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Short Communication

Short Communication: Emotions before and after a meal in a natural eating situation

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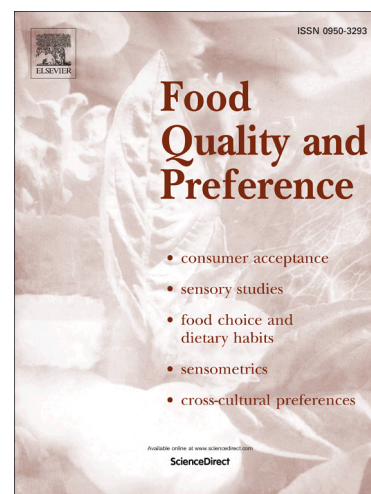
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Abstract: This research measured emotions before and after a meal in a French dining environment known for high quality food. Results showed that negative emotions were very low before and after the meal. Positive emotions generally increased after the meal to moderate and even high levels. These results differ from earlier research in a student cafeteria where emotions generally declined following a meal. These differences are discussed in terms of the dining context, where dining in a higher quality context produces an increase in positive emotions following a (good) meal.

*Highlights

Highlights: □ -negative emotions were low both before and after a fine French meal -positive emotions generally increased after the meal □ -the results are attributed to the effects of context on emotions

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Introduction

The goal of this research was to investigate emotions before and after a meal. The study of emotion before, during, and after mealtime has been a focus of research for some time (Macht, 2008).

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