**Online Supplemental Material**

The following instructions were read to all participants by the experimenter. “Over the next five minutes, read and listen to each statement silently to yourself and use your imagination and concentration to focus on each idea. Spend a few moments on each item. Do not attempt to memorize these items.”

After the instructions were read, the experimenter initiated the slideshow presentation (blind to condition) and left the room. The specific audiovisual prompts that were used and the times at which they were presented are listed in Tables1 and 2. Prompts were based on manipulations developed by Morrow and Nolen-Hoeksema (1990).

Table 1

*Rumination Task Prompts*

|  |  |
| --- | --- |
| Time  | Prompt |
| 0:00 | Begin by replaying the speech task in your mind as if you were reliving it again. |
| 0:45 | Analyze your performance and evaluate any mistakes you made. |
| 1:30 | Imagine the consequences of your performance. |
| 2:15 | Think about how the panelists evaluated your speech. |
| 3:00 | Focus on why you felt the way you did during the speech task. |
| 3:45 | Think about how self-conscious you felt. |
| 4:10 | Visualize how your body responded during the speech task (for example, your movement or how your voice sounded). |
| 5:00 | The task is now finished. Thank you. |

Table 2

*Distraction Task Prompts*

| Time | Prompt |
| --- | --- |
| 0:00 | Visualize walking up and down the aisles of the local food market. |
| 0:15 | Think about tying your shoelaces. |
| 0:30 | Describe to yourself how to set a table for dinner. |
| 0:45 | Picture each side of a playing dice. |
| 1:00 | Imagine a ship sailing across the Atlantic Ocean. |
| 1:15 | Visualize the layout of a typical classroom. |
| 1:30 | Think about the shape of the United States. |
| 1:45 | Picture all of the vowels throughout the alphabet. |
| 2:00 | Imagine stacking up chairs along a wall. |
| 2:15 | Describe to yourself what a baseball field looks like. |
| 2:30 | Visualize a double-decker bus driving down the street. |
| 2:45 | Think about a raindrop sliding down a pane of glass. |
| 3:00 | Imagine clouds forming and moving in the sky. |
| 3:15 | Picture a truckload of gravel. |
| 3:30 | Describe to yourself what a rose looks like. |
| 3:45 | Visualize the layout of where you live. |
| 4:00 | Think about the shape of an open, black umbrella. |
| 4:15 | Picture a tea kettle coming to a boil. |
| 4:30 | Imagine yourself blowing up a red balloon. |
| 4:45 | Think about how a deck of playing cards look. |
| 5:00 | The task is now finished. Thank you. |

Table 3

*Participant Characteristics and Manipulation Checks by Experimental Group*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | RUM group (n = 18)*M* (*SD*) | DIST group (n = 16)*M* (*SD*) | *t* | *df*a | *p* |
| Age (years) | 20.83 (2.09) | 20.56 (2.61) | 0.34 | 32 | .74 |
| BMI | 24.08 (4.66) | 23.70 (4.88) | 0.23 | 32 | .82 |
| Baseline cortisol (nmol/L) | 8.70 (4.43) | 7.36 (3.57) | 0.80 | 29 | .43 |
| Baseline CRP (mg/L) | 0.50 (0.41) | 0.58 (0.41) | 0.52 | 28 | .61 |
| Baseline IL-6 (pg/ml) | 1.01 (0.87) | 1.28 (0.71) | 1.44 | 31 | .16 |
| Baseline TNF-α (pg/ml) | 1.24 (0.33) | 1.24 (0.54) | 0.01 | 26 | .99 |
| Stressfulness of speech | 4.22 (1.44) | 4.31 (2.02) | 0.15 | 32 | .88 |
| Task engagement | 3.94 (0.87) | 4.25 (0.86) | 1.03 | 32 | .31 |
| Speech-related thought | 2.73 (0.80) | 1.67 (1.45) | 2.50 | 32 | .02 |

*Note.* BMI = body mass index; CRP = C-reactive protein; DIST = distraction; IL-6 = interleukin-6; RUM = rumination; TNF-α = tumor necrosis factor-alpha. All values represent raw, untransformed scores.

aDue to anomalous physiological values or infrequent venipuncture or technical difficulties, degrees of freedom vary slightly between analyses.