Essential Task 1-5: Compare and contrast the major theories of emotion James–Lange Theory, Cognitive Appraisal Theory, Schachter two-factor theory, Cannon–Bard Theory and Opponent Process Theory.

Secondary Emotions

Primary Emotions

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Theories of Emotion** | | | | |
| Theory | Stimulus | Bodily reaction | Cognitive Appraisal | Emotion |
| James-Lange Theory (One-factor theory) |  | Facial Feedback  Spill-over effect |  |  |
| Cognitive Appraisal Theory (Lazarus) |  |  |  |  |
| Schachter and Singer’s Two-factor theory |  |  |  |  |
| Cannon Bard Theory |  |  |  |  |

Key   
 = VT = Ex  
 = VP

Opponent Process Theory of Emotion