

# Does understanding others' emotions help guide one's moral compass?

The relationship between emotion recognition and moral attitudes



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### INTRODUCTION

### Why is morality important?

• The endorsement of moral attitudes seems to be an important indicator of prosocial behaviour and social adjustment more broadly (Guerra, Nucci & Huesmann, 1994), which highlights the importance of understanding what predicts moral attitudes.

### **Emotion recognition and morality**

- One characteristic that might promote morality is emotion recognition: the ability to understand and predict others' emotions (Baron-Cohen & Wheelwright, 2004).
- Understanding others' emotions is associated with prosocial attitudes and behaviours (Gleason, Jensen-Campbell & Ickes, 2009), as well as greater moral tendencies, such as sensitivity to injustice for others (Decety & Yoder, 2016).
- However, morality is a complex, multi-faceted construct, theorized to have five different foundations (Haidt & Graham, 2007).
- To better understand the links between emotion recognition and morality, we therefore examined the links between emotion recognition and each moral foundation/attitude.

### **RESEARCH QUESTION:**

Is emotion recognition associated with different moral attitudes?

## METHODS

78 participants (62 females,  $M_{age}$  = 21.5, SD = 2.27) performed an emotion recognition task and reported on their endorsement of moral attitudes.

### 1. Emotion recognition

• The "Reading the Mind in the Eyes" test (RMET; Baron-Cohen, Wheelwright, Hill, Raste & Plumb, 2001) was used to assess participants' emotion recognition ( $M_{score} = 27.67$ , SD = 3.48).



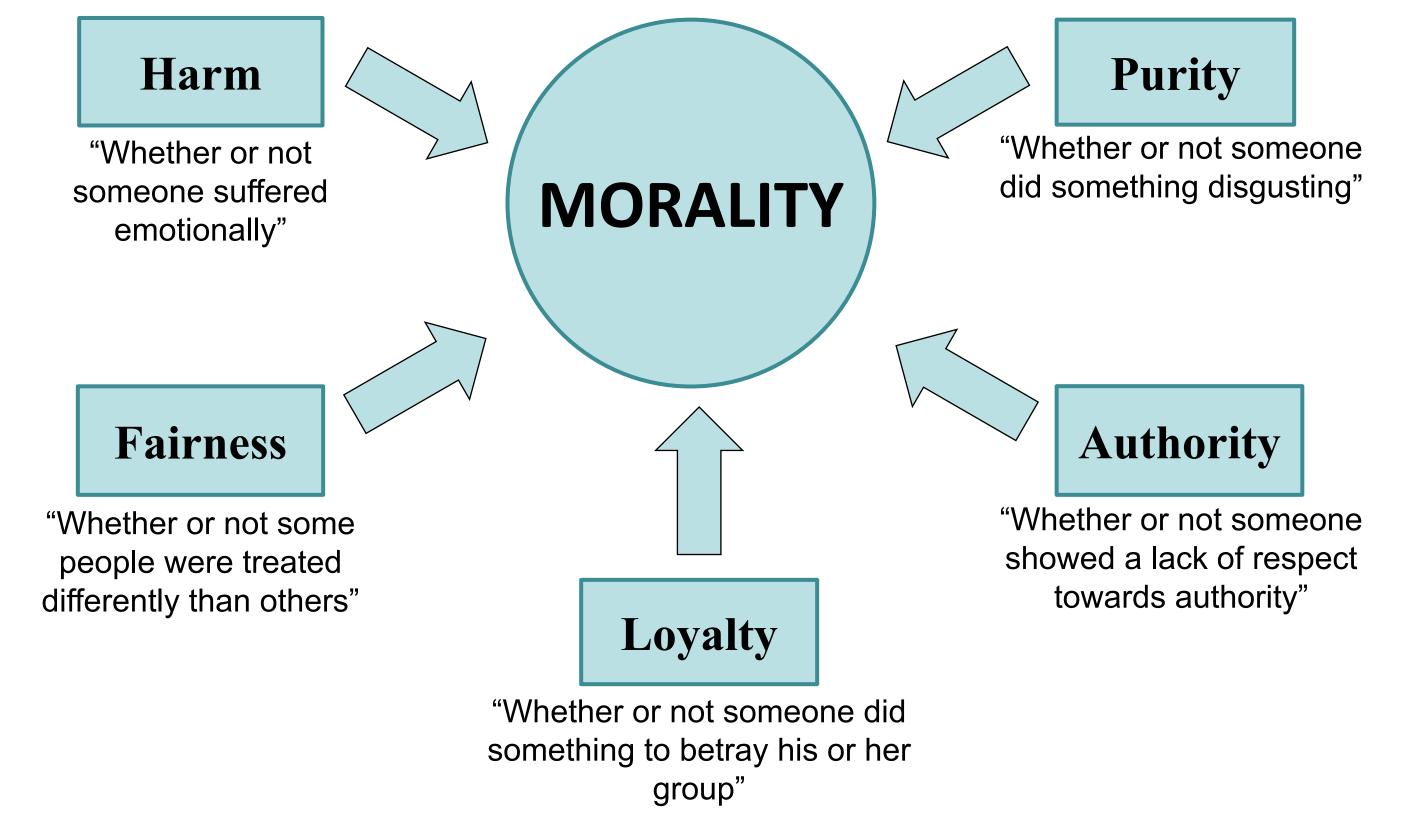
□ Jealous ☑ Panicked (correct) □ Arrogant □ Hateful

## METHODS (cont.)

### 2. Morality

- Morality was measured using the Moral Foundations
  Questionnaire (MFQ; Graham, Nosek, Haidt, Iyer, Koleva & Ditto,
  2011).
- MFQ scores were averaged from self and close-other ratings  $(M_{score} = 20.30, SD = 2.08).$

When you decide whether something is right or wrong, to what extent are the following considerations relevant to your thinking?



Five core moral attitudes measured in the MFQ and example items

## RESULTS

Core moral intuition	Pearson's r w/ RMET score	Sig. (2-tailed)
Morality (average)	186	.104
Harm	190	.095
Fairness	052	.648
Loyalty	048	.677
Authority	231*	.042
Purity	143	.213

<sup>\*</sup> Significant at p < 0.05

## RESULTS (cont.)

- Emotion recognition was marginally associated with lower global morality, the average of the five attitudes (r = -.186, p = .104).
- Emotion recognition was significantly negatively associated with the core moral attitude of authority (r = -.231, p = .042)
- Emotion recognition was marginally negatively associated with harm (r = -.190, p = .095).
- Emotion recognition had negative, though non-significant relationships with the remaining moral attitudes: fairness, loyalty, and purity.

### DISCUSSION

- The results suggest higher emotion recognition is associated with a lower endorsement of the five moral attitudes, which is somewhat surprising given the positive relationship between understanding emotions and prosocial behaviour.
- However, the only significant negative relationship was between emotion recognition and the moral attitude of "authority/respect"
  - This is consistent with previous research linking lower psychological flexibility with greater valuation of authority (Williams, Ciarrochi, & Heaven, 2012)

#### Future research should:

- Focus on the authority part of morality, as it may have a relationship with emotion recognition distinct from the other moral attitudes.
- Go beyond moral attitudes, measured in the MFQ, to directly assess moral behaviour and its links to emotion recognition.
- Investigate the reasons behind the negative relationship between emotion recognition and moral behavior, and whether there are bi-directional links.
  - It is possible that one's moral attitudes also influence emotion recognition.

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