| ***Table 1*** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Descriptive Statistics for the Positive ER Strategies* | | | | | | | | | |
| *ER strategy* | *Wording* | *Mean* | *Min* | *Max* | *SD between* | *SD within* | *% 0 responses* | *% <10 responses* | *ICC* |
| Attention | I consciously noticed and paid attention to my feelings | 30.83 | 0.00 | 82.04 | 16.82 | 17.52 | 9.73 | 29.12 | 0.44 |
| Savoring | I thought about how happy/vigorous/satisfied/ cheerful/energetic/calm etc. I feel | 28.29 | 0.00 | 81.98 | 15.13 | 17.60 | 9.73 | 30.77 | 0.38 |
| Self\_focus | I patted myself on the back | 22.41 | 0.00 | 76.21 | 15.05 | 16.51 | 13.68 | 43.65 | 0.39 |
| Expression | I expressed my positive feelings, for example by laughing | 42.96 | 0.70 | 92.97 | 18.60 | 21.64 | 6.37 | 21.75 | 0.40 |
| Capitalization | I shared or celebrated my feelings with others | 24.23 | 0.00 | 85.22 | 17.53 | 17.78 | 16.79 | 46.38 | 0.44 |
| Dampening | I had negative thoughts about the positive feelings and the situation she caused | 11.72 | 0.00 | 54.71 | 10.63 | 8.89 | 22.73 | 62.94 | 0.48 |
| Co\_dampening | I talked with others in a negative way about my positive feelings, for example reminding each other that these positive feelings won't last long | 10.14 | 0.00 | 53.12 | 10.35 | 7.43 | 25.02 | 68.86 | 0.55 |
| *Note.* ER = Emotion regulation, M = Mean, SD = Standard Deviation, Min = Minimum, Max = Maximum, ICC = Intra-Class Correlation. | | | | | | | | | |
| Mean, SD between, minimum and maximum represent the descriptives of the person-aggregated scores for each ER strategy. The within-person SD for each ER strategy represents the within-strategy variability. Paired-samplt t-tests indicated that mean levels of self-focus and capitalization did not significantly differ from each other (t = 1.30, p = .19), all other mean levels were significantly different (t’s ranging between 3.01 and 20.17, all ps < .003)). | | | | | | | | | |
| Note that in the pre-registration, we accidentally said we would conduct one-sample t-tests for comparing the different ER strategies, although this should have been paired sample t-tests. | | | | | | | | | |