

Table 1: Participant demographics

ParticipantID	Age Range	Gender	Race	Education	Familiarity	Group	Device
R_3n3jcxk5gzQUj51	18-24	Male	White	High school	4	1	HCILab1
R_1PgOiW6dxGDgBwB	18-24	Male	Asian	College	3	1	HCILab2
R_865YxVqKosNjcdf	25-34	Male	Asian	Professional degree	2	1	CSL_LabPC
R_85MTBgBEA0MfUhb	18-24	Male	Asian	Graduate degree	2	1	CSL_Laptop
R_5oZ7WckJpLcxwP	18-24	Male	Asian	Professional degree	3	2	HCILab2
R_6YuNtoM4ihsHh6h	18-24	Male	White	High school	2	2	HCILab1
R_207DqscZCOvzhaB	25-34	Female	White	Graduate degree	2	2	CSL_LabPC
R_2LGyH5rtoDSTN29	25-34	Male	Asian	Professional degree	2	2	CSL_Laptop
R_7LTm1hYyDqLwvM5	18-24	Male	Asian	Graduate degree	2	3	HCILab1
R_8S3BMvJviSME521	18-24	Male	Asian	High school	1	3	CSL_LabPC
R_1hR6g7wETs7k8aA	18-24	Male	Asian	High school	2	3	HCILab2
R_2sotPCAUKSZ8SuB	35-44	Female	White	College	3	3	CSL_Laptop
R_839Koc4sOixUtjO	18-24	Female	White	College	2	4	CSL_LabPC
R_6ik7hls0Y6wamp	18-24	Male	White	College	3	4	HCILab1
R_8txHfvBvonMlmLD	18-24	Female	Other	High school	3	4	CSL_Laptop
R_3DuAH4I5dlX5Pxv	18-24	Female	Asian	Professional degree	1	4	HCILab2
R_2uqWof8LAqnbBQd	25-34	Female	Asian	Professional degree	3	5	CSL_Laptop
R_1nVEP2idiWV6k0x	18-24	Other	Asian	High school	4	5	HCILab2
R_5AFR45OgA1U7Tih	18-24	Male	Asian	Graduate degree	4	5	HCILab1
R_5ncoOJye2thvLQK	18-24	Male	Asian	College	3	6	HCILab1
R_2QEJbtknRWAFIna	18-24	Male	Asian	Graduate degree	2	6	CSL_Laptop
R_5QKHTvZXGsz88bv	18-24	Male	White	High school	3	6	HCILab2
R_2Dc1FaB5zQarntk	25-34	Female	Asian	Graduate degree	1	6	CSL_LabPC
R_8Jg7wrGzOSZI57r	18-24	Male	Asian	Graduate degree	2	7	CSL_Laptop
R_5rihp7tYxo4cikp	18-24	Male	White	High school	3	7	HCILab2
R_7jP5W4EZSbwjlhn	25-34	Male	Asian	College	2	7	HCILab1
R_29G09nTqHpkFC9P	18-24	Male	Other	Graduate degree	2	7	CSL_LabPC
R_8KT4VqDz3jREje3	18-24	Female	White	High school	3	8	CSL_Laptop
R_7VjNhKtdoF3JX56	18-24	Male	White	High school	4	8	HCILab1
R_1DqAAT2AQvj7Yud	25-34	Male	Asian	Professional degree	2	8	HCILab2
R_2q4kC691PjzpeDR	18-24	Female	Asian	College	3	8	CSL_LabPC
R_8aCU2B4nwcYUpEe	18-24	Female	Asian	Graduate degree	1	9	CSL_Laptop
R_5ypEl8FVl5gr6lB	25-34	Male	White	Graduate degree	4	9	HCILab1
R_7erfgegeIsghiN1	25-34	Female	White	Graduate degree	3	9	HCILab2
R_5Gw9Ne3QojNMCSX	25-34	Male	Asian	Professional degree	2	10	HCILab2
R_8Evgc7CFeEcLGJY	25-34	Female	Asian	Professional degree	1	10	CSL_Laptop
R_3iBW6RrQRhkIDOO	25-34	Male	Asian	College	2	10	HCILab1
R_6dnyFUzMOE20p4e	25-34	Female	Other	Graduate degree	2	11	HCILab1
R_670Oc16oFsbEywp	18-24	Male	Asian	Graduate degree	3	11	HCILab2
-	-	-	nan	-	1	11	CSL_Laptop
R_1wcarhM0eHMnWvf	18-24	Non-binary	White	High school	3	12	HCILab2
R_5nkICnyw7iLOBUL	18-24	Male	Other	High school	3	12	HCILab1
R_8oWQ4BjakEtaQOB	25-34	Female	White	College	4	12	CSL_LabPC
-	-	-	nan	-	2	12	CSL_Laptop

Table 2: Overall mean \pm SD by emotional regulation stage

	Mean \pm SD
Confront Unpleasant Situations	3.60 \pm 1.05
Avoid Unpleasant Situations	4.17 \pm 1.00
Resolve Conflicts	4.19 \pm 0.59
Avoid Conflicts	3.76 \pm 0.87
Focus Elsewhere	3.76 \pm 0.90
Cognitively Distract	4.09 \pm 0.96
Consider Benefits	4.24 \pm 0.88
Reduce Importance	4.28 \pm 0.85
Support by Emotion Sharing	3.99 \pm 1.17
Expressive Suppression	3.94 \pm 0.92

Table 3: Mean \pm SD by group (1–12), part I

Group	Confront Unpleasant Situations	Avoid Unpleasant Situations	Resolve Conflicts	Avoid Conflicts	Focus Elsewhere
1	4.00 \pm 0.82	3.17 \pm 0.78	4.25 \pm 0.35	2.80 \pm 0.43	3.06 \pm 0.66
2	3.58 \pm 0.14	3.56 \pm 1.07	3.50 \pm 0.50	3.20 \pm 0.87	3.50 \pm 0.00
3	3.25 \pm 1.37	4.62 \pm 1.04	3.96 \pm 0.50	4.50 \pm 0.82	4.50 \pm 0.98
4	3.56 \pm 0.69	4.50 \pm 0.41	4.38 \pm 0.64	3.65 \pm 0.34	3.94 \pm 1.39
5	4.00 \pm 1.00	4.39 \pm 0.79	4.50 \pm 0.87	3.40 \pm 1.20	3.42 \pm 1.38
6	4.69 \pm 0.75	4.25 \pm 0.62	4.42 \pm 0.10	4.30 \pm 0.35	4.44 \pm 0.52
7	3.25 \pm 1.17	4.88 \pm 0.52	4.21 \pm 0.53	4.35 \pm 0.34	3.94 \pm 0.94
8	3.25 \pm 1.31	4.33 \pm 1.53	4.42 \pm 0.75	4.05 \pm 1.00	3.06 \pm 1.25
9	3.25 \pm 1.25	3.94 \pm 0.59	4.06 \pm 1.23	4.60 \pm 0.35	3.92 \pm 0.63
10	3.67 \pm 0.95	3.06 \pm 0.98	4.33 \pm 0.17	3.27 \pm 0.12	3.58 \pm 0.58
11	4.62 \pm 0.88	3.92 \pm 1.53	4.50 \pm 0.24	2.30 \pm 0.99	4.00 \pm 0.35
12	2.33 \pm 1.01	5.17 \pm 0.73	3.72 \pm 0.51	3.87 \pm 0.46	3.67 \pm 0.14

Table 4: Mean \pm SD by group (1–12), part II

Group	Cognitively Distract	Consider Benefits	Reduce Importance	Support by Emotion Sharing	Expressive Suppression
1	2.95 \pm 0.77	4.46 \pm 0.46	3.58 \pm 1.29	3.67 \pm 0.98	3.42 \pm 0.57
2	4.33 \pm 0.76	3.50 \pm 0.29	3.67 \pm 0.33	4.56 \pm 1.50	3.56 \pm 0.51
3	4.70 \pm 1.18	4.21 \pm 0.93	4.92 \pm 0.88	4.00 \pm 1.41	4.42 \pm 0.57
4	3.95 \pm 0.66	4.71 \pm 1.27	4.67 \pm 0.82	3.92 \pm 0.79	3.25 \pm 1.23
5	4.60 \pm 0.87	4.44 \pm 0.48	4.67 \pm 1.20	3.22 \pm 1.84	4.56 \pm 0.69
6	4.30 \pm 0.38	4.54 \pm 0.16	4.50 \pm 0.58	4.92 \pm 0.50	3.75 \pm 0.69
7	4.35 \pm 0.70	4.08 \pm 0.73	4.67 \pm 0.38	4.58 \pm 1.13	4.33 \pm 0.54
8	3.85 \pm 1.28	4.17 \pm 1.22	4.17 \pm 0.64	3.33 \pm 1.12	4.50 \pm 0.69
9	3.93 \pm 0.99	4.61 \pm 0.35	4.56 \pm 0.69	4.33 \pm 1.67	3.67 \pm 2.00
10	3.80 \pm 0.87	4.50 \pm 0.67	3.89 \pm 0.51	4.67 \pm 0.33	4.11 \pm 0.69
11	3.20 \pm 1.98	4.92 \pm 0.59	3.83 \pm 1.65	4.00 \pm 0.00	3.83 \pm 1.65
12	5.00 \pm 0.20	2.67 \pm 1.01	3.89 \pm 0.77	2.56 \pm 0.51	3.89 \pm 1.17