ISRCTN85165066 https://doi.org/10.1186/ISRCTN85165066

Savor the new? Does briefly focusing on and appreciating positive pictures increase the brain's response to them more than simply looking at them?

Submission date 23/06/2026	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol
Registration date 24/06/2026	**Overall study status** Completed	[_] Statistical analysis plan [_] Results
Last Edited 23/06/2026	**Condition category** Other	[_] Individual participant data [X] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific, Public

Contact name
Mrs Valentina Mologni

ORCID ID
https://orcid.org/0009-0004-7275-0131

Contact details
Via Venezia 8
Padova
Italy
35131
+39 3927802403
valentina.mologni@studenti.unipd.it

Type(s)
Principal investigator

Contact name
Prof Simone Messerotti Benvenuti

ORCID ID
https://orcid.org/0000-0002-1430-6807

Contact details
Via Venezia 8
Padova
Italy
35131
+39 049 827 6617
simone.messerotti@unipd.it

Additional identifiers

Study information

Scientific Title
Savor the new? A single session of savoring does not enhance late positive potential (LPP) to pleasant images beyond passive viewing

Study objectives
The present study aimed to investigate the efficacy of a single savoring session on the neural processing of high-arousing pleasant stimuli (Valence M(SD)= 7.04 (1.08); Arousal M(SD)=6.34 (2.07)) as indexed by the Late Positive Potential (LPP), in comparison with a passive viewing control condition. A secondary objective was to examine whether any effects of savoring generalized to novel stimuli not previously presented during the regulatory task. To account for interindividual differences in baseline emotional responsiveness, LPP was assessed before (T0) and after (T1) the experimental session, with baseline LPP included as a covariate in the analyses.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 26/05/2025, COMITATO ETICO DELLA RICERCA PSICOLOGICA (AREA 17) (Via Venezia 8, Padova, 35131, Italy; +39-0498276600; comitato.etico.area17@unipd.it), ref: 456-c

Primary study design
Interventional

Allocation
Non-randomized controlled trial

Masking
Open (masking not used)

Control
Active

Assignment
Parallel

Purpose
Prevention

Study type(s)

Health condition(s) or problem(s) studied
Appetitive processing

Interventions
Experimental group: savoring
Participants assigned to the savoring condition completed a savoring task, during which they viewed a series of pleasant and neutral images while undergoing EEG recording. Each trial was preceded by a written instruction ("SAVOR" or "VIEW"). When the "SAVOR" instruction appeared, participants were asked to actively enhance and prolong the positive emotions elicited by the upcoming image. When the "VIEW" instruction appeared, participants were asked to observe the image as they would normally do. Prior to the task, participants received standardized savoring instructions and completed three practice trials. The task comprised 60 trials divided into two blocks of 30, with each image presented for 8000 ms. The session lasted approximately 18 minutes.

Control group: passive viewing
Participants assigned to the control condition completed a passive viewing task, in which they simply viewed the same emotional images as the savoring group, without receiving any savoring instructions. The number and structure of trials were identical to the savoring condition, except that no regulatory instruction preceded the images. The session lasted approximately 16 minutes.

Intervention Type
Behavioural

Primary outcome(s)
1. Late Positive Potential (LPP) measured using electroencephalography (EEG) at pre-session assessment (T0, Day 1), experimental session (Day 2), post-session assessment (T1, Day 2)

Key secondary outcome(s)
1. Subjective Valence and Arousal Ratings measured using Self-Assessment Manikin (SAM) at Pre-session assessment (T0, Day 1) and post-session assessment (T1, Day 2).

Completion date
10/12/2025

Eligibility

Key inclusion criteria
1. Medically healthy and free from psychotropic medication

Healthy volunteers allowed
Yes

Age group

Adult

Lower age limit
18 Years

Upper age limit
35 Years

Sex
All

Total final enrolment
64

Key exclusion criteria
1. Current diagnosis or history of cardiovascular and neurological diseases
2. Formal diagnosis of mental diseases

Date of first enrolment
30/05/2025

Date of final enrolment
30/11/2025

Locations

Countries of recruitment
Italy

Sponsor information

Organisation
University of Padua

ROR
https://ror.org/00240q980

Funder(s)

Funder type

Funder Name
NextGenerationEU

Alternative Name(s)

Next Gen EU, European Union Recovery Instrument, Next Generation EU, NGEU

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available