

# The effect of different emotional imagery scripts on end-tidal CO<sub>2</sub>, psychological affect, and physical complaints in healthy individuals

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## Background

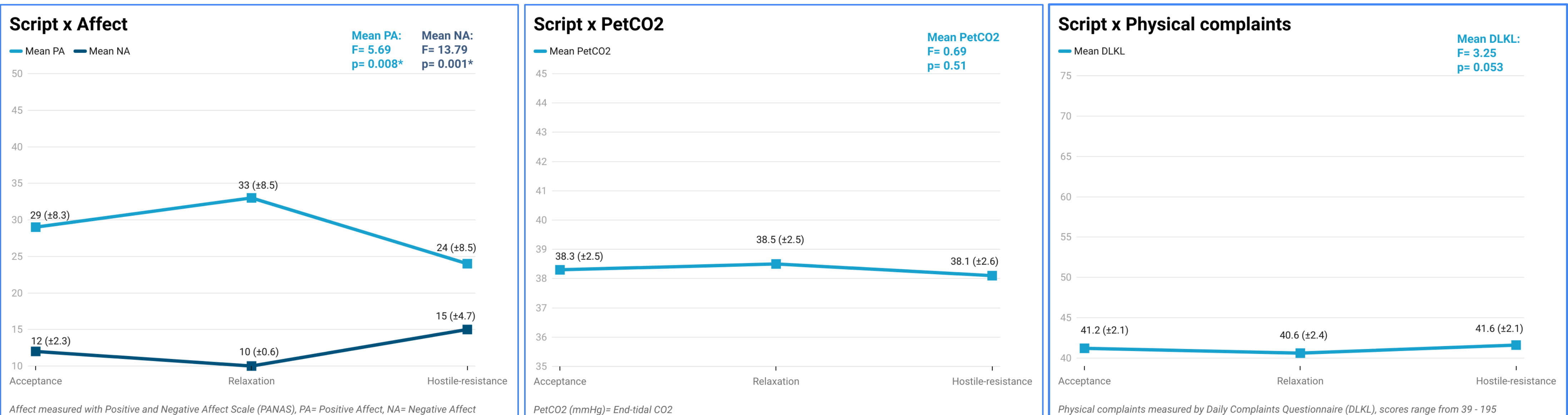
Emotions evoke alterations in an individual's physiological and psychological state. In order to obtain insights into the interaction between emotions, psychological state, and physical complaints, we analyzed the effects of different emotional imagery scripts on end-tidal CO<sub>2</sub> (PetCO<sub>2</sub>), psychological affect, and physical complaints in healthy individuals.

## Methods

- N= 16 healthy individuals
- They were randomly exposed to three emotional scripts (hostile resistance, relaxation, acceptance) while standing with eyes closed on an unstable surface
- Outcomes were PetCO<sub>2</sub>, psychological state (measured by PANAS) and physical complaints (measured by DLKL)
- Effects were calculated with a repeated measures full-factorial model

## Results

- Significant effects of emotional scripts on:
  - Positive affect: p= 0.008
    - Highest in relaxation script
  - Negative affect: p< 0.001
    - Highest in hostile-resistance script
- No significant effects of emotional scripts on:
  - PetCO<sub>2</sub>: p= 0.510
  - Physical complaints: p= 0.053



## Conclusion

- Inducing negative emotions evoked stronger negative affect
- Inducing positive emotions evoked stronger positive affect
- Inducing emotions did not affect physical complaints nor PetCO<sub>2</sub>

## Future relevance

- Manipulation check for HELBP-study

## Contact

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