**Supplementary Table 1.** PANAS items pre-vs post-intervention

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| **Intervention** | **PANAS items** | **Group** | **Time** | **Time X Group Interaction** |
| Train vs Control | PA | F(10,25) = 1.23, *p* = .32, Wilk's Λ =.65 | F(10,23) = 1.11, *p* = .40, Wilk's Λ =.67 | F(10, 25) = .53, *p* = .85, Wilk's Λ = .81 |
| NA | F(10,25) = .57, *p* = .82, Wilk's Λ =.81 | F(10,25) = 1.38, *p* = .25, Wilk's Λ =.65 | F(10, 25) = .75, *p* = .67, Wilk's Λ = .77 |
| Music vs Control | PA | F(10,26) = .82, *p* = .61, Wilk's Λ =.76 | F(10,26) = 1.45, *p* = .21, Wilk's Λ =.64 | F(10, 26) = .96, *p* = .50, Wilk's Λ = .73 |
| NA | F(10,26) = .45, *p* = .91, Wilk's Λ =.85 | F(10,26) = 2.41, *p* < .05, Wilk's Λ =.52 | F(10, 26) = 1.61, *p* = .16, Wilk's Λ = .62 |

NA, Negative Affect, PA, Positive Affect