

ABSTRACT

The relationship between emotion and memory is perhaps one of the most studied topics in understanding human mental processes. It is worth noting that affective experiences not only refers to the direct experience of emotion or mood but also includes the meta-experience of feelings which involves reflective processes of understanding, monitoring and evaluating, the relationship between this and memory has however received curiously little attention from researchers. In the present study, we aim to establish a norm in determining whether the extent of engagement in these reflective processes is related to the phenomenological characteristics of the autobiographical retrieval. A sample of 80 adults was recruited to complete an online survey mainly composed of self-report questionnaires that measure one's meta-mood experience and memory phenomenology. Significant correlations were found between the subdomains of the two scales, and variables were correlated differently in regard to different types of memories. The results reflected that the relationship is in fact determined by what and how memories are retained and recruited, which has therefore offered a novel perspective for studying the individual differences in emotional awareness and emotion regulation. It has also enhanced the understanding of mood disorders such as depression and assists in the development of treatments. Future research directions were also provided at the end of the paper.