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Effects of Experimental Manipulation of Humor Style on Momentary Affect in Depression

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Introduction
The humor and affect within humor research has derived from humor's ability to influence mental processes and biological responses. This study investigates the psychological and physiological effects of humor styles on affective states, with a particular focus on how humor styles can influence momentary affect in depression. The study employs an experimental design to manipulate humor styles and examine their impact on affective states.

Pilot Study
Participants: The study involved 60 female undergraduate students (Mage = 20.2 years) enrolled in psychology classes at the University of Tennessee. Participants were randomly assigned to one of six humor styles groups: 20 participants per group. The humor styles were manipulated using video clips that were designed to elicit laughter, enjoyment, or interest in different ways.

Method: Participants were seated in a comfortable chair and were instructed to watch a series of video clips. The video clips were designed to be humorous and engaging, with varying levels of humor intensity. Participants were asked to rate their affective states on a 7-point Likert scale after each video clip.

Results: The results indicated that participants in the laughter group reported higher positive affect and lower negative affect than those in the enjoyment group. The enjoyment group reported lower positive affect and higher negative affect than those in the interest group. The analysis revealed a significant effect of humor style on momentary affect, with a greater effect size for laughter than for enjoyment.

Hypotheses
We predict that experimental manipulation of humor style will affect affective states and that the effect will be moderated by personality traits, particularly depression and trait anxiety.

Primary Measures
The Primary Measures are the baseline affective states and the affective states after the experimental manipulation of humor styles. The Primary Measures are measured using the Positive and Negative Affect Schedule (PANAS) and the Depression Anxiety Stress Scales (DASS) before and after the manipulation of humor styles.

Manipulation
The manipulation involves the experimental manipulation of humor styles using video clips that are designed to elicit different affects. The manipulation is designed to be consistent across groups.

Figure 1 - The humor styles of the H20 (2002)

Figure 2 - Self-defeating humor clips

Figure 3 - Self-enhancing humor clips

Figure 4 - Anticipated changes in Positive and Negative Affect for depressed participants

Reference

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