# Listening Session 1: Three Pieces

## Piece 1

***Did you experience chills whilst listening to this piece?***

Yes No

***Please rate on the following scales how you felt during the music (1 = not at all, 7 = extremely):***

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Happy | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Sad | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Energetic | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Power | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Tension | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Nostalgia | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Relaxed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Inspired | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Fascinated | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Calm | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Transcendence | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

***Please rate the intensity of your emotional experience:***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Low intensity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | High intensity |

***Please rate how moved you were by the music:***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Not moved | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Very moved |

**PLEASE TURN OVER**

***Please rate how relevant the following statements are in your experience with the music:***

*An event in the music startled me*
Not at all 1 2 3 4 5 6 7 Extremely

*The music had a strong and captivating pulse/rhythm*
Not at all 1 2 3 4 5 6 7 Extremely

*I experienced the same emotions as what was expressed in the music*
Not at all 1 2 3 4 5 6 7 Extremely

*The music evoked memories*
Not at all 1 2 3 4 5 6 7 Extremely

*The way the music progressed was sometimes surprising*
Not at all 1 2 3 4 5 6 7 Extremely

*The music made me want to move*
Not at all 1 2 3 4 5 6 7 Extremely

*The music made me feel something, but I am not sure why*
Not at all 1 2 3 4 5 6 7 Extremely

*There was a sudden change that grabbed my attention*
Not at all 1 2 3 4 5 6 7 Extremely

*Visual images were triggered by the music*
Not at all 1 2 3 4 5 6 7 Extremely

*The emotional expression of the music had an effect on me*
Not at all 1 2 3 4 5 6 7 Extremely

*The music reminded me of a particular event in my life*
Not at all 1 2 3 4 5 6 7 Extremely

*It was difficult to predict how the music (e.g., melody) would continue over time*
Not at all 1 2 3 4 5 6 7 Extremely

*The music made me imagine landscapes, characters or/and visual scenes*
Not at all 1 2 3 4 5 6 7 Extremely

*The music evoked general associations*
Not at all 1 2 3 4 5 6 7 Extremely

*The lyrics were meaningful in my experience with the music*
Not at all 1 2 3 4 5 6 7 Extremely

*The music helped me achieve goals and plans in my life*
Not at all 1 2 3 4 5 6 7 Extremely

**PLEASE TURN OVER**

## Piece 2

***Did you experience chills whilst listening to this piece?***

Yes No

***Please rate on the following scales how you felt during the music (1 = not at all, 7 = extremely):***

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Happy | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Sad | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Energetic | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Power | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Tension | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Nostalgia | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Relaxed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Inspired | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Fascinated | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Calm | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Transcendence | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

***Please rate the intensity of your emotional experience:***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Low intensity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | High intensity |

***Please rate how moved you were by the music:***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Not moved | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Very moved |

**PLEASE TURN OVER**

***Please rate how relevant the following statements are in your experience with the music:***

*An event in the music startled me*
Not at all 1 2 3 4 5 6 7 Extremely

*The music had a strong and captivating pulse/rhythm*
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*I experienced the same emotions as what was expressed in the music*
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*Visual images were triggered by the music*
Not at all 1 2 3 4 5 6 7 Extremely

*The emotional expression of the music had an effect on me*
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*The music reminded me of a particular event in my life*
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*It was difficult to predict how the music (e.g., melody) would continue over time*
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*The music evoked general associations*
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*The lyrics were meaningful in my experience with the music*
Not at all 1 2 3 4 5 6 7 Extremely

*The music helped me achieve goals and plans in my life*
Not at all 1 2 3 4 5 6 7 Extremely

**PLEASE TURN OVER**

## Piece 3

***Did you experience chills whilst listening to this piece?***

Yes No

***Please rate on the following scales how you felt during the music (1 = not at all, 7 = extremely):***

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Happy | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Sad | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Energetic | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Power | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Tension | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Nostalgia | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Relaxed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Inspired | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Fascinated | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Calm | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Transcendence | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

***Please rate the intensity of your emotional experience:***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Low intensity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | High intensity |

***Please rate how moved you were by the music:***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Not moved | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Very moved |

**PLEASE TURN OVER**

***Please rate how relevant the following statements are in your experience with the music:***

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*The way the music progressed was sometimes surprising*
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*The music made me want to move*
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*The music made me feel something, but I am not sure why*
Not at all 1 2 3 4 5 6 7 Extremely

*There was a sudden change that grabbed my attention*
Not at all 1 2 3 4 5 6 7 Extremely

*Visual images were triggered by the music*
Not at all 1 2 3 4 5 6 7 Extremely

*The emotional expression of the music had an effect on me*
Not at all 1 2 3 4 5 6 7 Extremely

*The music reminded me of a particular event in my life*
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*It was difficult to predict how the music (e.g., melody) would continue over time*
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*The music evoked general associations*
Not at all 1 2 3 4 5 6 7 Extremely

*The lyrics were meaningful in my experience with the music*
Not at all 1 2 3 4 5 6 7 Extremely

*The music helped me achieve goals and plans in my life*
Not at all 1 2 3 4 5 6 7 Extremely

**PLEASE TURN OVER**

# Interval

**Q1. How familiar were you with the pieces of music you listened to?**

| | | Piece 1 | Piece 2 | Piece 3 |
|---|---|---|---|---|
| A) | I've heard the piece many times<br>I know the song name and band/composer | ☐ | ☐ | ☐ |
| B) | I've heard the piece numerous times,<br>and I know the band/composer but not the song name | ☐ | ☐ | ☐ |
| C) | I have heard the piece only a few times,<br>and do not know the song name or band/composer | ☐ | ☐ | ☐ |
| D) | I recognise the piece from somewhere<br>but I am not really familiar with it | ☐ | ☐ | ☐ |
| E) | Not familiar, this is the first time I have ever heard it | ☐ | ☐ | ☐ |

**Q2. How much did you enjoy the pieces?**

<u>Piece 1</u>

Did not enjoy 1 2 3 4 5 6 7 Enjoyed very much

<u>Piece 2</u>

Did not enjoy 1 2 3 4 5 6 7 Enjoyed very much

<u>Piece 3</u>

Did not enjoy 1 2 3 4 5 6 7 Enjoyed very much

**Q3. Did you have a favourite moment in each of the pieces? Could you describe it?**

*Piece 1:*

*Piece 2:*

*Piece 3:*

**PLEASE TURN OVER**

**Q4. Please state your age (in numbers):**

_____

**Q5. Please state your gender (circle an option):**

Male Female Transgender/other

**Q6. Please state your nationality:**

_____

**Q7. Please report you occupation (e.g. unemployed, student, customer service, administration…)**

_____

**Q8. Do you have any particular hobbies? Please state as many as you would like:**

| |
|---|
| |

**Q9. Have you travelled overseas in the last 3 years?**

Yes No

**Q9a. If you answered yes to Q9, please list the place(s) you have recently travelled to:**

| |
|---|
| |

**PLEASE TURN OVER**

**Q10. Do you play a musical instrument?**

Yes No

**Q10a. If you answered yes to Q10, please list the instrument(s) that you play:**

**Q11. Do any members of your family play an instrument?**

Yes No

**Q12. Have you been to a music concert/gig in the last year?**

Yes No

**Q12a. If you answered yes to Q12, please provide information on which performers you went to see:**

**Q13. Please could you provide your three favourite bands/composers/songwriters? This could be current preferences, or across the course of your life:**

A. _____

B. _____

C. _____

**PLEASE TURN OVER**

**Q14. Of the following music genres, please state your preference on a scale of *1 (not preferred) to 7 (preferred)*:**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Blues | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Jazz | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Classical | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Folk | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Rock | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Alternative | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Heavy metal | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Country | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Soundtracks | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Religious | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Pop | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Rap/hip-hop | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Soul/funk | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Electronica/dance | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**PLEASE TURN OVER**

# Listening Session 2: Three Pieces

## Piece 1

***Did you experience chills whilst listening to this piece?***

Yes No

***Please rate on the following scales how you felt during the music (1 = not at all, 7 = extremely):***

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Power | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Nostalgia | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Inspired | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Happy | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Calm | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Energetic | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Fascinated | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Tension | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Relaxed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Sad | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Transcendence | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

***Please rate the intensity of your emotional experience:***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Low intensity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | High intensity |

***Please rate how moved you were by the music:***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Not moved | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Very moved |

**PLEASE TURN OVER**

***Please rate how relevant the following statements are in your experience with the music:***

*The music made me imagine landscapes, characters or/and visual scenes*

Not at all 1 2 3 4 5 6 7 Extremely

*The music had a strong and captivating pulse/rhythm*

Not at all 1 2 3 4 5 6 7 Extremely

*There was a sudden change that grabbed my attention*

Not at all 1 2 3 4 5 6 7 Extremely

*The music evoked general associations*

Not at all 1 2 3 4 5 6 7 Extremely

*I experienced the same emotions as what was expressed in the music*

Not at all 1 2 3 4 5 6 7 Extremely

*The music reminded me of a particular event in my life*

Not at all 1 2 3 4 5 6 7 Extremely

*The way the music progressed was sometimes surprising*

Not at all 1 2 3 4 5 6 7 Extremely

*The music made me want to move*

Not at all 1 2 3 4 5 6 7 Extremely

*The music made me feel something, but I am not sure why*

Not at all 1 2 3 4 5 6 7 Extremely

*It was difficult to predict how the music (e.g., melody) would continue over time*

Not at all 1 2 3 4 5 6 7 Extremely

*Visual images were triggered by the music*

Not at all 1 2 3 4 5 6 7 Extremely

*The emotional expression of the music had an effect on me*

Not at all 1 2 3 4 5 6 7 Extremely

*An event in the music startled me*

Not at all 1 2 3 4 5 6 7 Extremely

*The music evoked memories*

Not at all 1 2 3 4 5 6 7 Extremely

*The lyrics were meaningful in my experience with the music*

Not at all 1 2 3 4 5 6 7 Extremely

*The music helped me achieve goals and plans in my life*

Not at all 1 2 3 4 5 6 7 Extremely

**PLEASE TURN OVER**

## Piece 2

***Did you experience chills whilst listening to this piece?***

Yes No

***Please rate on the following scales how you felt during the music (1 = not at all, 7 = extremely):***

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Power | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Nostalgia | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Inspired | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Happy | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| Energetic | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Fascinated | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Tension | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Relaxed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Sad | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Transcendence | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

***Please rate the intensity of your emotional experience:***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Low intensity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | High intensity |

***Please rate how moved you were by the music:***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Not moved | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Very moved |

**PLEASE TURN OVER**

***Please rate how relevant the following statements are in your experience with the music:***

*The music made me imagine landscapes, characters or/and visual scenes*

Not at all 1 2 3 4 5 6 7 Extremely

*The music had a strong and captivating pulse/rhythm*

Not at all 1 2 3 4 5 6 7 Extremely

*There was a sudden change that grabbed my attention*

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*The music evoked general associations*

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*The music reminded me of a particular event in my life*

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*The way the music progressed was sometimes surprising*

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*The music evoked memories*

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*The lyrics were meaningful in my experience with the music*

Not at all 1 2 3 4 5 6 7 Extremely

*The music helped me achieve goals and plans in my life*

Not at all 1 2 3 4 5 6 7 Extremely

**PLEASE TURN OVER**

## Piece 3

***Did you experience chills whilst listening to this piece?***

Yes No

***Please rate on the following scales how you felt during the music (1 = not at all, 7 = extremely):***

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Power | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Nostalgia | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Inspired | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Happy | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Calm | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Energetic | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Fascinated | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Tension | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Relaxed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Sad | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Transcendence | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

***Please rate the intensity of your emotional experience:***

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Low intensity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | High intensity |

***Please rate how moved you were by the music:***

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Not moved | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Very moved |

**PLEASE TURN OVER**

***Please rate how relevant the following statements are in your experience with the music:***

*The music made me imagine landscapes, characters or/and visual scenes*

Not at all 1 2 3 4 5 6 7 Extremely

*The music had a strong and captivating pulse/rhythm*

Not at all 1 2 3 4 5 6 7 Extremely

*There was a sudden change that grabbed my attention*

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*The music reminded me of a particular event in my life*

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*The lyrics were meaningful in my experience with the music*

Not at all 1 2 3 4 5 6 7 Extremely

*The music helped me achieve goals and plans in my life*

Not at all 1 2 3 4 5 6 7 Extremely

**PLEASE TURN OVER**

# Debrief

**Q1. How familiar were you with the pieces of music you listened to?**

| | | Piece 1 | Piece 2 | Piece 3 |
|---|---|---|---|---|
| A) | I've heard the piece many times<br>I know the song name and band/composer | ☐ | ☐ | ☐ |
| B) | I've heard the piece numerous times,<br>and I know the band/composer but not the song name | ☐ | ☐ | ☐ |
| C) | I have heard the piece only a few times,<br>and do not know the song name or band/composer | ☐ | ☐ | ☐ |
| D) | I recognise the piece from somewhere<br>but I am not really familiar with it | ☐ | ☐ | ☐ |
| E) | Not familiar, this is the first time I have ever heard it | ☐ | ☐ | ☐ |

**Q2. How much did you enjoy the pieces?**

*Piece 1*

Did not enjoy 1 2 3 4 5 6 7 Enjoyed very much

*Piece 2*

Did not enjoy 1 2 3 4 5 6 7 Enjoyed very much

*Piece 3*

Did not enjoy 1 2 3 4 5 6 7 Enjoyed very much

**Q3. Did you have a favourite moment in each of the pieces? Could you describe it?**

*Piece 1:*

*Piece 2:*

*Piece 3:*

**PLEASE TURN OVER**

**Q4. On a scale of 1 to 7 (1 = disagree completely, 7 = agree completely), please rate the following statements:**

- *I spend a lot of my free time doing music-related activities.*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

- *Pieces of music rarely evoke emotions in me.*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

- *I would not consider myself a musician.*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

- *Music is kind of an addiction for me - I couldn't live without it.*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

- *I often pick music to motivate or excite me.*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

- *I engaged in regular, daily practice of a musical instrument (including voice) for some years.*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

**PLEASE TURN OVER**

**Q5. Here are some characteristics that may or may not apply to you. For the following questions, please rate on a scale of 1 to 7 (1 = disagree completely, 7 = agree completely) how much you agree with each statement:**

*I see my self as someone who…*

*Is original, comes up with new ideas*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

*Is curious about many different things*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

*Is ingenious, a deep thinker*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

*Has an active imagination*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

*Is inventive*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

*Values artistic, aesthetic experiences*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

*Prefers work that is routine*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

*Likes to reflect, play with ideas*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

*Has few artistic interests*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

*Is sophisticated in art, music, or literature*

**Disagree completely** 1 2 3 4 5 6 7 **Agree completely**

**PLEASE TURN OVER**

**Q6. How frequently do you normally experience chills with music? Please circle the appropriate response:**

| | | |
|---|---|---|
| Yearly | Every few months | Monthly |
| Weekly | Daily | Every time I listen to music |

**Q7. If you have experienced chills to any of the pieces listened to today, could you offer your own explanation as to why?**

**Q8. Finally, if you have experienced chills with any other pieces of music at any point in your life (outside of this experiment), could you list them below? Provide as many as you can think of, up to a limit of five pieces:**

_____

_____

_____

_____

_____

## END OF EXPERIMENT