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| **Question** | **Hypothesis** | **Sampling plan (e.g. power analysis)** | **Analysis Plan** | **Interpretation given to different outcomes** |
| 1.) Do ER strategies reduce emotional arousal? (Manipulation check) | 1a) Subjective (arousal rating) and physiological (facial muscle activity) is lower after using distraction compared to active viewing. |  |  |  |
| 1b) Subjective (arousal rating) and physiological (facial muscle activity) is lower after using distancing compared to active viewing. |  |  |  |
| 1c) Subjective (arousal rating) and physiological (facial muscle activity) is lower after using suppression compared to active viewing. |  |  |  |
| 2.) Do ER strategies require cognitive effort? (Manipulation check) | 2a) Subjective effort (effort ratings) is greater after using distraction compared to active viewing. |  |  |  |
| 2b) Subjective effort (effort ratings) is greater after using distancing compared to active viewing. |  |  |  |
| 2c) Subjective effort (effort ratings) is greater after using suppression compared to active viewing. |  |  |  |
| 2d) Majority of participants reuse the strategy that was least effortful for them. |  |  |  |
| 3.) What are individual subjective values of emotion regulation strategies? | 3a) Subjective effort ratings negatively predict SVs of ER strategies. |  |  |  |
| 3b) Subjective arousal ratings negatively predict SVs of ER strategies. |  |  |  |
| 3c) Facial muscle activity negatively predict SVs of ER strategies. |  |  |  |
| 4.) Which variables can predict individual subjective values of ER strategies? |  |  |  |  |
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| 5.) Are individual subjective values of ER strategies related to personality traits? |  |  |  |  |
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