**List of measures**

**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
* 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

**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?
  + Did you adhere to the instructed strategies?
  + Why did you choose this strategy in the last block?
  + Did you notice anything in general?
  + Have you participated in similar experiments and, if yes, how often and when was the last time?