

Supplementary Information

Supplementary Table S1: Pairwise comparisons of regulation strategies against passive viewing for negative stimuli.

measure	group1	group2	statistic	df	p	p_fdr	p_fdr_signif
valence	Distract	View	-13.80	55	< 0.001	< 0.001	***
valence	Distance	View	-14.63	55	< 0.001	< 0.001	***
valence	Reappraise	View	-13.69	55	< 0.001	< 0.001	***
valence	Suppress	View	-7.38	55	< 0.001	< 0.001	***
arousal	Distract	View	9.42	55	< 0.001	< 0.001	***
arousal	Distance	View	9.32	55	< 0.001	< 0.001	***
arousal	Reappraise	View	9.98	55	< 0.001	< 0.001	***
arousal	Suppress	View	6.83	55	< 0.001	< 0.001	***

Note. *p* values are reported as raw probabilities, whereas *p_fdr* denotes the corresponding false discovery rate (FDR)-adjusted *p* value. *p_fdr_signif* indicates the significance level after FDR correction (*ns* = not significant, * *p* < .05, ** *p* < .01, *** *p* < .001).

Supplementary Table S2. Pairwise comparisons among strategy-specific difference scores for negative stimuli.

measure	group1	group2	statistic	df	p	p_fdr	p_fdr_signif
valence	Distract	Reappraise	-3.57	55	0.001	0.001	***
valence	Distract	Suppress	7.32	55	< 0.001	< 0.001	***
valence	Distance	Distract	-1.52	55	0.135	0.135	ns
valence	Distance	Reappraise	-6.45	55	< 0.001	< 0.001	***
valence	Distance	Suppress	6.95	55	< 0.001	< 0.001	***
valence	Reappraise	Suppress	8.67	55	< 0.001	< 0.001	***
arousal	Distract	Reappraise	0.00	55	1.000	1.000	ns
arousal	Distract	Suppress	-4.96	55	< 0.001	< 0.001	***
arousal	Distance	Distract	1.20	55	0.236	0.284	ns
arousal	Distance	Reappraise	1.19	55	0.237	0.284	ns
arousal	Distance	Suppress	-4.76	55	< 0.001	< 0.001	***
arousal	Reappraise	Suppress	-4.87	55	< 0.001	< 0.001	***

Note. *p* values are reported as raw probabilities, whereas *p_fdr* denotes the corresponding false discovery rate (FDR)-adjusted *p* value. *p_fdr_signif* indicates the significance level after FDR correction (*ns* = not significant, * *p* < .05, ** *p* < .01, *** *p* < .001).

Supplementary Table S3. Pairwise comparisons of regulation strategies against passive viewing for neutral stimuli.

measure	group1	group2	statistic	df	p	p_fdr	p_fdr_signif
valence	Distract	View	1.11	26	0.278	0.356	ns
valence	Distance	View	2.06	26	0.050	0.100	ns
valence	Reappraise	View	-5.09	26	< 0.001	< 0.001	***
valence	Suppress	View	0.94	26	0.356	0.356	ns
arousal	Distract	View	3.64	26	0.001	0.002	**
arousal	Distance	View	4.00	26	< 0.001	0.002	**
arousal	Reappraise	View	-0.26	26	0.798	0.798	ns
arousal	Suppress	View	2.34	26	0.027	0.036	*

Note. *p* values are reported as raw probabilities, whereas *p_fdr* denotes the corresponding false discovery rate (FDR)-adjusted *p* value. *p_fdr_signif* indicates the significance level after FDR correction (*ns* = not significant, * *p* < .05, ** *p* < .01, *** *p* < .001).

Supplementary Table S4. Pairwise comparisons among strategy-specific difference scores for neutral stimuli.

measure	group1	group2	statistic	df	p	p_fdr	p_fdr_signif
valence	Distract	Reappraise	-5.80	26	< 0.001	< 0.001	***
valence	Distract	Suppress	-0.32	26	0.751	0.751	ns
valence	Distance	Distract	-0.74	26	0.469	0.563	ns
valence	Distance	Reappraise	-6.22	26	< 0.001	< 0.001	***
valence	Distance	Suppress	-1.08	26	0.290	0.435	ns
valence	Reappraise	Suppress	5.26	26	< 0.001	< 0.001	***
arousal	Distract	Reappraise	-2.74	26	0.011	0.065	ns
arousal	Distract	Suppress	-1.27	26	0.215	0.258	ns
arousal	Distance	Distract	-0.15	26	0.884	0.884	ns
arousal	Distance	Reappraise	-2.28	26	0.031	0.092	ns
arousal	Distance	Suppress	-1.68	26	0.105	0.189	ns
arousal	Reappraise	Suppress	1.58	26	0.126	0.189	ns

Note. *p* values are reported as raw probabilities, whereas *p_fdr* denotes the corresponding false discovery rate (FDR)-adjusted *p* value. *p_fdr_signif* indicates the significance level after FDR correction (*ns* = not significant, * *p* < .05, ** *p* < .01, *** *p* < .001).

Supplementary Table S5. Correlations among emotion regulation success measures.

var1	var2	r	p	p_fdr	p_fdr_signif
Reappraise (valence)	Distance (valence)	0.77	< 0.001	< 0.001	***
Reappraise (valence)	Distract (valence)	0.55	< 0.001	< 0.001	***
Reappraise (valence)	Suppress (valence)	0.00	0.990	0.990	ns
Reappraise (valence)	Reappraise (arousal)	0.55	< 0.001	< 0.001	***
Reappraise (valence)	Distance (arousal)	0.48	< 0.001	< 0.001	***
Reappraise (valence)	Distract (arousal)	0.43	0.001	0.001	**
Reappraise (valence)	Suppress (arousal)	-0.09	0.512	0.656	ns
Distance (valence)	Distract (valence)	0.50	< 0.001	< 0.001	***
Distance (valence)	Suppress (valence)	0.06	0.654	0.804	ns
Distance (valence)	Reappraise (arousal)	0.50	< 0.001	< 0.001	***
Distance (valence)	Distance (arousal)	0.53	< 0.001	< 0.001	***
Distance (valence)	Distract (arousal)	0.40	0.002	0.003	**
Distance (valence)	Suppress (arousal)	0.01	0.971	0.990	ns
Distract (valence)	Suppress (valence)	0.03	0.830	0.949	ns
Distract (valence)	Reappraise (arousal)	0.46	< 0.001	0.001	***
Distract (valence)	Distance (arousal)	0.45	0.001	0.001	**
Distract (valence)	Distract (arousal)	0.62	< 0.001	< 0.001	***
Distract (valence)	Suppress (arousal)	-0.13	0.345	0.462	ns
Suppress (valence)	Reappraise (arousal)	-0.02	0.895	0.988	ns
Suppress (valence)	Distance (arousal)	0.06	0.687	0.814	ns
Suppress (valence)	Distract (arousal)	-0.01	0.949	0.990	ns
Suppress (valence)	Suppress (arousal)	0.63	< 0.001	< 0.001	***
Reappraise (arousal)	Distance (arousal)	0.88	< 0.001	< 0.001	***
Reappraise (arousal)	Distract (arousal)	0.79	< 0.001	< 0.001	***
Reappraise (arousal)	Suppress (arousal)	0.13	0.347	0.462	ns
Distance (arousal)	Distract (arousal)	0.89	< 0.001	< 0.001	***
Distance (arousal)	Suppress (arousal)	0.30	0.026	0.040	*
Distract (arousal)	Suppress (arousal)	0.24	0.073	0.106	ns

Note. *p* values are reported as raw probabilities, whereas *p_fdr* denotes the corresponding false discovery rate (FDR)-adjusted *p* value. *p_fdr_signif* indicates the significance level after FDR correction (ns = not significant, * *p* < .05, ** *p* < .01, *** *p* < .001).

Supplementary Table S6. Correlations between baseline emotional reactivity and relative emotion regulation success.

Reactivity	ER_measure	r	p	p_fdr	p_fdr_signif
Valence reactivity	Reappraise (valence)	-0.18	0.181	0.340	ns
Valence reactivity	Distance (valence)	-0.16	0.255	0.340	ns
Valence reactivity	Distract (valence)	-0.08	0.569	0.569	ns
Valence reactivity	Suppress (valence)	-0.39	0.003	0.011	*
Arousal reactivity	Reappraise (arousal)	-0.07	0.627	0.836	ns
Arousal reactivity	Distance (arousal)	0.17	0.216	0.431	ns
Arousal reactivity	Distract (arousal)	0.02	0.908	0.908	ns
Arousal reactivity	Suppress (arousal)	-0.20	0.140	0.431	ns

Note. *p* values are reported as raw probabilities, whereas *p_fdr* denotes the corresponding false discovery rate (FDR)-adjusted *p* value. *p_fdr_signif* indicates the significance level after FDR correction (*ns* = not significant, * *p* < .05, ** *p* < .01, *** *p* < .001).