

### Authors

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### Hypothesis/Null Hypothesis

Participants' emotional reactions will differ in the different stimulus	Emotional reactions will not differ
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### Results

Trauma soundtrack increased stress compared to control. Denial and Intellectualization less stress than control//lower heart rate

### Ethics/Controversies

Emotional trauma may be inflicted upon the participants Lots of deception Very little informed consent During a time when many unethical studies were conducted

### Effectiveness

The results suggest that cognitive appraisal can be modified to effect emotional stress Trauma track raised stress levels The ego track and the intellectualization track that focused on WHY this ritual was happening and what it did lowered the stress SUPPORTS HYPOTHESIS

### Title

**Speisman et al.**

### Aim/purpose

To investigate how manipulating ones cognitive appraisal could affect emotional experiences, through measuring the stress levels

### Variables

Independent Variable: Soundtrack used

Dependent Variable: Emotional Response

### Conclusion

Individuals interpretation affect emotional stress rather than the actual event

### Social theory or school of thought

Based on Lazarus social appraisal theory A theory of emotion which implicates people's personal interpretations of an event in determining their emotional reaction Changing the music in this study changes how the participants perceive the event which alters their emotional response

### Analysis of Study

a. Potential Confounding Variables : prior degree of comfort towards graphic images, demand characteristics of questionnaire b. Extraneous Variables :attention spent on film c. Controls : # participants in each stimulus, video, soundtrack, method of conducting d. Blind Technique: Single (participants) e. Cultural Influences : non or fact all participants where American f. Influence of Gender: Both genders in study, males might have stronger connection

### Research and Sampling Method

Research Method: Experimental

Sampling Method- Random, as college students formed one group and airlines execs formed another

### Outline Procedure

Procedure a. Participants split into 4 groups (students and execs) i. Control (No soundtrack) ii. Trauma Condition (Emphasis on pain) iii. Denial Condition (Happy Music) iv. Intellectualization Condition (Narration of Surgery) b. After each group watched a video, they were given a psychological/ self-report questionnaire.

### Studies that Support or challenge

Many studies conducted by Lazarus (Lazarus et al 1970, Lazarus and Launier 1978) show that cognitive appraisal is made up of learning, memory, perception, and thought. These studies investigated other ways to change ones perception.

### Strengths and Limitations

Strengths	Weakness
Very controlled – reduces the amount/impact of confounding variables	Weak ecological validity
Study is replicable	Results can only apply to males
	Study is unethical

