

## Adaptive Function of Music Listening Scale

*Rate each item on a 5-point Likert-scale ranging from 1 (Strongly Disagree) to 5 (Strongly Agree)*

	<b>Anger regulation</b> <ol style="list-style-type: none"><li>1. When I feel angry listening to music helps me look on the bright side</li><li>2. When I feel angry listening to music helps me see things in a more positive light</li><li>3. When I feel angry listening to music helps to take my mind off it</li><li>4. When I feel angry listening to music distracts me from feelings of anger</li><li>5. When I feel angry I listen to music that makes me happy</li><li>6. When I feel angry listening to my favorite music makes me feel happier</li><li>7. When I feel angry I get comfort from listening to music</li></ol>
<b>The adaptive function of music listening scale</b>	
<b>Stress regulation</b> <ol style="list-style-type: none"><li>1. Listening to music distracts me from stress</li><li>2. When I feel stressed listening to music helps to take my mind off it</li><li>3. I can escape from stressful situations by listening to music</li><li>4. When I feel stressed I get comfort from listening to music</li></ol>	<b>Anxiety regulation</b> <ol style="list-style-type: none"><li>1. When I feel anxious listening to music helps me look on the bright side</li><li>2. When I feel anxious listening to music helps me see things in a more positive light</li><li>3. When I feel anxious listening to my favorite music makes me feel happier</li><li>4. When I feel anxious I listen to music that makes me happy</li><li>5. Listening to music distracts me from feelings of anxiety</li><li>6. When I feel anxious listening to music helps to take my mind off it</li><li>7. When I feel anxious I get comfort from listening to music</li></ol>
<b>Strong emotional experiences</b> <ol style="list-style-type: none"><li>1. When listening to music I feel intense emotions</li><li>2. When listening to music I feel a range of emotions</li><li>3. When listening to music I feel emotions deeply</li><li>4. When listening to music I feel a variety of emotions simultaneously</li><li>5. When listening to music I feel a mixture of many different emotions</li><li>6. I feel strong emotions when listening to music</li></ol>	<b>Awe and appreciation</b> <ol style="list-style-type: none"><li>1. Listening to music I feel a sense of awe for the talent of the composer</li><li>2. Listening to music I feel a sense of awe for the talent of the performer</li><li>3. When listening to music I do not admire the talent of the performers (R)</li></ol>
<b>Rumination</b> <ol style="list-style-type: none"><li>1. When I feel sad/depressed listening to music makes me dwell upon those feelings</li><li>2. When I feel sad/depressed listening to music leads me to focus on those feelings</li><li>3. When I feel anxious listening to music makes me dwell upon those feelings</li><li>4. When I feel anxious listening to music leads me to focus on those feelings</li></ol>	<b>Loneliness regulation</b> <ol style="list-style-type: none"><li>1. I feel less lonely when I listen to music</li><li>2. Listening to music reduces feelings of loneliness</li><li>3. Listening to music makes me feel less alone</li></ol>
<b>Sleep</b> <ol style="list-style-type: none"><li>1. Listening to music in bed helps me fall asleep</li><li>2. I listen to music in bed because it helps me get to sleep</li></ol>	<b>Cognitive regulation</b> <ol style="list-style-type: none"><li>1. Playing music in the background helps me to concentrate</li><li>2. Having background music makes it easier to focus on what I'm doing</li></ol>
<b>Reminiscence</b> <ol style="list-style-type: none"><li>1. Listening to music does not bring back memories for me (R)</li><li>2. When listening to music I reminisce about the past</li><li>3. When listening to music I remember my past</li><li>4. Listening to music reminds me of people from my past</li></ol>	<b>Identity</b> <ol style="list-style-type: none"><li>1. Music listening is a fundamental part of who I am</li><li>2. The music I listen to expresses who I am as a person</li><li>3. Listening to music has helped me discover who I am</li><li>4. Listening to music has helped me to understand myself</li></ol>