

2. Method

“We report how we determined our sample size, all data exclusions (if any), all manipulations, and all measures in the study” in compliance with the 21-word-solution of open science (Simmons et al., 2012)

2.1 Power analysis and participants

xxx.

2.2 Experimental procedure

All session took place in a shielded cabin with constant lighting. Participants received information about the

2.3 Emotion regulation paradigm

The ER task followed a block design (see Figure X). Participants were told to actively view neutral and negative pictures (see 2.4. Stimuli).

2.4. Stimuli

Pictures used in the paradigm were selected from the Emotional Picture Set (EmoPicS) (Wessa et al., 2010) and the International Affective Picture System (IAPS) (Lang et al., 2008). The 20 neutral pictures (Valence (V): $M \pm SD = 4.81 \pm 0.52$; Arousal (A): $M \pm SD = 3.00 \pm 0.65$)

Lang, P. J., Bradley, M. M., & Cuthbert, B. N. (2008). *International affective picture system (IAPS): Affective ratings of pictures and instruction manual*. University of Florida.

Simmons, J. P., Nelson, L. D., & Simonsohn, U. A. (2012). A 21 word solution. *SSRN Electronic Journal*. <https://doi.org/10.2139/ssrn.2160588>

Wessa, M., Kanske, P., Neumeister, P., Bode, K., Heissler, J., & Schönfelder, S. (2010). EmoPicS: Subjective und psychophysiologische evaluation neuen bildmaterials für die klinisch-biopsychologische forschung. *Zeitschrift für Klinische Psychologie Und Psychotherapie*, 39(Suppl 1/11), 77.