

APPRAISAL THEORY

Authored by
Mohammed loot

October 15, 2025

RECOMMENDED CITATION

Mohammed loot (2025). *APPRAISAL THEORY*. Encyclopedia of psychology. Retrieved from <https://encyclopedia.arabpsychology.com/?p=13982>

an overarching name for a group of theories, stating that people's cognitive appraisals or evaluations of a situation determine the emotions they feel in response to the situation and their evaluation or appraisal of it. See also cognitive appraisal theory.

APPRAISAL THEORY: "Appraisal theory suggests that the unique response different people have to the same situation is largely influenced by their appraisal of it."

ARABPSYCHOLOGY.COM