

the increasing of work experience of employees of the emergency services develops emotional burnout.

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What's in a face: Norms for static versus dynamic emotional expressions

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This paper presents subjective rating norms for a set of emotional faces. Twenty non-professional models were asked to pose in three different emotional expressions (smile, frown, neutral) and filmed. After each pose models completed the PANAS questionnaire. Results showed that models reported more positive affect after posing with a smile and less positive affect after frowning, indicating the effectiveness of the posing. In a second stage stills, 5 and 10-second videos were edited from the shooting material. 120 participants evaluated 60 stimuli regarding attractiveness, arousal, clarity, genuineness, familiarity, intensity, valence and similarity. Descriptive results (mean, standard deviation and confidence intervals) for each stimulus in each dimension are presented. Overall, dimensions were highly correlated. Importantly, while attractiveness and familiarity increased from stills to 10-second videos, genuineness decreased. This set of stimulus allows the selection of emotional expressions with different levels on the examined dimensions with potential for research in different areas.

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Emotional regulation and gang related violence in a sample of adolescents from San Cristobal, Venezuela

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Violence, especially gang violence, is an endemic problem in Venezuela due to various social, economic and political tensions. In this study, the role of different emotional regulation patterns in explaining the acceptance and belief in the positive nature of gangs in a sample of 716 adolescents from San Cristobal, Venezuela, will be addressed. In this city during the years 2001–2009 the number of violent acts involving firearms has increased by 284%. A series of Manovas and regression analyses show that those participants who believe that direct expression is the best way of regulating emotions are those who are most positive towards gangs. Those who inhibit less their emotions and tend to confront more are also those who stress more the beneficial aspects of gang pertinence. These results will be analyzed

on the basis of future emotional regulation programmes directed towards reducing the perception of gangs as a positive collective.

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Cognitive control and positive emotion regulation

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The successful regulation of stress and emotions is cognitively demanding, therefore involving cognitive control processes, such as the ability to regulate attention and memory. Research thus far has mainly examined whether individual differences in such control processes are related to strategies by which individuals cope with or regulate their negative emotions. In this study, we experimentally examined individual differences in the cognitive control of emotional material, and also assessed the ability to regulate negative and positive emotions. 180 university students completed several n-back tasks and subsequently were instructed to either watch, down-regulate, and up-regulate their emotional responses to sad and amusing film clips. Results indicated that people's ability to update emotional stimuli in working memory is related to greater ability to regulate both negative and positive emotions. These findings contribute to our understanding of the relationship between cognitive control processes and emotion regulation.

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Facial Feedback and Micro-Expression Recognition

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Micro-expressions have been demonstrated to be an effective cue for danger demeanor detection. However, it is difficult for humans to accurately detect and recognize these micro-expressions. Previous studies have shown that facial feedback is an effective cue for micro-expression recognition, but whether it is involved in micro-expression recognition is still unknown. Answer to this question will help us to design better micro-expression recognition training tools. The current study investigated the effects of facial feedback on micro-expression recognition by conducting two behavioral experiments. Results showed that, the recognition accuracy of intense micro-expressions was not affected when the facial feedback was enhanced by applying restricting gels to participant's full faces, but the recognition accuracy of subtle micro-expressions was actually impaired after applying this procedure. These results suggest that facial feedback may be a deleterious cue for micro-expression recognition. They also suggest that facial feedback needs a specific time window to be effective.

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Relationship between emotional intelligence and cognitive cool and hot laboratory tasks: A systematic review

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Emotional Intelligence (EI) or the ability to perceive, use, understand and regulate emotions, is a relatively young concept that has demonstrated to be positively related to health, well-being and non-aggressive behaviours, but it is little-known about its underlying cognitive processes. Although in the past emotion and cognition were considered as separated aspect of the psyche, nowadays, research has demonstrated the existence of an interplay between them. The purpose of the present study was to systematically review available evidence about the relationship between EI and cognitive processes measured through cool (not emotionally-laden) and hot (emotionally-laden) laboratory tasks. Scopus and Medline were searched for finding relevant articles in Spanish and English and 26 eligible studies were identified. Results provide some evidences that ability EI is positively correlated with performance in hot but not cool cognitive tasks, suggesting that EI could improve the individual's emotional information processing ability.

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The effects of the quality of social relationships and emotion regulation ability on the happiness of introvert individuals

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Previous research has shown that extraverts are happier than introverts and, although happy introverts exist, it is unclear under what conditions they can achieve happiness. The aim of the present study is to analyze the quality of social relationships and emotion regulation ability as a possible factor for happiness in introvert individuals. 1006 adults (42% males) completed measures of extraversion, neuroticism, quality of social relationships, emotion regulation ability and happiness. Results show that introverts have significantly lower happiness, quality of life, quality of social relationship and emotion regulation ability scores than extraverts. Besides, those individuals with high quality social relationships or high emotion regulation ability were happier. Introverts were happier when they had high scores for quality of social relationships and emotion regulation ability, however the effect size was small. These results suggest that emotion regulation