Karlsruhe Institute of Technology

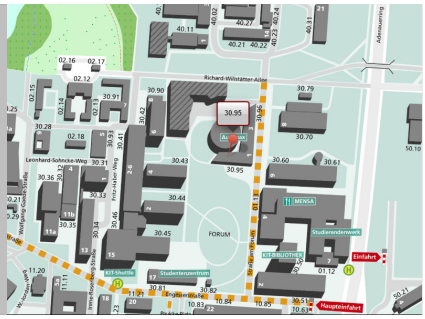
mental mHealthLab

Colloquium Ambulatory Assessment

Linking daily dynamics and momentary regulation strategies to global reports, long-term changes and personality

Monday, January 9th 2023; 13.30 - 18.15

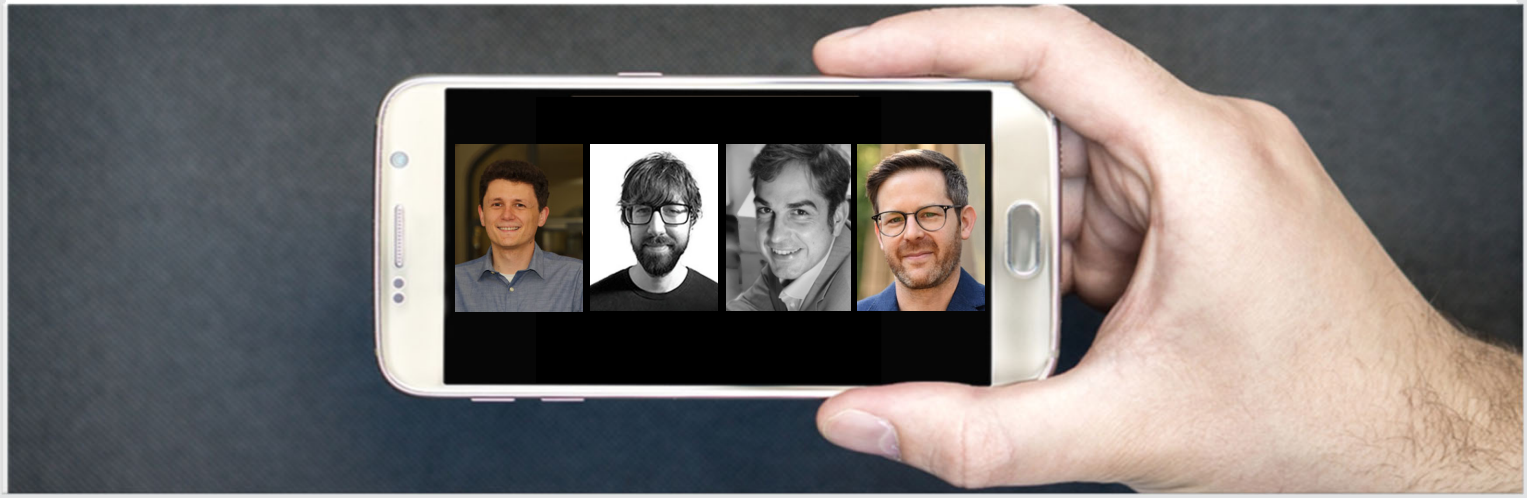
Karlsruhe Institute of Technology (KIT)
Building 30.95; room SR A & B
Straße am Forum 3, Karlsruhe, Germany



Dr. **Mario Wenzel** & Prof. Dr. **Thomas Kubiak** (University of Mainz)
Strengths and limitations of current research on affective processes underlying neuroticism

Dr. **Andreas Neubauer** (DIPF | Leibniz Institute | Frankfurt)
Daily affective experiences: Building blocks of inter-individual difference in trait affect and motor of developmental change

Prof. Dr. **Pete Koval** (University of Melbourne)
Is emotion-regulation flexibility all it's cracked up to be? Correlational and experimental evidence suggests that context-sensitive reappraisal use in daily life is not associated with greater well-being



Dr. Mario Wenzel & Prof. Dr. Thomas Kubiak (University of Mainz)

Strengths and limitations of current research on affective processes underlying neuroticism

Neuroticism, the tendency to respond to situations with unpleasant affect, is of great public health importance given its strong associations with indicators of mental and physical health. To explain these associations, research has suggested a number of explanatory models: (1) increased affective variability and instability, (2) increased affective reactivity to unpleasant events, (3) decreased affective recovery from unpleasant events, and (4) affective dysregulation. In this talk, we will present an overview of these explanatory models and highlight their evidence, strengths, and limitations. We will wrap up this talk by providing an outlook on how to move forward and improve the assessment on affective processes underlying neuroticism in daily life.

Dr. Andreas Neubauer (DIPF | Leibniz Institute | Frankfurt)

Daily affective experiences: Building blocks of inter-individual difference in trait affect and motor of developmental change

Ambulatory assessment methods have become the gold standard to capture thoughts, feelings, and experiences in individuals' daily lives. It seems reasonable to expect that everyday experiences might accumulate into developmental change across the life span, yet it is still somewhat unclear, how these experiences are translated into trait-like self-beliefs. In this talk I will target current statistical and empirical advances to address the question how momentary affective states shape between-person differences in trait affect and longitudinal change in mental health. In the first part of this contribution I will present data targeting the convergence and divergence of momentary experiences, memories thereof, and "trait" self-beliefs. Data from different studies capturing affective experiences show that these are interrelated, but they also capture slightly different constructs. In the second part of this contribution I will illustrate how within-person associations among different everyday experiences (within-person couplings) can be leveraged to predict (long-term) developmental change. Specifically, I will introduce a multilevel structural equation modeling perspective on this issue and demonstrate the proposed approach in an empirical data set linking between-person differences in the within-person coupling of stress and negative affect to change in depressive symptoms across 100 days. I will conclude this contribution with an outlook on experimental approaches that will allow for better understanding the cause-effect relationships among everyday experiences.

Prof. Dr. Pete Koval (University of Melbourne)

Is emotion-regulation flexibility all it's cracked up to be? Correlational and experimental evidence suggests that context-sensitive reappraisal use in daily life is not associated with greater well-being

Recent theoretical accounts propose that flexible emotion regulation is essential for healthy functioning and well-being. One key component of regulatory flexibility, known as *strategy-situation fit*, involves context-sensitive deployment of emotion-regulation strategies to match fluctuating contextual demands. We conducted two intensive longitudinal studies, using correlational (N=176) and experimental (N=184) methods, to investigate whether strategy-situation fit is beneficial for short-term affective outcomes and indicators of longer-term psychological well-being. Specifically, we investigated whether matching one's use of cognitive reappraisal with the perceived controllability of daily situations is more adaptive than using reappraisal uniformly across contexts. Based on previous research, we defined strategy-situation fit as matching greater reappraisal use with lower perceived controllability (and vice versa). We predicted that greater strategy-situation fit should be associated with enhanced well-being compared with uniform reappraisal. However, our findings across both studies provide little evidence for the predicted benefits of strategy-situation fit. Rather, we found some evidence for the well-being benefits of reappraisal use, in general, independent of perceived controllability. We also explored how daily reappraisal use and strategy-situation fit correlate with global self-reports of habitual (or "trait") reappraisal. Considered together with other recent findings, our results cast some doubt on the supposed adaptive value of flexible emotion regulation.