## CONTENTS

**Preface**

1. **Introduction to the Psychology of Mood**
   - Overview
   - Mood in Everyday Language
   - Mood as a Psychological Concept
   - Contextualizing Mood Research
   - Structure of Book
   - Summary

2. **Mapping the Structure of Affect**
   - Overview
   - Introduction
   - Dimensions of Affect
   - Circumplex Models of Affective Structure
   - Independence of Positive and Negative Affect
   - Measurement of Mood Dimensions
   - Are Two Dimensions Enough?
   - Summary

3. **Predictors of Mood**
   - Overview
   - Introduction
   - External Predictors
   - Experimental Manipulations of Mood
   - Internal Predictors
   - Transactions as 'Predictors' of Mood
   - Summary

4. **Mood Effects**
   - Overview
   - Introduction
   - Demarcation of Mood Effects