

# Emotions promote social interaction by synchronizing brain activity across individuals

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Contributed by Riitta Hari, April 18, 2012 (sent for review September 4, 2011)

Sharing others' emotional states may facilitate understanding their intentions and actions. Here we show that networks of brain areas "tick together" in participants who are viewing similar emotional events in a movie. Participants' brain activity was measured with functional MRI while they watched movies depicting unpleasant, neutral, and pleasant emotions. After scanning, participants watched the movies again and continuously rated their experience of pleasantness–unpleasantness (i.e., valence) and of arousal–calmness. Pearson's correlation coefficient was used to derive multisubject voxelwise similarity measures [intersubject correlations (ISCs)] of functional MRI data. Valence and arousal time series were used to predict the moment-to-moment ISCs computed using a 17-s moving average. During movie viewing, participants' brain activity was synchronized in lower- and higher-order sensory areas and in corticolimbic emotion circuits. Negative valence was associated with increased ISC in the emotion-processing network (thalamus, ventral striatum, insula) and in the default-mode network (precuneus, temporoparietal junction, medial prefrontal cortex, posterior superior temporal sulcus). High arousal was associated with increased ISC in the somatosensory cortices and visual and dorsal attention networks comprising the visual cortex, bilateral intraparietal sulci, and frontal eye fields. Seed-voxel-based correlation analysis confirmed that these sets of regions constitute dissociable, functional networks. We propose that negative valence synchronizes individuals' brain areas supporting emotional sensations and understanding of another's actions, whereas high arousal directs individuals' attention to similar features of the environment. By enhancing the synchrony of brain activity across individuals, emotions may promote social interaction and facilitate interpersonal understanding.

synchronization | feeling | empathy | somatosensation

Human emotions are highly contagious. Feelings of anger and hatred may spread rapidly throughout a peaceful protest demonstration and turn it into a violent riot, whereas intense feelings of excitement and joy can sweep promptly from players to spectators in an ever-so-important football final. It is well documented that observation of others in a particular emotional state rapidly and automatically triggers the corresponding behavioral and physiological representation of that emotional state in the observer (1–3). Neuroimaging studies also have revealed common neural activation for perception and experience of states such as pain (4–6), disgust (7), and pleasure (8). This automated mapping of others' emotional states in one's own body and brain has been proposed to support social interaction via contextual understanding: Sharing others' emotional states provides the observers with a somatosensory framework that facilitates understanding their intentions and actions and allows the observers to "tune in" or "sync" with other individuals (9–11).

Recent evidence suggests that during social situations, such as synchronization of two individuals' brain activity actually may occur in the literal sense. Prolonged natural stimulation, such as viewing a movie or listening to a narrative, results in time-locked and functionally selective response time courses (i.e., intersubject correlation, ISC) in a multitude of brain areas. This synchronization of brain activity extends from the early projection cortices

to areas involved in higher-order vision and attention and has been interpreted as reflecting similarity of cerebral information processing across individuals (12–16). In addition to reflecting sensory-driven neuronal responses, synchronized neural activity also could facilitate humans in assuming the mental and bodily perspectives of others and predicting their actions (17). Indeed, speaker–listener neural synchronization is associated with successful comprehension of a verbal message (18), and communication by hand gestures (19) and facial expressions (20) enhances neural synchronization between the communicating persons in a brain-region-selective manner. Because emotions make individuals to feel, act, and view the world in a similar fashion (9), emotion-dependent ISC in the limbic emotion systems, as well as in the networks supporting visual attention and simulating others' mental states, could form a crucial mechanism to facilitate interpersonal understanding during emotionally intense events.

In the present study, we used ISC analysis to test whether emotions triggered by affect-laden events in movies are associated with synchronization of viewers' brain activity. Rather than studying how emotions flow from one brain to another (e.g., ref 20), we focused on the tendency for emotional brain responses to become synchronized across the members of a group exposed to similar emotional events (21). Participants watched a set of unpleasant, neutral, and pleasant movies while their brain activity was measured with functional MRI (fMRI) (Fig. 1). After scanning, the participants viewed the movies again and evaluated online their subjective experiences of valence (pleasantness–unpleasantness) and arousal (calmness–activation). These valence and arousal time series then were used in the general linear model (GLM) to predict moment-to-moment ISC of brain activity during movie viewing. We demonstrate that emotions are associated with enhanced intersubject synchronization that extends beyond the sensory cortices to the limbic system and to visual attention and mental simulation networks. We propose that such synchronization of brain activation during emotional encounters supports enhanced contextual understanding across individuals.

## Results

Behavioral ratings (Fig. S1) confirmed that the movie stimuli elicited strong and time-variable emotional reactions, with mean valence ranging from 1.3 to 8.3 and mean arousal ranging from 2.6 to 8.0. Valence and arousal were negatively correlated ( $r = -0.22$ ,  $P < 0.001$ ). During movie viewing, the brain activity was highly time-locked across subjects in several brain regions (Fig. 2). Largest ISCs were observed in the occipito-parietal visual

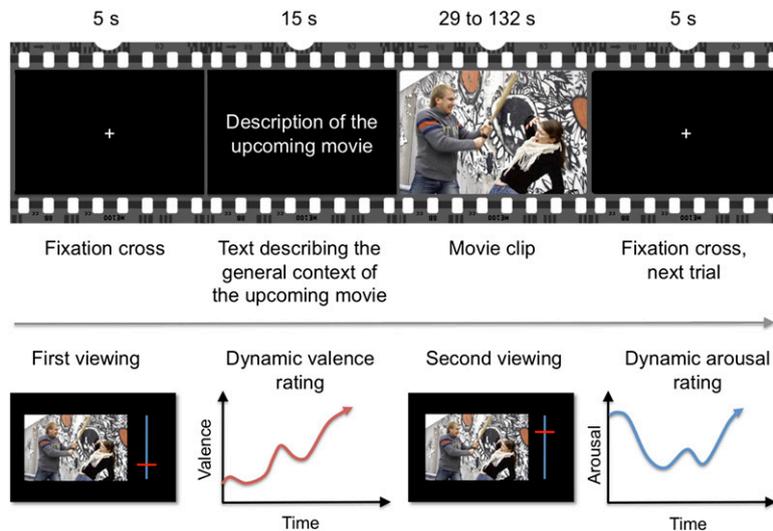
Author contributions: L.N., I.P.J., R.H., and M.S. designed research; L.N., E.G., and M.V. performed research; L.N. and E.G. analyzed data; and L.N., E.G., M.V., I.P.J., R.H., and M.S. wrote the paper.

The authors declare no conflict of interest.

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This article contains supporting information online at [www.pnas.org/lookup/suppl/doi:10.1073/pnas.1206095109/-DCSupplemental](http://www.pnas.org/lookup/suppl/doi:10.1073/pnas.1206095109/-DCSupplemental).



**Fig. 1.** Experimental design for fMRI (*Upper*) and subjective emotional ratings (*Lower*). Participants watched short movie clips depicting pleasant, unpleasant, and neutral events. The movies were preceded by a 5-s presentation of a fixation cross and were followed by a 15-s presentation of text that described the general context of the upcoming movie without revealing details of its actual events. After fMRI the participants watched the movies again and rated their moment-to-moment experiences of valence (pleasantness–unpleasantness) and arousal. Images reproduced from ref. 37.

cortices and in the inferior and superior temporal and frontal lobes. However, statistically significant ISCs also were observed in numerous limbic regions implicated in affective processing, such as the amygdala, anterior insula, and thalamus, as well as in somatosensory cortices.

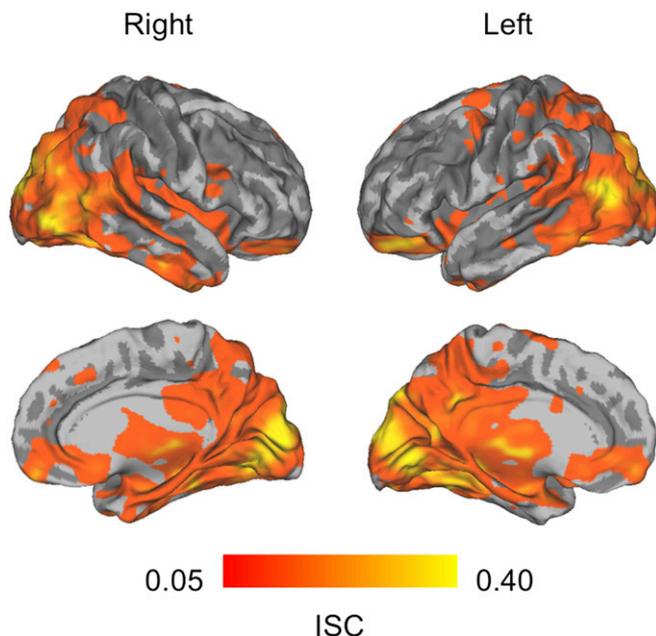
Next, we tested whether the intersubject synchronization would be associated with the participants' emotional state. This analysis revealed a regionally selective association between emotional valence and ISC: As valence decreased from positive to negative, ISC increased in regions involved in emotional processing (thalamus, ventral striatum, and medial prefrontal and anterior cingulate cortex) as well as in default-mode function [temporoparietal junction (TPJ), precuneus, and ventromedial prefrontal cortex (VMPFC)]

(Fig. 3). On the contrary, the level of emotional arousal was associated positively with ISC in visual and somatosensory cortices and in regions involved in top-down attention control [bilateral intraparietal sulcus (IPS) and frontal eye field]. Overlaying these images with the network images generated by seed-voxel correlation analysis (Fig. 4) confirmed that these effects were confined largely to well-known dissociable functional networks: whereas arousal-modulated ISC was mainly restricted to the visual and dorsal attention networks, valence-modulated ISC was observed in the default-mode network. [Table S1](#) presents a summary of the observed ISC foci.

When the mean ISC time courses of all statistically significant voxels in each of the six intrinsic networks were correlated with valence and arousal time series, a similar pattern of results emerged: Arousal, but not valence, correlated positively with mean ISC in the visual and dorsal attention network, whereas valence, but not arousal, correlated negatively with ISC in the default-mode network. Similar results were observed when partial correlations were used to control for effects of valence on ISC by arousal or vice versa ([Table S2](#)). Correlations between ISC and valence versus ISC and arousal were statistically significantly different in all the aforementioned regions ( $Z > 5.38$ ,  $P < 0.001$ , Fisher's test). ISCs in the sensorimotor, auditory, and executive control networks did not correlate significantly with valence or arousal ( $P > 0.05$ ). As a control test, we also calculated correlations between whole-brain ISC, valence, and arousal. Neither valence nor arousal correlated significantly with the whole-volume average ISC ( $P > 0.05$ ), suggesting that both valence and arousal had regionally specific rather than global effects on time-locking of brain activation across individuals.

Next we tested whether synchronization of subjective emotional states would be associated with enhanced synchronization of brain activity. Representational similarity analysis (RSA) revealed that pairwise similarity in valence ratings predicted similarity in brain activation time series, most notably in frontal components of the emotion circuit, namely, in the orbital and medial frontal cortex and anterior cingulum (Fig. S2 and [Table S3](#)). For arousal, the corresponding effect was much smaller and was restricted to temporal/hippocampal regions.

Finally, we assessed whether a self-reported tendency for empathy, that is, the disposition to catch others' emotional states, would be associated with intersubject synchronization of brain



**Fig. 2.** Brain regions showing statistically significant ( $P < 0.05$ , FDR corrected) group-level ISCs during viewing of film clips.



during the moments of high arousal. However, numerous independent studies have established that highly arousing events catch both the covert and overt attention (34, 35).

Emotional arousal also was associated with enhanced ISC in the somatosensory cortices which, in addition to their role in sensory and proprioceptive mapping of the body, are involved in the representation and encoding of the bodily states caused by emotions. Lesions of the somatosensory cortices dampen subjective emotional feelings (36), and the somatosensory cortices are activated when participants actively simulate others' emotional states (37). Recent models have proposed further that the somatosensory cortices might have a more general (i.e., non-emotion-specific) role in understanding actions (11). Our findings suggest that temporally synchronized somatosensory codes across individuals might be a critical mechanism supporting mutual understanding of actions and that highly arousing events would be particularly effective in triggering this kind of somatosensory resonance across individuals.

The activity of the default-mode network typically is suppressed during external stimulation (29), but here we found that its activity became synchronized across participants experiencing negative emotions caught from the movie clips. This finding corroborates recent suggestions that the default-mode network actually may be involved in the evaluation of potentially survival-relevant information from the body and the environment as well as in self-referential and social processing and perspective taking (29, 38). Such processes might be suppressed during free exploration of the environment but may be engaged rapidly in a similar manner across individuals when highly relevant social or emotional events are detected.

The negative association between valence and ISC in the default-mode and emotion networks also fits well with the functions that both human and animal studies have proposed for negative and positive emotions. Negative emotions are associated with narrowed mental focus and restricted processing styles, whereas positive emotions broaden the possible behavioral repertoire and promote exploration of the environment (39–41). Our data show that the restricted processing brought about by negative emotions is reflected in the intersubject similarity in time courses of brain activity: The more negative emotions individuals feel, the more similar is their brain activation in the emotion circuit as well as in the default-mode network, whereas when the subjects experience positive emotions promoting free exploration, their brains process the sensory input more individually, resulting in lower ISC.

Prior studies have provided contradicting evidence on whether the activity in the frontal regions synchronizes across individuals during prolonged natural stimulation (14, 15). The present data contemplate these seemingly discrepant findings by showing that the degree of frontal ISC is contingent on whether negative or positive emotions are elicited. When positive emotions are triggered, frontal cortex may not synchronize across individuals, because the positive emotions trigger planning of novel, exploratory thoughts and actions that are bound to vary significantly across individuals. On the contrary, negative emotions may trigger specific biologically determined fight-or-flight responses for immediate survival, and this narrowing of behavioral repertoires would result in more similar frontal time courses across individuals. However, it is likely that frontocortical synchronization may be triggered both by external events (such as emotions) eliciting prototypical neural and behavioral patterns across individuals and by the similarity of endogenously maintained, shared cognitive task sets across individuals. For example, one recent study demonstrated that when two individuals are receiving and transmitting nonverbal information between one other (and thus require the sharing of mental states between the communicators), the activity in their frontal cortices becomes synchronized (19). Our representational similarity analysis also accords with the position that interindividual similarity of mental states is associated with similarity of frontocortical BOLD responses: The more

similar the participants emotional feelings of pleasantness–unpleasantness were, the more similar were their brain activations in the orbital frontal cortices.

The overlap of the valence- and arousal-contingent ISC was maximal around the posterior middle temporal gyrus (MTG)/STS region that has been proposed to encode the intentions of an agent's actions (42, 43) and also to be associated more broadly with empathy, mentalizing, and theory of mind (44, 45). In line with these notions, we found that individual differences in the tendency to simulate others' emotions were positively associated with ISC in the posterior MTG: The higher the self-reported empathy scores were, the more similar were the MTG time courses in comparison with other individuals. However, although catching the emotions someone (here the movie character) expresses is thought to involve replication of observed emotions in one's own mind and body (9), empathy also might be related to mental simulation and prediction of others' feelings without actually sharing them in one's own mind and body (46). Accordingly, it is possible that the empathy-contingent ISC in the MTG/STS region might reflect this kind of simulation and prediction without feeling. The MTG/STS region thus may function as a hub that underlies the encoding of others' behavioral and emotional intentions. This information could be forwarded to the attention circuits to modulate sensory sampling of the environment as well as to emotion circuits to support transforming the observed agent's actions and intentions into a corresponding somatosensory and behavioral code in the observer.

## Conclusions

Sharing other individuals' emotional states enables predictions of their behavior, and shared affective, sensory, and attentional representations may provide the key to understanding other minds. We argue that emotions enhance intersubject synchronization of brain activity and thus tune-in specific brain networks across individuals to support similar perception, experiencing, and prediction of the world. Our findings suggest that such synchronization of emotions across individuals provides an attentional and affective framework for interpreting others' actions. This hypothesis accords with the proposals that perceived emotional states in others are constantly mapped into corresponding somatic and sensory representations in the observers' brain (10, 11). Through this kind of mind-simulation, we may estimate others' goals and needs more accurately and tune our own behavior accordingly, thus supporting social interaction and coherence. We propose that high arousal serves to direct individuals' attention similarly to features of the environment, whereas negative valence synchronizes brain circuitries, supporting emotional sensations across individuals. Through these mechanisms emotions could promote social interaction by enhancing the synchrony between brain activity and behavior across different individuals.

## Materials and Methods

**Participants.** The Ethics Committee of the Helsinki and Uusimaa Hospital District approved the study protocol, and the study was conducted in accordance with the Declaration of Helsinki. Sixteen healthy adults (age 25–49 y, mean age 32 y, 13 males) with normal or corrected-to-normal vision volunteered for the study. Individuals with a history of neurological or psychiatric disease or current medication affecting the central nervous system were excluded. All subjects were compensated for their time and travel costs, and they signed ethics committee-approved informed consent forms.

**Experimental Design.** Fig. 1 summarizes the stimuli and design. The video stimuli (*SI Text*) were 13 segments (on average,  $92 \pm 30$  s in length) cut from Hollywood feature films such as *When Harry Met Sally* and *The Godfather*. The clips depicted humans experiencing strong positive or negative emotions or a neutral emotional state. Most stimuli were selected on the basis of a validation study for the emotional qualities of silent clips edited from several feature films (47). All participants were native Finnish speakers, and to reduce the potential confounds associated with the English speech in the movies, the movie clips were presented without sound.



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