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| INTERVENTION | CONTROL |
| Emotion regulation strategy:  For the second part of the study, we would like you to try out an emotion-regulation technique called distancing.  This technique involves viewing your emotions and thoughts as events passing in your mind rather than getting sucked in by them. We are interested in hearing whether and how well this works for you. It works for some people, but not for all.   Please read the instructions carefully. To ensure that you do not skip forwards accidentally, you can only click continue after a certain amount of time. | Relaxing phase:Before you continue to the second part of the study, we would like to ask you to engage in a relaxation exercise.  Please read the next pages carefully. To ensure that you do not skip forwards accidentally, you can only click continue after a certain amount of time. |
| What do I have to do?  Usually when an event evokes an emotion, we get sucked in.  One way of regulation emotions is to avoid getting sucked in, and instead attempt to stand back and observe the emotion that happens to you as if it was a passing event.  To illustrate this we will walk you through a short mindfulness exercise called "Leaves on a Stream". | What do I have to do?  We are going to walk you through a relaxing exercise. Just read the next pages and try to relax. |
| Imagine you are resting by the side of a **gently flowing stream watching the water flow.** (with image) | Imagine you are resting by the side of a **gently flowing stream watching the water flow.** (with image) |
| **Focus on the stream**, the sound of the water and other ambiance, the physical sensations, and anything else that comes to mind. (with image) | **Focus on the stream**, the sound of the water and other ambiance, the physical sensations, and anything else that comes to mind. (with image) |
| Imagine that there are **leaves** from trees, of all different shapes, sizes, and colors, **floating past on the stream** and you are just watching the leaves float on the stream. (with image) | Imagine that there are **leaves** from trees, of all different shapes, sizes, and colors, **floating past on the stream** and you are just watching the leaves float on the stream. (with image) |
| The **stream does not stop**, it goes on continuously, and the water can easily carry the leaves down/away. (with image) | The **stream does not stop**, it goes on continuously, and the water can easily carry the leaves down/away. (with image) |
| Now try to be aware of your emotions and thoughts. | Now keep thinking of the river and try to relax. |
| When an emotion or thought comes up, imagine you **place the thought on one of those leaves** and that you watching the leave **carrying your emotion or thought** **away, disappearing behind a corner or in the distance**. | Imagine you are standing next to the river,and you are watching the leaves floating by, passing in front of you and then disappearing in the distance. |
| Some of the clips you are about to see are likely to elicit emotions.  When the emotions start to come, try to **notice them without judgment.**  Try to feel them, allow them to come, and then also allow them to go again, like the leaves floating past. | *no text* |
| Try to treat all of your emotions the same, whether comfortable or uncomfortable.  **The goal is to become aware of your emotions — not to change or improve them.** **Allow them to come, and then to go again.** | *no text* |
| Before you continue to the second part of watching video clips and reporting your emotions, we will ask you to **answer some quick questions**.   **It is important for us that you have understood these instructions and the aim of the next phase of the experiment. As such, if some answers are incorrect, we will ask you to read the instructions again.** | Before you continue to the second part of watching video clips and reporting your emotions, we will ask you to **answer some quick questions**.   **It is important for us that you have understood these instructions and the aim of the next phase of the experiment. As such, if some answers are incorrect, we will ask you to read the instructions again.** |
| **1. The idea of the "Leaves on the Stream" is to...**\*  A) observe emotions getting stuck like leaves being trapped in a stream whirlpool.  B) ignore emotions and focus on your breathing.  C) observe emotions passing like leaves floating by on a stream.  **2. There are different ways to deal with your emotions. For this study, I should...**\*  A) try to focus on my positive emotions and suppress negative emotions  B) try to observe my emotions and let them come and go.  C) try to get sucked in by my emotions. | **1.** **The relaxation phase included...**\*  A) imagining laying on a wide meadow and looking into the sky.  B) observing my breathing.  C) imagining standing next to a river and watching leaves floating by.  **2.** **What should I do during the next part of video clips...**\*  A) try to supress my emotions.  B) keep doing what I have been doing so far.  C) try to remember the funniest video clip. |
| What happens next? Some people find this way of dealing with thoughts and emotions useful and some people do not find it useful. What we are really interested to know is **if it works for you**. To see if it works for you, you can now give it a try with the next set of video clips. At the end, we will ask for your view about this way of dealing with your thoughts and emotions.  Please press continue to start with the second part of video clips. | What happens next? Some people find this relaxation phase useful, and some people do not find it useful. We are interested to know how it was for you. After the next set of video clips, we will ask for your view about this relaxation exercise.  Please press continue to start with the second part of video clips. |