

Recommendations for additional reading

Aldao, A., Nolen-Hoeksema, S., & Schweizer, S. (2010). Emotion-regulation strategies across psychopathology: A meta-analytic review. *Clinical Psychology Review*, 30(2), 217-237. doi:10.1016/j.cpr.2009.11.004

A meta-analysis reporting relationships between use of several ER strategies and psychopathology, with stronger positive effects for the association of maladaptive strategies and psychopathology, with moderate negative effects for the association of adaptive strategies with psychopathology.

Ford, B. Q., & Troy, A. S. (2019). Reappraisal reconsidered: A closer look at the costs of an acclaimed emotion-regulation strategy. *Current Directions in Psychological Science*, 28(2), 195-203.

A brief review of exceptions to the position that the use of reappraisal is always adaptive. Moderators which impact the success of reappraisal, as well as the relationship between reappraisal use and success and adaptive outcomes, are reviewed.

Gratz, K. L., Weiss, N. H., & Tull, M. T. (2015). Examining emotion regulation as an outcome, mechanism, or target of psychological treatments. *Current Opinion in Psychology*, 3, 85-90.

A review of the role of psychological interventions which may impact ER directly or indirectly. Evidence that ER as a potential transdiagnostic mechanism of change in psychosocial interventions is discussed.

Silvers, J. A., & Guassi Moreira, J. F. (2019). Capacity and tendency: A neuroscientific framework for the study of emotion regulation. *Neuroscience Letters*, 693, 35-39. doi:<https://doi.org/10.1016/j.neulet.2017.09.017>

A review of neuroimaging studies of emotion regulation which separates emotion regulation use (tendency) from success (capacity).

Uusberg, A., Taxer, J. L., Yih, J., Uusberg, H., & Gross, J. J. (2019). Reappraising reappraisal. *Emotion Review*, 11(4), (267-282). doi10.1177/1754073919862

A review which proposes to deconstruct reappraisal into reconstrual and repurposing, integrating the role of malleability in reappraisal.

Webb, T. L., Miles, E., & Sheeran, P. (2012). Dealing with feeling: a meta-analysis of the effectiveness of strategies derived from the process model of emotion regulation. *Psychological Bulletin*, 138(4), 775.

A meta-analysis on the success (effectiveness) of different ER strategies when instructed in the laboratory, demonstrating a modest effect for reappraisal, which was larger than effects for attentional deployment and response modulation.