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| **Table 1** |  |  |  |  |  | |  |  |  |  | |  |  |  |
| *Meta-analytic associations between self-ratings, questionnaires, and amygdala down-regulation* | | | | | | | | | | | | | | |
|  | Effects | | | | |  | | Heterogeneity | | | |  | Sample | |
|  | *r* | 95% CI | *p* | | |  | | τ | 95% CI | | *p* |  | *k* | *N* |
| Rating/ Amygdala | 0.08 | [0.02, 0.15] | 0.010 | | |  | | 0.07 | [0.00, 0.18] | | 0.172 |  | 26 | 1377 |
| Rating/ Questionnaires | 0.05 | [-0.00, 0.10] | 0.067 | | |  | | 0.00 | [0.00, 0.10] | | 0.835 |  | 28 | 1397 |
| Amygdala/ Questionnaires | 0.01 | [-0.05, 0.06] | 0.807 | | |  | | 0.06 | [0.00, 0.15] | | 0.203 |  | 33 | 1833 |
| *Note.* Results from pair-wise random effects meta-analyses on correlations. k = number of studies included in the individual meta-analysis. | | | | | | | | | | | | | | |

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| --- | --- | --- | --- | --- | --- | --- |
| Table S1 |  |  |  |  |  |  |
| *Studies included in meta-analytic analyses* | | | | | | |
| Study  First author Publication year | ***N*** | **age  *M* (*SD*)** | **Female (%)** | **Questionnaire:  *M* (*SD*)** | **Stimulus Type** | **Task Ratings** |
| [Benzait (2023)](https://www.zotero.org/google-docs/?4ohIbQ) | 17 | 31.4 (9.1) | 35% | ERQ: 4.5 (0.9) | pictures |  |
| [Berboth (2021)](https://www.zotero.org/google-docs/?hijJWQ) | 25 | 22.8 (3.0) | 84% | ERQ: 2.6 (0.7) | pictures | x |
| [Brehl (2021; partially unpublished)](https://www.zotero.org/google-docs/?81QFhE) | 242 | 22.9 (5.1) | 73% | FEEL-E: 22.7 (4.0) | pictures | x |
| Burghart (unpublished) | 31 | 23.4 (4.1) | 100% | ERQ: 5.0 (0.8) | pictures | x |
| [Diers (2023)](https://www.zotero.org/google-docs/?R27xpy) | 39 | 24.6 (4.2) | 66% | ERQ: 4.7 (0.8) | pictures |  |
| [Dörfel (2014; distancing)](https://www.zotero.org/google-docs/?MW7zCJ) | 16 | 23.7 (6.7) | 100% | ERQ: 4.6 (1.1) | pictures |  |
| [Dörfel (2014; reinterpretation)](https://www.zotero.org/google-docs/?DuWq8x) | 19 | 22.4 (2.7) | 100% | ERQ: 4.4 (1.1) | pictures |  |
| Gaebler (2014) | 23 | 30.0 (8.0) | 78% | ERQ: 4.8 (1.2) | pictures |  |
| Scheffel (2019) | 37 | 25.2 (4.4) | 53% | ERQ: 4.6 (0.9) | pictures |  |
| [Gianaros (2020; AHAB-II)](https://www.zotero.org/google-docs/?9FOemv) | 163 | 42.7 (7.1) | 48% | ERQ: 5.0 (0.9) | pictures | X |
| [Gianaros (2020; PIP)](https://www.zotero.org/google-docs/?fldPKa) | 176 | 40.1 (6.3) | 51% | ERQ: 5.0 (0.9) | pictures | x |
| [Glosemeyer (2020)](https://www.zotero.org/google-docs/?PMU2ic) | 15 | 24.0 (3.1) | 53% | ERQ: 4.1 (0.9) | cyberball | x |
| [Hofhansel (2023)](https://www.zotero.org/google-docs/?vcnyCx) | 16 | 34.7 (10.2) | 0% | ERQ: |  |  |
| [Jentsch (2019)](https://www.zotero.org/google-docs/?0NjZUy) | 30 | 23.7 (3.4) | 47% | ERQ: 4.5 (1.3) | pictures | x |
| [Powers (2022)](https://www.zotero.org/google-docs/?KwMJGC) | 40 | 25.5 (4.7) | 70% | ERQ: 4.8 (0.9) | pictures | x |
| Wessa (unpublished) | 89 | 30.0 (14.0) | 55% | ERQ: 27.0 (6.0) |  | x |
| Kim (unpublished) | 33 | 23.0 (2.1) | 52% | ERQ: 4.8 (1.1) | pictures | x |
| LaBar (unpublished) | 53 | 55.0 (12.2) | 62% | ERQ: 4.6 (1.0) | Autobio-graphical  memory cues | x |
| [Marín-Morales (2022)](https://www.zotero.org/google-docs/?I6mFXx) | 29 | 38.3 (8.2) | 0% | CERQ: 11.9 (11.9) | pictures | x |
| [Min (2022)](https://www.zotero.org/google-docs/?vNKmgM) | 105 | 22.8 (2.7) | 49% | ERQ: 29.5 (6.0) | pictures | x |
| [Morawetz (2016)](https://www.zotero.org/google-docs/?sgXLLI) | 23 | 22.9 (3.6) | 65% | ERQ: 2.9 (1.1) | videos | x |
| [Morawetz (2016; pictures)](https://www.zotero.org/google-docs/?BGapjR) | 59 | 32.4 (11.2) | 33% | ERQ: 3.0 (1.0) | pictures | x |
| [Morawetz (2016; videos)](https://www.zotero.org/google-docs/?stLNQc) | 59 | 32.4 (11.2) | 33% | ERQ: 3.00 (1.0) | videos | x |
| [Morawetz (2019)](https://www.zotero.org/google-docs/?AhDHof) | 29 | 24.5 (5.2) | 81% | ERQ: 2.9 (1.1) | pictures | x |
| [Morawetz (2020)](https://www.zotero.org/google-docs/?X31pIR) | 35 | 23.0 (3.4) | 82% | ERQ: 3.1 (1.0) | pictures | x |
| [Morawetz (2021)](https://www.zotero.org/google-docs/?l3mB8p) | 37 | 22.0 (3.7) | 87% | ERQ: 2.8 (1.1) | pictures | x |
| [Mulej Bratec (2015)](https://www.zotero.org/google-docs/?oTWH1T) | 20 | 24.8 (2.3) | 100% | ERQ: 5.1 (0.5) | pictures | x |
| Müller-Pinzler (unpublished) | 15 | 24.0 (3.12) | 53% | ERQ: 4.0 (0.9) | pictures | x |
| Huneke (unpublished) | 18 | 25.6 (5.6) | 67% | ERQ: 5.4 (0.7) | pictures | x |
| [Pierce (2022)](https://www.zotero.org/google-docs/?l3D1BE) | 110 | 43.6 (18.1) | 57% | ERQ: 5.4 (1.2) | pictures | x |
| [Paschke (2016)](https://www.zotero.org/google-docs/?3KOLdP) | 115 | 26.1 (3.8) | 51% | ERQ: 3.5 (1.1) | pictures | x |
| [Rehbein  (2021; sample 1)](https://www.zotero.org/google-docs/?926O92) | 15 | 23.9 (4.6) | 100% | ERQ: 30.8 (3.8) | pictures | x |
| [Rehbein  (2021; sample 2)](https://www.zotero.org/google-docs/?pCknJW) | 16 | 23.1 (3.2) | 100% | ERQ: 29.1 (5.3) | pictures | x |
| [Sandner (2021)](https://www.zotero.org/google-docs/?KsKVig) | 38 | 25.0 (4.0) | 50% | CERQ: 15.3 (3.6) | pictures | x |
| Sidorenko (unpublished) | 139 | 39.5 (11.9) | 6% | ERQ: 27.0 (5.5) | pictures | x |
| [Guendelman (2022)](https://www.zotero.org/google-docs/?m2ElrS) | 55 | 38.5 (10.0) | 83% | CERQ: 13.9 (3.7) | pictures | x |
| Sokolowski (unpublished) | 83 | 21.7 (1.8) | 49% | CERQ: 14.6 (3.4) |  | x |
| [Steward (2021)](https://www.zotero.org/google-docs/?Ca9ci8) | 92 | 20.0 (2.8) | 54% | ERQ: 30.5 (6.4) | pictures | x |
| [Lloyd (2021)](https://www.zotero.org/google-docs/?qRCELc) | 59 | 69.5 (7.7) | 50% | CERQ-SF: 6.1 (2.0) | pictures | x |
| [Tupitsa (2023)](https://www.zotero.org/google-docs/?y2kecc) | 19 | 27.0 (5.0) | 55% | CERQ-SF: 8.2 (1.4) | pictures | x |
| *Note.* The task ratings column indicates whether task-based affective ratings were present. Only ratings given during the task were considered (e.g., not after the task). Sample size varied slightly depending on the outcome in some studies. Therefore, the sample sizes for questionnaires are reported in this table for simplicity, as these were the lower bound of sample sizes for the three outcomes. For questionnaires authors provided the subscales most indicative of cognitive reappraisal. These were for the reappraisal scale for the ERQ (Emotion Regulation Questionnaire), the positive reappraisal scale for the CERQ (Cognitive Emotion Regulation Questionnaire), and the re-evaluation scale for the FEEL-E (Fragebogen zur Erhebung der Emotionsregulation bei Erwachsenen). | | | | | | |