

University of Massachusetts Medical School

eScholarship@UMMS

---

UMass Center for Clinical and Translational  
Science Research Retreat

2013 UMass Center for Clinical and  
Translational Science Research Retreat

---

May 8th, 12:30 PM - 1:30 PM

## Better Memory for a Negative Event Associated with Better Emotion Regulation

Gennarina Santorelli  
*University of Massachusetts Amherst*

*Et al.*

Let us know how access to this document benefits you.

Follow this and additional works at: [https://escholarship.umassmed.edu/cts\\_retreat](https://escholarship.umassmed.edu/cts_retreat)



Part of the [Psychiatry and Psychology Commons](#), [Psychology Commons](#), and the [Translational Medical Research Commons](#)

---

Santorelli G, Gora R, Rovenpor D, Ready RE. (2013). Better Memory for a Negative Event Associated with Better Emotion Regulation. UMass Center for Clinical and Translational Science Research Retreat. Retrieved from [https://escholarship.umassmed.edu/cts\\_retreat/2013/posters/15](https://escholarship.umassmed.edu/cts_retreat/2013/posters/15)

Creative Commons License



This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 3.0 License](#). This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in UMass Center for Clinical and Translational Science Research Retreat by an authorized administrator of eScholarship@UMMS. For more information, please contact [Lisa.Palmer@umassmed.edu](mailto:Lisa.Palmer@umassmed.edu).

**Title:** Better Memory for a Negative Event Associated with Better Emotion Regulation

**Authors:** Gennarina Santorelli, Rachel Gora, Daniel Rovenpor, and Rebecca E. Ready

**Affiliation:** The University of Massachusetts Amherst, Department of Psychology

**Contact information:** 135 Hicks Way, Amherst, MA 01003; 413-545-1984;  
gsantorelli@psych.umass.edu

**Abstract:** Cognitive resources in older adults may promote psychological well-being. Our data add a novel dimension to this work by demonstrating that superior memory for negative mood induction stimuli is associated with better emotion recovery over time. Older ( $n = 11$ ) and younger ( $n = 14$ ) participants were shown film clips depicting themes of loss to induce negative emotions and reduce positive emotions. Self-report emotions were assessed prior to the videos, immediately after the videos, and after 10-minutes of emotion recovery. Results indicated that Positive Affect, Joviality, and Attentiveness significantly ( $ps < .05$ ) decreased and Negative Affect, Sadness, and Hostility significantly ( $ps < .05$ ) increased from pre- to post-video. Changes in Guilt were significantly ( $p < .05$ ) different by age group; scores for younger adults decreased whereas scores for older adults increased. Free recall and recognition memory for the film stimuli were tested. There was a trend for younger adults to have better recognition memory for the negative film stimuli than older adults ( $p < 0.10$ ). Poorer recognition memory was associated with less efficient emotion recovery for several negative emotions. Specifically, poorer recognition memory was associated with less efficient recovery as a trend for Fear ( $r = -.35, p < .10$ ) and Sadness ( $r = -.36, p < .10$ ) and significantly for Guilt ( $r = -.66, p < .05$ ). Better memory for an event that causes negative emotions may facilitate emotion regulation and emotion recovery. Implications for emotion dysregulation in memory disorders are discussed.