While cognitive reappraisal is associated with more positive and less negative emotions, emotional suppression is inversely related to the same constructs (John & Gross, 2004).

**RESEARCH QUESTION:**
Does use of emotion regulation skills moderate the relationship between daily social events and positive and negative affect?

**Background**
While cognitive reappraisal is associated with more positive and less negative emotions, emotional suppression is inversely related to the same constructs (John & Gross, 2004).

**Study Questions**
Does cognitive reappraisal and emotional suppression moderate these pathways?

- Positive social events + Positive affect
- Negative social events - Negative affect

**Method**

**Sample**
167 undergraduate students at Temple University

**Measures**
- Daily social events with daily event survey (Butler, Hokanson, & Flynn, 1994)
- Positive and Negative Affect (PANAS; Clark, & Tellegen, 1988)
- Emotion Regulation Questionnaire (ERQ; Gross & John, 2003)

**Results**
On days where people report more meaningful negative daily social events than their average amount:
- people report more negative affect ($\beta_{10} = -.38, p < .001$)
- there is a marginal effect such that people report less positive affect ($\beta_{10} = -.087, p = .08$)

On days where people report more meaningful positive daily social events than their average amount:
- people report less negative affect ($\beta_{10} = -.18, p = .03$)
- people report more positive affect ($\beta_{10} = .27, p < .001$)

On days where people report more meaningful negative daily social events than the group average:
- people report more negative affect ($\beta_{10} = .56, p < .001$)
- people report less positive affect ($\beta_{10} = -.21, p = .019$)

On days where people report more meaningful positive daily social events than the group average:
- people report less negative affect ($\beta_{10} = -.18, p = .03$)
- people report more positive affect ($\beta_{10} = -.50, p < .001$)

Cognitive reappraisal and emotional suppression were not significant moderators of these relationships

**Discussion**
- Self-reports of daily social events influence daily affect
- Future studies should measure how groups differ in their reports of daily social events and emotional regulation skills (Farmer & Kashdan, 2012)

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