*Table S6. Instructional scripts as reported by each study*

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| Reference | Condition | MC | Instructional scripts |
| 1. *Anxiety-based* | | |  |
| Barlow et al. (2016, study 1) | LA | AI  ETI | 'Try to hit the target zone. *Be particularly* careful *not to hit the ball to the right of the post'*. 'You would score 10 points for hitting the target zone, 0 points for hitting the left of the target zone (non-ironic error zone) and minus 5 points for hitting the right of the target zone (ironic error zone).' Left-footed participants received mirrored instructions. |
|  | HA | £ | The AI and ETI are identical to LA, 'We would award £100 (approximately US$155) to the participant with the highest performance score.' |
| Barlow et al. (2016, study 2) | LA | AI  ETI | 'Please try to hit the target zone, or as close to the target zone as possible, in order to gain maximal points, *but be particularly careful not to hit the top right quarter of the dart board*, as you will score zero points each time you do so.' |
|  | HA | SEI  £ | The AI and ETI are identical to LA, 'For one week, we would display all scores publicly on a television screen located in a busy indoor thoroughfare of the university. Additionally, the highest scoring participants would receive £50 (approximately US$80).' |
| Gorgulu (2019a) | LA | AI  ETI | The AI is identical to LA 'Please try to shoot the target (the innermost having a diameter of 11.5 mm, worth 10 points), or as close to the target as possible, *but be careful not to shoot the top right quarter of the light-colored cardboard shooting target*, as you will score zero points each time you do so.' |
|  | HA | £ | 'The highest scoring participant would receive £150 (approximately US$200).' |
| Gorgulu (2019b) | LA | AI  ETI | 'Please try to throw to the target (center of the basket) and make the shot to get 5 points for each throw you do, however, *please be careful not to miss the shot* *(by either hitting the rim or the board or not having a contact with the hoop at all)* as you will score minus 5 points for each ball you do, if you make the point by hitting the rime or the board, you will score 0 points for each ball you do.' |
|  | HA | SEI  £ | The AI and ETI are identical to LA, 'you were about to enter the competition by participating in the third trial and based on the results of this last trial, the highest score would receive 250 Turkish Liras (~US$50). And your scores during the performance were observed as beyond controversy while entering one of the 3 distinct areas.' |
| Gorgulu (2019c) | LA | AI  ETI | 'Please try to serve into the target zone to get 1 point for each ball; however, *please be careful not to serve* into the net or out as you will score – 1 point for each ball and finally, for any ball you hit within the serving box rather than the target zone, you will get 0 points.' |
|  | HA | SEI  £ | The AI and ETI are identical to LA, 'You are about to enter the competition by participating in this research and the highest scoring participant would receive a brand-new tennis racquet (worth approximately $150) as a present from the researcher. And your scores during the performance and all serves were observed as beyond controversy (by using the video recording system) while entering one of the three distinct areas.' |
| Gorgulu et al. (2019, study 1) | LA | AI  ETI | 'Every ball you stop will go into a prize bucket, the red ball will score you plus five points and the blue ball will score you minus five points. Obviously, *you should be very careful* *not to stop* *the blue balls!* Please try to score as many points as possible.' |
|  | HA | SEI  £ | The AI and ETI are identical to LA, 'your performance in this final block will be recorded as part of a competition and that we will display all scores on a television screen located in a busy indoor thoroughfare of the university. And the winner of the competition (i.e., the highest number of points scored) will receive a £100 (approximately US$125) prize, and the second and third place participants will receive prizes of £30 and £20, respectively.' |
| Gorgulu et al. (2019, study 2) | LA | AI  ETI | 'Every ball you stop will go into a prize bucket, the red ball will score you plus five points and the blue ball will score you minus five points. Obviously, *you should be very careful* *not to stop* *the blue balls!* Please try to score as many points as possible.' The added yellow balls took no-instruction attached with them. |
|  | HA | SEI  £ | Analogous to study 1 |
| Gorgulu et al. (2019, study 3) | LA | AI  ETI | 'Every ball you let go will go into a prize bucket, the red ball will score you plus five points and the blue ball will score you minus five points. Obviously, *you should be very careful* not to let go *the non-target ironic (blue) balls!* Please try to score as many points as possible.' The added yellow balls took no-instruction attached with them. |
| HA | SEI  £ | Analogous to study 1. |
| Gorgulu et al. (2019, study 4) | LA | AI  ETI | 'Every ball you stop will go into a prize bucket, the red ball will score you plus five points, the yellow ball will score you minus two points, and the blue ball will score you minus five points. *Obviously, you should be very careful not to stop the blue balls!* Please try to score as many points as possible.' The added yellow balls were attached with instruction. |
| HA | SEI  £ | Analogous to study 1 |
| Gorgulu et al. (2019, study 5) | LA | AI  ETI | 'Every ball you let go will go into a prize bucket, the red ball will score you plus five points, the yellow will score you minus two points, and the blue ball will score you minus five points. *Obviously, you should be very careful not to let go the non-target ironic (blue) balls!* Please try to score as many points as possible.' |
|  | HA | SEI  £ | Analogous to study 1 |
| Gorgulu & Gokcek (2021) | LA | AI  ETI | 'Please try to serve to the target zone in order to get 5 points for each ball you hit, however, *please be careful not to hit the net or the ball out* as you will score minus five points for each ball you hit and finally any ball you hit within the serving area rather than the target zone you will get only one point for each attempt.' |
|  | HA | SEI  £ | The AI and ETI are identical to LA, 'you are about to enter the competition by participating in this research and the highest scoring participant will receive a present from the research team immediately at the end of the experiment and the results will be announced as a part of ceremony in front of all team members.' |
| Gray et al. (2017) | LP | ETI | 'Imagine you are pitching to a batter who has a poor batting average for pitches thrown in the location indicated by black. On each pitch, you should try to hit the black target zone with a fastball and if you do this you will receive 1 point. *If you throw the pitch in any other location, you will receive 0 points*.' |
|  | P | AI  ETI | 'Imagine you are pitching to a batter who has a poor batting average for pitches thrown in the location indicated by black and a high batting average for pitches thrown in the location indicated by red. On each pitch, you should try to hit the black target zone with a fastball and if you do this you will receive 1 point. *If you hit the red zone you will lose 1 point so you should avoid trying to throw the ball in that location.* *Finally, if you throw in any other location, you will receive 0 points.'* |
|  | HP | AI  ETI  SEI  £  VT | 'You are now entering the competition phase. During this phase your goal is still to hit the black target with a fastball, and you will again be given 1 point for each target hit. (*If you hit the red zone you will lose 1 point so you should avoid trying to throw the ball in that location*). There are 11 other pitchers in this study. The pitcher that accumulates the most points in this competition will win $50 and the final standings will be emailed to all participants. Your performance in this phase will also be videotaped and evaluated by a coach.' |
| Oudejans et al. (2013) | AC | NI | 'Dart as accurate as possible, thus *try to hit bullseye'* |
|  | NL | AI | 'Dart as accurate as possible, thus try to hit bullseye, *but be careful not to hit less than X* –not-less.' Where X is the average dart score on a baseline test of 24 throws minus one ring. |
| Woodman & Davis (2008) | AI | BB | 'Land the ball on the target, *but be particularly careful not to overshoot the target'* |
|  | £ | TB | Besides the AI instruction in the BB 'You have one final putt. This putt provides you with the opportunity to win fifty pounds sterling [£50; approximately US$100]. If you land the ball entirely or in part on the target, we will give you £50.' |
| Woodman et al. (2015, study 1) | LA | AI  ETI | 'Try to hit the target zone. *Be particularly careful not to hit the ball to the right of the right-hand post*, as you will score minus 1 point each time you do.' |
|  | HA | £ | The AI and ETI are identical to LA, 'We would award £100 (approximately US$155) to the participant with the highest performance score.' |
| Woodman et al. (2015, study 2) | LA | AI  ETI | 'Please try to hit the target zone, or as close to the target zone as possible, in order to gain maximal points *but be particularly careful not to hit the [top right quarter] of the dart board*, as you'll score 0 points each time you do.' |
|  | HA | SEI  £ | The AI and ETI are identical to LA, 'And for one week, we would display all scores publicly on a television screen located in a busy indoor thoroughfare of the university. In addition, the highest scoring participant would receive £50 (approximately US$80).' |
| 1. *Dual task-based* | | | |
| Bakker et al. (2006, study 2) | AC | NI | 'To just shoot as well as possible.' |
|  | NK | AI | 'To shoot as well as possible and *make sure that the goalkeeper* *could not reach the ball*.' |
|  | S | PI | 'To shoot as well as possible and *make sure* to *hit the open space*.' |
|  | NNG | AI | 'To shoot as well as possible and *make* *sure not to shoot next to the goal*.' |
| Binsch et al. (2010a) | AC | NI | 'Just shoot as accurately as possible.' |
|  | NKI | AI | 'Shoot as accurate as possible and *be particularly careful not to shoot within reach of the keeper*.' |
|  | PKI | PI | 'Shoot as accurate as possible and *be particularly careful to pass the keeper*.' |
| Binsch et al. (2010b) | AC | NI | 'Just shoot as accurate as possible.' |
|  | NK | AI | 'Just shoot as accurate as possible and *be careful not to shoot within reach of the keeper*.' |
|  | OS | PI | 'Just shoot as accurate as possible and *be careful to shoot into the open space.'* |
| de la Peña, et al. (2008, Study 1) | TB 1 | NI | 'Putt the ball and try to make it land on the circle.' (This instruction is not clearly stated but it is implied). |
|  | TB 2 | AI | 'One of the most common mistakes that an individual can make when attempting a putt is leaving it *short of the hole*. Your goal is to putt the ball and try to make it land on the circle but be careful *not to putt the ball shy* of the circle; *don't putt the ball short*.' (Before TB2). |
|  | TB 3 | AI | Identical instruction to TB2, but the word 'remember' was added to the second sentence, i.e., '*Remember, you goal is to try and make it land on the circle but be careful*…).' |
| Dugdale & Eklund (2003) | DW | AI | *'Try not to let the wobble board wobble.'* |
|  | HS | PI | *'Hold the wobble board as steady as possible.'* |
| Liu et al. (2015) | LCL | AI  PI | 'You need to do your best in each trial of task and there is no time limit and no reward. In addition, *you are asked to keep rehearsing aloud “Don't shake” and “Go steady” for 10 s*, while subsequently continuing to try to hear the phrase while performing.' |
|  | HCL | AI  PI | 'You need to do your best in each trial of task within 9 s so that your chances of winning the rewards will not be reduced. In addition, *you are asked to keep rehearsing aloud* “*Don't shake*” *and “Go steady”* for 10 s, while subsequently continuing to try to hear the phrase while performing.' |
| Wegner et al. (1998, study 1) | BB | NI | 'Land the ball on the glow spot.' |
| TB | AI | 'Land the ball on the glow spot *but be particularly careful not to hit the ball past the glow spot*; *don't overshoot* the glow spot.' |
| Wegner et al. (1998, study 2) | PSM | AI | 'When I say to begin, you will be asked not to let the pendulum move by holding it as steady as you can over the green center point. Your task is *not to let the pendulum move, keeping it as steady as possible*. The pendulum should be held as steady as possible over the center spot, and *you should not let it move in the direction paralleling the horizontal line* on the page in front of you. You should try to hold it about an inch above the grid. The trial will last 30 s. Again, *do not move it sideways*, in the direction paralleling the horizontal line.' |
|  | CL |  | 'Also, you are to count backward in your head from 1,000 by 3 s. At the end of the trial. I will ask you the last number you reached, so remember that number after I say stop.' |
| HS | PI | Similar content as prevent-sideways-movement conditions but participants were asked merely to '*hold the pendulum as steady as possible*.' The forbidden direction was unmentioned. |
|  | PL |  | 'Participants were asked *to hold a common brick (2.2 kg) in the non-pendulum hand* during the trials. They were also told to hold the brick in upturned hand with the forearm parallel to the floor and elbow bent and not resting against the body.' |
| Notes: Abbreviations as follows: M = manipulation components; AI = avoidant instruction; ETI = ego-threatening instruction; SEI = social evaluative instruction; £ = monetary incentive; VT = videotaping; NI = neutral Instruction; NK = not-Keeper; S = space condition; NNG = not-next to the goal; LA = low anxiety; HA = high anxiety; AC = accurate instruction; NKI = not-keeper instruction; PKI = pass keeper instruction; OS = open-space; BB = baseline block TB = trial/test block; DW = don't wobble; HS = hold-steady; LP = low-pressure (as LA); P = pressure; HP = high-pressure (as HA); LCL = low cognitive load; HCL = high cognitive load; NL = 'not-less'; PSM = prevent-sideway movements; PL = physical load. | | | |