

*Investigating the Effect of Two Mood Induction Procedures and Arousal on False Memory*

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ABSTRACT

The present study sought to compare the efficacy of two MIPs in inducing arousal to investigate arousal's role in memory accuracy. This study used a 2 (Mood Induction Procedure: MIP) x 3 (Arousal State) between-subjects design to test how MIPs and arousal states interact to affect memory accuracy and false memory rates. One hundred and five college-age participants were assigned to one of three arousal conditions (low: sad, control: neutral, or high: fear). Half of the participants were induced via movie clips and half via guided imagery + music. Following mood induction, participants were instructed to memorize six wordlists and were tested with recall and recognition tasks. Arousal did not significantly change in any condition. There was no measurable effect of arousal state on memory. Results suggest MIP materials used in previous studies may be outdated and not effective.

Keywords: mood induction procedures (MIPs), arousal state, guided imagery + music, DRM paradigm, false memory



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