



## On the accuracy of affective forecasting: The moderating role of passion

Jérémie Verner-Filion, Marc-André K. Lafrenière, Robert J. Vallerand\*

Laboratoire de Recherche sur le Comportement Social, Département de Psychologie, Université du Québec à Montréal, Québec, Canada

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### ABSTRACT

Research on affective forecasting has demonstrated that people are generally inaccurate in predicting their future emotional states (Wilson & Gilbert, 2003). It is proposed that passion toward an activity would moderate this inaccuracy. According to the Dualistic Model of Passion (Vallerand, 2010), individuals can be passionate in two distinct fashions (harmonious and obsessive). It was hypothesized that harmonious passion would lead individuals' affective forecasts to be more coherent with their experienced affective reactions. This is so because harmonious passion stems from an integrated self-structure in which the activity takes an important but not overpowering space in identity. Conversely, obsessive passion stems from ego-invested self-structures, in which the activity takes a disproportionate place in one's identity. Thus, obsessive passion should not be a significant moderator of affective forecasting accuracy. The present study was conducted with a sample of soccer fans ( $N = 62$ ) who reported their forecasted and experienced affective reactions before and following their favorite team's games in the 2010 World Cup of soccer. Results revealed that harmonious passion was associated with greater affective forecasting accuracy. Obsessive passion was unrelated to this phenomenon. Results are discussed in light of the affective forecasting and passion literatures.

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### 1. Introduction

People often try to anticipate the emotional consequences of future events. Research on affective forecasting (Wilson & Gilbert, 2003) has generally shown that people are poor at predicting the affective impact of future life events (Gilbert, Wilson, Pinel, Blumberg, & Wheatley, 1998; Wilson & Gilbert, 2003). More specifically, people tend to overestimate the affective consequences of upcoming events, as they generally expect that future positive events will make them happier than they really do, just as they expect that future negative events will make them unhappier than they actually do (Wilson & Gilbert, 2003).

Although more than a decade of research on affective forecasting has demonstrated a variety of biases, only a handful of studies have looked at how individual differences might influence people's affective forecasting accuracy (e.g., Buehler & McFarland, 2001; Sevdalis, Petrides, & Harvey, 2007; Tomlinson, Carmichael, Reis, & Aron, 2010). Furthermore, it has also been demonstrated that the impact bias is greater under important and emotionally charged circumstances (Gilbert et al., 1998; Wilson, Wheatley, Meyers, Gilbert, & Axsom, 2000). As passion toward an activity entails being strongly

affectively inclined toward an activity (Vallerand et al., 2003), being passionate should lead one to enthusiastically anticipate an upcoming event related to the passionate activity. We thus posited that passion toward an activity (Vallerand, 2010) would represent a psychological factor that has an impact on people's affective forecasts. Therefore, the purpose of this paper was to investigate the role of passion for an activity in the accuracy of affective forecasting.

### 2. The Dualistic Model of Passion

The Dualistic Model of Passion (Vallerand, 2010) defines passion as a strong inclination toward a self-defining activity that one loves, finds important, and in which one invests a significant amount of time and energy. This model further proposes that two distinct types of passion exist, harmonious and obsessive. Harmonious passion refers to a strong desire to freely engage in the activity that one loves. With harmonious passion, the activity is part of an integrated self-structure (Hodgins & Knee, 2002) and, in such a case, occupies a significant but not overpowering space in the person's identity. Thus, harmonious passion is expected to be associated with adaptive outcomes not only during, but also after activity engagement. On the other hand, obsessive passion refers to an uncontrollable urge to engage in the activity. While the activity becomes part of one's identity, individuals with an obsessive passion come to develop ego-invested self-structures toward the passionate activity (Hodgins & Knee, 2002) in which the activity

\* Corresponding author. Address: Laboratoire de Recherches sur le Comportement Social, Université du Québec à Montréal, Box 8888, Succursale Centre-Ville, Montréal (Québec), Canada H3C 3P8. Tel.: +1 514 987 3000x4836; fax: +1 514 987 7953.

E-mail address: [Vallerand.robert\\_j@uqam.ca](mailto:Vallerand.robert_j@uqam.ca) (R.J. Vallerand).

represents an overpowering space in one's identity. Consequently, obsessive passion is expected to be associated with less adaptive outcomes.

Empirical findings have been consistent with this conceptualization of passion. Both types of passion have been found to be positively associated with measures of activity importance, of perceptions of the activity as being a passion, and of activity inclusion in the self (see Vallerand, 2010, for a review). However, the two types of passion have been found to be differentially associated with various outcomes. Harmonious passion is positively related, whereas obsessive passion is either unrelated or negatively related, to indices of psychological adjustment, positive emotions, and flow (Vallerand et al., 2003, Study 2). Obsessive passion is also strongly associated with rumination (Vallerand et al., 2003, Study 1) and negative affect when one is prevented from engaging in the activity (Mageau, Vallerand, Rousseau, Ratelle, & Provencher, 2005). Moreover, obsessive passion is positively related to the experience of conflict between one's passion and other life activities, whereas harmonious passion is negatively related to it (Vallerand, Paquet, Philippe, & Charest, 2010; Vallerand et al., 2008).

### 3. The present research

Passionate activities do not simply reflect a short-lived interest. They are central in people's lives, as passionate people spend a significant amount of time and energy engaged in the passionate activity (Vallerand et al., 2003). In light of past research underlining the role of perceived activity importance and emotional involvement in the accuracy of affective forecasts (Gilbert et al., 1998; Wilson et al., 2000), it is thus proposed that passion toward an activity should have an impact on people's accuracy of affective forecasts. The purpose of the present research was thus to investigate the role of harmonious and obsessive passion for an activity in the accuracy of affective forecasts. The problem of *focalism* (Wilson et al., 2000), whereby people focus too much on a specific (focal) upcoming event and fail to consider the impact of other life events that will influence their emotions at the time being, is particularly relevant to passionate individuals. As with obsessive passion, the activity represents an overpowering space (Hodgins & Knee, 2002), individuals are less likely to hold other interests than the passionate activity, which should lead to lower levels of self-complexity (Linville, 1985, 1987). Along the same vein, past research has shown that obsessive passion leads to experiences of conflict between the passionate activity and other important life activities (Vallerand et al., 2008, 2010). Therefore, when asked to predict the emotional consequences of future activity-related events, obsessively passionate individuals might be less likely to go beyond the specific event and think about other important things that will influence their future emotions. It was thus hypothesized that obsessive passion should not be a significant moderator of affective forecasting accuracy. Obsessive passion should lead individuals to display the customary overestimation of the affective consequences regarding an upcoming activity-related event.

However, this should not be the case for harmonious passion. This is because with harmonious passion, the activity takes an important but not overpowering space in one's identity (Hodgins & Knee, 2002), individuals are more likely to hold other interests (e.g., family, friends, work, etc.), which should lead to higher levels of self-complexity (Linville, 1985, 1987). Moreover, individuals with a high harmonious passion are more efficient in self-regulating multiple life activities, leading to less conflict (Vallerand et al., 2008, 2010). Therefore, when asked to predict the emotional consequences of future activity-related events, harmoniously passionate individuals might be more likely to go beyond the specific event and think about other important things that will influence their future

emotions. In other words, harmoniously passionate individuals are less likely to think of future activity-related events as happening in a vacuum. Thus, we hypothesized that individuals high on harmonious passion would experience greater affective forecasting accuracy, given that they are more likely to engage in the pertinent activity thoughtfully while keeping in perspective other key life domains. Moreover, as mentioned above, past research has also shown that the impact bias is greater under important and emotionally charged circumstances (Gilbert et al., 1998; Wilson et al., 2000). As a result, it was hypothesized that perceived activity importance should be associated to less affective forecasting accuracy and should be taken into account in assessing the specific role of harmonious and obsessive passions in affective forecasting accuracy.

## 4. Method

### 4.1. Participants and procedure

Participants were recruited online through forums and Facebook advertisements dedicated to soccer fans. Participation was voluntary and no incentive was given in exchange for participation. A total of 264 fans completed the initial questionnaire through an online survey a few days before the beginning of 2010 World Cup of soccer. This questionnaire comprised measures of passion toward fandom, activity importance, and affective forecasting. Of these 264 participants, 65 (57 males and 8 females) consented to participate in a diary study for the duration of the tournament. A MANOVA showed no difference on any variables from the initial questionnaire (i.e., harmonious and obsessive passion, activity importance, and affective forecasting) between individuals who participated in the follow-up and those who did not. The mean age of the 65 participants was 26.55 years ( $SD = 12.14$  years). They were supporters of a variety of teams such as Spain ( $N = 17$ ; 26.2%), the Netherlands ( $N = 14$ ; 21.5%), the United States of America ( $N = 5$ ; 7.7%), Brazil ( $N = 4$ ; 6.2%), England ( $N = 4$ ; 6.2%), and others ( $N = 21$ ; 32.3%). A MANOVA showed no differences among the supported teams on all variables.

Each day following a game in which their favorite team had played, fans received an email inviting them to complete an online follow-up questionnaire assessing experienced affect after this specific game. These questionnaires were accessible until two hours before the beginning of their favorite team's next game. Over the course of the diary study, participants were asked to respond to follow-up questionnaires ranging from 1 to 7 occasions.

## 5. Measures

### 5.1. Passion for being a soccer fan

Fans' passion toward supporting one's favorite team was assessed using a short version of the Passion Scale (Vallerand et al., 2003) in order to make the questionnaire as short as possible and thus ensure maximum participation. Participants were asked to complete the scale's items with regard to their favorite soccer team. Two 3-item subscales were used to assess harmonious (e.g., "Being a soccer fan [e.g., Spain fan] is in harmony with other things that are part of me";  $\alpha = .84$ ) and obsessive (e.g., "Being a soccer fan [e.g., Spain fan] is so exciting that I sometimes lose control over it,  $\alpha = .74$ ) passion. This scale was completed on a 7-point Likert scale ranging from 1 (*do not agree at all*) to 7 (*very strongly agree*). Results of a confirmatory factor analysis on the initial sample confirmed the two-factor structure of the short version of the Passion Scale,  $\chi^2$  ( $df = 15$ ,  $N = 264$ ) = 22.51,  $p < .05$ ; CFI = .97, NNFI = .95, RMSEA = .08. Furthermore, a recent study revealed that

the short version of the passion scale was equivalent to the long version as both the long and short versions were highly correlated ( $r_s = .89$  for harmonious passion and  $.97$  for obsessive passion; Lafreniere, Vallerand, Donahue, & Lavigne, 2009).

### 5.1.1. Activity importance

Fans' perceived importance for supporting their favorite team was assessed using four items (e.g., "Being a soccer fan (e.g., Spain fan) is important for me";  $\alpha = .88$ ).

### 5.1.2. Affective forecasting

Participants' forecasted affect was measured using two 6-item subscales assessing positive and negative forecasted affect adapted from Barrett and Russell (1998). In line with past affective forecasting studies (e.g., Wilson et al., 2000), participants were asked to predict how they would feel after both a win and a defeat from their favorite team. Forecasted positive and negative affect was thus assessed, in the event of a win [e.g., "In the event of a win from my favorite team (e.g., Spain) during the World Cup, I would feel excited" ( $\alpha = .94$  for positive affect) or upset ( $\alpha = .84$  for negative affect)] and a defeat from their favorite team [e.g., "In the event of a defeat from my favorite team (e.g., Spain) during the World Cup, I would feel upset" ( $\alpha = .92$  for negative affect) or excited ( $\alpha = .92$  for positive affect)].

### 5.1.3. Experienced affect

Participants' experienced affect after their favorite team's game was measured using the two 6-item subscales (Barrett & Russell, 1998) to assess experienced positive (e.g., "Following my favorite team's game [e.g., Spain], I felt excited";  $\alpha = .93$ ) and negative affect (e.g., "Following my favorite team's game [e.g., Spain], I felt upset";  $\alpha = .97$ ).

### 5.1.4. Performance of the favorite team

For the purpose of the study, team performance was dummy coded with a score of  $-2$  attributed to a defeat and a score of  $+2$  attributed to a win. In the event of a draw game, a score of  $-1$  was attributed to the team that had the higher ranking according to FIFA World Ranking system. The draw was then considered as a defeat since the team was considered better than its opponent and did not win the game. Conversely a score of  $+1$  was attributed to the team that had the lower ranking. In this case, the draw was considered as a victory since the team was considered worse than its opponent but managed to tie the game.

## 5.2. Data analysis

First, in order to assess affective forecasting accuracy a difference score was computed between the forecasted affective reaction and the fans' experienced affect following their favorite team's game. A similar method has been used in prior research on affective forecasting (see, Sevдалис & Harvey, 2007). Affective forecasting accuracy scores were calculated for both positive and negative affect.

Data were then analyzed using hierarchical linear modeling (HLM) with HLM 6.0 (Raudenbush, Bryk, & Congdon, 2004) given that the present study involved a hierarchically structured data set, where repeated situational measures (i.e., affective forecasting accuracy and team performance) were nested under participants' dispositional measures (i.e., harmonious and obsessive passion and activity importance). Moreover, HLM analyzes with the restricted maximum likelihood method of estimation were conducted. This study thus allowed us to examine within-person as well as between-person sources of variances in one's affective forecasting accuracy. All dispositional variables were centered at the sample mean (Raudenbush & Bryk, 2002).

Using HLM, the relations among fans' harmonious and obsessive passion, favorite team performance, and affective forecasting accuracy, while controlling for activity importance, were examined with the following equations:

$$\text{Level 1: Affective forecasting accuracy (positive or negative)}_{ij} \\ = \beta_{0j} + \beta_{1j} (\text{Team performance}) + r_{ij}$$

$$\text{Level 2: } \beta_{0j} = \gamma_{00} + \gamma_{01} (\text{Harmonious passion}) \\ + \gamma_{02} (\text{Obsessive passion}) + \gamma_{03} (\text{Activity importance}) + u_{0j} \\ \beta_{1j} = \gamma_{10} + \gamma_{11} (\text{Harmonious passion}) + \gamma_{12} (\text{Obsessive passion}) \\ + \gamma_{13} (\text{Activity importance}) + u_{1j}$$

## 6. Results

### 6.1. Preliminary analyzes

There was no missing value in the present research because the online survey required that participants complete all items of a given variable. Inspection of the skewness indices for all variables proved to be normal (values ranged from  $-0.62$  to  $1.22$ ). Additionally, in order to screen for multivariate outliers, we computed Mahalanobis distance values for all participants. Three participants exceeded the critical chi-square value at the  $p = .001$  (Tabachnick & Fidell, 2000) and were thus removed from the final sample ( $N = 62$ ). Overall, participants completed a total of 117 questionnaires (average of 1.87 observations per participant). Descriptive statistics for the experienced affect and team performance were obtained by aggregating the data from all follow-up questionnaires. Means, standard deviations, and Pearson correlations are presented in Table 1. As expected, both harmonious and obsessive passions were positively correlated with activity importance ( $r = .71$  and  $r = .53$  for harmonious and obsessive passion, respectively). Analyzes also revealed that neither harmonious nor obsessive passion was significantly related to the quantity of games watched/reported on ( $r = .14$ ,  $p = .28$  and  $r = -.11$ ,  $p = .37$ , for harmonious and obsessive passion, respectively).

### 6.2. Main analyzes

#### 6.2.1. Positive affective forecasting accuracy

Results (see Table 2) from the prediction of means ( $\beta_{0j}$ ) showed that harmonious and obsessive passion did not predict positive affective forecasting accuracy. However, activity importance was associated with lower affective forecasting accuracy at mean level ( $\gamma_{03} = .41$ ,  $p < .05$ ). Thus, the more people reported that being a fan was important for them, the more they overestimated their forecasted positive affect at mean level.

In addition, results revealed that whether or not one's team won or lost predicted a difference in positive affective forecasting accuracy ( $\gamma_{10} = .39$ ,  $p < .05$ ). More precisely, participants overestimated their forecasted positive affect to a greater extent when their favorite team won the game. Furthermore, results from the prediction of slopes involving team performance ( $\beta_{1j}$ ) revealed that harmonious passion ( $\gamma_{11} = -.15$ ,  $p < .05$ ) and activity importance ( $\gamma_{13} = .25$ ,  $p < .05$ ) moderated the relation between team performance and positive affective forecasting accuracy. Specifically, the more people reported having a harmonious passion, the more accurate their forecasted positive affect was when their favorite team won. For example, individuals who were one standard deviation below the mean on the harmonious passion subscale overestimated their positive affect by 1.30 on a 7-point Likert scale when their favorite team won. This overestimation was reduced to .66 points for individuals who were one standard deviation above the mean on the harmonious passion subscale (see Fig. 1). Conversely, the more

**Table 1**  
Means, standard deviations, and correlations involving all variables ( $N = 62$ ).

	M	SD	1	2	3	4	5	6	7	8	9	10	11	12
1. Harmonious passion	4.83	1.64	–											
2. Obsessive passion	2.28	1.42	.29*	–										
3. Activity importance	4.80	1.68	.71*	.53*	–									
4. Positive affective forecast (win) <sup>a</sup>	5.65	1.66	.58*	.43*	.73*	–								
5. Negative affective forecast (win) <sup>a</sup>	1.11	0.25	–.07	.03	.05	.07	–							
6. Positive affective forecast (loss) <sup>a</sup>	1.18	0.33	.09	.11	.14	.15	.22	–						
7. Negative affective forecast (loss) <sup>a</sup>	3.63	1.89	.37*	.59*	.58*	.65*	.13	.05	–					
8. Situational positive affect <sup>b</sup>	3.41	1.95	.18	.13	.04	.21	–.03	.13	.06	–				
9. Situational negative affect <sup>b</sup>	2.41	1.56	.20	.20	.43*	.41*	.33*	.04	.59*	–.42*	–			
10. Positive affect difference score <sup>c</sup>	0.21	1.61	.19	.22	.27*	.22	–.12	–.06	.14	–.25	–.01	–		
11. Negative affect difference score <sup>c</sup>	–0.10	0.96	–.17	.05	–.06	.01	.09	.04	.11	–.18	–.10	–.37*	–	
12. Performance of the favorite team <sup>d</sup>	0.34	1.59	–.09	.04	–.20	–.23	–.11	–.05	–.17	.61*	–.59*	.32*	–.33*	–

<sup>a</sup> Forecast of positive (or negative) affect in the event of a win (or loss) from one's favorite team.

<sup>b</sup> The mean reflects an aggregation of situational scores of experienced positive and negative affect following the games.

<sup>c</sup> The mean reflects a difference of aggregated scores between forecasted and situational affect (i.e., difference score = affective forecast – situational affect).

<sup>d</sup> The mean reflects an aggregation of situational performance.

\*  $p < .05$ .

**Table 2**  
Results of the HLM analysis predicting positive affect forecasting accuracy from one's team performance, harmonious passion, obsessive passion, and activity importance ( $N = 62$ ).

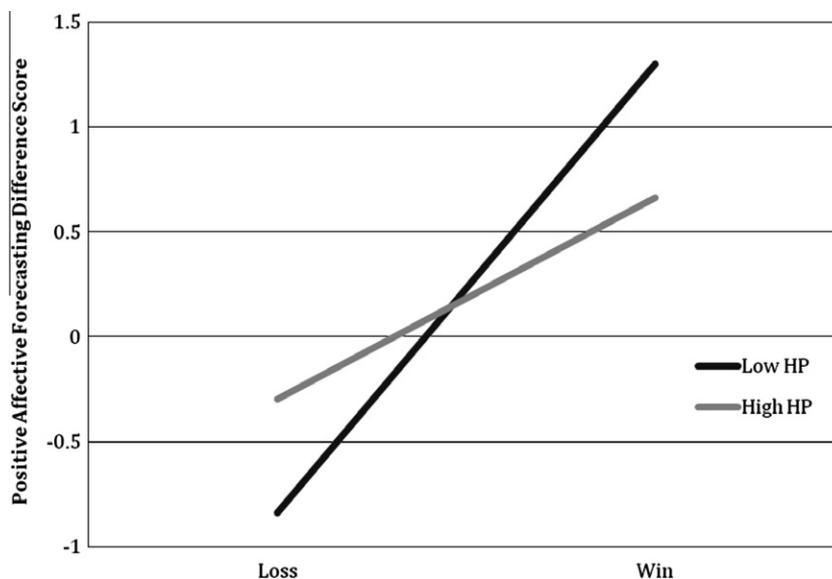
Fixed effect	Coefficient	<i>t</i> -ratio	<i>p</i> value
<i>Means as outcomes, <math>\beta_{0j}</math></i>			
Intercept ( $\gamma_{00}$ )	0.40	2.34	.02
Harmonious passion ( $\gamma_{01}$ )	–0.10	–0.90	.37
Obsessive passion ( $\gamma_{02}$ )	–0.02	–0.18	.86
Activity importance ( $\gamma_{03}$ )	0.41	2.27	.01
<i>Slopes as outcomes, <math>\beta_{1j}</math> (performance of the favorite team)</i>			
Intercept ( $\gamma_{10}$ )	0.39	5.61	.00
Harmonious passion ( $\gamma_{11}$ )	–0.15	–2.73	.01
Obsessive passion ( $\gamma_{12}$ )	–0.08	–1.57	.12
Activity importance ( $\gamma_{13}$ )	0.25	3.81	.00

people reported that being a fan was important, the more their forecasted positive affect was overestimated when their team won. On the other hand, obsessive passion did not moderate the relation between team performance and positive affective forecasting accuracy.

### 6.2.2. Negative affective forecasting accuracy

Results (see Table 3) from the prediction of means ( $\beta_{0j}$ ) showed that harmonious passion, obsessive passion, and activity importance did not predict negative affective forecasting accuracy at the mean level.

In addition, results revealed that whether or not one's team won or lost predicted a difference in negative affective forecasting accuracy ( $\gamma_{10} = -.11, p < .05$ ). Specifically, participants overestimated their forecasted negative affect to a greater extent when their favorite team lost the game. Furthermore, results from the prediction of slopes involving team performance ( $\beta_{1j}$ ) revealed that harmonious passion ( $\gamma_{11} = .11, p = .05$ ) and activity importance ( $\gamma_{13} = -.12, p < .05$ ) moderated the relation between team performance and negative affective forecasting accuracy. Specifically, the more people reported having a harmonious passion, the more precise their forecasted negative affect was when their team lost. For example, individuals who were one standard deviation below the mean on the harmonious passion subscale overestimated their negative affect by .37 on a 7-point Likert scale when their favorite team lost. This overestimation was reduced to –.26 points for individuals who were one standard deviation above the mean on the harmonious passion



**Fig. 1.** Positive affective forecasting accuracy of participants with high and low harmonious passion following a loss or a win from their favorite team. Note: HP = Harmonious Passion; Low HP = One standard-deviation lower than the mean on the harmonious passion subscale; High HP = One standard-deviation higher than the mean on the harmonious passion subscale.

**Table 3**

Results of the HLM analysis predicting negative affect forecasting accuracy from one's team performance, harmonious passion, obsessive passion, and activity importance ( $N = 62$ ).

Fixed effect	Coefficient	<i>t</i> -ratio	<i>p</i> value
<i>Means as outcomes, <math>\beta_{0j}</math></i>			
Intercept ( $\gamma_{00}$ )	-0.23	-2.13	.04
Harmonious passion ( $\gamma_{01}$ )	-0.05	-0.45	.65
Obsessive passion ( $\gamma_{02}$ )	-0.03	0.31	.76
Activity importance ( $\gamma_{03}$ )	-0.07	-0.66	.51
<i>Slopes as outcomes, <math>\beta_{ij}</math> (performance of the favorite team)</i>			
Intercept ( $\gamma_{10}$ )	-0.11	-2.39	.02
Harmonious passion ( $\gamma_{11}$ )	0.11	1.99	.05
Obsessive passion ( $\gamma_{12}$ )	0.04	0.79	.43
Activity importance ( $\gamma_{13}$ )	-0.12	-2.53	.01

subscale (see Fig. 2). Conversely, the more people reported that being a fan was important, the more their forecasted negative affect was overestimated when their team lost. On the other hand, obsessive passion did not moderate the relation between team performance and negative affective forecasting accuracy.

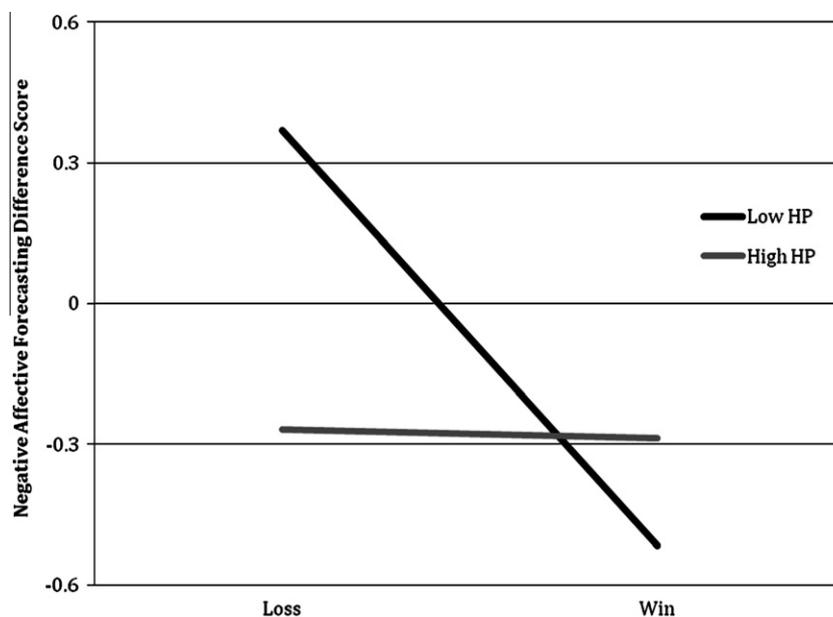
## 7. Discussion

The purpose of the present research was to investigate the moderating role of passion in affective forecasting accuracy. Overall, results of the present research provided support for the hypotheses. More precisely, harmonious passion led to greater accuracy in both positive and negative affective forecasting, while obsessive passion was not a significant moderator in affective forecasting accuracy. Furthermore, activity importance led to lower levels of accuracy in both positive and negative affective forecasting. These results have two major implications.

A first implication is that passion matters with respect to affective forecasting accuracy. Past research has found that not all individuals have the same tendency toward affective forecasting bias (e.g., Buehler & McFarland, 2001; Sevdalis et al., 2007; Tomlinson et al., 2010). The present findings suggest that passion represents

a psychological factor that provides some understanding as pertains to between-individual differences in affective forecasting accuracy. More precisely, the present results demonstrated that the more individuals had a harmonious passion, the more accurate they were for both their positive and negative affective forecasts. This was not the case for individuals high on obsessive passion, as obsessive passion did not moderate the affective forecasting accuracy. Thus, it seems that the accuracy in one's prediction of the emotional impact of future activity-related events does not simply depend on the presence of passion, but more particularly on the extent to which one's passion is harmonious. In addition, the present results revealed that those effects were not attributable to activity importance; harmonious passion led to greater affective forecasting accuracy, over and beyond perceived activity importance. In light of these results, harmonious passion thus appears to represent an important individual difference to consider when looking at affective forecasting accuracy.

A second implication is that the present findings support and extend past research on the Dualistic Model of Passion (Vallerand, 2010; Vallerand et al., 2003). In fact, although several studies have denoted the effects of passion on experienced affect (Mageau et al., 2005; Vallerand et al., 2003, Study 1), the present research is the first to take a look at the role of passion in affective forecasting. The present results indicate that harmonious passion leads to a greater accuracy in affective forecasting. Consequently, harmoniously passionate individuals seem to greatly value the passionate activity while concurrently being able to have a critical, realistic, perspective on the emotional consequences of these upcoming activity-related events. With harmonious passion the activity comes to be integrated in a coherent self-concept with other significant life activities, such as work and family obligations. It thus follows that harmonious passion should lead to a more global contextualization of upcoming activity-related events in affective forecasting, and thus reducing their *focalism*. However, this is not the case with obsessive passion because the activity occupies a disproportionate place in one's identity that outweighs other important aspects of the person's life. As a result, with obsessive passion, individuals are less like to go beyond the specific event. Future research should investigate possible mediating processes,



**Fig. 2.** Negative affective forecasting accuracy of participants with high and low harmonious passion following a loss or a win from their favorite team. Note: HP = Harmonious Passion; Low HP = One standard-deviation lower than the mean on the harmonious passion subscale; High HP = One standard-deviation higher than the mean on the harmonious passion subscale.

such as the aforementioned cognitive processes, as well as mindfulness and coping strategies, in the relation between passion and affective forecasting accuracy.

Furthermore, past research has demonstrated that people use anticipated feelings to guide many decisions and choices (Kermer, Driver-Linn, Wilson, & Gilbert, 2006; Wilson & Gilbert, 2005). In fact, greater anticipated positive emotions can lead people to overestimate the chances of favorable outcomes or to underestimate the chances of unfavorable outcomes. Conversely, greater anticipated negative emotions can lead people to overestimate the negative consequences of unfavorable outcomes or to underestimate the positive consequences of favorable outcomes (Mellers & McGraw, 2001; Sevdalis & Harvey, 2007). Along the same lines, Wilson and Gilbert (2005) have argued that people's flawed emotional expectations could hinder their psychological functioning. The present findings extend past research on the concept of passion by demonstrating that harmonious passion (but not obsessive passion) is related to a greater coherence between expected and experienced affect, which in turn may lead to more accurate and efficient judgment regarding affectively charged situations and thus, to better decision-making. Future research should investigate this issue.

A number of limitations of the present study should be underscored. First, although team performance was objectively assessed, all other measures in this study were self-report in nature. Second, the quasi-experimental design used does not allow us to infer causal inferences. Consequently, researchers should try to replicate the present findings using experimental designs in order to clearly establish the directionality of effects. Foremost, the present research examined affective forecasting only for one type of event, namely a soccer tournament. Additional research is needed in order to replicate the present findings in other situations and with other populations.

In sum, the present study highlights the relevance of passion for understanding affective forecasting accuracy. Further research is required, however, to more completely understand the intricacies of the psychological processes through which harmonious passion toward an activity contributes to increased affective forecasting accuracy.

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