

| Empathy Condition | Self/Objective (Control) Condition | |
|---|---|-------------------|
| Send a nice text message to someone close right now. Try to make them feel loved. | Reply to this text message describing the nearest object to you. | Behavioral |
| During your social interactions today, try to avoid distractions, give eye contact, and face the person you are talking to. | During your social interactions today, keep track of time, and don't get too caught up in frivolous interactions. | |
| Think about somebody close to you. Do a small nice thing for this person today. | Think about all that you deserve. Do something nice for yourself today. | |
| Smile at the next person you see, no matter who they are. | Smile at the mirror or window next time you see your reflection. | |
| Use active listening phrases during your social interactions today: e.g. "What I hear you saying is..." | During your social interactions today, make sure that you share your own views in this conversation. Don't let other people dominate. | |
| Imagine what the last person you interacted with was thinking about. What does the world look like from their perspective? | During your last social interaction, think of how you could have been more cool, objective, and logical in the conversation. | Cognitive |
| Reflect on somebody close to you. What do they hope to achieve in life? Think of one positive step they have recently taken to achieve their goals. | Recall you last social interaction as if you were a fly on the wall, from an observer perspective. Focus on the facts only. | |
| Think about your last social interaction. What obstacles or challenges does the person face? See these problems from their point of view. | Think about your last social interaction. Think of two specific ways you could be more neutral and objective in the future. | |
| Think about your last social interaction. What was important to them in the conversation? Can you try to see the world the way they do? | Think about your last social interaction. Try to analyze what happened in the conversation, and have some healthy distance from it | |
| Reflect on somebody close to you. Imagine that you are inside their mind. What do you think they are thinking about right now? | Take a few moments to pay attention to what you are currently thinking. What is the next thing you have to do today? | |
| Think about someone you have recently had trouble getting along with. For the next 30 seconds, focus on what you have in common with this person. | Think about someone you have recently had trouble getting along with. For the next 30 seconds, think of a good counter argument to prove your point. | |
| Think about someone you have recently had trouble getting along with. For the next 30 seconds, try to understand their point of view. | Think about someone you have recently had trouble getting along with. For the next 30 seconds, think of how you might make them see your point of view. | |
| Think about your last social interaction. What was your interaction partner really trying to say? Did you accurately read their body language? | Think about your last social interaction. What were you really trying to say. Did the other person accurately read your body language? | |
| Reflect on somebody close to you. What is the most recent thing in their life that made them feel sad or disappointed? How can you be there for them? | Reflect on this question. When was the most recent time when people loved to hear your stories, jokes, or ideas? How good did it make you feel? | Emotional |
| Think about someone you know who might be feeling down. Try to feel their pain. Imagine what else they are feeling. | Think about a time that you felt powerful, like you had an influence over others. Try to remember how good this felt. | |
| Think about the last time a loved one was upset. Try to understand his or her feelings. | Think about the last time you felt proud. Try to remember all your positive feelings. | |
| Reflect on somebody close to you. Send this person warm thoughts of unconditional love and acceptance. | For the next 30 seconds, focus on who you are as a unique individual and what makes you special. | |
| Think about someone close to you. How can you show this person that you accept them and care for them? | Think about your last social interaction. Did this person give you the level of respect you deserve? | |
| Think about someone you know who has just received some good news. Try to feel their joy. Do they have any other feelings? | Think about the last time you experienced a success. Try to recall your good feelings. How can you have more successes like this? | |
| Reflect on somebody close to you. What makes them feel happiest? | Reflect on this question. What makes you better than others? What are your unique skills and qualities? | |
| Focus on connecting with and feeling close to the person you last interacted with, no matter who they are. | Focus on the ways that you are different and unique from the person you last interacted with, no matter who they are. | |

| Measure | Empathy condition | | Combined Control conditions | | Statistical tests | Effect Size (Cohen's d) | Benjamini-Hochberg significance | Benjamini-Hochberg false discovery probability [^] |
|---|-------------------|--------------|-----------------------------|--------------|--|--|---------------------------------|---|
| | Men | Women | Men | Women | | | | |
| Immediate Post-Intervention (Time 2) | | | | | | | | |
| <i>Affective (motives and emotions)</i> | | | | | | | | |
| Motives for volunteering: To help others | 92.2% (12.4%) | 83.5% (7.7%) | 74.0% (8.0%) | 63.8% (7.4%) | Condition: $F(1,65)=4.39, p=.04$ Gender: $F(1,65)=1.10, p=.30$ Interaction: $F(1,65)=.01, p=.94$ | Condition: .51 Gender: .26 | Significant | 0.112 |
| Motives for volunteering: To feel good | 28.3% (13.4%) | 27.3% (8.3%) | 44.1% (8.7%) | 52.8% (8.1%) | Condition: $F(1,65)=4.41, p=.04$ Gender: $F(1,65)=.15, p=.70$ Interaction: $F(1,65)=.24, p=.63$ | Condition: $d=.51$ Gender: $d=.10$ | Significant | 0.112 |
| Motives for volunteering: To benefit career | 0.5% (12.2%) | 29.2% (7.6%) | 13.7% (8.0%) | 32.8% (7.4%) | Condition: $F(1,65)=.87, p=.35$ Gender: $F(1,65)=7.00, p=.01$ Interaction: $F(1,65)=.28, p=.60$ | Condition: $d=.23$ Gender: $d=.65$ | Not significant | 0.6125 |
| Personal distress emotions in response to target in distress | 2.96 (.45) | 3.76 (.32) | 4.02 (.36) | 4.23 (.32) | Condition: $F(1,74)=4.43, p=.04$ Gender: $F(1,74)=1.92, p=.17$ Interaction: $F(1,74)=.66, p=.42$ | Condition: $d=.48$ Gender: $d=.32$ | Significant | 0.112 |
| Empathic emotions in response to target in distress | 5.86 (.29) | 5.79 (.20) | 5.94 (.23) | 6.12 (.20) | Condition: $F(1,74)=.76, p=.39$ Gender: $F(1,74)=.05, p=.82$ Interaction: $F(1,74)=.28, p=.60$ | Condition: $d=.20$ Gender: $d=.05$ | Not significant | 0.642 |
| Emotional empathy in imagined scenarios (e.g. emotional resonance, acknowledging emotion) | 4.99 (.32) | 4.97 (.22) | 4.35 (.24) | 4.58 (.22) | Condition: $F(1,78)=4.18, p=.04$ Gender: $F(1,78)=.16, p=.69$ Interaction: $F(1,78)=.23, p=.63$ | Condition: $d=.45$ Gender: $d=.09$ | Significant | 0.112 |
| <i>General beliefs</i> | | | | | | | | |
| Aggressive beliefs | 1.81 (.07) | 1.87 (.05) | 2.04 (.05) | 1.80 (.05) | Condition: $F(1,76)=2.26, p=.14$ Gender: $F(1,76)=3.30, p=.07$ Interaction: $F(1,76)=8.43, p=.005$ | Condition: $d=.34$ Gender: $d=.41$ Men: $d=1.06$ Women: $d=.31$ | Significant (males) | 0.065 |
| <i>Traits / self-perceptions</i> | | | | | | | | |
| Moral principle of care | 4.06 (.09) | 4.29 (.06) | 4.23 (.07) | 4.17 (.07) | Condition: $F(1,77)=.17, p=.68$ Gender: $F(1,77)=1.39, p=.24$ Interaction: $F(1,77)=4.19, p=.04$ | Condition: $d=.09$ Gender: $d=.27$ Men: $d=.51$ | Not significant | 0.112 |

| | | | | | | | | |
|---|------------------|-----------------|-----------------|-----------------|--|---|------------------------|-------|
| | | | | | | Women: $d=.38$ | | |
| Dispositional empathy: Empathic Concern | 3.54 (.11) | 3.74 (.07) | 3.83 (.08) | 3.93 (.07) | Condition: $F(1,78)=8.43, p=.005$ Gender: $F(1,78)=3.25, p=.08$ Interaction: $F(1,78)=.37, p=.55$ | Condition: $d=.64$ Gender: $d=.40$ | Significant | 0.065 |
| Dispositional empathy: Perspective Taking | 3.68 (.13) | 3.58 (.09) | 3.63 (.10) | 3.72 (.09) | Condition: $F(1,78)=.24, p=.63$ Gender: $F(1,78)=.002, p=.97$ Interaction: $F(1,78)=.79, p=.38$ | Condition: $d=.11$ Gender: $d=.01$ | Not significant | 0.840 |
| Dispositional empathy: Fantasy | 3.28 (.14) | 3.32 (.10) | 3.39 (.10) | 3.38 (.10) | Condition: $F(1,78)=.60, p=.44$ Gender: $F(1,78)=.02, p=.90$ Interaction: $F(1,78)=.05, p=.82$ | Condition: $d=.17$ Gender: $d=.03$ | Not significant | 0.684 |
| Dispositional empathy: Personal Distress | 2.39 (.12) | 2.68 (.08) | 2.41 (.09) | 2.55 (.08) | Condition: $F(1,78)=.29, p=.59$ Gender: $F(1,78)=5.18, p=.03$ Interaction: $F(1,78)=.57, p=.45$ | Condition: $d=.12$ Gender: $d=.51$ | Not significant | 0.840 |
| <i>Behaviors (self-reported and observed)</i> | | | | | | | | |
| Ratio of giving to receiving social support | 1.11 (.10) | .88 (.06) | .84 (.07) | .94 (.06) | Condition: $F(1,67)=2.09, p=.15$ Gender: $F(1,67)=.68, p=.41$ Interaction: $F(1,67)=4.60, p=.04$ | Condition: $d=.34$ Gender: $d=.20$ Men: $d=.91$ Women: $d=.18$ | Significant (males) | 0.112 |
| Helping behavior (1=yes, 0=no) in response to target in distress | 71.3% (11.4%) | 72.3% (7.9%) | 75.2% (9.0%) | 72.3% (7.9%) | Condition: $F(1,76)=.01, p=.92$ Gender: $F(1,76)=.05, p=.83$ Interaction: $F(1,76)=.05, p=.83$ | Condition: $d=.02$ Gender: $d=.05$ | Not significant | 0.954 |
| Hours of offered help in response to target in distress | 4.37 (.41) | 3.75 (.32) | 3.23 (.36) | 3.71 (.29) | Condition: $F(1,49)=2.88, p=.10$ Gender: $F(1,49)=.05, p=.83$ Interaction: $F(1,49)=2.50, p=.12$ | Condition: $d=.46$ Gender: $d=.06$ | Not significant | 0.205 |
| Observer-reported empathy | 5.64 (.35) | 5.60 (.24) | 4.90 (.28) | 5.39 (.25) | Condition: $F(1,71)=2.75, p=.10$ Gender: $F(1,71)=.65, p=.42$ Interaction: $F(1,71)=.96, p=.33$ | Condition: $d=.37$ Gender: $d=.19$ | Not significant | 0.205 |
| Practical empathy in imagined scenarios (e.g. offering to listen or help) | .33 (.21) | .33 (.15) | .43 (.16) | .84 (.15) | Condition: $F(1,78)=3.26, p=.075$ Gender: $F(1,78)=1.43, p=.24$ Interaction: $F(1,78)=1.47, p=.23$ | Condition: $d=.40$ Gender: $d=.27$ | Not significant | 0.191 |
| Covert follow-up (Time 3) | | | | | | | | |
| Responses to hostile text message from stranger (higher = more prosocial) | 1.50 (.23) | 1.91 (.16) | 1.05 (.18) | 1.46 (.16) | Condition: $F(1,75)=6.14, p=.02$ Gender: $F(1,75)=5.06, p=.03$ Interaction: $F(1,75)=.00, p=.99$ | Condition: $d=.56$ Gender: $d=.52$ | Significant | 0.112 |
| Overt follow-up (Time 4) | | | | | | | | |
| <i>Affective (motives and emotions)</i> | | | | | | | | |

| | | | | | | | | |
|--|------------------|------------------|------------------|------------------|---|---------------------------------------|-----------------|--------|
| Feelings of social connectedness | 4.20 (.32) | 3.24 (.24) | 3.00 (.26) | 3.11 (.24) | Condition: $F(1,56)=2.57, p=.11$ Gender: $F(1,56)=6.19, p=.02$ Interaction: $F(1,56)=4.09, p=.05$ | Condition: $d=.42$ Gender: $d=.65$ | Not significant | 0.205 |
| Motives for volunteering: Other-oriented (using VFI) | 5.30 (.33) | 4.85 (.25) | 4.95 (.28) | 5.21 (.24) | Condition: $F(1,55)=.00, p=.99$ Gender: $F(1,55)=.11, p=.74$ Interaction: $F(1,55)=1.64, p=.21$ | Condition: $d=.00$ Gender: $d=.09$ | Not significant | 0.990 |
| Motives for volunteering: Self-oriented (using VFI) | 4.86 (.31) | 4.61 (.24) | 4.72 (.27) | 4.81 (.23) | Condition: $F(1,55)=.01, p=.92$ Gender: $F(1,55)=.10, p=.75$ Interaction: $F(1,55)=.40, p=.53$ | Condition: $d=.03$ Gender: $d=.08$ | Not significant | 0.954 |
| <i>Traits / self-perceptions</i> | | | | | | | | |
| Dispositional empathy: Perspective Taking† | 3.80 (.21) | 3.33 (.16) | 3.67 (.17) | 3.57 (.16) | Condition: $F(1,56)=.10, p=.76$ Gender: $F(1,56)=2.55, p=.12$ Interaction: $F(1,56)=1.13, p=.29$ | Condition: $d=.08$ Gender: $d=.41$ | Not significant | 0.937 |
| Dispositional empathy: Empathic Concern† | 3.76 (.22) | 3.65 (.17) | 3.59 (.18) | 4.00 (.16) | Condition: $F(1,56)=.24, p=.63$ Gender: $F(1,56)=.68, p=.41$ Interaction: $F(1,56)=2.02, p=.16$ | Condition: $d=.13$ Gender: $d=.21$ | Not significant | 0.840 |
| Dispositional empathy: Fantasy† | 3.33 (.27) | 3.52 (.21) | 3.36 (.22) | 3.44 (.20) | Condition: $F(1,56)=.01, p=.91$ Gender: $F(1,56)=.36, p=.55$ Interaction: $F(1,56)=.07, p=.79$ | Condition: $d=.03$ Gender: $d=.16$ | Not significant | 0.954 |
| Dispositional empathy: Personal Distress† | 2.21 (.24) | 2.76 (.19) | 2.48 (.20) | 2.61 (.18) | Condition: $F(1,56)=.09, p=.77$ Gender: $F(1,56)=2.79, p=.10$ Interaction: $F(1,56)=1.04, p=.31$ | Condition: $d=.08$ Gender: $d=.43$ | Not significant | 0.937 |
| <i>Behaviors (self-reported and observed)</i> | | | | | | | | |
| Number of in-person social interactions | 6.20 (1.09) | 5.47 (.84) | 2.60 (.89) | 3.67 (.81) | Condition: $F(1,56)=8.77, p=.004$ Gender: $F(1,56)=.03, p=.85$ Interaction: $F(1,56)=.97, p=.33$ | Condition: $d=.04$ Gender: $d=.77$ | Significant | 0.0653 |
| Ratio of giving to receiving social support | 1.21 (.19) | .99 (.14) | 1.13 (.15) | 1.10 (.13) | Condition: $F(1,47)=.01, p=.92$ Gender: $F(1,47)=.60, p=.44$ Interaction: $F(1,47)=.37, p=.55$ | Condition: $d=.03$ Gender: $d=.22$ | Significant | 0.112 |
| Social dilemma game with other participant (% cooperating) | 50.0% (13.7%) | 76.5% (10.5%) | 80.0% (11.25) | 83.3% (10.2%) | Condition: $F(1,56)=2.59, p=.11$ Gender: $F(1,56)=1.69, p=.20$ Interaction: $F(1,56)=1.02, p=.32$ | Condition: $d=.42$ Gender: $d=.34$ | Not significant | 0.205 |

Note: Standard errors are in parentheses since baseline scores were added as covariates whenever possible.

† In the overt follow-up, a modified version of the Davis Interpersonal Reactivity Index was administered. Participants were asked to report the extent to which each item applied to them “compared to most people your age.”

^Benjamini-Hochberg false discovery rate was set at 0.15. A false discovery rate of 0.15 implies that up to 15% of the significant results may be due to chance. Results that are below this false discovery rate are deemed as “significant” for the Benjamini-Hochberg test. The exact false discovery rates are located in this column.