

### Participant debriefing sheet

In this study we were interested in how people reacted to music when they were sad. To do this we had everyone watch a video designed to induce sadness and then listen to music that could make them sad in order to test the effect of sad music listening during sadness. Our research is interested in how listening to music can help people with their emotions, especially people at risk of depression.

If you think you might be experiencing depression help is available to you from these services in the United Kingdom

Samaritans. Web: <https://www.samaritans.org/>

Phone: 116 123 (24 hours, 7 days a week, 365 days a year)

SaneLine Phone: 0845 767 8000 (1630-2230, 7 days a week, 365 days a year)

Papyrus Web: <https://www.papyrus-uk.org>

HOPELine Phone: 0800 068 41 41 (10am to 10pm weekdays, 2pm to 10pm weekends and bank holidays)

**Thank you again for your time and participation.**

**Joel Larwood**

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