Recommendations for additional reading


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.


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.


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.


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


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


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.