**Music Preference Questionnaire (MPQ-R)**

Dear participant, the following questions refer to which music you like to listen to and in which situations you do so. We are aware that we cannot capture your taste in music comprehensively with this questionnaire, as we will doubtlessly have missed out some points that are important to you. However, we would like to ask you to go along with filling in these rough categories. We hope you have fun filling in the questionnaire!

1. Which of the indicated music styles do you prefer? Please mark your answer from 1 to 5 on the scale for each music style:

   - **Pop:** (E.g., "hit parade")
     - not at all 1 2 3 4 5 very much
   - **Rock:** (E.g., Indie, Alternative)
     - not at all 1 2 3 4 5 very much
   - **Hip Hop:** (E.g., Rap)
     - not at all 1 2 3 4 5 very much
   - **Latin:** (E.g., Tango, Salsa)
     - not at all 1 2 3 4 5 very much
   - **Soul/Funk:** (E.g., R'n'B)
     - not at all 1 2 3 4 5 very much
   - **Hard Rock:** (E.g., Heavy Metal, Crossover)
     - not at all 1 2 3 4 5 very much
   - **Electronic Music:** (E.g., Techno, House)
     - not at all 1 2 3 4 5 very much
   - **New Age:** (E.g., Meditation Music)
     - not at all 1 2 3 4 5 very much
   - **Folk Music:** (E.g., Country, Folk)
     - not at all 1 2 3 4 5 very much
   - **Classical Music:** (E.g., Baroque, Romance, Opera)
     - not at all 1 2 3 4 5 very much
   - **Jazz/Blues:**
     - not at all 1 2 3 4 5 very much
   - **Other:**
     - not at all 1 2 3 4 5 very much
     - not at all 1 2 3 4 5 very much

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2. Which is your favorite music/music group and what music style would you categorize it as (max. 3)?
   Favorite music/group:____________________________________________________________
   Music style:____________________________________________________________________

3. How long do you listen to music on a typical day?

   ________________   Hours.   ________________   Min.

4. For what purposes do you listen to music? Please mark your answer from 1 to 5 on the scale for each purpose:

   Relaxation:    never 1 2 3 4 5 very often
   Activation:    never 1 2 3 4 5 very often
   Distraction:   never 1 2 3 4 5 very often
   To reduce aggression:    never 1 2 3 4 5 very often
   To work better:    never 1 2 3 4 5 very often
   To evoke certain feelings:    never 1 2 3 4 5 very often
   To increase certain feelings:    never 1 2 3 4 5 very often
   Against boredom:    never 1 2 3 4 5 very often
   Against loneliness:    never 1 2 3 4 5 very often
   Because of the music:    never 1 2 3 4 5 very often

   Other purpose:
   ________________ never 1 2 3 4 5 very often
   ________________ never 1 2 3 4 5 very often

5. On what occasions or in which situations do you listen to music? Please mark your answer from 1 to 5 on the scale for each option:

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Disco/Club: never 1 2 3 4 5 very often
Techno Party: never 1 2 3 4 5 very often
Concerts (Rock/Pop): never 1 2 3 4 5 very often
Concerts (Classical/Opera): never 1 2 3 4 5 very often

As background activity when doing something else (e.g., sports, housework, on the move)
on the move): never 1 2 3 4 5 very often
When making music myself (e.g., singing): never 1 2 3 4 5 very often
When I’m alone: never 1 2 3 4 5 very often
When I’m with friends: never 1 2 3 4 5 very often

Other situations/occasions
__________________________________________________________ never 1 2 3 4 5 very often
__________________________________________________________ never 1 2 3 4 5 very often

6. Do you currently actively make music? Please tick accordingly:
   ○ no
   ○ I play an instrument (which one and for how long?):_______________________________
   ○ I sing in a choir (for how long?):_______________________________________________
   ○ other:____________________________________________________________________

7. Have you previously actively made music?
   ○ no
   ○ I played an instrument (which one and for how long?):_____________________________
○ I was in a choir (for how long?): ________________________________________________
○ other: _________________________________________________________________

8. How important is music in your life? Please mark your answer from 1 to 5 on the scale:

Not at all important 1  2  3  4  5 very important

With the next question, we would like to find out how often and how strongly you experience so-called chills. Chills are physical reactions, a shudder or shiver, which spread from the head to the back and/or other parts of the body. These reactions occur in relation to many experiences, e.g. fear, fright or contemplation of art. However, we want to ask you limit your response only to chills that you experience while listening to music.

Please state how often you experience chills while listening to music:

not at all 1  2  3  4  5 almost always

If you experience chills, please indicate how intensive your experienced chills are:

hardly noticeable 1  2  3  4  5 overwhelmingly strong

Thank you very much for your effort!