

Fixation (2 s)



Picture or Music (8 s)



Listen to this clip.

10 Emotion  
Ratings  
(Self-Paced)

How \_\_\_\_ were you while listening to that music or viewing that image?

|            |           |            |           |
|------------|-----------|------------|-----------|
| anxious    |           | relaxed    |           |
| Not at all | Extremely | Not at all | Extremely |
| gloomy     |           | excited    |           |
| Not at all | Extremely | Not at all | Extremely |
| happy      |           | upset      |           |
| Not at all | Extremely | Not at all | Extremely |
| sad        |           | satisfied  |           |
| Not at all | Extremely | Not at all | Extremely |
| scared     |           | joyful     |           |
| Not at all | Extremely | Not at all | Extremely |

Next

**Figure 2.** Design of the emotion rating task. Following a 2-s intertrial interval with a fixation cross, participants either viewed an image for 8 s or listened to a clip of music for 8 s. Participants then rated (self-paced) how anxious, gloomy, happy, sad, scared, relaxed, excited, upset, satisfied, and joyful they felt while either listening to the music or viewing the image.