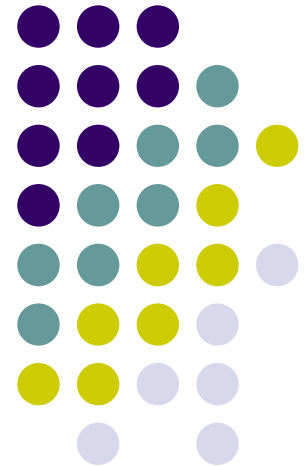


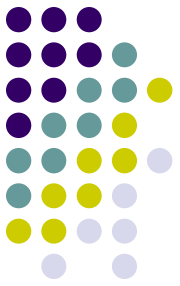
Emotion Regulation Study

Lauren Berger & Carmel Gabriel

Asian American Center on Disparities Research
University of California, Davis

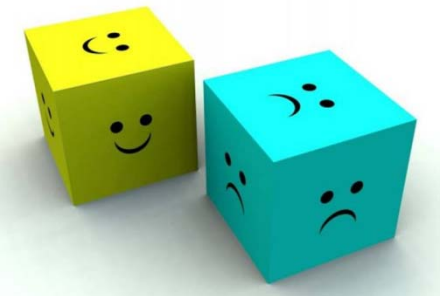
May 30, 2009

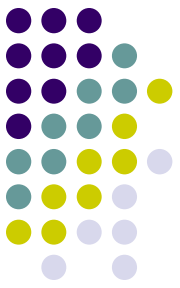




Background

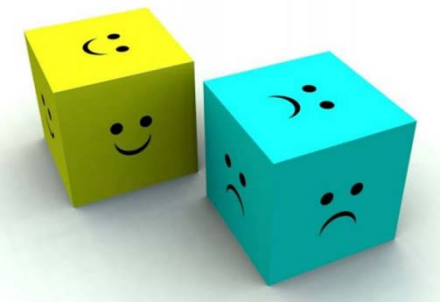
- Emotion Regulation
 - The way people think about, respond to, and manage emotions
- Therapy often aims to help clients regulate their emotions
- Western psychotherapy and catharsis
- Eastern forms of therapy
 - Naikan therapy

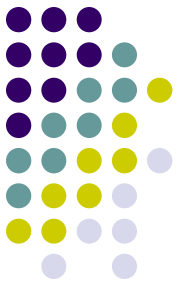




Background (cont.)

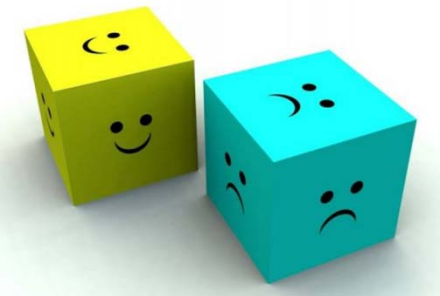
- Western psychotherapy may not address Asian Americans specific needs (Leong, 1986)
 - High dropout rates for Asian Americans (Sue, Fujino, Hu, Takeuchi, & Zane, 1991)
- Are there cultural variations in emotion response and regulation?
 - Look at different emotions separately

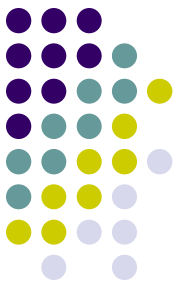




Methods

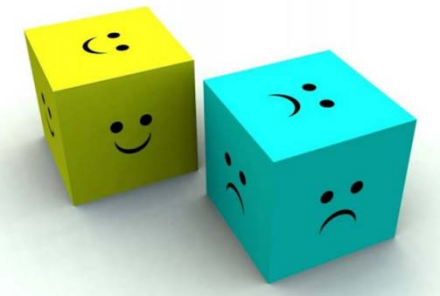
- Data collection: July 2008 – present
- One-hour web-based survey
 - SurveyGizmo
 - Questions randomized
- Experimetrix – UC Davis Psychology Subject Pool
- Each participant assigned ONE emotion
 - Anger, Anxiety, Shame, or Depression





Sample

- $N = 1194$
- Sex: 854 (71.5%) Female; 340 (28.5%) Male
- Age: $M = 19.62$, $SD = 2.15$

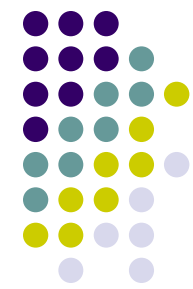




Sample (cont.)

- 606 Asian
 - 256 Chinese
 - 96 Vietnamese
 - 62 Filipino
 - 48 Korean
 - 45 South East Asian Indian
 - 99 Other Asian – e.g., Japanese, Hmong, Cambodian, Thai, Indonesian
- 292 Non-Hispanic White
- 160 Hispanic/Latino
- 32 Middle Eastern
- 29 African American/Black
- 2 Native American
- 67 Other
- Nativity
 - 866 (72.5%) U.S. Born
 - 328 (27.5%) Foreign Born





EMOTION REGULATION STUDY
N = 1194
72% Female


ANGER
n = 295

143 Asian
79 NH-White
39 Hisp/Latino
8 Black
17 Other



ANXIETY
n = 281

136 Asian
68 NH-White
47 Hisp/Latino
5 Black
11 Other




SHAME
n = 325

175 Asian
79 NH-White
35 Hisp/Latino
10 Black
18 Other



DEPRESSION
n = 293

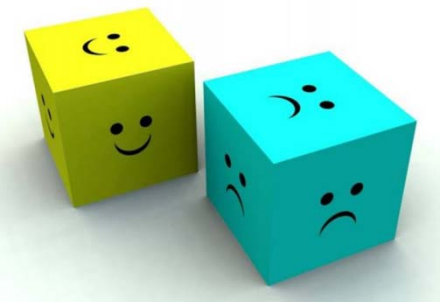
155 Asian
66 NH-White
39 Hisp/Latino
6 Black
21 Other



Measures



- Cognitive Emotion Regulation Questionnaire (Garnefski, Kraaij, & Spinhoven, 2001)
- COPE Inventory (Carver, Scheier, & Weintraub, 1989)
- Cybernetic Coping Scale (Edwards & Baglioni, 1993)
- Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004)
- Emotional Expressivity Scale (Kring, Smith, & Neale, 1994)
- Ruminative Responses Scale (Nolen-Hoeksema & Morrow, 1991)
- Trait Meta Mood Scale (Salovey, Mayer, Goldman, Turvey, & Palfai, 1995)
- Ways of Coping Checklist (Folkman, Lazarus, Dunkel-Schetter, DeLongis, & Gruen, 1985)





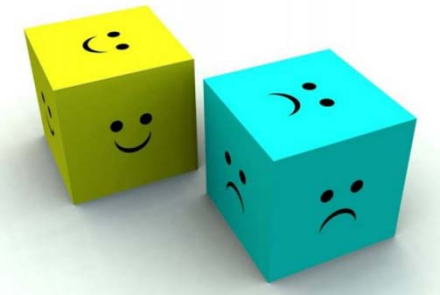
Measures (cont.)

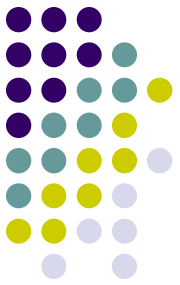
- Demographics

- Age
- Sex
- Religion
- Nativity
- SES

- Cultural Variables

- General Ethnicity Questionnaire
- Cultural Identification
- Self Construal
- Loss of Face
- Time Orientation





Possible Avenues

- Experimental manipulation
- Situation-specific
- Emotion Intensity
- Mediators
- Moderators



Questions & Suggestions

