**To complete the baseline measure, please follow the instructions below.**

Sit quietly and relax for one minute.

After relaxing for 1 minute, select "Measure HRV" on the app.

Turn your phone over so that the camera sensor is facing up. Place your index finger over the camera and the flash for the one minute the app takes to measure your pulse. To get a good reading, you may need to be in a dim area, or place the phone and your hand underneath the desk or table you are sitting at. If you have a cover on your phone, it may be necessary to remove it in order to get a good quality reading.

Answer the questions in the survey below.

Question 1

What time was HRV measured?

Question 2

Enter your HRV reading.

Question 3

Enter your pulse.

Stress question

Please rate your stress level at the time of the measurement. Enter the number between 1 and 9 that best corresponds with your stress level.

1 = no stress

9 = maximum stress

**State Ruminative Thoughts Questions (Kocsel et al., 2019)**

1. For the past five minutes, I was not able get certain thoughts out of my mind
2. For the past five minutes, I kept thinking about something over and over again
3. For the past five minutes, I had difficulties suppressing thoughts about myself

**Speilberger State Anxiety Inventory (Speilberger, 1983)**

Participants answer whether they agree with the statements on a 4-point Likert scale ranging from 1 (not true at all) to 4 (certainly true), where higher scores reflect more ruminative thoughts. Asterisks indicate questions that are reverse-scored.

At this moment I feel \_\_\_\_\_\_\_\_\_\_\_\_\_

1. Calm, \*

2. at ease, \*

3. frightened,

4. jittery,

5. worried,

6. secure, \*

7. upset,

8. comfortable, \*

9. indecisive,

10. confused,

11. tense,

12. worried over possible misfortunes,

13. self confident, \*

14. relaxed, \*

15. steady, \*

16. strained,

17. satisfied, \*

18. nervous,

19. content, \*

20. pleasant.\*