECTION I. FOUNDATIONS

1. Conceptual Foundations of Emotion Regulation JAMES J. GROSS	3
2. Research Methods in Emotion Regulation Evolving Questions and New Approaches OVIDIA A. STANOI and KEVIN N. OCHSNER	13
3. Assessing Individual Differences in Emotion Regulation Habitual Strategy Use and Beyond EMILY C. WILLROTH and OLIVER P. JOHN	lation 22
4. Daily Diaries and Ecological Momentary Assessm PETER KOVAL and ELISE K. KALOKERINOS	ent 31
5. Studying the Dynamics of Emotion Regulation with Time-Series Data EMILY A. BUTLER	40

SECTION II. BIOLOGICAL BASES

	Autonomic and Somatic Aspects of Emotion Regulation HEATHER L. URRY	51
7.	The Brain Bases of Emotion Regulation Evidence from Functional Magnetic Resonance Imaging KE BO and TOR D. WAGER	60
8.	Brain Bases of Emotion Regulation The Late Positive Potential ANNA WEINBERG and JUHYUN PARK	69
9.	Emotion Regulation Research with Neurological Patients ROBERT W. LEVENSON	76
	SECTION III. COGNITIVE APPROACHES	
Ю.	Mindset Regulation KRIS EVANS and ALIA J. CRUM	87
7.	Emotion Regulation Choice Where Are We, and Where Do We Go? GAL SHEPPES	94
12.	Affordances and the Mechanisms Underlying Reappraisal GAURAV SURI	104
13.	Harnessing Placebo Effects to Regulate Emotions DARWIN A. GUEVARRA, ETHAN KROSS, and JASON S. MOSER	112
	SECTION IV. DEVELOPMENTAL CONSIDERATIONS	
<i>L</i> .	Developing the Neurobiology of Emotion Regulation NIM TOTTENHAM	121

	Contents	xx
15.	The Socialization of Emotion Regulation TRACY L. SPINRAD and NANCY EISENBERG	129
16.	Emotion Regulation in Adolescence MICHAELA RIEDIGER	136
17.	The Role of Selection and Motivation in Emotion Regulation in Later Life SUSAN T. CHARLES and LAURA L. CARSTENSEN	143
	SECTION V. SOCIAL ASPECTS INTERPERSONAL	
18.	Interpersonal Emotion Regulation KAREN NIVEN	153
19.	Implications of Attachment Processes for Emotion Regulation MARIO MIKULINCER and PHILLIP R. SHAVER	160
20.	Emotion Regulation in Romantic Relationships TABEA MEIER, JACQUELYN E. STEPHENS, and CLAUDIA M. HAASE	167
21.	Emotion Regulation in Parenting MOÏRA MIKOLAJCZAK and ISABELLE ROSKAM	174
	SECTION VI. SOCIAL ASPECTS GROUPS AND COLLECTIVES	
22.	Regulating Collective Emotions AMIT GOLDENBERG	183
23.	Emotion Regulation in the Context of Discrimination Progress and Challenges DORAINNE J. GREEN, AJUA DUKER, and JENNIFER A. RICHESON	190
24.	Coping with Stigma MICHAEL A. TRUJILLO	197

25.	Emotion Regulation and Conflict Resolution	204
	ERAN HALPERIN and TAMAR AVICHAIL	
26.	Institutional Emotion Regulation as a Support for Upward Socioeconomic Mobility MESMIN DESTIN and CLAUDIA M. HAASE	211
27.	Culture and Emotion Regulation BATJA MESQUITA and ANNA SCHOUTEN	218
	SECTION VII. INDIVIDUAL DIFFERENCES	
28.	Emotion Regulation through the Lens of Emotional Intelligence MARC A. BRACKETT and DIANA DIVECHA	227
29.	Alexithymia DAVID A. PREECE and PILLERIIN SIKKA	233
30.	Valence Bias Individual Differences in Response to Ambiguity MAITAL NETA	242
31.	Self-Control ANGELA L. DUCKWORTH and JAMES J. GROSS	250
32.	Emotion Goals MAYA TAMIR and DANFEI HU	258
33.	Emotion Regulation Flexibility ELISE K. KALOKERINOS and PETER KOVAL	265
34.	Emotion Regulation and Resilience When Is Reappraisal (Not) Conducive to Resilience?	274
	IRIS B. MAUSS and ALLISON S. TROY	

Contents	xxiii

SECTION VIII. PSYCHOPATHOLOGY

	GENERAL CONSIDERATIONS	
35.	Emotion Regulation as a Transdiagnostic Process BARBARA CLUDIUS and THOMAS EHRING	285
36.	Emotion Goals and Mental Health YAEL MILLGRAM	293
37.	Amp It Up or Tamp It Down Examining Strategies and Outcomes of Positive Emotion Regulation TSE YEN TAN, LOUISE WACHSMUTH, and MICHELE M. TUGADE	301
38.	Well-Being after Psychopathology JONATHAN ROTTENBERG, FALLON R. GOODMAN, and TODD B. KASHDAN	308
39. ·	The Costs of Striving to Feel Good BRETT Q. FORD	315
40.	Emotion Regulation and Psychopathology across Cultures YULIA CHENTSOVA DUTTON, EZGI TUNA, and MAYA TAMIR	322
	SECTION IX. PSYCHOPATHOLOGY SPECIFIC DISORDERS	
41.	Anxiety and Emotion Regulation AMELIA ALDAO	331
42.	Depression ASHLEIGH V. RUTHERFORD and JUTTA JOORMANN	338
43.	The Challenge of Emotion Regulation in Bipolar Disorder CYNTHIA M. VILLANUEVA, BENJAMIN A. SWERDLOW, and JUNE GRUBER	345
44.	The Role of Emotion Regulation in Substance Use Disorders State of the Science and Next Steps COREY R. ROOS and HEDY KOBER	352

xxiv Contents

45.	Emotion Regulation in Individuals on the Autism Spectrum RU YING CAI and ANDREA C. SAMSON	360
46.	Emotion Regulation in Schizophrenia and Related Disorders DAVID KIMHY and LUZ H. OSPINA	367
47.	Emotion Regulation in Personality Disorders SKYE FITZPATRICK and KATHERINE L. DIXON-GORDON	374
	SECTION X. INTERVENTIONS CLINICAL SETTINGS	
48.	Emotion Regulation Therapy DOUGLAS S. MENNIN and DAVID M. FRESCO	383
49.	Affect Regulation Training MATTHIAS BERKING and NICO S. MUSA	391
50.	Dialectical Behavior Therapy Balancing Acceptance and Change to Enhance Emotion Regulation JANICE R. KUO	399
51.	Mindfulness Interventions AMANDA J. SHALLCROSS and JACOB D. HILL	406
	SECTION XI. INTERVENTIONS OUTSIDE THE CLINIC	
52.	Regulation of Anxious Emotion through the Modification of Attentional Bias BEN GRAFTON and COLIN MACLEOD	417
53.	Positive Emotion Regulation Interventions for People Coping with Significant Life Stress JUDITH TEDLIE MOSKOWITZ	424

	Contents	xxv
54.	Single-Session Interventions Optimizing Impact through the Extended Process Model of Emotion Regulation JESSICA L. SCHLEIDER	432
55.	Digital Mental Health Interventions ANDREA NILES	439
56.	Emotion-Focused Parenting Interventions Theoretical Perspectives, Supporting Evidence, and Future Directions GILLIAN ENGLAND-MASON	446
57.	Teaching Emotion Regulation in Schools JESSICA D. HOFFMANN and KALEE DE FRANCE SECTION XII. PHYSICAL HEALTH IMPLICATIONS	456
58.	Emotion Regulation and Cardiovascular Health CLAUDIA TRUDEL-FITZGERALD, ANNE-JOSÉE GUIMOND, and LAURA D. KUBZANSKY	465
59.	Sleep and Emotion Regulation CANDICE A. ALFANO, ANNIKA M. MYERS, and MEGAN E. RECH	474
60.	Culture, Emotion Regulation, and Physical Health YURI MIYAMOTO and CHRISTOPHER L. COE	481
	SECTION XIII. SPECIFIC EMOTION REGULATION PROCESSES	
61.	Reappraisal ANDERO UUSBERG and HELEN UUSBERG	491
62.	Expressive Suppression	498

Understanding the Regulation of Emotional Behavior

TAMMY ENGLISH

xxvi Contents

63.	Distancing What It Is, How It Works, and Where to Go Next ETHAN KROSS and OZLEM AYDUK	505
64.	Rumination EDWARD R. WATKINS	513
65.	The Social Sharing of Emotions BERNARD RIMÉ	520
	SECTION XIV. EMOTION REGULATION ACROSS DISCIPLINES	
66.	Emotion Regulation in Legal Settings TERRY A. MARONEY	529
67.	Managing Emotions in Education The Emotion Regulation in Achievement Situations Model JASON M. HARLEY and REINHARD PEKRUN	536
68.	Emotion Regulation in Sport KATHERINE A. TAMMINEN and JEEMIN KIM	545
69.	Anthropology and Emotion Regulation REBECCA SELIGMAN	552
70.	Sociological Approaches to Emotion Regulation KATHRYN J. LIVELY	559
71.	Emotion Regulation and Art KATERI MCRAE and THALIA R. GOLDSTEIN	566
	Author Index	573
	Subject Index	591