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

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| **Theories of Emotion** |
| Theory | Stimulus | Bodily reaction | Cognitive Appraisal | Emotion |
| James-Lange Theory (One-factor theory) |  | Facial FeedbackSpill-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