

# **23 mindfulness & compassion relevant abstracts: march '17 newsletter**

(Adams and Inesi 2016; Ardelit 2016; Binder 2016; Boenigk and Mayr 2016; Costa, Oliveira et al. 2016; Davis, Morris et al. 2016; Donald, Atkins et al. 2016; Gadermann, Guhn et al. 2016; Griffiths, Johnson et al. 2016; Hudson and Fraley 2016; Hudson and Fraley 2016; Koole and Tschacher 2016; Ma-Kellams and Lerner 2016; Nagpaul and Pang 2016; Neff and Davidson 2016; Pace, Zappulla et al. 2016; Pavani, Le Vigouroux et al. 2016; Richardson, McEwan et al. 2016; Walker, Kumar et al. 2016; Webster, Gesselman et al. 2016; Crocker, Canevello et al. 2017; Crocker, Canevello et al. 2017; Debot, Meuwly et al. 2017)

Adams, G. S. and M. E. Inesi (2016). **"Impediments to forgiveness: Victim and transgressor attributions of intent and guilt."** *J Pers Soc Psychol* 111(6): 866-881. <https://www.ncbi.nlm.nih.gov/pubmed/27537273>

We investigate the possibility that victims and transgressors are predictably miscalibrated in their interpretation of a transgression, and that this has important implications for the process of forgiveness. Across 5 studies, we find that victims underestimate how much transgressors desire forgiveness. This is driven by a 2-part mediating mechanism: First, victims are more likely than transgressors to see the transgression as intentional, and second, this causes victims to believe transgressors feel less guilty than transgressors report feeling. Ultimately, this chain of asymmetries stymies the processes of forgiveness because victims tend to withhold forgiveness from those who actually desire it. The predicted effect emerged in the context of scenario studies (Studies 3 and 5), a real transgression that occurred in the lab (Study 4), transgressions from participants' pasts (Study 1), and transgressions from the same day (Study 2). In Study 4, we describe a new procedure in which 1 participant commits a real transgression against another participant, providing an effective means for researchers to study real-time transgressions from the perspective of both parties involved. Furthermore, in Study 5, we found that when victims were encouraged to empathize with the transgressor, the asymmetries were attenuated, suggesting a means of overcoming this impediment to forgiveness.

Ardelit, M. (2016). **"Disentangling the relations between wisdom and different types of well-being in old age: Findings from a short-term longitudinal study."** *Journal of Happiness Studies* 17(5): 1963-1984.

<http://dx.doi.org/10.1007/s10902-015-9680-2>

Wisdom has been shown to be positively related to well-being in past cross-sectional research, but it is not clear whether wisdom affects well-being, well-being affects wisdom, or whether the association is reciprocal. This 10-month two-wave longitudinal study attempted to determine the direction of the relations between old age wisdom and physical, psychological (eudaimonic), and subjective (hedonic) well-being, using a sample of 123 older (M = 72 years) residents from a community in Florida, USA. The analyses of cross-lagged autoregressive models showed that baseline wisdom, assessed by cognitive, reflective, and compassionate (affective) dimensions of the three-dimensional wisdom scale (3D-WS), was significantly related to greater subjective well-being, mastery, purpose in life, and physical well-being at Time 2, but only baseline physical well-being was positively related to composite three-dimensional wisdom at Time 2 after controlling for baseline wisdom and well-being scores and significant control variables. The findings corroborate the hypothesis that wisdom in old age can exert a beneficial impact on physical, psychological, and subjective well-being. Helping individuals grow wiser might pay dividends in later life.

Binder, M. (2016). **"...do it with joy!" – subjective well-being outcomes of working in non-profit organizations."** *Journal of Economic Psychology* 54: 64-84. <http://www.sciencedirect.com/science/article/pii/S0167487016000404>

Working in non-profit organizations has been shown to be good for individuals' satisfaction with their jobs despite lower incomes. This paper explores the impact of non-profit work on life satisfaction more general for the British Household Panel Survey (BHPS) and finds a significant positive impact the size about more than a fourth of that of getting widowed. This effect is quite uniform across the subjective well-being distribution, and thus exists also for those who are already happy. Shadow prices peg this effect at around 22,000 GBP p.a., the average amount of equivalent net household income in the sample analyzed (which is roughly 27,000 GBP p.a.). The positive effect can be explained by third sector workers enjoying their day-to-day activities more, being (affectively) happier and feeling that they are playing a useful role in their lives. (Note, this paper concludes that someone earning £27,000 per year at a non-profit organisation, would need to earn £49,000 per year at a private company to maintain the same level of life satisfaction).

Boenigk, S. and M. L. Mayr (2016). **"The happiness of giving: Evidence from the German socioeconomic panel that happier people are more generous."** *Journal of Happiness Studies* 17(5): 1825-1846. <http://dx.doi.org/10.1007/s10902-015-9672-2>

This study explores the causal direction between happiness and charitable giving. Through the application of Cohen's path analysis, the main purpose of the study is to find evidence which of the possible causal directions—the one from giving to happiness or from happiness to giving—is the more dominant one. To that aim the authors use data from the German Socio-Economic Panel 2009/10. In a sample of 6906 donors, the relationships between monetary giving and life satisfaction were assessed. Furthermore, we controlled for different variables such as age, gender, and marital status. Contradictory to the hypotheses development, the results of the Cohen's path analysis indicate that the causal direction from happiness to charitable giving is the more dominant one. Through the study and our initial results we contribute to theory by highlighting the ambiguous causal relationship between the focal constructs and provide a statistical method to investigate such unclear causal relationships. We discuss how happiness, particularly the affective aspect, can be utilized by nonprofit managers to raise fundraising effectiveness and suggest areas for further research.

Costa, R. M., T. F. Oliveira, et al. (2016). **"Self-transcendence is related to higher female sexual desire."** *Personality and Individual Differences* 96: 191-197. <http://www.sciencedirect.com/science/article/pii/S0191886916301349>

One facet of self-transcendence is creative self-forgetfulness (CSF; tendency to be attentionally absorbed in mind-altering experiences). Proneness to mind-altering attentional absorption and other aspects of self-transcendence were previously related to vaginal intercourse frequency, sexual arousability, and female coital orgasm. Given that sexual responsiveness is enhanced by focused attention, it was tested whether CSF correlates with sexual responsiveness, and if maladaptive defenses, openness to experience, and testosterone explain the hypothesized relationships. One hundred thirty-nine Portuguese (98 women) provided saliva samples for testosterone determination by luminescence immunoassays before and after a romantic movie scene and reported how intensely they felt sexual desire and arousal during the movie. CSF was measured by the Temperament and Character Inventory-Revised, maladaptive defenses by the immature defenses subscale of the Defense Style

Questionnaire (DSQ-40), male and female past month desire by the desire dimensions of the International Index of Erectile Function (IIEF), and Female Sexual Function Index (FSFI). Female desire and arousal during the movie were independently predicted by CSF, openness to experience and testosterone, but not by immature defenses. Female past month desire was independently predicted by CSF, testosterone, and less immature defenses. Possible psychobiological processes linking self-transcendence and sexual responsiveness are discussed.

Crocker, J., A. Canevello, et al. (2017). **"Social motivation: Costs and benefits of selfishness and otherishness."** *Annu Rev Psychol* 68: 299-325. <https://www.ncbi.nlm.nih.gov/pubmed/27362501>

We examine recent evidence on the consequences of selfishness and otherishness for psychological well-being, physical health, and relationships. In the first sections, we consider recent evidence regarding the costs and benefits of giving time, money, and support to others and the costs and benefits of taking or receiving those things from others. Then, because the behaviors of giving and taking can be motivated either by selfish or otherish concerns, we next consider the costs and benefits of the motivation underlying giving and taking. We also examine why and for whom selfishness and otherishness have consequences for psychological well-being, physical health, and relationships. We focus on mechanisms identified in research, including intrapsychic mechanisms such as positive and negative affect, self-esteem and self-efficacy, a sense of meaning and purpose in life, and a sense of connectedness to or isolation from others, as well as interpersonal processes such as reciprocation of support and responsiveness.

Crocker, J., A. Canevello, et al. (2017). **"Romantic relationships in the ecosystem: Compassionate goals, nonzero-sum beliefs, and change in relationship quality."** *J Pers Soc Psychol* 112(1): 58-75. <https://www.ncbi.nlm.nih.gov/pubmed/27684363>

According to the egosystem-ecosystem theory of social motivation, people with ecosystem motivation believe their interpersonal relationships work in nonzero-sum ways. A longitudinal study of individuals in romantic relationships and a study of romantic couples who had a conflict discussion in the laboratory both showed that compassionate goals predict increased nonzero-sum beliefs through increased responsiveness and perceptions of partner's responsiveness and that nonzero-sum beliefs uniquely predict increased relationship quality through increased optimism that relationship problems can be overcome. The results support the view that motivational orientations shape people's lay theories that their relationship works in zero-sum or nonzero-sum ways, and further show that nonzero-sum beliefs are an important and unique predictor of change in relationship quality independent of responsiveness or perceived partner responsiveness.

Davis, T. J., M. Morris, et al. (2016). **"The moderation effect of mindfulness on the relationship between adult attachment and wellbeing."** *Personality and Individual Differences* 96: 115-121. <http://www.sciencedirect.com/science/article/pii/S0191886916301350>

Attachment theory was developed by Bowlby (1980) to explore the propensity of humans to make strong affectional bonds with significant others and to explain the different forms of emotional distress experienced when these relationships are disrupted. The concept of adult attachment is commonly employed in empirical studies of psychological interventions. One such intervention that significantly increases wellbeing is mindfulness. Mindfulness diminishes the extent to which circumstances are judged as positive or negative. Therefore, mindfulness might decrease the extent to which working models, primed by feelings of threat, are activated. To quantify what effect mindfulness has on wellbeing, the current study explored the relationship between adult attachment, wellbeing and mindfulness. Participants (N = 165) completed an online survey which included the Experiences in Close Relationships—Revised Questionnaire (ECR-R), the Friedberg Mindfulness Inventory (FMI-14) and the Depression Anxiety Stress Scale—short form (DASS-21). Results indicated that wellbeing, assessed by measures of depression, anxiety and stress, was strongly associated with an individual's attachment style. However, only attachment anxiety showed a predictive capacity on wellbeing. Furthermore, the results indicate that mindfulness is a significant moderator in the relationship, with mindfulness diminishing the effect of insecure attachment on wellbeing.

Debrot, A., N. Meuwly, et al. (2017). **"More than just sex: Affection mediates the association between sexual activity and well-being."** *Personality and Social Psychology Bulletin* 43(3): 287-299. <http://journals.sagepub.com/doi/abs/10.1177/0146167216684124>

Positive interpersonal interactions such as affection are central to well-being. Sex is associated with greater individual well-being, but little is known about why this occurs. We predicted that experienced affection would account for the association between sex and well-being. Cross-sectional results indicated that affection mediated the association between sex and both life satisfaction (Study 1) and positive emotions (however, among men only in Study 2). In Study 3, an experience sampling study with 106 dual-earner couples with children, affection mediated the association between sex and increased positive affect in daily life. Cross-lagged analyses in Study 3 to 4 supported the predicted direction of the associations. Moreover, the strength of the daily association between sex and positive affect predicted both partners' relationship satisfaction 6 months later. Our findings underscore the importance of affection and positive affect for understanding how sex promotes well-being and has long-term relational benefits. *The paper starts by quoting Anais Nin - "Only the united beat of sex and heart together can create ecstasy" and goes on in its introductory section to say: "Decades of research indicate that social relationships are a basic human need (Baumeister & Leary, 1995), as they are crucial for health and well-being (e.g., Holt-Lunstad, Smith, Layton, & Brayne, 2010). Most studies linking close relationships to well-being have focused on social support, while neglecting the importance of nonverbal interactions, such as sex or touch (Gallace & Spence, 2010; Impett, Muise, & Peragine, 2014). Sexual activity in romantic relationships is a nonverbal interaction often experienced as highly intimate (e.g., Muise & Impett, 2016). Moreover, the literature suggests a robust positive association between sexual frequency and well-being (e.g., Blanchflower & Oswald, 2004; Muise, Schimmack, & Impett, 2016). However, little is known about what accounts for this association. Sexuality research has tended to neglect relational aspects of sexuality (Impett et al., 2014). As illustrated by Anais Nin's quote, sex should be the most rewarding when coupled with an affectionate connection to the partner. This article aims to merge research on sexuality with research on close relationships (Diamond, 2013) to test the hypothesis that sexual activity is associated with affectionate experiences with the partner, in turn promoting positive emotions and well-being. Sexuality and Well-Being The link between having an active and satisfying sexual life and individual well-being has received strong support. In a large nationally representative U.S. sample, sexual frequency was associated with greater general happiness (Blanchflower & Oswald, 2004). In a large international study, sexual frequency and sexual satisfaction were associated with greater life happiness in older adults (Laumann et al., 2006). In addition, Muise, Schimmack, et al. (2016) underscore the relevance of these basic findings: the size of the difference in well-being for people having sex once a week, compared with those having sex less than once a month, was greater than the size of the difference in well-being for those making US\$75,000 compared with US\$25,000 a year—a US\$50,000 difference." [See too the excellent BPS Digest discussion of this article at <https://digest.bps.org.uk/2017/02/27/its-all-the-cuddling-psychologists-explore-why-people-who-have-more-sex-are-happier/>].*

Donald, J. N., P. W. B. Atkins, et al. (2016). **"Daily stress and the benefits of mindfulness: Examining the daily and longitudinal relations between present-moment awareness and stress responses."** *Journal of Research in Personality* 65: 30-37. [//www.sciencedirect.com/science/article/pii/S0092656616301118](http://www.sciencedirect.com/science/article/pii/S0092656616301118)

Theories of mindfulness claim that a state of present-moment awareness enhances self-regulation in the presence of negative emotion. However, very little research has tested this claim in relation to daily stressors. This paper examined whether present-moment awareness during daily stressful events predicted enhanced responding to (a) the same day's event, (b) a stressful event on the subsequent day and (c) stressful events on average, among a sample of adults (N = 143) over 20 days. We found support for these predictions, controlling for negative affect and stress-related appraisals. These novel findings extend the personality literature by showing that present-moment awareness facilitates adaptive stress-responses, independent of an individual's affective state and the severity of threat experienced.

Gadermann, A. M., M. Guhn, et al. (2016). **"A population-based study of children's well-being and health: The relative importance of social relationships, health-related activities, and income."** *Journal of Happiness Studies* 17(5): 1847-1872. <http://dx.doi.org/10.1007/s10902-015-9673-1>

This study investigated how various risk and protective factors interface with child health and well-being at the population level. Specifically, we examined the association of income, social-contextual variables, and indicators of health-related habits and activities to children's life satisfaction and perceived overall health. Child data were collected via a self-report survey, the Middle Years Development Instrument, which was administered in three demographically diverse Canadian school districts to 5026 grade 4 students (83 % of the students had complete data and were included in the analyses). Multiple regression and mediation analyses were conducted to examine the joint associations of social relationships with adults and peers, nutrition and sleep habits, and after school sports activities with children's satisfaction with life and perceived health. Results indicate that peer belonging and relationships with adults at home and school were the strongest predictors of life satisfaction. Furthermore, the (small) association between income and life satisfaction was mediated by social relationship variables. Child reports of perceived health were predicted by peer belonging, adult relationships (home, school, neighborhood), after-school team sports, and nutrition habits. The (small) association between income and health was mediated by social relationships and team sports participation. Findings are discussed in light of previous research on social determinants and socio-economic gradients of children's health and life satisfaction.

Griffiths, R. R., M. W. Johnson, et al. (2016). **"Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer: A randomized double-blind trial."** *Journal of Psychopharmacology* 30(12): 1181-1197. <http://journals.sagepub.com/doi/abs/10.1177/0269881116675513>

(Available in free full text) Cancer patients often develop chronic, clinically significant symptoms of depression and anxiety. Previous studies suggest that psilocybin may decrease depression and anxiety in cancer patients. The effects of psilocybin were studied in 51 cancer patients with life-threatening diagnoses and symptoms of depression and/or anxiety. This randomized, double-blind, cross-over trial investigated the effects of a very low (placebo-like) dose (1 or 3 mg/70 kg) vs. a high dose (22 or 30 mg/70 kg) of psilocybin administered in counterbalanced sequence with 5 weeks between sessions and a 6-month follow-up. Instructions to participants and staff minimized expectancy effects. Participants, staff, and community observers rated participant moods, attitudes, and behaviors throughout the study. High-dose psilocybin produced large decreases in clinician- and self-rated measures of depressed mood and anxiety, along with increases in quality of life, life meaning, and optimism, and decreases in death anxiety. At 6-month follow-up, these changes were sustained, with about 80% of participants continuing to show clinically significant decreases in depressed mood and anxiety. Participants attributed improvements in attitudes about life/self, mood, relationships, and spirituality to the high-dose experience, with >80% endorsing moderately or greater increased well-being/life satisfaction. Community observer ratings showed corresponding changes. Mystical-type psilocybin experience on session day mediated the effect of psilocybin dose on therapeutic outcomes.

Hudson, N. W. and R. C. Fraley (2016). **"Adult attachment and perceptions of closeness."** *Personal Relationships*: n/a-n/a. <http://dx.doi.org/10.1111/per.12166>

An online sample of more than 150,000 participants was used to examine whether—in addition to predicting how much intimacy people want—attachment styles also predict how people define and perceive intimacy. Results indicated that, as compared with relatively secure individuals, people with high levels of attachment anxiety required more time, affection, and self-disclosure to construe a relationship as "close." Additionally, anxious individuals perceived less intimacy in relationship vignettes than did their less anxious peers. In contrast, highly avoidant individuals required less time, affection, and self-disclosure to define a relationship as "close," and they perceived more intimacy in vignettes than did their more secure peers. These findings indicate that people who are relatively anxious not only want more intimacy in their relationships, but they are also less likely to perceive intimacy, as compared with their less anxious peers. Conversely, people high in avoidance not only want less intimacy, but they are also more sensitive to its presence, as compared with their less avoidant peers.

Hudson, N. W. and R. C. Fraley (2016). **"Do people's desires to change their personality traits vary with age? An examination of trait change goals across adulthood."** *Social Psychological and Personality Science* 7(8): 847-856. <http://spp.sagepub.com/content/7/8/847.abstract>

Research suggests most people want to change their personality traits. Existing studies have, however, almost exclusively examined college-aged samples. Thus, it remains unclear whether older adults also wish to change their personalities. In the present study, the authors sampled 6,800 adults, aged 18 to 70, and examined the associations between age and change goals. Results indicated change goals were slightly less prevalent among older adults. Moreover, older adults expressed desires for slightly smaller increases in each trait. Nevertheless, these effects were small, and a minimum of 78% of people of any age wanted to increase in each big five dimension. These findings have implications for understanding people's attempts to change their traits—and personality development more broadly—across adulthood.

Koole, S. L. and W. Tschacher (2016). **"Synchrony in psychotherapy: A review and an integrative framework for the therapeutic alliance."** *Frontiers in Psychology* 7(862). <http://journal.frontiersin.org/article/10.3389/fpsyg.2016.00862>

(Free full text) During psychotherapy, patient and therapist tend to spontaneously synchronize their vocal pitch, bodily movements, and even their physiological processes. In the present article, we consider how this pervasive phenomenon may shed new light on the therapeutic relationship— or alliance— and its role within psychotherapy. We first review clinical research on the alliance and the multidisciplinary area of interpersonal synchrony. We then integrate both literatures in the Interpersonal Synchrony (In-Sync) model of psychotherapy. According to the model, the alliance is grounded in the coupling of patient and therapist's brains. Because brains do not interact directly, movement synchrony may help to establish inter-brain coupling. Inter-brain coupling may provide patient and therapist with access to another's internal states, which facilitates common understanding and emotional sharing. Over time, these interpersonal exchanges may improve patients' emotion-regulatory capacities and related therapeutic outcomes. We discuss the empirical assessment of interpersonal synchrony and review

preliminary research on synchrony in psychotherapy. Finally, we summarize our main conclusions and consider the broader implications of viewing psychotherapy as the product of two interacting brains.

Ma-Kellams, C. and J. Lerner (2016). **"Trust your gut or think carefully? Examining whether an intuitive, versus a systematic, mode of thought produces greater empathic accuracy."** *J Pers Soc Psychol* 111(5): 674-685. <http://psycnet.apa.org/journals/psp/111/5/674/>

Cultivating successful personal and professional relationships requires the ability to accurately infer the feelings of others—that is, to be empathically accurate. Some are better at this than others, a difference which may be explained in part by mode of thought. Specifically, empathically accurate people may tend to rely more on intuitive rather than systematic thought when perceiving others. Or it may be the reverse: systematic thought may increase empathic accuracy. To determine which view is supported by the evidence, we conducted 4 studies examining relations between mode of thought (intuitive vs. systematic) and empathic accuracy. Study 1 revealed a lay belief that empathic accuracy arises from intuitive modes of thought. Studies 2 through 4, each using executive-level professionals as participants, demonstrated that, contrary to lay beliefs, people who tend to rely on intuitive thinking also tend to exhibit lower empathic accuracy. This pattern held when participants inferred others' emotional states based on (a) in-person face-to-face interactions with partners (Study 2) as well as on (b) pictures with limited facial cues (Study 3). Study 4 confirmed that the relationship is causal: experimentally inducing systematic (as opposed to intuitive) thought led to improved empathic accuracy. In sum, evidence regarding personal and social processes in these 4 samples of working professionals converges on the conclusion that, contrary to lay beliefs, empathic accuracy arises more from systematic thought than from gut intuition.

Nagpaul, T. and J. S. Pang (2016). **"Materialism lowers well-being: The mediating role of the need for autonomy – correlational and experimental evidence."** *Asian Journal of Social Psychology*: n/a-n/a. <http://dx.doi.org/10.1111/ajsp.12159>

While there is evidence from the self-determination perspective for the mediation of basic needs satisfaction in the materialism–well-being link, no research to date has attempted to examine the relative contribution of the three needs to the mediating effect. Given that the predictive value of psychological needs on well-being depends upon the match between the need and life domains, in two studies we investigate the differential mediating role of all three needs in the negative relationship between materialism and well-being. In study 1, 231 adult participants self-reported their materialistic attitudes, basic needs satisfaction and well-being. In study 2 (N = 82 undergraduates), we experimentally activated materialistic thoughts and examined their effects on need satisfaction and state well-being as compared to a neutral control condition. Study 1 furnished cross-sectional evidence that materialism diminishes well-being through lower satisfaction of the psychological need for autonomy only. Study 2 showed that experimental activation of materialism via short-term exposure to pictorial consumer-cues leads to lower satisfaction of the need for autonomy, which in turn produces higher negative affect among participants. The findings point towards the importance of considering the specific role of the psychological need for autonomy in the materialism–well-being link.

Neff, K. D. and O. Davidson (2016). **Self-compassion: Embracing suffering with kindness.** *Mindfulness in positive psychology*. I. Ivztan and T. Lomas. Routledge: 37-50.

This chapter will explore the link between self-compassion - a positive way of relating to oneself - and wellbeing. Self-compassion involves treating ourselves kindly, like we would a close friend we cared about. Rather than making global evaluations of ourselves as "good" or "bad," self-compassion involves generating kindness toward ourselves as imperfect humans, and learning to be present with the inevitable struggles of life with greater ease. It motivates us to make needed changes in our lives not because we're worthless or inadequate, but because we care about ourselves and want to lessen our suffering. An overview of research on self-compassion will be provided, which a burgeoning empirical literature has shown to be powerfully associated with emotional wellbeing, motivation, health behaviors, personal responsibility, coping, and better interpersonal relationships. Research also indicates that self-compassion can be increased through relatively short-term interventions. Finally, similarities and distinctions between self-compassion and mindfulness and their relative relationship to wellbeing will be discussed.

Pace, U., C. Zappulla, et al. (2016). **"The mediating role of perceived peer support in the relation between quality of attachment and internalizing problems in adolescence: A longitudinal perspective."** *Attachment & Human Development* 18(5): 508-524. <http://dx.doi.org/10.1080/14616734.2016.1198919>

The study was aimed to verify, from a longitudinal perspective, whether perceived peer support would mediate the relationship between attachment and internalizing problems. Longitudinal participants included 482 adolescents (245 boys) aged 14-15 years in Wave 1 and 17-18 years in Wave 2. Participants in Wave 1 completed the Relationship Questionnaire, and those in Wave 2 completed the Social Support Questionnaire and the Youth Self-Report. Results showed that secure attachment positively predicted high levels of perceived peer support and negatively predicted internalizing problems, whereas fearful and preoccupied attachment negatively predicted perceived peer support and positively predicted internalizing problems. The mediation models showed that perceived peer support partially mediated the relationship between secure attachment and internalizing problems as well as between preoccupied attachment and internalizing problems and between fearful attachment and internalizing problems. Our results confirm the role of subjective perception of peer support in contributing to the prediction of internalizing problems beyond attachment styles.

Pavani, J.-B., S. Le Vigouroux, et al. (2016). **"Affect and affect regulation strategies reciprocally influence each other in daily life: The case of positive reappraisal, problem-focused coping, appreciation and rumination."** *Journal of Happiness Studies* 17(5): 2077-2095. <http://dx.doi.org/10.1007/s10902-015-9686-9>

Feelings of positive or negative affect are not restricted to temporary states. They can also determine future affective experiences, by influencing the building of an individual's personal resources. The present study was designed to understand the daily fluctuations in positive and negative affect more fully. To this end, we examined the involvement of a variety of affect regulation strategies in these fluctuations. The affect regulation strategies we explored included positive reappraisal, problem-focused coping, appreciation and rumination. We adopted an experience sampling method, consisting of five daily assessments over a 2-week period. As expected, within a few hours of experiencing more positive affect, participants engaged in greater positive reappraisal, problem-focused coping and appreciation. In turn, greater use of each of these three strategies was followed by more intense experiences of positive affect. We observed analogous reciprocal influences between rumination and the experience of negative affect, within the same time interval. Changes in affective experience over several hours were also directly influenced by concurrent use of these strategies. More specifically, greater positive reappraisal, problem-focused coping and appreciation accelerated the rise in positive affect that follows low feelings of positive affect, and slowed the decline in positive affect that follows high feelings. Rumination had an analogous influence on change in negative affect. The clinical implications of these findings are discussed.

Richardson, M., K. McEwan, et al. (2016). **"Joy and calm: How an evolutionary functional model of affect regulation informs positive emotions in nature."** *Evolutionary Psychological Science*: 1-13. <http://dx.doi.org/10.1007/s40806-016-0065-5>

(Available in free full text) Key theories of the human need for nature take an evolutionary perspective, and many of the mental well-being benefits of nature relate to positive affect. As affect has a physiological basis, it is important to consider these benefits alongside regulatory processes. However, research into nature and positive affect tends not to consider affect regulation and the neurophysiology of emotion. This brief systematic review and meta-analysis presents evidence to support the use of an existing evolutionary functional model of affect regulation (the three circle model of emotion) that provides a tripartite framework in which to consider the mental well-being benefits of nature and to guide nature-based well-being interventions. The model outlines drive, contentment and threat dimensions of affect regulation based on a review of the emotion regulation literature. The model has been used previously for understanding mental well-being, delivering successful mental health-care interventions and providing directions for future research. Finally, the three circle model is easily understood in the context of our everyday lives, providing an accessible physiological-based narrative to help explain the benefits of nature.

Walker, J., A. Kumar, et al. (2016). **"Cultivating gratitude and giving through experiential consumption."** *Emotion* 16(8): 1126-1136. <https://www.ncbi.nlm.nih.gov/pubmed/27797561>

Gratitude promotes well-being and prompts prosocial behavior. Here, we examine a novel way to cultivate this beneficial emotion. We demonstrate that 2 different types of consumption-material consumption (buying for the sake of having) and experiential consumption (buying for the sake of doing)-differentially foster gratitude and giving. In 6 studies we show that reflecting on experiential purchases (e.g., travel, meals out, tickets to events) inspires more gratitude than reflecting on material purchases (e.g., clothing, jewelry, furniture), and that thinking about experiences leads to more subsequent altruistic behavior than thinking about possessions. In Studies 1-2b, we use within-subject and between-subjects designs to test our main hypothesis: that people are more grateful for what they've done than what they have. Study 3 finds evidence for this effect in the real-world setting of online customer reviews: Consumers are more likely to spontaneously mention feeling grateful for experiences they have bought than for material goods they have bought. In our final 2 studies, we show that experiential consumption also makes people more likely to be generous to others. Participants who contemplated a significant experiential purchase behaved more generously toward anonymous others in an economic game than those who contemplated a significant material purchase. It thus appears that shifting spending toward experiential consumption can improve people's everyday lives as well as the lives of those around them.

Webster, G. D., A. N. Gesselman, et al. (2016). **"Avoidant adult attachment negatively relates to classroom popularity: Social network analysis support for the parent-partner-peer attachment transfer model."** *Personality and Individual Differences* 96: 248-254. <http://www.sciencedirect.com/science/article/pii/S0191886916301544>

We propose and test one aspect of the Parent-Partner-Peer Attachment Transfer (3PAT) model. Specifically, we examined whether adults who were more romantically avoidant were less likely to be nominated as friends by their peers. Social network analysis is ideal for this investigation because it integrates individuals (nodes) and their relationships (ties) into a common framework of social associations. We predicted that avoidant romantic attachment would negatively relate to classroom popularity in peer-based social networks. In Study 1, undergraduate psychology students indicated their friendship strength with classmates and completed personality and attachment measures. After controlling for Big Five personality, which relates to social network structure, avoidant attachment was negatively related to eigenvector in degree centrality — a popularity measure. In Study 2 and using integrative data analysis (Curran & Hussong, 2009), we directly replicated this effect with identical measures. Overall, our findings supported one aspect of the 3PAT Model — partner-based avoidant romantic attachment negatively related to peer-based classroom friendships.