

Learning Module One: Self and Others

Works Cited

- Alberini, CM. (2011) The role of reconsolidation and the dynamic process of long-term memory formation and storage. *Front Behav Neurosci*, 5, 12:1-10.
- Arend, I., Henik, A., and Okon-Singer, H. (2014). Dissociating emotion and attention functions in the Pulvinar nucleus of the Thalamus. *Neuropsychology*. doi: 10.1037/neu0000139
- Arnsten, A. F. (1998). The biology of being frazzled. *Science* 280, 1711–1712. doi: 10.1126/science.280.5370.1711
- Aue, T., Hoeppli, M. E., Piguet, C., Sterpenich, V., and Vuilleumier, P. (2013b). Visual avoidance in phobia: particularities in neural activity, autonomic responding, and cognitive risk evaluations. *Front. Hum. Neurosci.* 7:194. doi: 10.3389/fnhum.2013.00194
- Bar-Haim, Y., Lamy, D., Pergamin, L., Bakermans-Kranenburg, M. J., and Van, I. M. H. (2007). Threat-related attentional bias in anxious and nonanxious individuals: a meta-analytic study. *Psychol. Bull.* 133, 1–24. doi: 10.1037/0033-2909.133.1.1
- Barnes, T. D., Kubota, Y., Hu, D., Jin, D., & Graybiel, A. M. (2005). Activity of striatal neurons reflects dynamic encoding and recoding of procedural memories. *Nature*, 437(7062), 1158-1161. <https://doi.org/10.1038/nature04053>
- Baumeister, R. F., Bushman, B. J., & Campbell, W. K. (2000). Self-esteem, narcissism, and aggression: does violence result from low self-esteem or from threatened egotism? *Current Directions in Psychological Science*, 9, 26–29.
- Bentz, D., & Schiller, D. (2015). Threat processing: models and mechanisms. *Wiley Interdisciplinary Reviews: Cognitive Science*, 6(5), 427–439. doi:10.1002/wcs.1353
- Blume A, Bosch OJ, Miklos S, Torner L, Wales L, Waldherr M, Neumann ID. Oxytocin reduces anxiety via ERK1/2 activation: local effect within the rat hypothalamic paraventricular nucleus. *Eur J Neurosci*. 2008;27(8):1947–1956
- Boersma, Paul (2001). Praat, a system for doing phonetics by computer. *Glott International* 5:9/10, 341-345.
- Boiten FA, Frijda NH, Wientjes CJ. Emotions and respiratory patterns: review and critical analysis. *Int J Psychophysiol*. 1994;17(2):103–128.
- Bond, A. J., Ruaro, L., & Wingrove, J. (2006). Reducing anger induced by ego threat: Use of vulnerability expression and influence of trait characteristics. *Personality and Individual Differences*, 40, 1087–1097.
- Bond A.J., Wingrove J. (2010) The Neurochemistry and Psychopharmacology of Anger. In: Potegal M., Stemmler G., Spielberger C. (eds) *International Handbook of Anger*. Springer, New York, NY
- Bushman, B. J. (2002). Does venting anger feed or extinguish the flame? Catharsis, rumination, distraction, anger and aggressive responding. *Personality and Social Psychology Bulletin*, 28, 724–731
- Buhle JT, Silvers JA, Wager TD, Lopez R, Onyemekwu C, Kober H, et al. (November 2014). "Cognitive reappraisal of emotion: a meta-analysis of human neuroimaging studies". *Cerebral Cortex*. 24 (11): 2981–90. doi:10.1093/cercor/bht154. PMC 4193464
- Burklund LJ, Creswell JD, Irwin MR, Lieberman MD (2014-03-24). "The common and distinct neural bases of affect labeling and reappraisal in healthy adults". *Frontiers in Psychology*. 5: 221. doi:10.3389/fpsyg.2014.00221



- Bushman, B. J., & Baumeister, R. F. (1998). Threatened egotism, narcissism, self-esteem, and direct and displaced aggression: does self-love or self-hate lead to violence? *Journal of Personality and Social Psychology*, 75, 219–229.
- Clark, B. Mahato, N. Nakazawa, M. Law, T. Thomas, J. (2013) The power of the mind: the cortex as a critical determinant of muscle strength/weakness *Journal of Neurophysiology* 2014 112:12, 3219-3226
- Creswell JD, Way BM, Eisenberger NI, Lieberman MD (2007). "Neural correlates of dispositional mindfulness during affect labeling". *Psychosomatic Medicine*. 69 (6): 560–5. doi:10.1097/PSY.0b013e3180f6171f
- Constantinou E, Van Den Houte M, Bogaerts K, Van Diest I, Van den Bergh O (2014-07-22). "Can words heal? Using affect labeling to reduce the effects of unpleasant cues on symptom reporting". *Frontiers in Psychology*. 5: 807. doi:10.3389/fpsyg.2014.00807. PMC 4106456
- Damasio, A. R. (1994). *Descartes' error: Emotion, reason, and the human brain*. New York, NY: Grosset/Putnam.
- Damasio AR. (1996). "The somatic marker hypothesis and the possible functions of the prefrontal cortex". *Philosophical Transactions of the Royal Society B: Biological Sciences*. 351 (1346): 1413–1420. doi:10.1098/rstb.1996.0125
- Damasio, A. (2000). *The feeling of what happens: Body and emotion in the making of consciousness*. New York, NY: Mariner Books.
- Damasio, A.R., Tranel, D. & Damasio, H. (1991). "Somatic markers and the guidance of behaviour: theory and preliminary testing" (pp. 217–229). In H.S. Levin, H.M. Eisenberg & A.L. Benton (Eds.). *Frontal lobe function and dysfunction*. New York: Oxford University Press
- Desimone, R., and Duncan, J. (1995). Neural mechanisms of selective visual attention. *Annu. Rev. Neurosci.* 18, 193–222. doi: 10.1146/annurev.ne.18.030195.001205
- Diamond A (2013). "Executive functions". *Annu Rev Psychol*. 64: 135–168. doi:10.1146/annurev-psych-113011-143750
- Dijksterhuis, A., Bos, M. W., Nordgren, L. F., & van Baaren, R. B. (2006). On making the right choice: The deliberation-without-attention effect. *Science*, 311(5763), 1005–1007.
- Dreisbach, G., and Fischer, R. (2012). The role of affect and reward in the conflict-triggered adjustment of cognitive control. *Front. Hum. Neurosci.* 6:342. doi: 10.3389/fnhum.2012.00342
- Dudai Y. (2002) Molecular bases of long-term memories: a question of persistence. *Current Opinions in Neurobiology*, 12: 211-216. Simons D J, Chabris C F. "Gorillas in our midst: Sustained inattention blindness for dynamic events" *Perception*. 1999;28:1059–1074. doi: 10.1068/p2952
- Duhigg, Charles (2012) *The Power Of Habit: Why We Do What We Do In Life And Business*. New York : Random House, 2012. Print.
- Dutton, D., & Aron, A. (1974). Some evidence for heightened sexual attraction under conditions of high anxiety. *Journal of Personality and Social Psychology*, 30, 510–517.
- Ekman, P. (1992). Are there basic emotions? *Psychological Review*, 99(3), 550–553.
- Eysenck, M. W., Derakshan, N., Santos, R., and Calvo, M. G. (2007). Anxiety and cognitive performance: attentional control theory. *Emotion* 7, 336–353. doi: 10.1037/1528-3542.7.2.336
- Frank DW, Dewitt M, Hudgens-Haney M, Schaeffer DJ, Ball BH, Schwarz NF, (2014). "Emotion regulation: quantitative meta-analysis of functional activation and deactivation". *Neuroscience and Biobehavioral Reviews*. 45: 202–11. doi:10.1016/j.neubiorev.2014.06.010
- Felky A. The influence of the emotions on respiration. *Psychological Review* 1914; 1: 218–241.

- Finucane, M.L.; Alhakami, A.; Slovic, P.; Johnson, S.M. (2000). "The Affect Heuristic in Judgment of Risks and Benefits". *Journal of Behavioral Decision Making*. 13 (1): 1–17. CiteSeerX 10.1.1.390.6802. doi:10.1002/(SICI)1099-0771(200001/03)13:1
- Gambetti, E., Giusberti, F. Dispositional anger and risk decision-making. *Mind Soc* 8, 7–20 (2009).
<https://doi.org/10.1007/s11299-008-0052-z>
- Gazzaniga, Michael (1998). The split brain revisited. *Scientific American* 297 (1998), pp. 51-55. 37
- Grupe, D. W., and Nitschke, J. B. (2013). Uncertainty and anticipation in anxiety: an integrated neurobiological and psychological perspective. *Nat. Rev. Neurosci.* 14, 488–501. doi: 10.1038/nrn3524
- Habib Marianne, Cassotti Mathieu, Moutier Sylvain, Houdé Olivier, Borst Grégoire (2015) Fear and anger have opposite effects on risk seeking in the gain frame *Frontiers in Psychology* VOLUME=6 YEAR=2015PAGES=253 DOI=10.3389/fpsyg.2015.00253
- Hansen, C. H., & Hansen, R. D. (1988). Finding the face in the crowd – An anger superiority effect. *Journal of Personality and Social Psychology*, 54(6), 917–924].
- Hardy, Malcolm; Heyes, Steve (2 December 1999). *Beginning Psychology*. Oxford University Press. pp. 24–27. ISBN 978-0-19-832821-6.
- Harmon-Jones, Eddie & Harmon-Jones, Cindy & Price, Tom. (2013). What is Approach Motivation?. *Emotion Review*. 5. 291-295. 10.1177/1754073913477509.
- Harmon-Jones, E., Peterson, C., Gable, P. A., & Harmon-Jones, C. (2008). Anger and approach-avoidance motivation. In A. J. Elliot (Ed.), *Handbook of approach and avoidance motivation* (p. 399–413). Psychology Press.
- Harlé, K. M., Shenoy, P., and Paulus, M. P. (2013). The influence of emotions on cognitive control: feelings and beliefs-where do they meet? *Front. Hum. Neurosci.* 7:508. doi: 10.3389/fnhum.2013.00508
- Heider, F. & Simmel, M. "An Experimental Study of Apparent Behaviour" *American Journal of Psychology* 57 (1944): 243-259
- Herry C, Johansen JP. Encoding of fear learning and memory in distributed neuronal circuits. *Nat Neurosci* 2014, 17:1644–1654
- Hoffman, Ben; *Peaceweaving: Shamanistic Insights into Mediating the Transformation of Power*. (2013). Published by the Canadian International Institute of Applied Negotiation. ISBN 978-0-9864907-3-6
- Hofmann, Stefan G. (2014). "Interpersonal Emotion Regulation Model of Mood and Anxiety Disorders". *Cognitive Therapy and Research*. 38 (5): 483–492. doi:10.1007/s10608-014-9620-1
- Hofmann, W.; Baumeister, R.F.; Forster, G.; Vohs, K.D. (2012). "Everyday temptations: An experience sampling study on desire, conflict, and self-control". *Journal of Personality and Social Psychology*. 102 (6): 1318–1335. doi:10.1037/a0026545
- Hölzel, B.K., Lazar, S.W., Gard, T., Schuman-Olivier, Z., Vago, D.R., & Ott, U. (2011). How Does Mindfulness Meditation Work? Proposing Mechanisms of Action From a Conceptual and Neural Perspective. *Perspectives on psychological science : a journal of the Association for Psychological Science*, 6 6, 537-59 .
- Iacoboni, M., Molnar-Szakacs, I., Gallese, V., Buccino, G., Mazziotta, J. C., & Rizzolatti, G. (2005). Grasping the Intentions of Others with One's Own Mirror Neuron System. *PLoS Biology*, 3(3), e79. doi:10.1371/journal.pbio.0030079
- Isabelle Blanchette & Anne Richards (2010) The influence of affect on higher level cognition: A review of research on interpretation, judgement, decision making and reasoning, *Cognition and Emotion*, 24:4, 561-595, DOI: 10.1080/02699930903132496



Jingyi Lu, Xiaofei Xie, Ruogu Zhang, (2013) Focusing on appraisals: How and why anger and fear influence driving risk perception, *Journal of Safety Research*, Volume 45,2013,Pages 65-73,ISSN 0022-4375, <https://doi.org/10.1016/j.jsr.2013.01.009>.

Kahneman, Daniel. (2011). *Thinking Fast and Slow*. Published by Anchor Canada. ISBN: 978-0-385-67653-3

Kaller, M. S., Lazari, A., Blanco-Duque, C., Sampaio-Baptista, C., & Johansen-Berg, H. (2017). Myelin plasticity and behaviour-connecting the dots. *Current opinion in neurobiology*, 47, 86–92. <https://doi.org/10.1016/j.conb.2017.09.014>

Kappes, A., Harvey, A.H., Lohrenz, T. et al. Confirmation bias in the utilization of others' opinion strength. *Nat Neurosci* 23, 130–137 (2020) doi:10.1038/s41593-019-0549-2

Keysers, Christian (2010). "Mirror Neurons" . *Current Biology*. 19 (21): R971–973. doi:10.1016/j.cub.2009.08.026. PMID 19922849

Kreibig SD. Autonomic nervous system activity in emotion: A review. *Biological Psychology*. 2010;84:394–421. doi: 10.1016/j.biopsycho.2010.03.010.

Labuschagne I, Phan KL, Wood A, Angstadt M, Chua P, Heinrichs M, Nathan PJ. Oxytocin attenuates amygdala reactivity to fear in generalized social anxiety disorder. *Neuropsychopharmacology*. 2010;35(12):2403–2413

LeDoux JE. Emotion circuits in the brain. *Annu Rev Neurosci*. 2000;23:155–184.

Lerner, J.S,Keltner, D. (2000) Beyond valence: Toward a model of emotion-specific influences on judgement and choice, *Cognition and Emotion*, 14:4, 473-493, DOI: 10.1080/026999300402763

Lerner, J. S., & Keltner, D. (2001). Fear, anger, and risk. *Journal of Personality and Social Psychology*, 81(1), 146–159. <https://doi.org/10.1037/0022-3514.81.1.146>

Lerner, J. S., & Tetlock, P. E. (1999). Accounting for the effects of accountability. *Psychological Bulletin*, 125(2), 255–275. <https://doi.org/10.1037/0033-2909.125.2.255>

Lerner and Tiedens, L. Z. (2006). Portrait of the angry decision maker: How appraisal tendencies shape anger's influence on cognition. *Journal of Behavioral Decision Making (Special Issue on Emotion and Decision Making)*, 19, 115–137

Lerner, Jennifer S., Seunghee Han, and Dacher Keltner. 2007. "Feelings and Consumer Decision Making: Extending the AppraisalTendency Framework." *Journal of Consumer Psychology* 17 (3) (July): 181–187. doi:10.1016/s1057-7408(07)70027-x.

Lewicki, R. J., Polin, B., & Lount, R. B. (2016). An Exploration of the Structure of Effective Apologies. *Negotiation and Conflict Management Research*, 9(2), 177-196. doi: 10.1111/ncmr.12073

Lieberman MD, Eisenberger NI, Crockett MJ, Tom SM, Pfeifer JH, Way BM (May 2007). "Putting feelings into words: affect labeling disrupts amygdala activity in response to affective stimuli". *Psychological Science*. 18 (5): 421–8. doi:10.1111/j.1467-9280.2007.01916.x

Martin, R. C., & Dahlen, E. R. (2007). The Angry Cognitions Scale: A new inventory for assessing cognitions in anger. *Journal of Rational-Emotive and Cognitive Behavior Therapy*, 25, 155-173.

Martin, R. C., & Dahlen, E. R., (2011). Angry thoughts and response to provocation: Validity of the Angry Cognitions Scale. *Journal of Rational-Emotive and Cognitive Behavior Therapy*, 29, 65-76.

Martin, R. C., Vieaux, L. E. (2013). Angry thoughts and daily emotion logs: Validity of the Angry Cognitions Scale. *Journal of Rational-Emotive and Cognitive Behavior Therapy*, 29, 65-76.

- Molenberghs P, Cunnington R, Mattingley JB (July 2009). "Is the mirror neuron system involved in imitation? A short review and meta-analysis". *Neuroscience and Biobehavioral Reviews*. 33 (7): 975–80. doi:10.1016/j.neubiorev.2009.03.010
- Moons WG, Mackie DM. Thinking straight while seeing red: The influence of anger on information processing. *Personality and Social Psychology Bulletin*. 2007;33:706–720. doi: 10.1177/014616720629856
- Moors, A., De Houwer, J. (2006). Automaticity: A theoretical and conceptual analysis. *Psychological Bulletin*, 132, 297–326.
- Morris JS, Ohman A, Dolan RJ. Conscious and unconscious emotional learning in the human amygdala. *Nature* 1998, 393:467–470.
- Nickerson, Raymond S. (June 1998), "Confirmation bias: A ubiquitous phenomenon in many guises", *Review of General Psychology*, 2 (2): 175–220, doi:10.1037/1089-2680.2.2.175
- Ohman A, Mineka S. Fears, phobias, and preparedness: toward an evolved module of fear and fear learning. *Psychol Rev* 2001, 108:483–522.
- Ofengenden, Tzofit (2014) Memory Formation and Belief T DIAL PHIL MENT NEURO SCI 2014; 7(2): 34-44
- Olsson A, Nearing KI, Phelps EA. Learning fears by observing others: the neural systems of social fear transmission. *Soc Cogn Affect Neurosci* 2007, 2: 3–11. 38.
- Pearce JM, Hall G. A model for Pavlovian learning: variations in the effectiveness of conditioned but not of unconditioned stimuli. *Psychol Rev* 1980, 87:532–552.
- Peters S, Slattery DA, Uschold-Schmidt N, Reber SO, Neumann ID. (2014) Dose-dependent effects of chronic central infusion of oxytocin on anxiety, oxytocin receptor binding and stress-related parameters in mice. *Psychoneuroendocrinology*. ;42:225–236.
- Phelps EA, LeDoux JE. Contributions of the amygdala to emotion processing: from animal models to human behavior. *Neuron* 2005, 48:175–187.
- Phelps EA, LeDoux JE. Contributions of the amygdala to emotion processing: from animal models to human behavior. *Neuron*. 2005;48(2):175–187. doi: S0896-6273(05)00823-8 10.1016/j.neuron.2005.09.025.
- Plous, Scott (1993). *The Psychology of Judgment and Decision Making*. McGraw-Hill Education. ISBN 978-0-07-050477-6.
- Rizzolatti, Giacomo; Craighero, Laila (2004). "The mirror-neuron system" *Annual Review of Neuroscience*. 27 (1): 169–192.
- Rydell, R. J., Mackie, D. M., Maitner, A. T., Claypool, H. M., Ryan, M. J., & Smith, E. R. (2008). Arousal, Processing, and Risk Taking: Consequences of Intergroup Anger. *Personality and Social Psychology Bulletin*, 34(8), 1141–1152. <https://doi.org/10.1177/0146167208319694>
- Smith CA, Ellsworth PC. (1985) Patterns of cognitive appraisal in emotion. *J Pers Soc Psychol*. 1985 Apr;48(4):813-38.
- Smith, Kyle; Graybiel, Ann. (2014). Investigating habits: strategies, technologies and models *Front Behav Neurosci*. 2014; 8: 39. doi: 10.3389/fnbeh.2014.00039
- Swann, W. B., Wenzlaff, R. M., Krull, D. S., & Pelham, B. W. (1992). Allure of negative feedback: Self-verification strivings among depressed persons. *Journal of Abnormal Psychology*, 101(2), 293–306. <https://doi.org/10.1037/0021-843X.101.2.293>
- Torre JB, Lieberman MD (2018). "Putting Feelings Into Words: Affect Labeling as Implicit Emotion Regulation". *Emotion Review*. 10 (2): 116–124. doi:10.1177/1754073917742706. ISSN 1754-073
- Tse, W. S., & Bond, A. J. (2002). Serotonergic intervention affects both social dominance and affiliative behaviour. *Psychopharmacology*, 161, 324–330.



- Westen, Drew; Blagov, Pavel S.; Harenski, Keith; Kilts, Clint; Hamann, Stephan (2006), "Neural Bases of Motivated Reasoning: An fMRI Study of Emotional Constraints on Partisan Political Judgment in the 2004 U.S. Presidential Election", *Journal of Cognitive Neuroscience*, 18 (11): 1947–58
- Whalen, P.J., Kagan, J., Cook, R.G., et al. (2004). Human amygdala responsivity to masked fearful eye whites. *Science*, 306, 2061. Whalen, P.J., Shin, L.M., Mclnerney, S.C., Fischer, H., Wright, C.I., Rauch, S.L. (2001). A functional MRI study of human amygdala responses to facial expressions of fear versus anger. *Emotion*, 1, 70–83
- Wilson, Robyn S.; Arvai, Joseph L. (March 2006). "When Less Is More: How Affect Influences Preferences When Comparing Low and High-risk Options". *Journal of Risk Research*. 9 (2): 165–178. doi:10.1080/13669870500419503
- Stucke, T. S., & Sporer, S. L. (2002). When a grandiose self-image is threatened: narcissism and self-concept clarity as predictors of negative emotions and aggression following ego-threat. *Journal of Personality*, 70, 509–532.
- Urry, H. L. (2010). Seeing, thinking, and feeling: emotion-regulating effects of gaze-directed cognitive reappraisal. *Emotion* 10, 125–135. doi: 10.1037/a0017434
- Valenza MC, Valenza Peña G, Torres Sánchez I, et al. Effectiveness of controlled breathing techniques on anxiety and depression in hospitalized patients with COP
- Vytal, K. E., Cornwell, B. R., Letkiewicz, A. M., Arkin, N. E., and Grillon, C. (2013). The complex interaction between anxiety and cognition: insight from spatial and verbal working memory. *Front. Hum. Neurosci.* 7:93. doi: 10.3389/fnhum.2013.00093
- Webb, T. L., Miles, E., and Sheeran, P. (2012). Dealing with feeling: a meta-analysis of the effectiveness of strategies derived from the process model of emotion regulation. *Psychol. Bull.* 138, 775–808. doi: 10.1037/a0027600
- Zaki, Jamil; Williams, W. Craig (2013). "Interpersonal emotion regulation". *Emotion*. 13 (5): 803–810. doi:10.1037/a0033839
- Zaretsky, M., Mendelsohn, A., Mintz, M., and Hendler, T. (2010). In the eye of the beholder: internally driven uncertainty of danger recruits the amygdala and dorsomedial prefrontal cortex. *J. Cogn. Neurosci.* 22, 2263–2275. doi: 10.1162/jocn.2009.21402