**Table S3: Effect sizes of moods and emotions in selected laboratory and quasi-experiment studies [Citations Listed at End of Supporting Information]**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Study** | **Study type** | **Emotion/Mood induction** | **Affect scale** | **Type of emotion/mood** | **Effect Size (d)** |
| Larsen and Ketelaar [100] | Experiment | SFM | Bipolar scale  | Happy/Sad | -0.322 |
| McFarland and Ross [101] | Experiment | SFM | Bipolar scale | Positive/Negative | 1.33 |
| Whitley [102] | Experiment | SFM | Bipolar scale | Happy/Unhappy | 1.708 |
| Fessler et al. [45]  | Experiment | Autobiographical/Imagination | PANAS | Anger | 1.413 |
|  |  |  | Disgust | 1.262 |
| Jallais and Gilet [103] | Experiment | Autobiographical recall | BMIS | Happiness | 0.406 |
|  |  |  |  | Serenity | 0.413 |
|  |  |  |  | Sadness | 1.123 |
|  |  |  |  | Anger | 0.89 |
| Kugler et al. [104] | Experiment | Autobiographical/Imagination | Abbreviated PANAS | Anger | 1.221 |
|  |  |  |  | Fear | 0.852 |
| Phillips et al. [105] | Experiment | Autobiographical/Imagination | Bipolar scale | Positive | 1.127 |
| Salovey [106] | Experiment | Autobiographical/Imagination | 7-point scale | Happy | -1.024 |
|  |  |  |  | Sad | 1.327 |
| Conte et al. [43] | Experiment | Film clips | PANAS-X | Joviality | 0.06 |
|  |  |  |  | Sadness | 1.145 |
|  |  |  |  | Fear | 1.232 |
|  |  |  |  | Anger | 1.423 |
| Lerner et al. [18] | Experiment | Film clips | 9-point Likert scale | Sadness | -2.661 |
|  |  |  |  | Disgust | 4.32 |
| Treffers et al. [107] | Experiment | Film clips | Abbreviated PANAS-X | Joy | 1.56 |
|  |  |  |  | Fear | 1.3 |
|  |  |  |  | Sadness | 1.23 |
| Butler and Mathews [92] | Quasi-experiment | Exam | STAI-S | Anxiety (State) | 1.263 |
| Krupić and Corr [93] | Quasi-experiment | Exam return | PANAS | Positive | 1.055 |
|  |  |  |  | Negative | 0.058 |
| Forgas et al. [95] | Quasi-experiment | Weather | Bipolar scale | Positive/Negative | 1.6 |
| Parrott and Sabini [108] | Quasi-experiment | Exam return/recall | Unipolar scale | Happy | 0.567 |
| (Experiment 1) |  |  |  | Bad | 0.684 |
|  |  |  |  | Sad | 0.480 |
|  |  |  |  | Emotional | 0.105 |
|  |  |  |  | Confused | 0.281 |
|  |  |  |  | Ashamed-Proud | 0.569 |
|  |  |  |  | Angry-Grateful | 0.547 |
|  |  |  |  | Lonely-Belonging | 0.324 |
|  |  |  |  | Worried-Optimistic | 0.062 |
| (Experiment 2) | Quasi-experiment | Weather | 0-10 scale | Great mood | 0.857 |
|   |   |   |   | Bad mood |

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