Supplemental Digital Content 3. Changes in POMS ratings for the preferred, CLOSEST and GREATEST sessions.

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|  | **Change** | **Depression** | **Tension** | **Anger** | **Vigor** | **Fatigue** | **Confusion** | **TMD** |
| Preferred | *10m post – pre* | -3.4 ± 4.9 | -2.7 ± 4.3 | -2.2 ± 6.7 | 3.4 ± 4.4 | -2.4 ± 3.9 | -1.9 ± 3.3 | -16.0 ± 20.4 |
| *30m post – pre* | -3.4 ± 4.8 | -3.0 ± 4.7 | -2.5 ± 6.0 | 2.6 ± 5.2 | -2.7 ± 3.6 | -2.3 ± 3.0 | -16.5 ± 19.5 |
| CLOSEST | *10m post – pre* | -5.3 ± 6.2 | -3.1 ± 3.5 | -2.4 ± 4.1 | 2.3 ± 2.9 | -2.6 ± 4.0 | -2.3 ± 1.9 | -18.2 ± 15.9 |
| *30m post – pre* | -5.6 ± 6.7 | -3.7 ± 3.8 | -2.6 ± 4.6 | 2.8 ± 4.6 | -3.3 ± 4.9 | -2.6 ± 2.2 | -20.6 ± 19.3 |
| GREATEST | *10m post – pre* | -10.8 ± 6.9 | -4.6 ± 3.8 | -3.2 ± 3.5 | 3.8 ± 4.4 | -5.4 ± 5.1 | -3.9 ± 2.4 | -31.5 ± 16.8 |
| *30m post – pre* | -11.8 ± 7.4 | -5.5 ± 3.7 | -3.5 ± 3.9 | 4.9 ± 6.5 | -7.1 ± 5.7 | -4.5 ± 3.2 | -37.0 ± 20.9 |

Changes in depression are illustrated in Figure 2A and reproduced here to show the similarity in the pattern of responses across the sessions for the other mood states. Abbreviations: TMD = total mood disturbance.