

Intro - High Anxiety

Please enter your MTurk worker ID:

Instructions

In this task, you will complete a difficult IQ test made up of eight questions under time pressure.

For each question, you will have five seconds to select the correct answer. You (and the people running this study) will receive feedback about your accuracy after each question.

If you answer every question correctly, you will earn \$2. For each question you answer incorrectly, you will lose \$0.25.

Sample math question

All eight math questions in this task will use the same made-up math symbols. Here is an example:

$$16 \equiv 4 \circ 3$$

This means 16 minus 4, divided by 3. Or $(16 - 4)/3 = 12/3 = 4$.

If the answer is a whole number (like here, 4), then you should select "true." If the answer is not a whole number, then you should select "false."

Hit "next" to do a practice problem.

Practice Problem

$$58 \equiv 26 \circ 12$$

True
☐

False
☐

Yes! The correct answer was "false."

$$58 \equiv 26 \circ 12$$

$$(58-26)/12 = 22/12 = 1.83$$

Incorrect. The correct answer was "false."

$$58 \equiv 26 \circ 12$$

$$(58-26)/12 = 22/12 = 1.83$$

Intro - Low Anxiety

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Instructions

In this task, you will complete a series of eight fun math puzzles. You will earn \$0.25 for each question you answer correctly!

Sample math question

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Ritual

Complete a ritual

Before you complete the math task, please complete a short ritual. Press "next" for instructions.

These page timer metrics will not be displayed to the recipient.

First Click: *0 seconds*

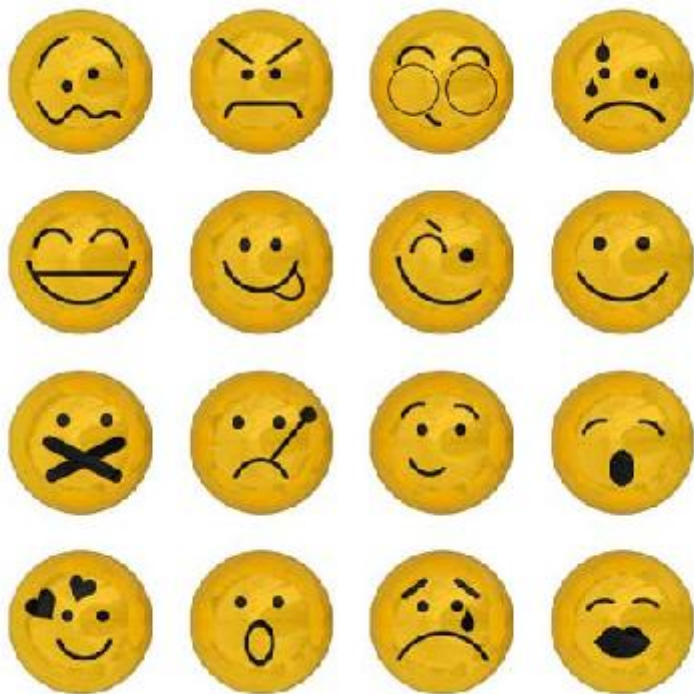
Last Click: *0 seconds*

Page Submit: *0 seconds*

Click Count: *0 clicks*

Ritual Step 1

Click on the image(s) below that represent how you feel right now by clicking on the face(s). You must select at least one image, but you can select up to all of them. You can unselect a face by clicking on it twice.



Ritual Step 2

Now count up to TEN slowly in your head. The ritual will move on automatically after 10 seconds.

Ritual Step 3

Now imagine that you have a salt shaker. In your mind, pick up the salt shaker and sprinkle salt on the face(s) you selected in Step 1.



The ritual is complete.

Neutral

Please wait

Before you complete the math task, please wait a few moments. The math task takes a few seconds to load.

The 'next' button will appear shortly.

Exit Questions

When you hit "next," you will begin the math task.

Question 1

$$51 \equiv 19 \circ 4$$

True
☐

False
☐

Yes! The correct answer was "true."

$$51 \equiv 19 \circ 4$$

$$(51-19)/4 = 32/4 = 8$$

Incorrect. The correct answer was "true."

$$51 \equiv 19 \circ 4$$

$$(51-19)/4 = 32/4 = 8$$

Question 2

$$102 \equiv 7 \circ 3$$

True
☐

False
☐

Yes! The correct answer was "false."

$$102 \equiv 7 \circ 3$$

$$(102-7)/3 = 95/3 = 31.67$$

Incorrect. The correct answer was "false."

$$102 \equiv 7 \circ 3$$

$$(102-7)/3 = 95/3 = 31.67$$

Question 3

$$33 \equiv 7 \circ 4$$

True
☐

False
☐

Yes! The correct answer was "false."

$$33 \equiv 7 \circ 4$$

$$(33-7)/4 = 26/4 = 6.5$$

Incorrect. The correct answer was "false."

$$33 \equiv 7 \circ 4$$

$$(33-7)/4 = 26/4 = 6.5$$

Question 4

$$47 \equiv 8 \circ 3$$

True
☐

False
☐

Yes! The correct answer was "true."

$$47 \equiv 8 \circ 3$$

$$(47-8)/3 = 39/3 = 13$$

Incorrect. The correct answer was "true."

$$47 \equiv 8 \circ 3$$

$$(47-8)/3 = 39/3 = 13$$

Question 5

$$64 \equiv 8 \circ 7$$

True
☐

False
☐

Yes! The correct answer was "true."

$$64 \equiv 8 \circ 7$$

$$(64-8)/7 = 56/7 = 8$$

Incorrect. The correct answer was "true."

$$64 \equiv 8 \circ 7$$

$$(64-8)/7 = 56/7 = 8$$

Question 6

$$73 \equiv 5 \circ 8$$

True
☐

False
☐

Yes! The correct answer was "false."

$$73 \equiv 5 \circ 8$$

$$(73-5)/8 = 68/8 = 8.5$$

Incorrect. The correct answer was "false."

$$73 \equiv 5 \circ 8$$

$$(73-5)/8 = 68/8 = 8.5$$

Question 7

$$86 \equiv 8 \circ 4$$

True
☐

False
☐

Yes! The correct answer was "false."

$$86 \equiv 8 \circ 4$$

$$(86-8)/4 = 78/4 = 19.5$$

Incorrect. The correct answer was "false."

$$86 \equiv 8 \circ 4$$

$$(86-8)/4 = 78/4 = 19.5$$

Question 8

$$55 \equiv 7 \circ 8$$

True
☐

False
☐

Yes! The correct answer was "true."

$$55 \equiv 7 \circ 8$$

$$(55-7)/8 = 48/8 = 6$$

Incorrect. The correct answer was "true."

$$55 \equiv 7 \circ 8$$

$$(55-7)/8 = 48/8 = 6$$

Please indicate the extent to which you felt ANXIOUS at each of the following moments:

	Not at all anxious		Somewhat anxious			Extremely anxious	
	1	2	3	4	5	6	7
At the beginning of the study							
When I found out I was doing a math task.							
After I got a question right.							
After I got a question wrong.							
In general during the math task.							
When the math task was over.							

Please indicate the extent to which you agree with the following statements:

	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
I feel confident in my ability to solve problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can do anything I put my mind to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to remain relaxed during this study.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am good at managing my emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Once I am excited, it is difficult to calm down.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
I am an optimistic person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was nervous before the task	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was excited before the task	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to calm down before the math task.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My attempts to relax were very effective.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
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Please indicate your gender:

☐ Male

☐ Female

Please enter your age (in years):

Do you have any feedback about this study?

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