**Procedure**

The three experimental conditions were administered as follows.

**Resting state.** In this control condition, participants were instructed to sit on a mat in a comfortable posture for 20 minutes and do nothing.

**Preferred music listening.** In this condition, participants were instructed to bring their cell phones carrying their favorite music. They listened to their preferred music for 20 minutes while sitting on a mat in a comfortable posture. The range of music included some without lyrics and some with lyrics. The latter were most frequently in Chinese but sometimes in Korean, Japanese or English.

**Mindfulness induction**. The participants followed instructions on breath-focused attentional training according to a study by Duann et al (1999) with some elements from Kabat-Zinn et al (1985). They sat quietly on a mat and kept their eyes closed. They were told to focus on their breathing without making any effort to breathe and were instructed to observe as they inhaled and as they exhaled without any deliberate indulgence moment by moment. If they found themselves caught up in distractions due to some thoughts, feelings, or sensations, they were instructed to not be harsh on themselves and gently and kindly bring their attention back to their breathing.

**References:**

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