

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	<input type="checkbox"/> Prospectively registered
Registration date 24/06/2026	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 23/06/2026	Condition category Other	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

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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

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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