

# Module 41





# Key terms



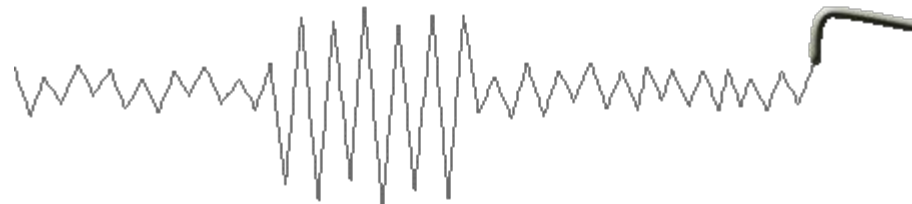
**James-Lange theory:** the theory that our experience of emotion is our awareness of our physiological responses to emotion-arousing stimuli.

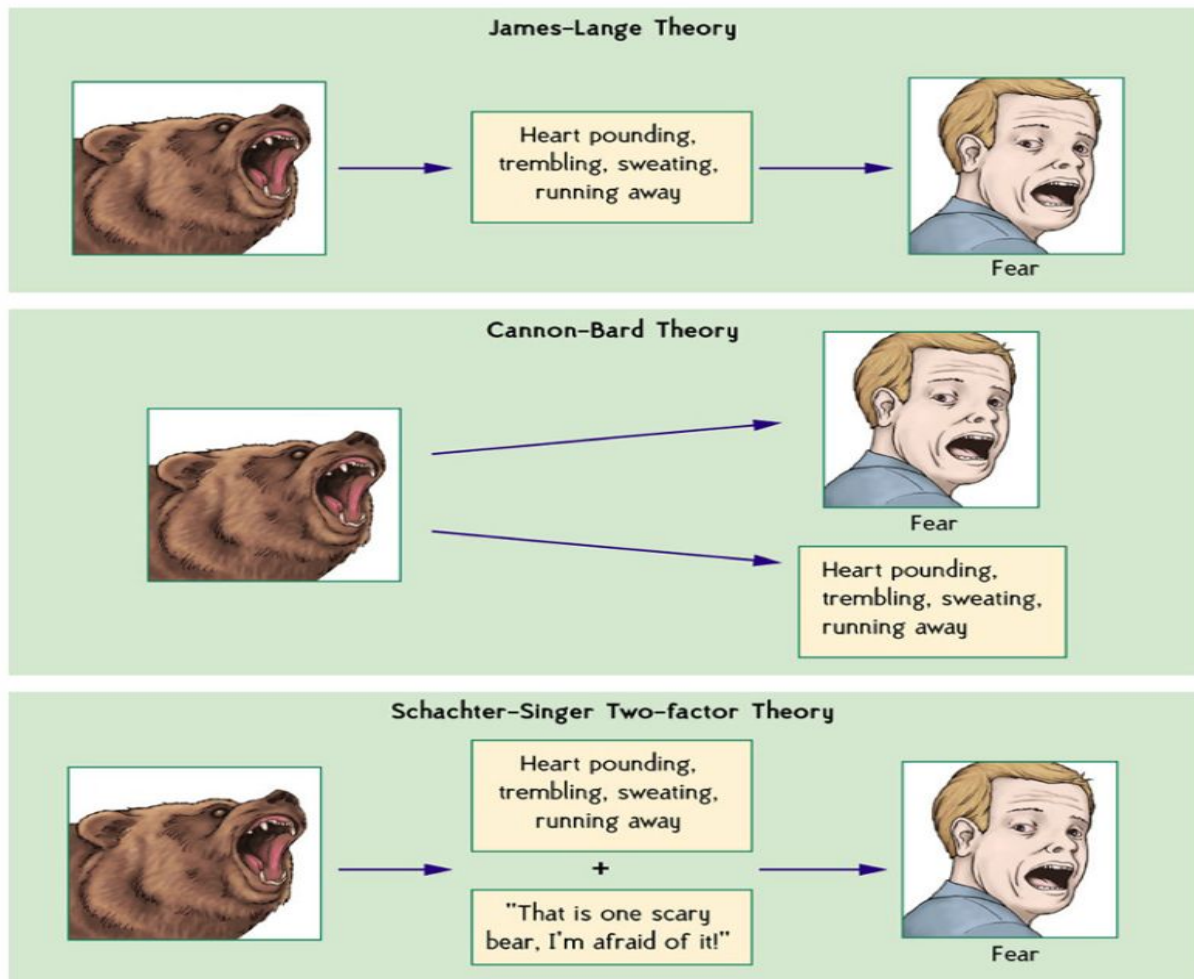
**Cannon-Bard theory:** the theory that an emotion-arousing stimulus simultaneously triggers responses and experience

**Two-Factor theory:** the Schachter Singer theory that to experience emotion one must physically be aroused and cognitively label the arousal.

**Emotion:** a response of the whole organism, involving physiological arousal, expressive behaviors, and conscious experience.

**Polygraph:** a machine, commonly used in attempts to detect lies, that measures several of the psychological responses accompanying emotion.





**FIGURE 10.7**

# Multiple choice

One night Samar became frightened when she was startled by a noise while walking down the street alone. Which theory of emotion would say that her fear resulted from the startle response alone?

- James-Lange
- Cannon-Bard
- Two-factor
- Lazarus
- Schachter-Singer

The Cannon-Bard theory of emotion states that

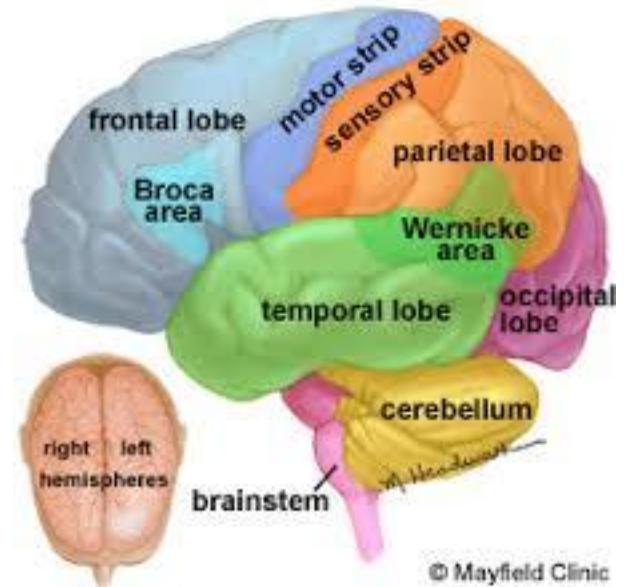
- emotional response occurs before cognition.
- physiological response occurs before emotional response.
- emotional response occurs before physiological response.
- cognition occurs before emotional response.
- physiological response and emotion occur independently and simultaneously.

Which of the following is an example of cognitive appraisal?

- Randal is happy all day because he is savoring the wonderful events of yesterday.
- Charles is frightened in a dark alley because he remembers stories of others being attacked in dark alleys.
- Sherika labels the arousal she is feeling as attraction because she is in the presence of a good-looking young man.
- Dora is angry because she cannot figure out how to convince her husband to take her to Hawaii.
- Ann is frustrated because traffic has made her late for an important meeting.

Which of the following characterizes the “low road” neural pathway to emotions?

- Information travels directly from the thalamus to the amygdala.
- The emotion results more slowly than it would via the “high road.”
- It is an example of top-down processing.
- It is more likely to be utilized for complex feelings.
- It passes through the brain's cortex.





### FRQ

Lynn's boyfriend has not replied to her last three text messages. Lynn is experiencing anger, increased blood pressure, and rapid breathing. Analyze the situation using both the James-Lange and the Cannon-Bard theories of emotion.



Under the James-Lange theory, Lynn would experience rapid breathing and a high blood pressure, and would then feel the rush of anger overcome her afterwards. Basically, she'd experience the physical factors of this problem before she feels the wave of anger. Under the Cannon-Bard theory, both of these will come at the same time. That means she'd feel angry, have an increased blood pressure, and experience rapid breathing all at the same exact time.