List of measures used in the CAD Study

Personality questionnaires

- Need for Cognition Scale, 16-item Short Form (Cacioppo et al. 1982, German version: Bless et al. 1994)
- Barratt Impulsiveness Scale BIS-11 (Patton et al. 1995, German version: Hartmann et al. 2011)
- Brief Self-Control Scale (Tangney et a. 2004, German version: Sprösser et al. 2011)
- Self-Regulation Scale SRS (Schwarzer et al. 1999)
- Emotion Regulation Questionnaire ERQ (Gross & John 2003, German version: Abler et al. 2009)
- Wellbeing Index of the World Health Organization WHO-5 (Bech et al. 2004, Brähler et al. 2007)
- Attentional Control Scale ACS (Derryberry et al. 2002)
- Connor Davidson Resilience Scale CD-RISC (Connor et al. 2003, Campbell-Sills et al. 2007, German version: Sarubin et al. 2015)
- Flexible Emotion Regulation Scale FlexER (Dörfel et al. 2019)
- Lay Beliefs (Bernecker & Job 2017)

Lab session 1

- Demographic data:
  - Age
  - Gender
  - Highest educational degree
- Exclusion criteria: Lack of sleep, excessive consumption of drugs, other reasons
- Behavioural data during the paradigm:
  - Reaction time and correctness of key presses during n-back
  - Decisions during the effort discounting paradigm using the labelled buttons on screen
  - After each n-back level: NASA-TLX self-report of perceived task load using a tablet, plus aversiveness rating on the same response scale as the NASA-TLX
- Post-paradigm questionnaire:
  - Did you adhere to the instruction? (Yes/No)
  - What did you base your effort discounting decisions on? (Avoid boredom/Seek challenge/Avoid effort/Relax/Other (Please specify))

Lab session 2

- Behavioural data during the paradigm:

- After each block: "How exhausting did you find the application of the strategy?", rated using a slider on screen from "Not at all exhausting" to "Very exhausting"
- After each block: "How emotionally arousing did you find the pictures?", rated using a slider on screen from "Not at all emotionally arousing" to "Very emotionally arousing"
- Decisions during the effort discounting paradigm using the labelled buttons on screen
- Choice of emotion regulation strategy for the last block, using key press

- Physiological measures during the paradigm:
  - Electromyography data of the *musculus corrugator supercilii* and the *musculus levator labii*

- Post-paradigm questionnaire:
  - Did you notice anything during the task? (No/Yes (Please specify))
  - Did you adhere to the instructed strategies? (Yes/No (Because))
  - Why did you choose this strategy in the last block?
  - Did you notice anything in general? (No/Yes (Please specify))
  - Have you participated in similar experiments (No/Yes) and, if yes, how often and when was the last time?