

# Heroic music stimulates empowering thoughts during mind-wandering

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## Supplementary Table S5

Questionnaire used to assess thought-content after being exposed to the music excerpts.

Item question	Response options
1 <i>Hvor mye tenkte du på musikken vs noe annet?</i> How much were you thinking about the music vs. something else?	<i>1: Bare på musikken, 4: På både musikken og andre ting i like stor grad, 7: Bare på noe annet</i> 1: Only on the music, 4: About both the music and other things alike, 7: Only about something else
2 <i>Hvor mye følte du at du hadde bevisst kontroll over dine tanker?</i> Did you feel like you had control over where your thoughts went?	<i>1: Svært lite kontroll, 7: svært mye kontroll</i> 1: Very little control, 7: Very much control
3 <i>Hvor bevisst var du på hvor oppmerksomheten din var fokusert?</i> How aware were you of where your attention was focused?	<i>1: Helt bevisst, 7: Helt ubevisst</i> 1: Fully aware, 7: Not aware at all
4 <i>Var tankene dine relatert til noe som har personlig relevans for deg (for eksempel tanker om deg selv eller et forhold du har/har hatt)?</i> Were your thoughts related to something that is personally relevant to you (e.g thoughts about your self or a relationship you have/had)?	<i>1: Ikke i det hele tatt, 4: Litt, 7: Veldig mye</i> 1: Not at all, 4: A little, 7: Very much
5 <i>Var tankene dine relatert til andre personer?</i> Were your thoughts related to other people?	<i>1: Ikke i det hele tatt, 4: Litt, 7: Veldig mye</i> 1: Not at all, 4: A little, 7: Very much
6 <i>Var det du tenkte på negativt eller positivt?</i> Was what you were thinking about rather negative or positive?	<i>1: Veldig negativt, 4: Nøytralt, 7: Veldig positivt</i> 1: Very negative, 4: Neutral; 7: Very positive
7 <i>Var det du tenkte på (noe som ville gjort deg) rolig (avslappet) eller aktivert (oppspilt, stresset, opphisset, energisk)?</i> Were the contents of your thoughts about something (that would make you) calm (relaxed) or aroused (excited, stressed, agitated, energetic)?	<i>1: Veldig rolig, 4: Nøytralt, 7: Veldig aktivert</i> 1: Very calm, 4: Neutral, 7: Very activated
8 <i>Var det du tenkte på relatert til fortid nåtid eller fremtiden?</i> Were your thought contents related to the past, present or the future?	<i>1: Fjern fortid, 4: Nåtid, 7: Fjern fremtid, X: Tidløst</i> 1: Distant past, 4: Present, 7: Distant future, X: Timeless
9 <i>Hvor relevant var det du tenkte på til din nåværende livssituasjon?</i> How relevant were your thoughts for your current life situation?	<i>1: Svært lite relevant, 7: Svært relevant</i> 1: Very little relevance, 7: Very strong relevance
10 <i>Hvor konstruktive eller destruktive vil du si at tankene dine var?</i> How constructive or destructive was your thoughts?	<i>1: Veldig destruktive, 4: Nøytral, 7: Veldig konstruktive</i> 1: Very destructive, 4: Neutral, 7: Very constructive
11 <i>Motiverte tankene dine deg til å gjøre noe passivt (f.eks. slappe av, prokrastinere) eller noe aktivt (f.eks. utføre en oppgave, sosialisere, trene)?</i> Did your thoughts motivate you to act rather passively (e.g relax, procrastinate) or rather actively (perform a task, socialize, exercise)	<i>1: Veldig passiv, 4: Nøytral, 7: Veldig aktiv</i> 1: Very passively, 4: Neutral, 7: Very actively