

## **Abstract**

Audiovisual stimuli have been shown to evoke more automatic affective experience for the induction of depressive mood. The present study investigated the relative effectiveness of three types of audiovisual stimuli, International Affective Picture System (IAPS) pictures with music, facial expressions with music, and films, on depressive mood induction. Their applicability as mood booster to extend the short-lived induced mood was tested subsequently. The present study consisted of two consecutive stages, each included a separate sample of healthy university students. In the first study ( $n = 40$ ), the magnitude of affective change after stimulus presentation was examined with affective self-report. In the second study ( $n = 21$ ), the maintenance of induced mood over multiple blocks of verb generation task with mood boosters was examined. IAPS pictures with music and films were found effective in inducing an intense depressive mood. However, films were more effective in maintaining mood over a cognitive task. While providing confirmatory evidence for the effectiveness of films, our findings provided new evidence for the applicability of combined stimuli in mood induction studies. Apart from the significance on stimulus selection, the present study revealed that the later sessions were less effective than earlier sessions of mood induction even when highly-effective affective stimuli were used.

**Keywords:** depressive mood induction, audiovisual affective stimuli, boosters