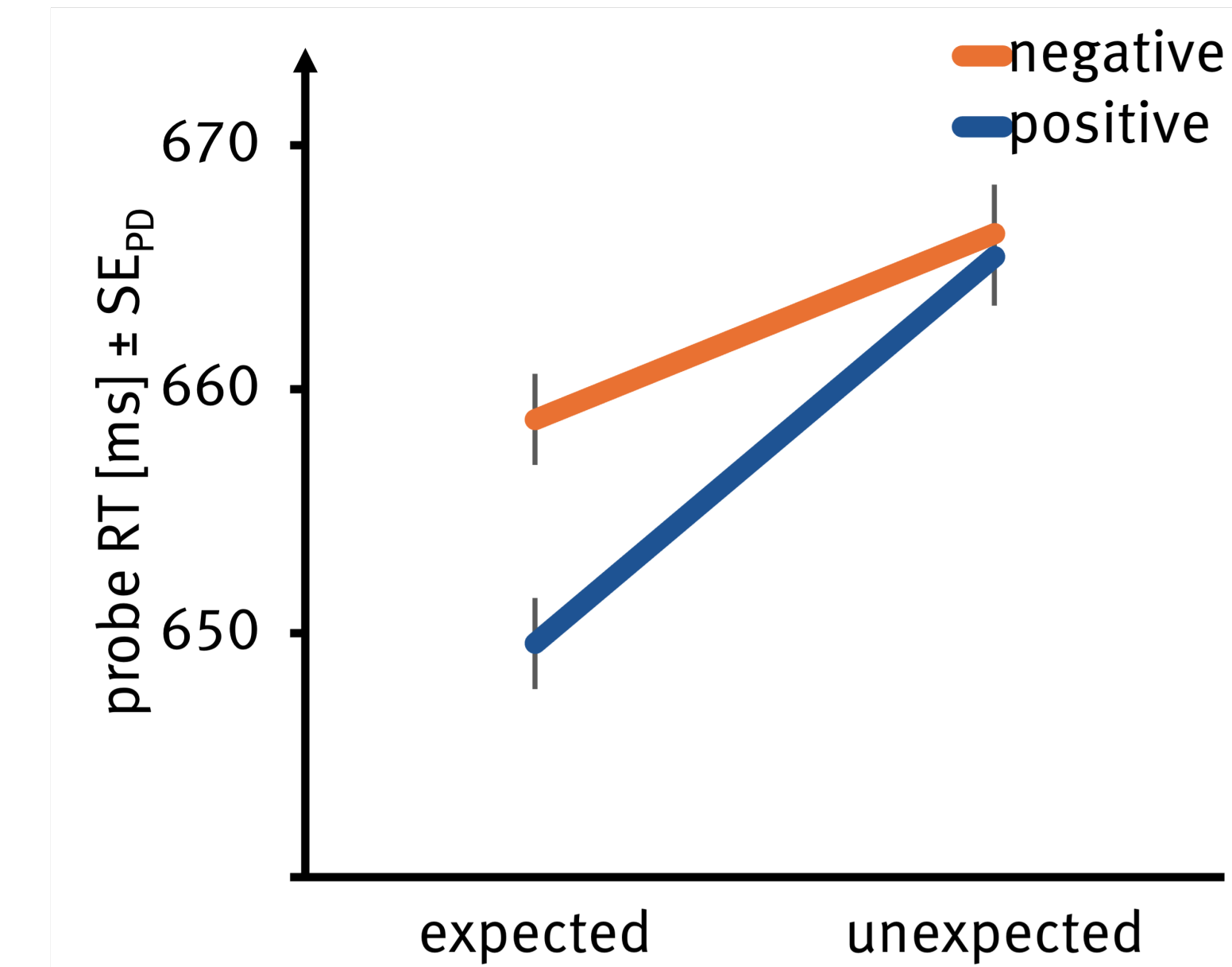
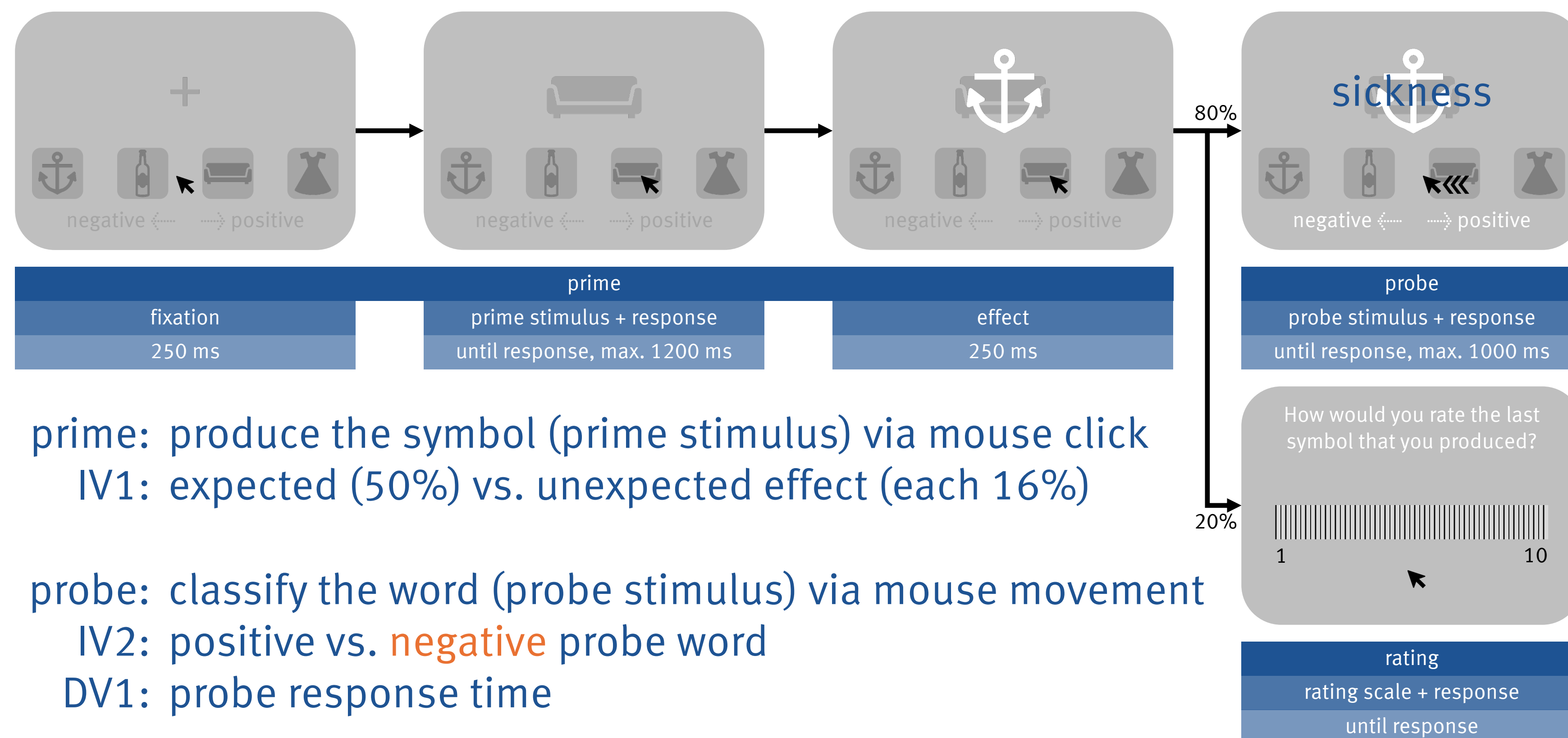


humans typically move their body to cause changes (effects) in their environment¹
 → we act in a goal-oriented manner, we exercise control
 humans prefer to act (rather than not act), even if the effects are negative²
 → we prefer to do something over nothing, and produce something over nothing
 humans show better performance with predictable vs. unpredictable effects³
 → control is rewarding, even if neither action nor effect are rewarding themselves
 how can we measure the affective experience when being in control?



expectancy:

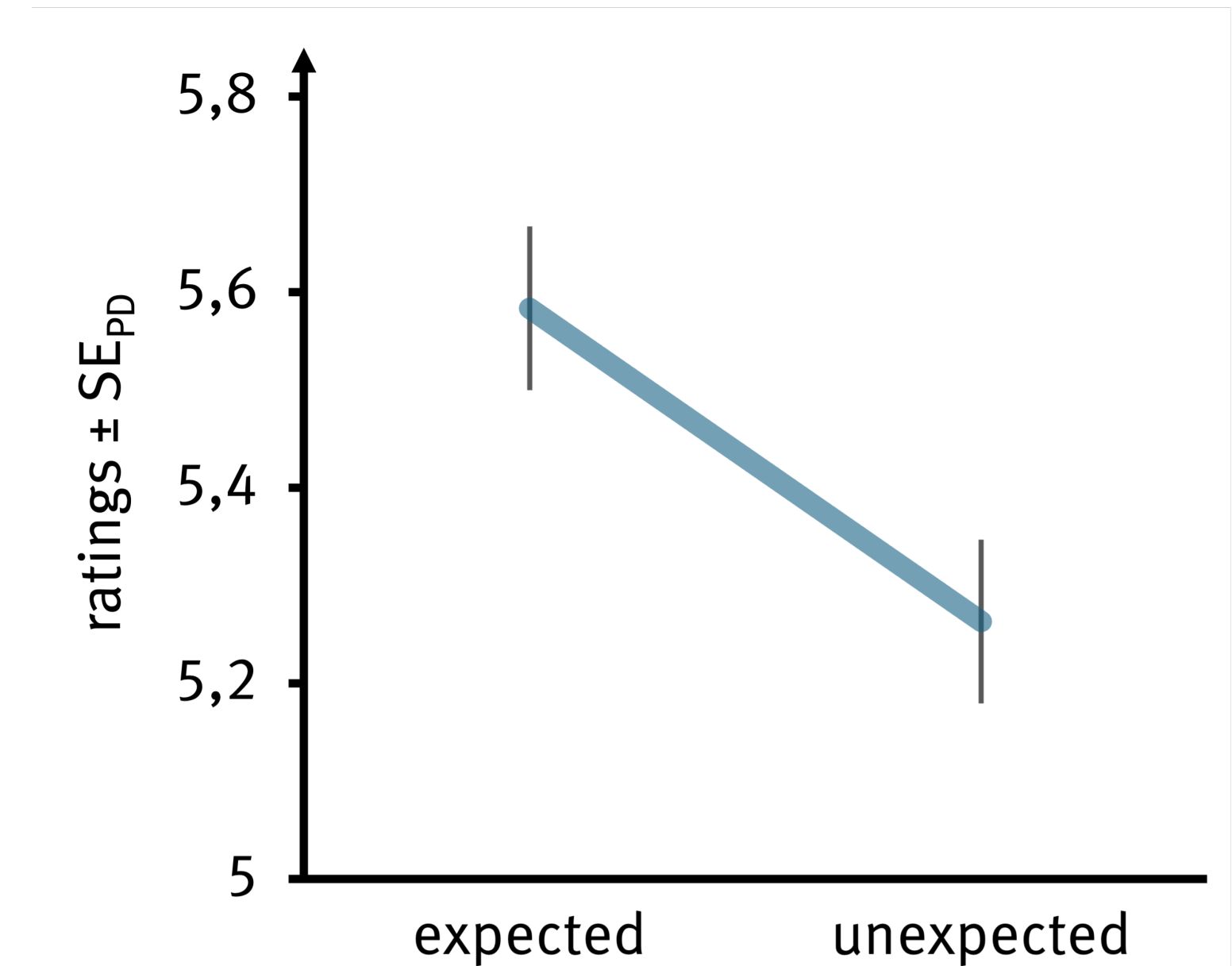
$$F(1,201)=126.34, p<.001, \eta_p^2=.39$$

valence:

$$F(1,201)=8.60, p=.004, \eta_p^2=.04$$

interaction:

$$F(1,201)=20.01, p<.001, \eta_p^2=.09$$



expectancy:

$$F(1,201)=14.53, p<.001, \eta_p^2=.07$$

faster responses after expected than after unexpected effects^{4, 5}
 negative events grab more attention and deteriorate performance⁶
 experiencing control (i.e., in expected episodes) is associated with positive affect
 → faster responses for positive words after expected prime episode
 → more positive ratings after expected prime episode
 affective experience likely shapes motivation for future actions
 → less positively evaluated episodes are less likely to be engaged in / repeated