

PSY 331 Cognitive Psychology

Study Guide for Eysenck & Brysbaert Chapter 11: Cognition and Emotion

Study reminder: Use spaced retrieval practice—avoid rereading and cramming.

Key Terms. You should be able to explain and give examples of the following terms.

cognitive (re)appraisal
nonconscious processing
emotional regulation
attentional narrowing
mood-state-dependent memory
mood congruity
optimism bias

Urbach-Wiethe disease
personal moral dilemma
attentional bias
interpretative bias
homographs

Practice answering the following essay questions:

1. Discuss how cognition can influence emotion.
2. Discuss how emotion can influence cognition.
3. Explain the process model of emotional regulation, specifically how attentional deployment and cognitive change work.
4. Define mood-state-dependent memory, and explain how it can affect the encoding and retrieval of memories?
5. Explain how anxiety is related to attentional and interpretative biases, and what the findings mean for therapy.