

Heroic music stimulates empowering thoughts during mind-wandering

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Supplementary Table S1

Overview of descriptive statistics for the items assessing thought content and positive-negative affect after the presentation of heroic or sad music excerpts. The reported statistics controlled for physiological arousal, and include only trials where mind-wandering occurred (using a cutoff value of -1 on the questionnaire item "How much were you thinking about the music vs. something else?").

Item topic	heroic		sad	
	M	SD	M	SD
Items assessing thought-content				
«Valence»	1.15	.11	-.06	.12
«Arousal»	1.10	.11	-.50	.11
«Motivation»	1.13	.11	-.70	.13
«Constructiveness»	.93	.10	-.04	.103
Positive-negative affect scale, short form ¹				
Positive affect	.22	.05	-.49	.05
Negative affect	-.12	.03	.08	.03
«inspired»	.51	.08	-.38	.08
«determined»	.35	.07	-.51	.07
«active»	.24	.07	-.70	.07
«afraid»	-.22	.04	.15	.04
«alert»	.18	.07	-.34	.07

References

1. Thompson, E. R. Development and validation of an internationally reliable short-form of the positive and negative affect schedule (PANAS). *J. cross-cultural psychology* **38**, 227–242 (2007).