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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 (arousal rating) is lower after using an emotion regulation strategy (distraction, distancing, suppression) compared to active viewing. |  | Repeated measures ANOVA with four linear contrasts, comparing the subjective arousal ratings of four blocks (active viewing, distraction, distancing, suppression).  ANOVA is calculated using aov\_ez() function of the afex-package, estimated maginal means are calculated using emmeans() function from the emmeans-package, pairwise contrasts are calculated using pairs().  Bayes factors are computed for the ANOVA and each contrast using the BayesFactor-package. |  |
| 1b) Physiological arousal (*corrugator* muscle activity) is lower after using an emotion regulation strategy (distraction, distancing, suppression) compared to active viewing. |  |  |  |
| 1c) Physiological arousal (*levator* muscle activity) is lower after using an emotion regulation strategy (distraction, distancing, suppression) compared to active viewing. |  |  |  |
| 2.) Do ER strategies require cognitive effort? (Manipulation check) | 2a) Subjective effort (effort ratings) is greater after using an emotion regulation strategy (distraction, distancing, 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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