

Amplified Effects:

We might accept that shared reality amplifies negative emotions because:

- **Visual stimuli** are amplified when shared with other people (Boothby *et al.* 2017)
- Shared reality makes reality seem more “real” which can **intensify emotions** (E. Tory Higgins 1992; Hazanov 2014)
- Negative emotions are enhanced when individuals share reality while looking at **negative images** (Hazanov 2014)
- Explicit negative social-evaluation causes an **increase in cortisol** within participants (Dickerson *et al* 2008)
- Both **pleasant** (i.e. eating sweet chocolate) and **unpleasant experiences** (i.e. eating bitter chocolate) are more intense when shared with others (Boothby *et al.* 2014)
- Sharing good news with a close other **increases positive affect** and life satisfaction (Gable *et al.* 2004)

References

Boothby *et al.* (2014). Shared Experiences are Amplified. *Psychological Science*, 25(12), 2209-2216.

Boothby *et al.* (2017). The world looks better together: How close others enhance our visual experiences. *Personal Relationships*, 24(3), 694-714

Dickerson, S. S., Mycek, P. J., & Zaldivar, F. (2008). Negative social evaluation, but not mere social presence, elicits cortisol responses to a laboratory stressor task. *Health Psychology*, 27(1), 116–121.

Hazanov, V. (2014). The Effects of Shared Reality on Emotional Experience and Regulation. Dissertation- *Columbia University*.

Higgins, T. (1992). Achieving ‘Shared Reality’ in the Communication Game: A Social Action that Create; Meaning. *Journal of Language and Social Psychology*, 11(3), 107–131.

Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E.R. (2004). What Do You Do When Things Go Right? The Intrapersonal and Interpersonal Benefits of Sharing Positive Events. *Journal of Personality and Social Psychology*, 87(2), 228–245.

What does the psychological literature predict about the emotional effects of shared reality during negative experiences?

This literature search was conducted via Google Scholar and PubMed by applying a combination of phrases such *as shared reality, emotional regulation, social support, motivation, social sharing, physiological stress, etc.* Over 20 articles were utilized during this process, 12 of which are referenced.

as5684@barnard.edu

Dampening Effects:

We might accept that shared reality dampens negative emotions because:

- The presence of an attentive romantic partner **reduces stress** appraisals (Kane *et al* 2012)
- Patients awaiting surgery have **lower anxiety** around a person who has been through surgery in comparison to a person who is also waiting (Kulik & Mahler 1987)
- Certain **personality traits** (i.e. anti-emotional) benefit from sharing negative emotions with others (Kennedy-Moore & Watson 2001)
- Mere presence of a friend during a mental arithmetic class **lowers participants’ heart rate** and blood pressure (Kamarack *et al.* 1990)
- Social support is linked **to lower coronary heart disease** (House *et al* 1988)
- Within young people, social support may **lower cardiovascular reactivity** and psychosocial stressors (Gerin *et al.*, 1992; Lepore *et al.*, 1993)

References

Kane *et al.* (2012). Mere presence is not enough: Responsive support in a virtual world. *Journal of Experimental Social Psychology*, (48)1, 37-44.

Kulik, J. A., & Mahler, H. I. (1987). Effects of preoperative roommate assignment on preoperative anxiety and recovery from coronary-bypass surgery. *Health Psychology*, 6(6), 525-543.

Kennedy-Moore, E., & Watson, J. C. (2001). How and When Does Emotional Expression Help? *Review of General Psychology*, 5(3), 187–212.

Kamarck, T. W., Manuck, S. B., & Jennings, J. R. (1990). Social support reduces cardiovascular reactivity to psychological challenge: A laboratory model. *Psychosomatic Medicine* 52(1), 42–58.

House, J. S., Umberson, D. and Landis, K. R. (1988). ‘Structures and Processes of Social Support’, *American Review of Sociology*, **14**, 293–318.

Gerin, W., Milner, D., Chawla, S., & Pickering, T. G. (1995). Social support as a moderator of cardiovascular reactivity: A test of the direct effects and buffering hypothesis. *Psychosomatic Medicine*, 57, 16–22.

Lepore, S. J., Allen, K. A. M., & Evans, G. W. (1993). Social support lowers cardiovascular reactivity to an acute stress. *Psychosomatic Medicine*, 55, 518–524.