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What is the biological function of daily mood variations?
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Drawing on his own wide-ranging research concerning
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Robert E. Thayer, Ph.D., is Professor of Psychology at California State University, Long Beach. His training is in psychology of personality with specialties in biopsychology and psychophysiological approaches to mood, emotion, and personality.

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The classical arousal dimension in this and similar models, e.g., Russell's Circumplex Model of Affect [53], does not differentiate between experienced tension; but based on Thayer [69], arousal

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