**Participant flow**

**Study 1: Narrative nostalgia versus Control**

Assessed for eligibility (n= 113)

Excluded (n= 84)

Not meeting inclusion criteria (n= 18)

Declined to participate (n= 13)

Non-response (n= 53)

Randomised (n= 29)

Allocated to ordinary memory (n= 13)

Received allocated manipulation (n= 12)

Did not receive allocated manipulation due to low MMSE score (n= 1)

Allocated to nostalgic memory (n= 16)

Received allocated manipulation (n= 15)

Did not receive allocated manipulation due to low MMSE score (n= 1)

Completed study (n= 12)

Drop-out (n= 0)

Completed study (n= 15)

Drop-out (n= 0)

**Enrolment**

**Allocation**

**Study procedure**

Analysed (n= 12)

Excluded from analysis (n= 0)

Analysed (n= 15)

Excluded from analysis (n= 0)

**Analysis**

**Study 2: Music-evoked nostalgia versus Control**

Assessed for eligibility (n= 113)

Excluded (n= 81)

Not meeting inclusion criteria (n= 18)

Declined to participate (n= 9)

Non-response (n= 54)

Randomised (n= 32)

Allocated to music-evoked nostalgia

(n= 17); Received allocated manipulation (n= 15); Low MMSE score (n= 1); Fell ill before appointment (n= 1)

Completed study (n= 14)

Drop-out (n= 0)

Completed study (n= 15)

Drop-out (n= 0)

**Enrolment**

**Allocation**

**Study procedure**

Analysed (n= 14)

Excluded from analysis (n= 0)

Analysed (n= 15)

Excluded from analysis (n= 0)

**Analysis**

Allocated to control (n=15); Received allocated manipulation (n= 14); Low MMSE score (n= 1)

**Baseline characteristics**

**Study 1: Narrative nostalgia versus Control**

|  |  |  |
| --- | --- | --- |
| Characteristics | Controln (%) | Nostalgia  n (%) |
| *Age* *(years)* | 50-59 | 0 (0.0) | 1 (6.7) |
| 60-69 | 3 (25.0) | 1 (6.7) |
| 70-79 | 4 (33.3) | 4 (26.7) |
| 80-89 | 5 (41.7) | 8 (53.3) |
| 90-99 | 0 (0.0) | 1 (6.7) |
| *Gender* | Female  | 3 (25.0) | 10 (66.7) |
| Male  | 9 (75.0) | 5 (33.3) |
| *Living circumstances* | Living alone | 1 (8.3) | 5 (33.3) |
| With partner/ spouse | 10 (83.3) | 9 (60.0) |
| With other family | 0 (0.0) | 1 (6.7) |
| Residential care | 1 (8.3) | 0 (0.0) |
| *Form of dementia* | Alzheimer’s | 6 (20.0) | 9 (60.0) |
| Vascular  | 2 (16.7) | 4 (26.7) |
| Mixed | 4 (33.3) | 2 (13.3) |
| *Cognitive impairment* | Mild  | 6 (50.0) | 6 (40.0) |
| Moderate  | 6 (50.0) | 9 (60.0) |
| *Study duration (minutes)* | 30 - 35 | 5 (41.7) | 6 (40.0) |
| 36-45 | 3 (25.0) | 3 (20.0) |
| 46-60 | 2 (16.7) | 6 (40.0) |
| 61-90 | 2 (16.7) | 0 (0.0) |

**Study 2: Music-evoked nostalgia versus Control**

|  |  |  |
| --- | --- | --- |
| Characteristics | Controln (%) | Music-evoked nostalgia  n (%) |
| *Age**(years)* | 50-59 | 2 (14.3) | 1 (6.7) |
| 60-69 | 3 (21.4) | 1 (6.7) |
| 70-79 | 1 (7.1) | 8 (53.3) |
| 80-89 | 8 (57.1) | 4 (26.7) |
| 90-99 |  (0.0) | 1 (6.7) |
| *Gender* | Female  | 7 (50.0) | 5 (33.3) |
| Male  | 7 (50.0) | 10 (66.7) |
| *Living circumstances* | Alone | 2 (14.3) | 3 (20.0) |
| With partner/ spouse | 11 (78.6) | 11 (73.3) |
| With other family | 1 (7.1) | 1 (6.7) |
| *Form of dementia* | Alzheimer’s | 9 (64.3) | 8 (53.3) |
| Vascular  | 1 (7.1) | 4 (26.7) |
| DLB[[1]](#footnote-1) | 1 (7.1) | 0 (0.0) |
|  | Mixed | 3 (21.4) | 3 (20.0) |
| *Cognitive impairment* | Mild  | 8 (57.1) | 6 (40.0) |
| Moderate  | 6 (42.9) | 9 (60.0) |
| *Study duration (minutes)* | 30-35 | 8 (57.1) | 11 (73.3) |
| 36-45 | 3 (21.4) | 2 (13.3) |
| 46-60 | 3 (21.4) | 2 (13.3) |

**Outcome measures**

Completion rate of the Nostalgia Manipulation Check and the State Functions of Nostalgia Scale immediately following the nostalgia manipulation for the nostalgia and control groups

|  |  |  |
| --- | --- | --- |
| Completion rates (x/n) (%) of (N) returned questionnairesx = number completed n = number of outcome returnedN = total number of potential returnable outcomes | Study 1 | Study 2 |
| Outcomes completed immediately following nostalgia manipulation | Outcomes completed immediately following nostalgia manipulation |
| Return rate*n/N (%)* | Completion rate*x/N (%)* | Return rate*n/N (%)* | Completion rate*x/N (%)* |
| Nostalgia manipulation check | Nostalgia  | 15/15 (100) | 15/15 (100) | 15/15 (100) | 15/15 (100) |
| Control | 12/12 (100) | 12/12 (100) | 14/14 (100) | 14/14 (100) |
| SFNS: Social connectedness | Nostalgia  | 15/15 (100) | 15/15 (100) | 15/15 (100) | 15/15 (100) |
| Control | 12/12 (100) | 12/12 (100) | 14/14 (100) | 14/14 (100) |
| SFNS:Self-esteem  | Nostalgia  | 15/15 (100) | 15/15 (100) | 15/15 (100) | 15/15 (100) |
| Control | 12/12 (100) | 12/12 (100) | 14/14 (100) | 14/14 (100) |
| SFNS:Meaning in life | Nostalgia  | 15/15 (100) | 15/15 (100) | 15/15 (100) | 15/15 (100) |
| Control | 12/12 (100) | 12/12 (100) | 14/14 (100) | 14/14 (100) |
| SFNS:Self-continuity | Nostalgia  | 15/15 (100) | 15/15 (100) | 15/15 (100) | 15/15 (100) |
| Control | 12/12 (100) | 12/12 (100) | 14/14 (100) | 14/14 (100) |
| SFNS:Optimism  | Nostalgia  | 15/15 (100) | 15/15 (100) | 15/15 (100) | 15/15 (100) |
| Control | 12/12 (100) | 12/12 (100) | 14/14 (100) | 14/14 (100) |
| SFNS: Positive affect | Nostalgia  | 15/15 (100) | 15/15 (100) | 15/15 (100) | 15/15 (100) |
| Control | 12/12 (100) | 12/12 (100) | 14/14 (100) | 14/14 (100) |
| SFNS:Negative affect | Nostalgia  | 15/15 (100) | 15/15 (100) | 15/15 (100) | 15/15 (100) |
| Control | 12/12 (100) | 12/12 (100) | 14/14 (100) | 14/14 (100) |

**Adverse events**

There were no adverse events associated with this trial.

1. DLB= Dementia with Lewy bodies [↑](#footnote-ref-1)