

## **A hangulat szabályzásáról. A homeosztatisz kognitív stratégiák, érzelmi szabályozásban betöltött szerepének bizonyítékai**

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**Abstract** What are the cognitive strategies that allow people to manage and maintain their daily mood fluctuations within reasonable limits? Despite intense recent interest in affective phenomena, spontaneous changes over time in mood effects have rarely been studied. These three experiments evaluated the temporal sequence of positivity and negativity in social responses by people who received an initial positive and negative mood induction. Following different mood manipulations, participants performed three kinds of serial social tasks: they generated person descriptions (Exp. 1), completed trait words (Exp. 2) or produced a series of self-descriptions (Exp. 3). Results were consistent with the operation of a spontaneous, homeostatic mood management mechanism, as initially mood-congruent responses were spontaneously reversed and replaced by mood-incongruent reactions over time. The implications of these results for recent affect-cognition theorizing, and for our understanding of people's everyday mood management strategies are discussed.

**Keywords:** mood effects, mood manipulation, cognitive strategies, Affect Infusion Model.