



Figure S1. Designs of two alternating functional runs per subject for both experiments. (A) For the first experiment, emotion upregulation and passive viewing blocks were randomized and organized in two alternating epochs per functional run (2 upregulation / passive viewing epochs, 14 blocks of positive-social / neutral nonsocial conditions per epoch). Emotion upregulation and passive viewing conditions lasted 24s each (7 blocks per each stimuli category per epoch, 4 images per block, 6s image display duration, 11.3 min total run duration). The instruction word, i.e. upregulate (REG) or view (VIEW), was displayed prior to each epoch (4s display duration, green blocks). (B) For the second experiment, emotion upregulation and rapid passive viewing runs were performed separately, i.e. passive or rapid passive viewing conditions were selected as control (denoted baseline) conditions. Each run had periodically alternating baseline (passive viewing of nonsocial stimuli) and corresponding condition blocks, i.e. upregulation or rapid passive viewing of positive-social scenes (4s image display duration, 10 blocks of positive-social stimuli, interleaved with 11 blocks of neutral stimuli, 3 images per block, 4.2 min total run duration). For both experiments, red color denotes blocks where positive-social stimuli were presented, and grey color denotes blocks where neutral nonsocial stimuli were presented. VIEW positive – passive viewing condition for positive-social scenes, VIEW neutral – passive viewing condition for neutral nonsocial scenes, REG positive – emotion upregulation condition for positive-social scenes, REG neutral – emotion upregulation condition for neutral nonsocial scenes.

Table S1: Average psychometric scores.

Test	mean ± sem
upregulation (ERQ-R)	27.5±1.4
suppression (ERQ-S)	16.6±1.6
suppression (WBSI)	48.4±3.2
trait anxiety (STAI-T)	45.0±2.8
inhibition (BIS)	19.1±.6
activation (BAS-R)	15.4±.9
activation (BAS-D)	9.9±.7
activation (BAS-F)	10.6±.7