

Cultural Differences in Interpersonal Emotion Regulation

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Emotional Regulation

- Interpersonal ER -> East Asians (collectivism)
- Intrapersonal ER -> Westerners (individualism)
- The idea is that if you use one particular strategy more, it helps you better.
- Past literature: EA cultural groups have been found to engage more in social perspective taking, display stronger signs of empathy for others (?), and value implicit over explicit social support (or communication in general?).

Methods

- 48 EA & 38 WE
- EA: must live in Australia for less than 10 years, and not bicultural
- WAIT, doesn't the fact that these EAs live in both Australia and another country makes them bicultural?
- IV: 2 cultural group, 2 ER manipulation group, 3 time points
- DV: PANAS (subjective emotion state), HR, HRV
- Baseline phase, prime phase, emotion reactivity phase, recovery phase

Results & Discussion

- A trend that EA tends to report using suppression more.
-> in line with the literature (and my experience too)
- Stronger decreases in positive affect in EA compared to WE during emotion reactivity and recovery phase than baseline.
- Elevated HRV and reduced HR for EA relative to WE-> more frequent use of interpersonal ER (?)
- EA showed elevated HRV than WE in interpersonal ER condition -> support the hypothesis (however not WE & intrapersonal ER)
- Low social modeling associated with greater decrease in HRV



What do you think?

- **Brandon:** interpersonal stressor?
- **Giana:** yes, type of stressor would go in line with the type of ER
- **Candice:** why 10 years? (I know right?) Acculturation? A time frame for acculturation? (Good question)
- **Bobby:** collectivism and individualism on a spectrum, variation within US (good point), empathy?
- **Kaleigh:** participants divided by their ancestry line, within group variation
- **Andrea:** empathy (and what about pro-social behavior?)
- **Josh:** what is culture anyway? Individual-based?
- **Hannah:** personal experience to the study manipulation?
- **Haley:** EA less likely to need psychotherapy because their more frequent use of interpersonal ER? (I think not), scales developed in other cultures? (YES!)