

## **Emotional processes and techniques for emotional regulation**

### **1. Main objective of the teaching unit**

The module contributes to the fulfillment of the educational goals of the Euromental project, by providing knowledge and competences focusing on emotions, affect, emotional intelligence, and coping and emotional regulation including relevant theories and questionnaires for sport and sport performance.

At the end of the class, participants will be able to understand:

- 1) theoretical and methodological bases of the topics, that is the emotions, affect, emotional intelligence, and coping and emotional regulation;
- 2) most employed experimental protocols, the most employed questionnaires, and intervention strategies with respect to emotional processes;

Additionally, participants will gain the ability to:

- 3) report, interpret and discuss original research findings to expert and naïve audience, in a clear way and through disciplinary lexicon;
- 4) analyze topics of interest in a critical and autonomous way.

### **2. Contents**

The course deals with how different affective and emotional states impact sport performance and relevant aspects of sport performance such as cognitive processes. Coping and emotional regulation processes, on an individual and interindividual level, will be explored theoretically and applied by focusing on emotional intelligence training. Measurements for emotional states and coping strategies will be introduced.

Theories:

- Development of emotions:
  - Differentiation between emotion, affect, and mood
  - Circumplex Model
  - James-Lange-Theory
  - Cognitive-Motivational-Relational Theory of Emotions
- Emotions and Cognition:
  - Facilitator Theory
  - Cognitive Load Theory
- Emotions and Performance:
  - Multidimensional-Pre-Competitive Anxiety Theory
  - Directional-interpretation of Anxiety Theory

- Processing Efficiency Theory
- Inverted U-hypothesis
- Catastrophe Model
- Distraction Theory
- Reinvestment Theory
- Broaden-and Build Theory
- Emotion Regulation:
  - Process Model of Emotion Regulation from Gross
- Emotional Intelligence:
  - Tripartite Model of Emotional Intelligence

Measurement and instruments:

- Competitive state and anxiety Inventory-2
- Directional scale of anxiety
- Sport Emotion Questionnaire
- Cognitive emotion regulation questionnaire
- Coping inventory for stressful situations
- Trait of Emotional Intelligence Questionnaire
- Profile of emotional competence

Application:

- Emotional intelligence training
- Planned disruptions

### **3. Recommended bibliography**

The recommended bibliography is provided at the end of the powerpoint presentations.

### **4. Teaching methods**

50% of the course will be in presence and practical, 50% of the course will be at distance (80% synchronous and 20% asynchronous). Content will be delivered via presentation of powerpoint slides (made available to the participants), readings and discussions of scientific articles, and video.