The present study examined the association between approach-avoidance commitment, emotional experiences in romantic relationships, and mental health. It was hypothesized that the association between avoidance commitment and emotional experiences was moderated by approach commitment. Two hundred and three undergraduates who were involved in romantic relationships participated in a questionnaire survey. Results revealed that approach commitment was associated with greater positive emotion and less negative emotion, and these emotional experiences were associated with higher mental health. On the other hand, the association between avoidance commitment and emotional experiences was moderated by approach commitment. That is, only when approach commitment was weak, avoidance commitment was associated with fewer positive emotions and greater negative emotions, and that these emotional experiences were associated with lower mental health. These results reveal that approach-avoidance commitment was associated with mental health via emotional experiences in romantic relationships, and verified Johnson’s (1999) and Levinger’s (1999) theoretical argument.

**Keywords:** approach-avoidance commitment, relationship commitment, emotion experience, mental health, romantic relationships.

*The Japanese Journal of Psychology*
2016, Vol.86, No.6,