



Figure 4. Study 1 scatter plots of correlations between mental health measures and emotional granularity in response to music (**A, B, C**) and granularity in response to pictures (**D, E, F**).
(A) Positive emotional granularity (music) and resilience (CD-RISC) – $r(62) = .09, p = .50$
(B) Positive emotional granularity (picture) and resilience (CD-RISC) – $r(62) = .09, p = .49$
(C) Negative emotional granularity (music) and depression (BDI-II) – $r(62) = 0, p = .97$
(D) Negative emotional granularity (picture) and depression (BDI-II) – $r(62) = -.15, p = .27$
(E) Negative emotional granularity (music) and anxiety (STAI) – $r(62) = -.08, p = .54$
(F) Negative emotional granularity (picture) and anxiety (STAI) – $r(62) = -.21, p = .12$