Supplemental Material

Supplemental Table 1. ANOVA table for Tempo

Effect	df_n	df_d	F	p	$\hat{\eta}^2_G$
Training	2	21	1.044	.369	.039
Valence	1	21	3.063	.095	.018
Arousal	1	21	35.499	<.0001*	.310
Training x Valence	2	21	0.055	.947	.001
Training x Arousal	2	21	1.469	.253	.036
Valence x Arousal	1	21	1.559	.226	.014
Training x Valence x Arousal	2	21	0.271	.765	.005

Note: Significance at the level of $p < .05$ is designated with a *.

Supplemental Table 2. ANOVA table for nPVI

Effect	df_n	df_d	F	p	$\hat{\eta}^2_G$
Training	2	21	0.842	.445	.053
Valence	1	21	0.105	.749	.000
Arousal	1	21	2.699	.115	.017
Training x Valence	2	21	1.792	.191	.016
Training x Arousal	2	21	0.058	.944	.001
Valence x Arousal	1	21	6.182	.021*	.021
Training x Valence x Arousal	2	21	0.898	.423	.006

Note: Significance at the level of $p < .05$ is designated with a *.

Supplemental Table 3. ANOVA table for Sound Level (Velocity)

Effect	df_n	df_d	F	p	$\hat{\eta}^2_G$
Training	2	21	0.461	.647	.026
Valence	1	21	64.056	<.0001*	.147
Arousal	1	21	129.766	<.0001*	.609
Training x Valence	2	21	1.198	.321	.006
Training x Arousal	2	21	0.339	.716	.008
Valence x Arousal	1	21	46.260	<.0001*	.149
Training x Valence x Arousal	2	21	1.161	.332	.009

Note: Significance at the level of $p < .05$ is designated with a *.

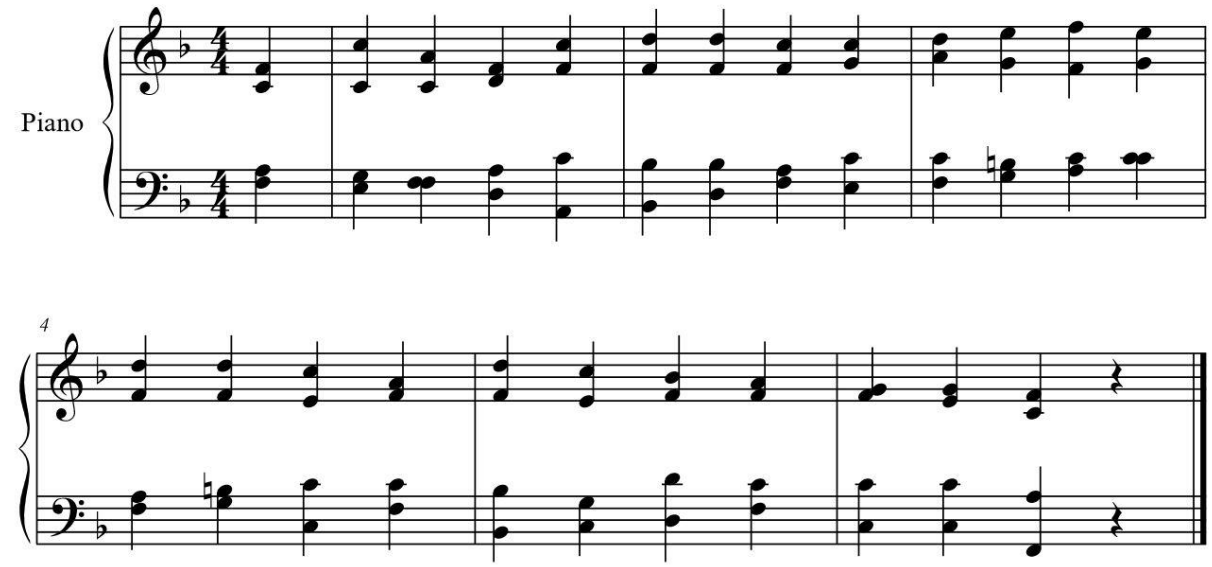
Supplemental Table 4. ANOVA table for Articulation

Effect	df_n	df_d	F	p	$\hat{\eta}^2_G$
Training	2	21	0.050	.951	.003
Valence	1	21	20.930	.0001*	.043
Arousal	1	21	80.482	<.0001*	.361
Training x Valence	2	21	1.871	.179	.008
Training x Arousal	2	21	0.386	.684	.005
Valence x Arousal	1	21	2.413	.135	.013
Training x Valence x Arousal	2	21	0.240	.789	.002

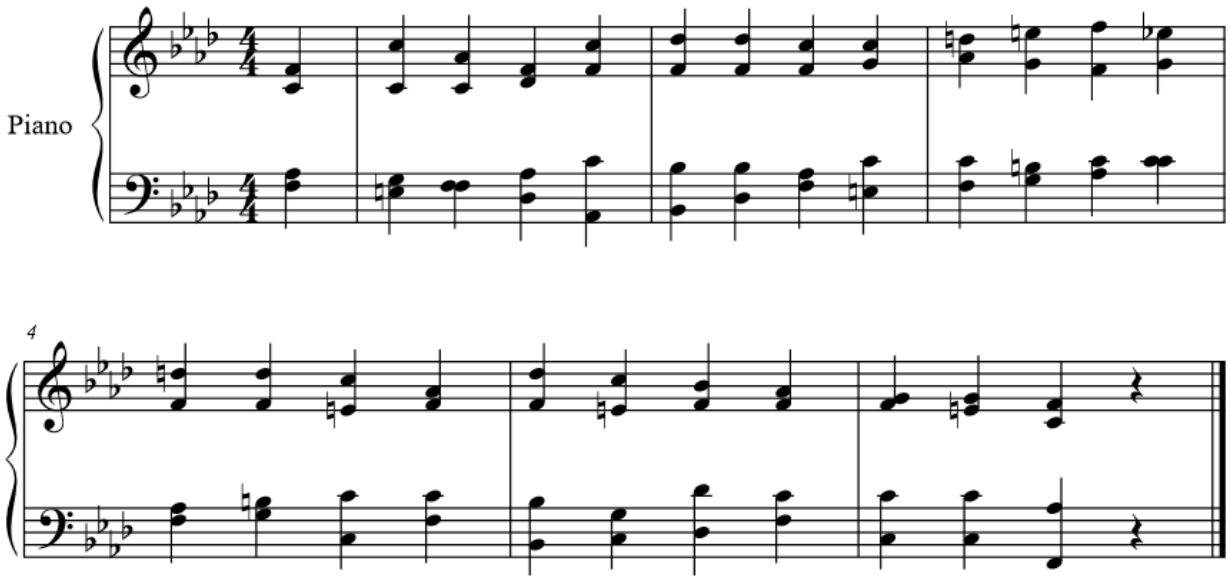
Note: Significance at the level of $p < .05$ is designated with a *.

Scores for musical excerpts

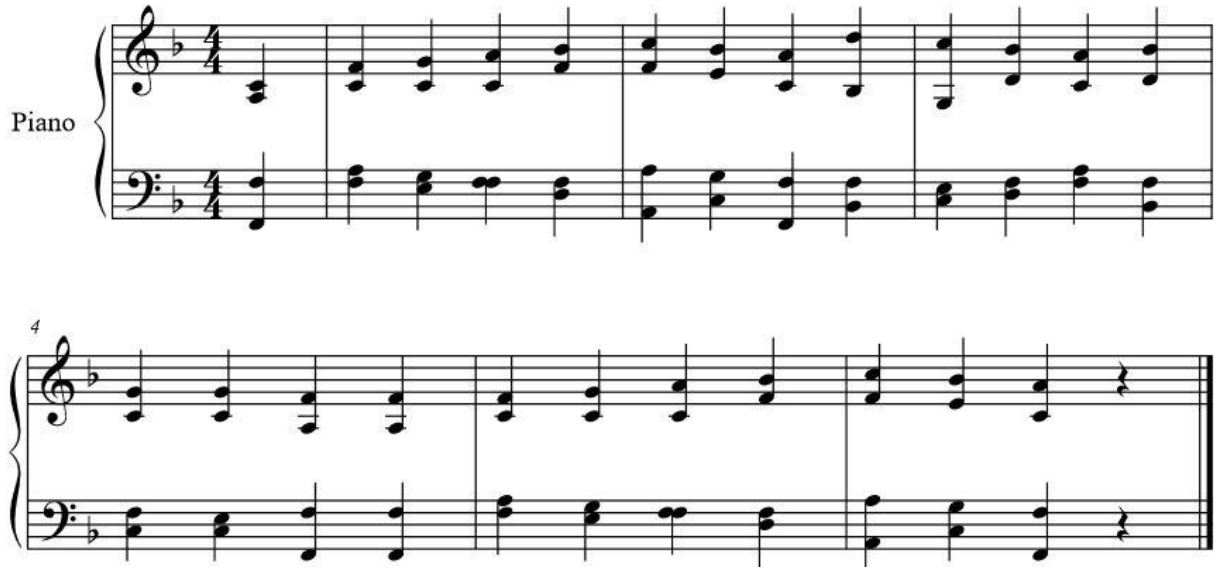
Maj 1 (original mode)



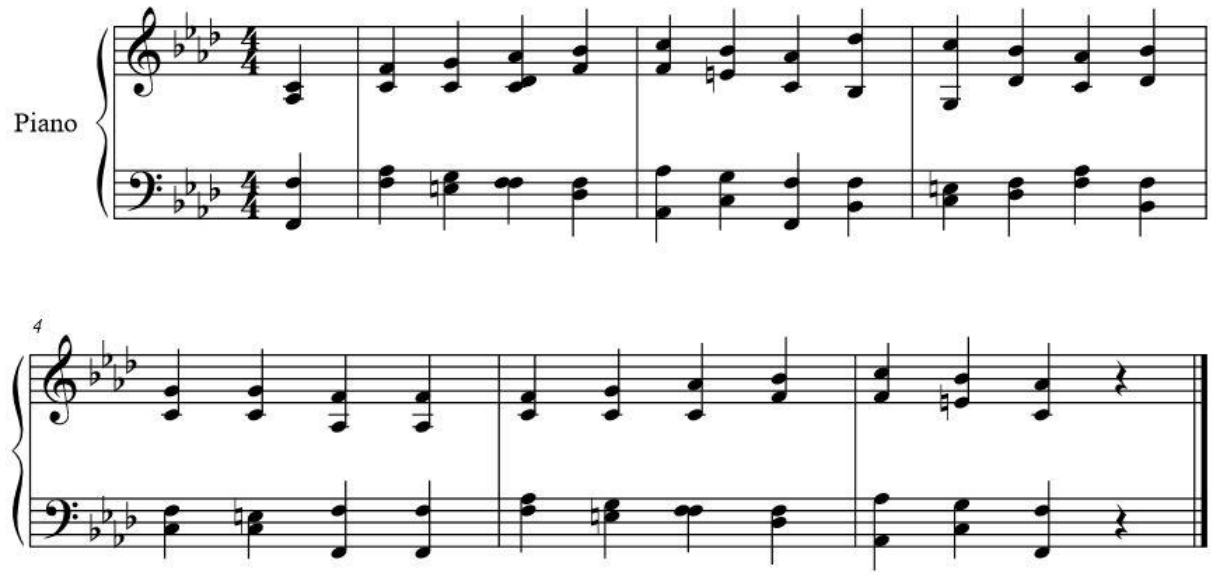
Min 1(altered mode)



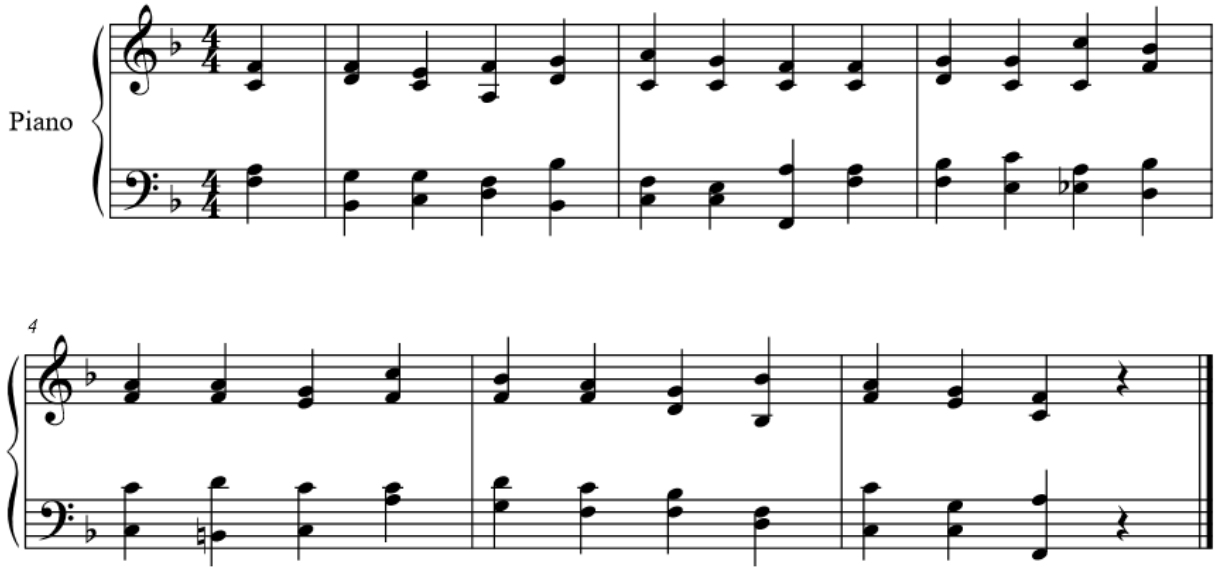
Maj 2 (original mode)



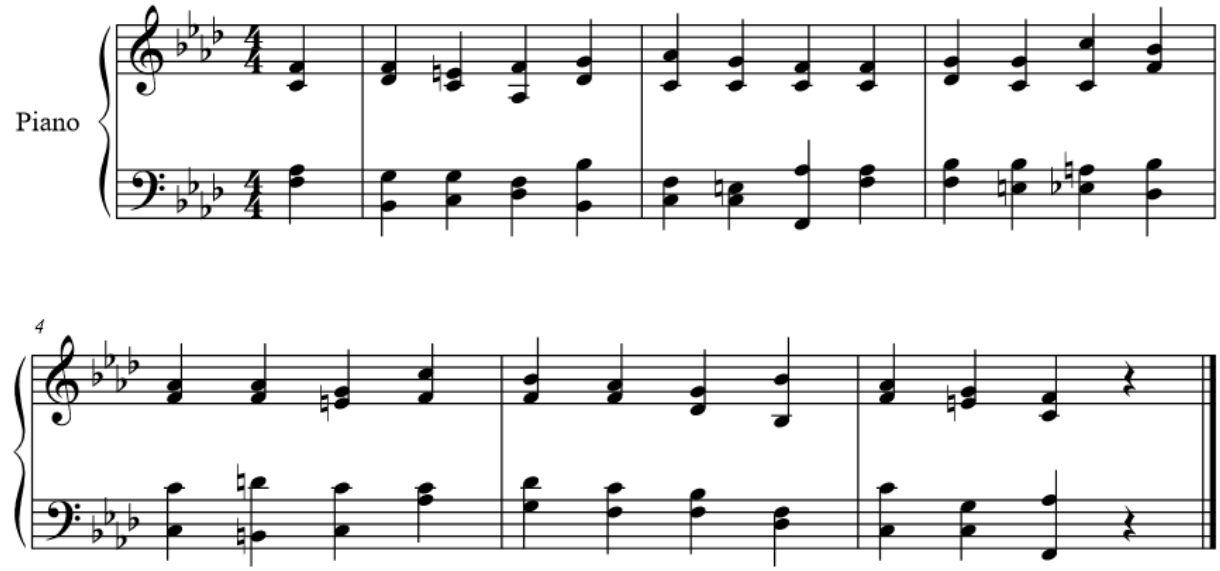
Min 2 (altered mode)



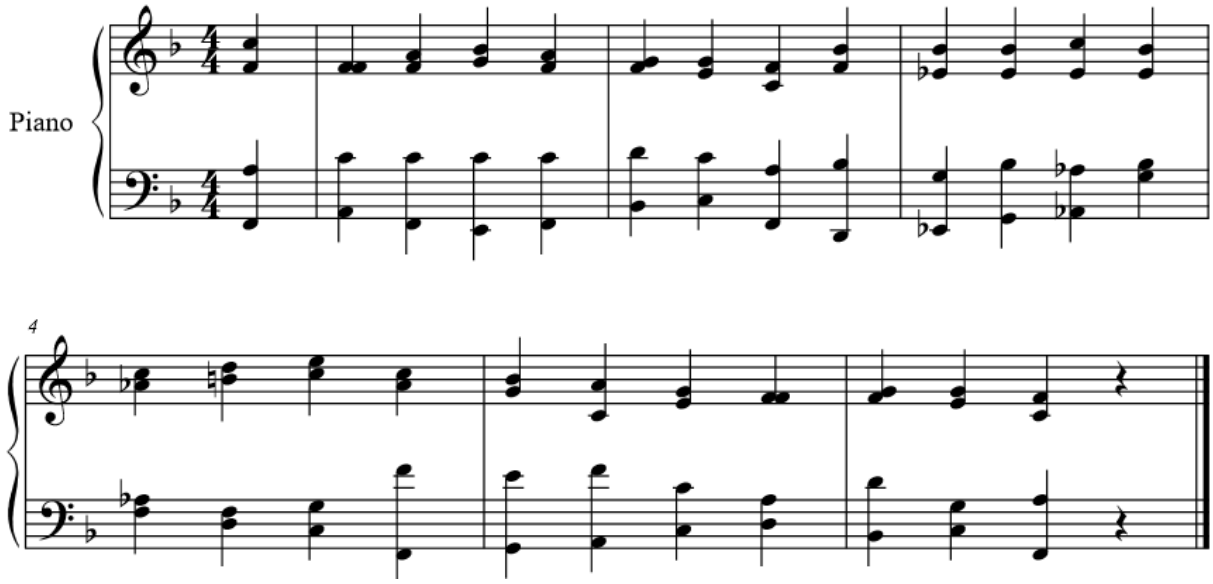
Maj 3 (altered mode)



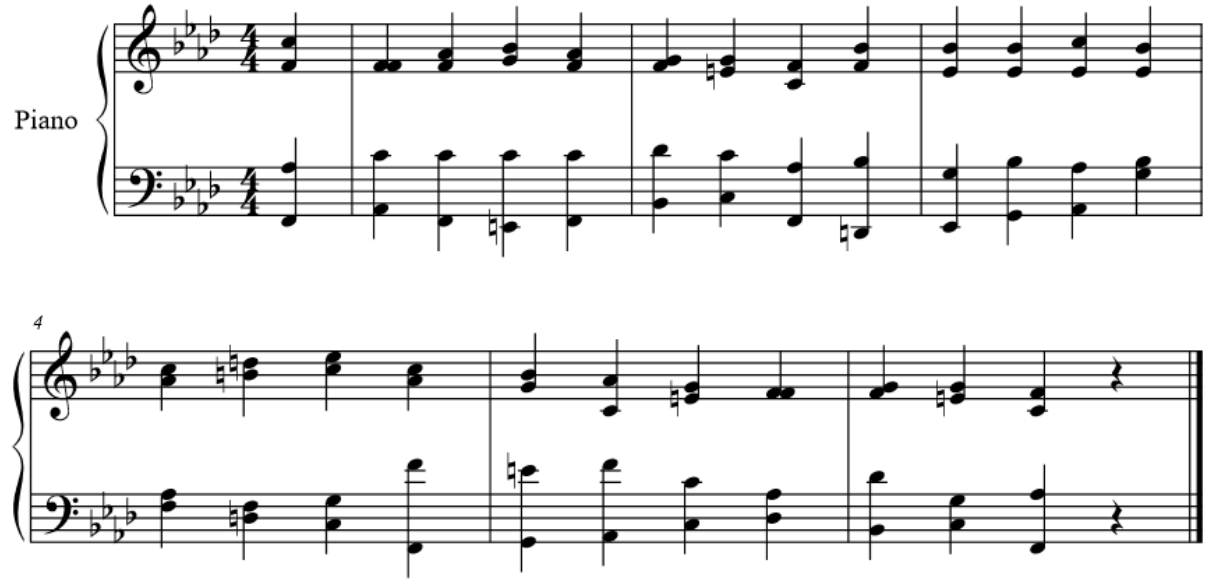
Min 3 (original mode)



Maj 4 (altered mode)



Min 4 (original mode)



Were there any strategies that you used to communicate different emotions?

No Training

"No."
"Use the high and low notes to the advantage of the emotion being asked to play"
"Thinking about what made me feel those emotion. Recollecting the past"
"Different tempo, loudness"
"Tried thinking about what music provokes these emotions and past memories"
"Sad = slower/louder, Angry = faster/louder, Peaceful = slow/quiet, Happy = loud/fast"
"Previous songs that made me feel the different emotions"
"Control the speed"

Low Training

"I thought about memories with different emotions"
"Loud for angry. Long and soft for sad. Quick and soft for joy."
"Recalling events from past, breathing between each emotion, mindfulness + awareness"
"Use different strength when I press the key"
"Try to remember the scenarios when I feel those emotions"
"Picture a scene in mind and imagining the music is playing in that place"
"Angry was faster shorter notes. Peaceful was longer and slow and same for sad, hence was a bit difficult to play those two. Happy was a mix of fast and slow keys."
"Happy: had played shorter, faster notes. Angry: longer, faster notes played with some force. Sad: softer, longer notes played. Peaceful: softer, shorter notes."

Moderate/High Training

"The tempo, the duration of the notes, the magnitude of it"
"Close my eyes, imagine the events that I wrote down"
"Imagining movie scenes (as well as their soundtracks) to fit with each emotion"
"Imagining scenarios where I felt those specific emotions"
"Louder/shorter for angry, shorter for happy, long, softer for sad, softer, medium speed for peaceful"
"Tried to speed up specific parts of the excerpt in comparison to others/ play at varying paces throughout. Tried to group certain notes together when playing. Staccato vs. elongated notes; loud vs. quiet/soft"
"Soft/loud tones, quick/slow tones, different rhythms & timing"
"I sustained the notes more for it to match the peaceful and sad emotion. I cut the notes short for angry. I cut and sustained the notes for happy."

Archived Data

Participants' performance and rating data are available at the following link: https://osf.io/zjtm7/