Abstract
On the basis that the sense of humor establishes stable differences across time and situations between individuals (trait manifestation) as well as differences across situations for the same individual (state manifestation), Ruch, Köhler, and van Thriel (1996, 1997) developed a theoretical proposal that focuses on isolating the affective and cognitive temperamental basis of sense of humor as both states and traits. More specifically, a state-trait model of “exhilaratability” (i.e., the disposition for laughter and exhilaration) was developed (Ruch, 1993). The model incorporates the cheerfulness and bad mood as the affective temperamental basis of sense of humor, and the seriousness as the cognitive component. Correlational and experimental studies have revealed the applicability, usefulness, and relevance of affective and cognitive temperamental basis of sense of humor for different areas of Psychology. However, from a theoretical and empirical point of view, still today there are many intriguing questions that remain unanswered in this field. This talk is centered in the advances in the understanding of two of these questions. First, we will wonder if the distinction between state and trait temperamental basis of sense of humor is empirically robust. We have studied the longitudinal stability related to cheerfulness, seriousness, and bad mood dimensions as traits and states. In the first part of the talk, the design and results of this longitudinal study will be presented. In the second part of the talk we will focus on one question of special interest in the emotion field: trait cheerfulness could modulate the use of emotion regulation strategies? This issue will be addressed showing recent results from a study where different emotion regulation strategies were experimentally manipulated, positive and negative emotions induced, and the role of trait cheerful was simultaneously studied.
Relevant references


Short biography

Hugo Carretero-Dios is a senior lecturer in research methods in psychology in the Department of Research Methods in Behavioral Sciences at the University of Granada (Spain). His research interests include the test construction/adaptation, and examining the role of humor as a social and individual difference variable.

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