

Appendix A – Online survey

Imagine you are feeling anxious, stressed or nervous, but you need to calm down in order to be able to focus on your work. Whilst in this situation, you decide to listen to some music to help you relax.

1. *Which would be good examples of music pieces that would work for you in this kind of situation? Please think of three music pieces that you have used in the past to calm down.*

Write down the title and author/performer. In the case that some examples are better for this situation, write them in order of preference. If you have some favourite version, you can also paste a Youtube link (optional).

If you never used music in a similar situation, please write “none” in Example 1.

Example 1:

Example 2:

Example 3:

2. *How much do these aspects in [name of the song] contribute for your relaxation?*

0 = No contribution; 100 = very strong contribution [on a slider]

Lyrics

Rhythm/pace

Music's genre/my preferences

Identification with the artist

Familiarity with the music

Memories

Beauty/aesthetic value/performer's high skill

Emotion/mood expressed

Visual images induced by the music

Acoustic features (e.g. timbre, sounds, instruments, roughness/softness...)

[Question 2 was repeated for each example provided by the participant]

3. *Still imagining the same situation, while listening to music, which of these actions would be the **best** for your goal of calming down? Please choose the **most** efficient for you.*

- To think differently about what is causing my anxiety, reflect about it, try to understand, accept, think more positively
- To focus (“zoom in”) on my thoughts and/or emotions
- To focus all the attention on the current task, instead of my feelings
- To seek entertainment, to have fun
- To change my feelings and how they express themselves or to seek new sensations
- To distract myself, turn my attention to other things
- To relax and lower my activation (e.g. through breathing slowly or meditating)
- To energize or pump up

4. *And which of these actions would be the **worst** for your goal of calming down (in the same situation)? Please choose the **least** efficient for you.*

[same list of strategies presented, excluding the one selected in question 3]

5. *And which music pieces you are familiar with and you like **but** would not work well **in this stressful situation, with the same goal of calming down** (they can be useful for other situations)?*

Please think of three examples that would not work in this situation.

Write down the title and author/performer. In the case that some examples are worse for this situation, write them in descending order (worst – least bad).

If you have some favourite version, you can also paste a Youtube link (optional).

If all the music works for calming down and you cannot think of any example that would harm it, please write “none” in Example 1.

Example 1.

Example 2.

Example 3.

6. *How much would these aspects in [name of the song] harm your relaxation?*

[same musical aspects from question 2. Repeated for each musical example]

Appendix B. Music and strategies

Table B1. Musical pieces chosen by the participants in the online survey and later used as stimuli in the experiment.

	Efficacious musical pieces	Inefficacious musical pieces
1	"Beer can chicken", Kenny Chesney	"Berzerk", Eminem
2	"Nothing in my way", Keane	"Asleep", The Smiths
3	"Pushing me away", Linking Park	"Natalie's rap", The Lonely Island
4	"Berg-Kirstis polska", Jan Johansson	"Destination Calabria", Alex Gaudino ft. Christal Water
5	"Welcome to heartbreak", Kanye West	"Doing it wrong", Drake
6	"The greatest", Sia ft. Kendrick Lamar	"Broccoli", D.R.A.M. ft. Lil Yachty
7	"Here I am", Soja	"Pursuit of happiness", Kid Cudi (Steve Aoki remix)
8	"Thinking out loud", Ed Sheeran	"Hedwig's theme", main theme of the <i>Harry Potter</i> film series, John Williams
9	"Skinhead moonstomp",	"Kärnvapen attack", Mob 47

	Symarip	
10	"Mirage", Drewsif Stalins Musical Endeavours	"Cold as ice", Foreigner
11	"Clair de lune", Debussy	"March of the dwarfs", Edvard Grieg
12	"Touch", Daft Punk	"Beautiful day", U2
13	"A change of heart", The 1975	"Hjärter dams sista sång", Lars Winnerbäck
14	"The fiddlers", Tingsek	"Utan dina andetag", Kent
15	"Carnival of the animals: Aquarium", Camille Saint-Saens	"Brick by boring brick", Paramore
16	"The humming", Enya	"Summertime sadness", Lana del Rey
17	"Heartbeats", José Gonzalez	"Bailando", Enrique Iglesias (Spanish version)
18	"I'm all over it", Jamie Cullum	"Special K", Placebo
19	"Space oddity", David Bowie	"Robot rock/Oh yeah", Daft Punk
20	"First snow", Emancipator	"Wheels in motion", Input
21	"Blessings", Chance, The Rapper	"Don't matter", Akon
22	"Bara få va mig själv", Laleh	"Saturday", Simple Plan
23	"Heavyweight", Infected mushroom	"I'm sorry", Evergrey

24	"Under the bridge", Red Hot Chilli Peppers	"F**kin' problems", A\$AP Ricky ft. Drake, 2 Chainz, Kendrik Lamar
25	"Hold on we're going home", Drake	"CoCo", O.T. Genasis
26	"Don't look back in anger", Oasis	"Panic station", Muse
27	"Cavatina", theme song from <i>The Deer Hunter</i> , Stanley Myers	"Bra vibrationer", Kikki Danielsson
28	"Walk on the wild side", Lou Reed	"Highway to hell", ACDC
29	"The start of something beautiful", Porcupine Tree	"Snuff", Slipknot
30	"Our own house", MisterWives	"Shelter", Porter Robinson & Madeon
31	"Drove through ghosts to get here", 65daysofstatic	"Can't let you go", Adam Lambert
32	"Far horizons", soundtrack from Skyrim	"Whiskey lullaby", Brad Paisley ft. Alison Krauss
33	"Gnossienne 3", Erik Satie	"Shame", Young Fathers
34	"Jubi", Balmorhea	"Make a beast of myself", Twin Atlantic

Table B2. Frequency observed for each strategy in the level *adequate* and *inadequate*.

Strategies	<i>Adequate</i>	<i>Inadequate</i>
Cognitive work	10	3
Relaxation	7	0
Task-focused attention	5	0
Distraction	5	5
Self-focused attention	2	16
Entertainment	2	1
Energization	2	3
Modulation	1	5