### Appendix A

Table A.1

Frequencies and Percentages for Questions (#) in the Manipulation Check Questionnaire

| #1                  | #2                  | #3                  | #4                  |
|---------------------|---------------------|---------------------|---------------------|
| **Expressive Suppression** | **Expressive Dissonance** | **Control**        |
| 0  | 1  | 2  | 3  | 4  | 0  | 1  | 2  | 3  | 4  | 0  | 1  | 2  | 3  | 4  |
| (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) |
| 1  | 2  | 23 | 27 | 0  | 0  | 17 | 25 | 5  | 0  | 0  | 13 | 18 | 15 | 1  |
| (19.0) | (3.8) | (43.4) | (50.9) | | | (36.2) | (53.2) | (10.6) | | | (27.7) | (38.3) | (31.9) | (2.1) |
| #2                  |                    | #3                  |                    |
| 0  | 1  | 8  | 4  | 4  | 0  | 6  | 21 | 11 | 4  | 3  | 10 | 13 | 16 | 5  |
| (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) |
| 1  | 18 | 26 | 8  | 0  | 0  | 7  | 36 | 4  | 1  | 3  | 17 | 22 | 4  | |
| (1.9) | (34.0) | (49.1) | (15.1) | | | (14.9) | (76.6) | (8.5) | | | (2.1) | (6.4) | (36.2) | (46.8) | (8.5) |
| #4                  |                    |                    | #4                  |
| 0  | 1  | 10 | 4  | 4  | 6  | 7  | 15 | 15 | 4  | 5  | 14 | 13 | 7  | 8  |
| (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) | (%) |
| 9  | 11 | 19 | 10 | 4  | (12.8) | (14.9) | (31.9) | (31.9) | (8.5) | | | (10.6) | (29.8) | (27.7) | (14.9) | (17.0) |

*Note:* Responses: 0 = Not at all, 1 = Rarely, 2 = Somewhat, 3 = Very Often, 4= Always; Items: #1 = “…maintained a neutral expression?”, #2 “…maintained a smile?”, #3 = “…changed the interpretation of the conversation to make it less distressing?”, #4 = “…find the conversation anxiety-provoking?”
Table A.2

*Main Analyses with DASS-DEP and SPIN as Covariates*

| Predictor          | Sum of Squares | df  | Mean Square | F    | p     | \(\eta^2\) |
|--------------------|----------------|-----|-------------|------|-------|------------|
| EDA                | .56            | 1.93| .29         | 3.06 | .05   | .02        |
| EDA*SPIN           | .19            | 1.93| .10         | 1.06 | .34   | .008       |
| EDA*Condition      | .27            | 3.86| .07         | .73  | .57   | .01        |
| Error              | 24.94          | 262.14| .09        |      |       |            |
| EDA                | .53            | 1.90| .28         | 2.92 | .06   | .02        |
| EDA*DASSDEP        | .09            | 1.90| .05         | .51  | .59   | .004       |
| EDA*Condition      | .33            | 3.81| .09         | .91  | .45   | .01        |
| Error              | 24.37          | 256.87| .09       |      |       |            |
| EEPOS              | 2401.63        | 2.39| 1002.79     | 13.49| .000  | .09        |
| EEPOS*SPIN         | 403.79         | 2.39| 168.60      | 2.27 | .09   | .02        |
| EEPOS*Condition    | 444.63         | 4.79| 92.83       | 1.25 | .29   | .02        |
| Error              | 25111.17       | 337.69| 74.36      |      |       |            |
| EEPOS              | 6971.89        | 2.45| 2843.41     | 38.66| .000  | .22        |
| EEPOS*DASSDEP      | 189.03         | 2.45| 77.09       | 1.05 | .36   | .007       |
| EEPOS*Condition    | 380.56         | 4.90| 77.60       | 1.05 | .38   | .02        |
| Error              | 25245.08       | 343.27| 73.54      |      |       |            |
| EENEG              | 555.91         | 2.53| 219.47      | 3.76 | .02   | .03        |
| EENEG *SPIN        | 906.95         | 2.53| 358.06      | 6.15 | .001  | .04        |
| EENEG*Condition    | 267.15         | 5.07| 52.74       | .91  | .48   | .01        |
| Error              | 20796.97       | 357.15| 58.23      |      |       |            |
| EENEG              | 2486.10        | 2.55| 973.52      | 16.16| .000  | .10        |
| EENEG*DASSDEP      | 132.88         | 2.55| 52.03       | .86  | .44   | .006       |
| EENEG*Condition    | 209.67         | 5.11| 41.05       | .68  | .64   | .01        |
| Error              | 21542.67       | 357.52| 60.26      |      |       |            |

*Note:* DASS-DEP = Depression Anxiety Stress Scale, Depression Subscale, SPIN = Social Phobia Inventory, EDA = Electrodermal Activity, EEPOS1 = emotional experience positive subscale; EENEG = emotional experience, negative subscale
Exploratory Analyses

We also conducted exploratory analyses excluding participants who reported a past psychological disorder diagnosis. Similar to our planned analyses, there were significant differences between conditions on the proportion of positive expressions ($F_{2,115}=28.43, p < .001$) and neutral expressions ($F_{2,115}=29.68, p < .001$). Those in the expressive dissonance conditioned displayed more positive facial expressions than those in the suppression ($M_{difference}=.34, p < .001$) and control condition ($M_{difference}=.17, p < .001$). Those in the expression suppression condition showed significantly more neutral expressions than those in the control ($M_{difference}=.19, p < .001$ or dissonance condition ($M_{difference}=.34, p < .001$). Those in the control condition exhibited significantly more positive expressions ($M_{difference}=.18, p < .001$) and significantly fewer neutral expressions ($M_{difference}=-.19, p < .001$) than the expressive suppression condition. Additionally, there were no differences between conditions on seconds of unresponsiveness ($F_{2,115}=.49, p = .61$). There were significant differences between condition on interpersonal qualities: friendly ($F_{2,115}=31.23, p < .001$), likeable ($F_{2,115}=11.69, p < .001$), warm ($F_{2,115}=21.38, p < .001$), approachable ($F_{2,115}=12.46, p < .001$), and easy-going ($F_{2,115}=5.2, p = .007$). Participants engaging in dissonance were rated as significantly more friendly, likeable, warm, and easy-going, than those in the suppression and control conditions, and participants in the suppression condition were rated as significantly less friendly, likeable, warm, approachable, and easy-going than those in the dissonance and control conditions.
Appendix C

Check-in Questionnaire

| 0 | 1 | 2 | 3 | 4 |
|---|---|---|---|---|
| Not at all | Rarely | Somewhat | Very Often | Always |

1. How often did you show an expressionless or neutral expression throughout the conversation task? _____

2. How often did you show happiness or smile throughout the conversation task? _____

3. How often did you try to change your interpretation of the conversation task to make it less distressing? _____

4. Did you find the conversation task anxiety provoking? _____

5. Did you do anything to make the conversation task less distressing/anxiety-provoking? Please explain.