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Reframing "Bad" Events -- Five Principles for Representing Bad Events Effectively -- Reframing Bad News: Paradigmatic Examples -- Education -- Health -- Close Relationships -- Economic Development -- Nuances of Effective Reframings -- How You Say It Matters -- Practical Guidance for Institutions -- Positive and Neutral Things Too -- Conclusion -- Author Note -- Note -- References -- 5 A Process Approach to Influencing Attitudes and Changing Behavior: Revisiting Classic Findings in Persuasion and Popular Interventions -- Introduction.

Elaboration -- Validation -- Conclusion -- References -- Part II -- Promoting Individual Health and Well-Being -- 6 Call of Duty - The Tobacco Wars: Opposing Effects of Tobacco Glorifying and Prevention Messages in Entertainment Video Games -- Call of Duty: The Tobacco Wars -- Virtual Transportation -- Video Game Effects on Public Health -- Tobacco (Gaming) Regulation? -- A Virtual Transportation Model of Health Communication -- Implications and Applications -- Rethinking Real and Unreal -- Author Note -- Notes -- References -- 7 The Development of Aggressive Behavior in Childhood and Adolescence: A Social Interactionist Perspective -- Introduction -- Development of Aggression from an Interactionist Perspective -- Intrapersonal Risk Factors for the Development and Persistence of Aggressive Behavior -- Risk Factors in the Social Environment -- Interaction of Intrapersonal and Social Risk Factors -- Implications for Prevention and Intervention -- Summary and Conclusions -- Author Note -- References -- 8 Grounding Desire: The Role of Consumption and Reward Simulations in Eating and Drinking Behavior -- A Grounded Cognition Theory of Desire -- Appetitive Stimuli Trigger Consumption and Reward Simulations -- Consumption and Reward Simulations Contribute to Desire -- Targeting Consumption and Reward Simulations can Reduce Desire -- Summary and Future Research -- References -- 9 In Sync with Your Shrink: Grounding Psychotherapy in Interpersonal Synchrony -- Part 1: The Alliance -- Part 2: Interpersonal Synchrony -- Part 3: The IN-SYNC Model -- Part 4: Empirical Research on Synchrony in Psychotherapy -- Part 5: Conclusions and Outlook -- Coda -- References -- Part III -- Improving Interpersonal Relations and Communication -- 10 Applications of Attachment Theory and Research: The Blossoming of Relationship Science -- Attachment Theory: Basic Concepts.

The Broaden-and-Build Cycle of Attachment Security -- Applications of Attachment Theory -- Counseling and Psychotherapy -- Education -- Health and Medicine -- Leadership and Management -- Conclusions -- References -- 11 Social Psychological Contributions to the Mitigation of Adolescent Depression -- Significance -- Adolescent Depression and Suicide -- Drug Involvement in Depression and Suicide -- Adolescent Depression, Marijuana Use, and Legalization -- Depression and Self-medication -- Parental Influences on Marijuana Use and Depression -- Media Research -- Where We Go from Here: Reading the Tea Leaves -- Notes -- References -- 12 When Justice is Not Blind: The Effects of Expectancies on Social Interactions and Judgments in Legal Settings -- Interpersonal Expectancy Effects -- The Role of Interpersonal Expectancies in Jury Selection and Decision-Making -- Biased Hypothesis Testing in Voir Dire -- Behavioral Confirmation During Voir Dire -- The Role of Interpersonal Expectancies in Eyewitness Identification -- Conclusion -- Author Note -- References -- 13 How Do Online Social Networks Influence People's Emotional Lives? -- Facebook Use & Well-being: Early Research -- Does Counting Emotion Words Provide a Window into Emotion? -- The Broader Landscape -- Frequently Asked Questions -- Concluding Comment --

Note -- References -- Part IV -- Public Affairs and Political Behavior -- 14 Understanding Populism: Collective Narcissism and the Collapse of Democracy in Hungary -- Introduction -- Applied Social Psychology and Political Behavior -- The Link Between Mental Representations and Political Behavior -- Collective Narcissism -- Collective Narcissism and Political Beliefs -- Collective Narcissism and In-group Favoritism -- The Measurement of Collective Narcissism -- Collective Narcissism and Populism in the USA and Britain. The Collapse of Democracy in Hungary: Social and Historical Context -- The Role of Historical Traumas -- Hungarian National Identity: Attitudes, Values, and Romantic Nationalism -- The Language of Narcissism -- Collective Narcissism Predicts Political Preferences in Hungary -- Conclusions -- References -- 15 Collective Nostalgia and the Desire to Make One's Group Great Again -- Days of Future Past: Social (Mis)representations of Collective Continuity -- The Applied Social Psychology of Collective Nostalgia -- Not all Sentimental Longings are Created Equal -- Collective Nostalgia and Populism -- On the Importance of Studying the Contents of Social-Psychological Processes -- Conclusion -- Author Note -- References -- 16 Do IAT Scores Explain Racial Inequality? -- Definitional Issues -- Construct Validity -- Psychometric Issues -- The Curious Case of The Doubly-Computed Effect Size -- Interpretations of "Bias" -- Predictive Validity Controversies -- IAT, Implicit Bias, and Racial Inequality -- Past Discrimination -- Group Differences in the Present -- Discrimination in the Present -- Conclusions -- References -- 17 Cracking the Culture Code: A Tri-Level Model for Cultivating Inclusion in Organizations -- Culture and Mutual Constitution -- The Institutional Level: Organizational Policies and Practices -- The Individual Level: Implicit and Explicit Beliefs, Biases, and Self-Views -- The Interpersonal Level: Daily Interactions Between People -- Cultivating an Inclusive Culture -- The Need for More Research -- Conclusions -- Author Note -- References -- Index.

## Sommario/riassunto

This book explores what social psychology can contribute to our understanding of real-life problems and how it can inform rational interventions in any area of social life. By reviewing some of the most recent achievements in applying social psychology to pressing contemporary problems, Forgas, Crano, and Fiedler convey a fundamentally optimistic message about social psychology's achievements and prospects. The book is organized into four sections. Part I focuses on the basic issues and methods of applying social psychology to real-life problems, discussing evolutionary influences on human sociability, the role of psychological mindsets' in interpreting reality, and the use of attitude change techniques to promote adaptive behaviors. Part II explores the applications of social psychology to improve individual health and well-being, including managing aggression, eating disorders, and improving therapeutic interactions. Part III turns to the application of social psychology to improve interpersonal relations and communication, including attachment processes in social relationships, the role of parent-child interaction in preventing adolescent suicide, and analyzing social relations in legal settings and online social networks. Finally, Part IV addresses the question of how social psychology may improve our understanding of public affairs and political behavior. The book will be of interest to students and academics in social psychology, and professionals working in applied settings.