

Mood and Creativity

An Appraisal Tendency Perspective

Aim

To show how an appraisal tendency perspective on moods can help uncover mood's relationship with creativity.

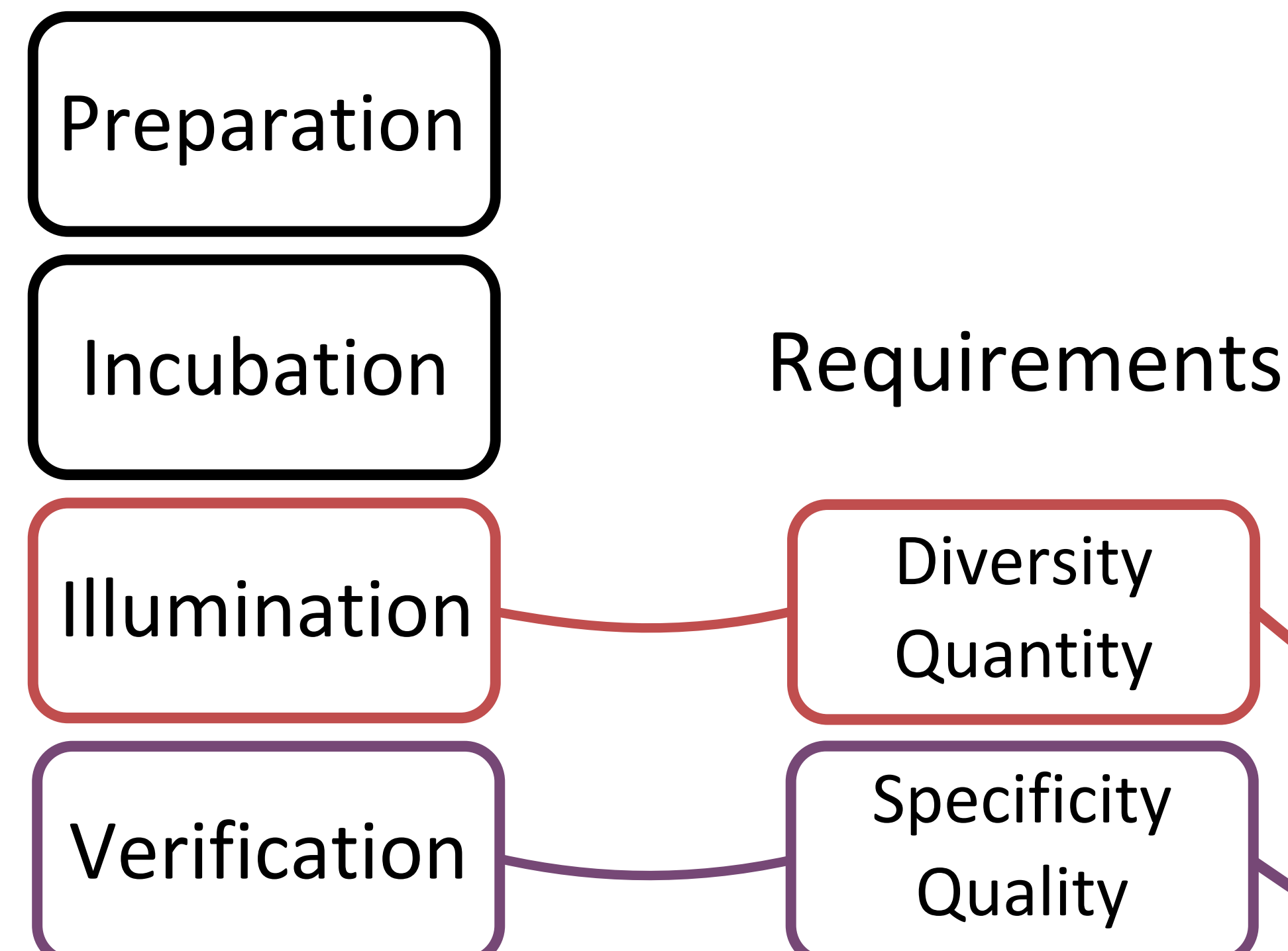
Mood and creativity

Mood can enhance creative performance when there is a match between:

- 1) The requirements of a creative activity.
- 2) The adaptive function of a mood.

Creative process

Performance in different activities in a creative process is enhanced when certain requirements are met.



Appraisal tendencies

Moods can be defined as tendencies to make emotion-relevant appraisals, e.g. happy moods increase the tendency to appraise events as conducive to one's goals.

	happy	angry	sad
Cause	-	person	situation
Goal	conductive	obstruct	obstruct
Certainty	high	high	low
Control	-	high	low

Adaptive functions

Individual appraisal tendencies promote adaptive responses, e.g. a tendency to appraise events as uncertain promotes a systematic cognitive processing style.

Appraisal tendencies		Adaptive response
Cause	self	direct at self
	other	direct at other
	chance	direct at situation
Goal	conductive	flexibility
	obstruct	(re)activity
Certainty	high	heuristic processing
	low	systematic processing
Control	high	incr. ability beliefs
	low	decreased ability beliefs

Example predictions

Moods, such as happiness, that are characterized by a goal-conduciveness tendency benefit illumination.

Moods, such as sadness, that are characterized by an uncertainty tendency benefit verification.