*Table S4. Summary of cognitive load manipulations, experimental conditions, outcome measures and order of presentation characteristics*

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| --- | --- | --- | --- | --- |
| Reference | CL manipulation components | Conditions | Outcome measures | Order of presentation |
| CL | Instructions |  | CL | Performance | FIX | CBAL |
| 1. *Anxiety-based*
 |
| Barlow et al. (2016, Study 1) | £ | AI, ETI | ANX (LA, HA; N, NN) | MRF-3 | SPS(TP, IP, NIP) |  | LA; HA |
| Barlow et al. (2016, Study 2) | £ | AI, ETI, SEI | ANX (LA, HA; NN) | MRF-3, HR, HRV | DT(TP, IP, NIP); POI | LA:1stHA: 2nd |  |
| Gorgulu (2019a) | £ | AI, ETI | ANX (LA, HA) | MRF-3, HR, HRV, RSME | APS(TP, IP, NIP); POI | NR |
| Gorgulu (2019b) | $ | AI, ETI, SEI | ANX (LA, HA) | MRF-3 | FTBB(TP, IP, NIP) | NR |
| Gorgulu (2019c) | RWD | AI, ETI, SEI | ANX (LA, HA) | MRF-3 | TS(TP, IP, NIP) | NR |
| Gorgulu et al. (2019, Study 1) | £ | AI, ETI, SEI | ANX (LA, HA) | MRF-3, HR, HRV, MA | RMT(TP, IP) | LA:1st HA: 2nd |  |
| Gorgulu et al. (2019, Study 2) | £ | AI, ETI, SEI | ANX (LA, HA) | MRF-3, HR, HRV, MA | RMT(TP, IP, NIP) | LA:1st HA: 2nd |  |
| Gorgulu et al. (2019, Study 3) | £ | AI, ETI, SEI | ANX (LA, HA) | MRF-3, HR, HRV, MA | RMT(TP, IP, NIP) | LA:1st HA: 2nd |  |
| Gorgulu et al. (2019, Study 4) | £ | AI, ETI, SEI | ANX (LA, HA) | MRF-3, HR, HRV, MA | RMT(TP, IP, NIP) | LA:1st HA: 2nd |  |
| Gorgulu et al. (2019, Study 5) | £ | AI, ETI, SEI | ANX (LA, HA) | MRF-3, HR, HRV, MA | RMT(TP, IP, NIP) | LA:1st HA: 2nd |  |
| Gorgulu & Gokcek (2021) | PRES | AI, ETI, SEI | ANX (LA, HA) | MRF-3, HR, HRV | VBS(TP, IP, NIP) | NR |
| Gray et al. (2017) | $, VT | AI, ETI, SEI | ANX (LA, HA; IP, TP) | IAMS, HR | PTP(TP, IP, NIP); KIN | NR |
| Oudejans et al. (2013) | HEI | AI | ANX (LA, HA; NI, AI) | STAI, VAAS, HR | CWDT(TP, IP) |  | LA, HA; NI, AI |
| Woodman & Davis (2008) | £ | AI  | ANX (LA, HA; RP, H-LA) | MRF-3, HR | PP  | LA: 1stHA: 2nd |  |
| Woodman et al. (2015, Study 1) | £ | AI, ETI | ANX (LA, HA) | MRF-3 | HPS(TP, IP, NIP) |  | LA; HA |
| Woodman et al. (2015, Study 2) | £ | AI, ETI, SEI | ANX (LA, HA) | MRF-3, HR, HRV | DT(TP, IP, NIP); POI | LA:1st HA: 2nd |  |
| 1. *DT-based*
 |
| Bakker et al. (2006, Study 2) | TIME, VIS | AI, PI | INS(NI, PI, AIs) | NR | SPSGF | NI | PI; AIs |
| Binsch et al. (2010a) | TIME, VIS | AI, PI | INS(NI, PI, AI) | NR | SPSGF  | NI | AI; PI |
| Binsch et al. (2010b) | TIME, VIS | AI, PI | INS(NI, PI, AI) | NR | SPSGF  | NI | AI; PI |
| de la Pena et al. (2008, Study 1) | DR, VD, AUD, 1ECC | AI  | LOAD(B, 'L', 'NL') | NR | PP  | B | 'L'; 'NL' |
| Dugdale & Eklund (2003) | CBD | AI, SFPI | CL(LCL, HCL; AI, PI) | NR | SWB |  | PI; AI |
| Liu et al. (2015) | TIME, GC | AI, SFPI | CL(HCL, LCL; AI, PI; F, M) | SRPL, SCLR | ULS |  | BB; TB |
| Wegner et al. (1998, Study 1) | DR, VM | AI | LOAD(B, 'L', 'NL'; VM, NVM) | NR | PP  | NR |
| Wegner et al. (1998, Study 2) | CBD, PL | AI, SFPI | PHYL('L', 'NL'; PL, CL; AI, PI) | NR | PHS  | NR |
| Notes: (1) The fourth 'load' condition was accompanied with instruction including ‘participants would receive triple extra class credit if they were being filmed'; (2) Abbreviations as follows: FIX = fixed; CBAL = counterbalanced; £$ = financial incentives; RWD = reward; PRES = present/incentive; VT = videotaping; HEI = height; VIS = visual; DR = digital rehearsal; VD = visual distractor; AD = auditory distractor; ECC = extra class credit for self-presentation; CBD = counting backward a digit-number mentally; VM = visual monitoring; GC = gift card/incentive; AI = avoidant instruction; ETI = ego-threatening instruction; SEI = social evaluation instruction; PI = positive instruction; NI = neutral instruction; SFPI = self-focused positive instruction; TP = target performance; IP = ironic performance; NIP = non-ironic performance; POI = precision of irony; KIN = kinematics; MRF-3 = mental readiness form; RSME = rating scale of mental effort; IAMS = immediate anxiety measurement scale; STAI = state-trait anxiety inventory; VAAS = visual-analogues anxiety scale; HR = heart rate; HRV = heart rate variability; MA = muscle activity; SRPL = subjective rating of pressure level; SCLR = skin conductance level reading; HA = high-anxiety; LA = low-anxiety; BB = baseline block; TB = trial/test block; NR = not reported; ANX = anxiety; N = neurotic; NN = non-neurotic; IP = ironic pitchers; TP = target pitchers; RP = repressors; H-LA = high and low anxious participants; LCL = low cognitive load; HCL = high cognitive load; F = female; M = male; B = baseline; 'L' = 'load'; NL = 'no-load'; VM = visual monitoring; NVM = no-visual monitoring; PHYL = physical load; INS = instruction; SPS = soccer penalty shooting; DT = dart-throwing; AIP = air-pistol shooting; FTBB = free-throw basketball; TS = tennis serving; RMT = reactive-motor task; VBS = volleyball serving; PTP = pitch-throwing performance; WCDT = wall climb dart throwing; PP = putting performance; HPS = hockey penalty shooting; GF = gaze fixation; SWB = stability on wobble board; ULS = upper limb stability; PHS = pendulum holding stability |