Table S2

Test statistics for variables during the SART and corresponding effect sizes ($\eta^2$) of the respective mixed ANOVAs separated by effects for Experiments 1a-c.

<table>
<thead>
<tr>
<th></th>
<th>Condition effect</th>
<th>Time effect</th>
<th>Interaction effect</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Results</td>
<td>$\eta^2$</td>
<td>Results</td>
</tr>
<tr>
<td><strong>Exp. 1a</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>State Rumination</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General rumination rating</td>
<td>$F(1,162) &lt; 1$</td>
<td>-</td>
<td>$F(3,486) = 1.86$, $p[GG] = .14$</td>
</tr>
<tr>
<td><strong>Mood</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energetic Arousal</td>
<td>$F(1,162) &lt; 1$</td>
<td>-</td>
<td>$F(3,486) = 38.16$, $p[GG] &lt; .001$</td>
</tr>
<tr>
<td>Valence</td>
<td>$F(1,162) = 1.01$, $p = .32$</td>
<td>.01</td>
<td>$F(3,486) = 9.87$, $p[GG] &lt; .001$</td>
</tr>
<tr>
<td>Calmness</td>
<td>$F(1,162) &lt; 1$</td>
<td>-</td>
<td>$F(3,486) = 11.99$, $p[GG] &lt; .001$</td>
</tr>
<tr>
<td><strong>Perceived strain</strong></td>
<td>$F(1,162) = 2.60$, $p = .11$</td>
<td>.02</td>
<td>$F(3,486) = 2.56$, $p[GG] = .06$</td>
</tr>
<tr>
<td><strong>Exp. 1b</strong></td>
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<tr>
<td><strong>State Rumination</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>General rumination rating</td>
<td>$F(2,36) &lt; 1$</td>
<td>-</td>
<td>$F(3,108) = 3.18$, $p = .03$</td>
</tr>
<tr>
<td><strong>Mood</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Energetic Arousal</td>
<td>$F(2,36) &lt; 1$</td>
<td>-</td>
<td>$F(3,108) = 9.90$, $p[GG] &lt; .001$</td>
</tr>
<tr>
<td>Valence</td>
<td>$F(2,36) &lt; 1$</td>
<td>-</td>
<td>$F(3,108) = 2.75$, $p[GG] = .06$</td>
</tr>
<tr>
<td>Calmness</td>
<td>$F(2,36) &lt; 1$</td>
<td>-</td>
<td>$F(3,108) = 3.14$, $p[GG] = .04$</td>
</tr>
<tr>
<td><strong>Perceived strain</strong></td>
<td>$F(2,36) &lt; 1$</td>
<td>-</td>
<td>$F(3,108) = 4.24$, $p[GG] = .02$</td>
</tr>
<tr>
<td><strong>Exp. 1c</strong></td>
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<td><strong>State Rumination</strong></td>
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</tr>
<tr>
<td>Ruminative self-focus</td>
<td>$F(2,56) &lt; 1$</td>
<td>-</td>
<td>$F(3,168) = 1.53$, $p[GG] = .21$</td>
</tr>
<tr>
<td><strong>Mood</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energetic Arousal</td>
<td>$F(2,56) &lt; 1$</td>
<td>-</td>
<td>$F(3,168) = 16.33$, $p[GG] &lt; .001$</td>
</tr>
<tr>
<td>Valence</td>
<td>$F(2,56) = 1.49$, $p = .23$</td>
<td>.05</td>
<td>$F(3,168) = 5.42$, $p &lt; .01$</td>
</tr>
<tr>
<td>Calmness</td>
<td>$F(2,56) = 1.98$, $p = .15$</td>
<td>.07</td>
<td>$F(3,168) &lt; 1$</td>
</tr>
<tr>
<td><strong>Perceived strain</strong></td>
<td>$F(2,56) = 1.14$, $p = .32$</td>
<td>.04</td>
<td>$F(3,168) = 2.46$, $p = .06$</td>
</tr>
</tbody>
</table>

*Note.* Exp. = experiments, $p[GG] = p$-value was corrected with Greenhouse-Geisser correction.