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| **Appendix** **C** The ASMR video stimulus library is tend to trigger descriptive statistics of the intensity and frequency score of the video in ASMR experience |
| 　 | Intense | 　 | Frequency | valid number |
| *M* | *SD* |  | *M* | *SD* |
| Eating caviar and sea grape | 5.33  | 3.20  | 　 | 6.60  | 3.02  | 15 |
| Grind salt | 5.20  | 3.03  | 　 | 4.40  | 2.61  | 5 |
| Cleaning your ear by a girl | 5.17  | 2.69  | 　 | 5.00  | 2.89  | 12 |
| Ear licking | 5.00  | 2.81  | 　 | 5.29  | 2.85  | 17 |
| Electronic cigarette | 5.00  | 3.65  | 　 | 4.75  | 3.50  | 4 |
| Sound of soda water | 4.87  | 2.92  | 　 | 4.80  | 2.78  | 15 |
| Roleplay of makeup | 4.87  | 2.00  | 　 | 4.53  | 2.26  | 15 |
| Ear massage | 4.82  | 1.83  | 　 | 4.73  | 2.57  | 11 |
| Cleaning your earwax by a man  | 4.75  | 2.49  | 　 | 5.08  | 2.61  | 12 |
| Cleaning ear by Cotton swab | 4.70  | 2.68  | 　 | 5.35  | 2.62  | 20 |
| Trigger words and ear cleaning | 4.67  | 2.87  | 　 | 4.33  | 2.69  | 9 |
| Tapping glass | 4.65  | 3.45  | 　 | 4.50  | 3.47  | 20 |
| Scalp massage by a man  | 4.58  | 3.00  | 　 | 4.33  | 2.84  | 12 |
| Personal attention （male） | 4.40  | 2.30  | 　 | 4.00  | 1.58  | 5 |
| Eating Salmon and octopus | 4.33  | 3.03  | 　 | 4.07  | 2.75  | 27 |
| Multiple mouth sound | 4.33  | 2.74  | 　 | 3.53  | 2.45  | 15 |
| Brushing your ear by a soft brush | 4.15  | 2.91  | 　 | 4.30  | 2.94  | 20 |
| Cleaning both ears at the same time | 4.09  | 2.66  | 　 | 4.55  | 2.95  | 11 |
| Tapping a wood brick | 4.07  | 2.76  | 　 | 3.80  | 2.57  | 15 |
| Facial massage | 4.06  | 3.03  | 　 | 4.41  | 2.67  | 17 |
| Ear cleaning by a swab | 3.96  | 2.41  | 　 | 4.19  | 2.54  | 27 |
| Tapping a little pillow | 3.96  | 2.52  | 　 | 3.67  | 2.39  | 27 |
| The sound of LG cracking | 3.95  | 2.95  | 　 | 3.85  | 2.76  | 20 |
| Writing | 3.94  | 2.90  | 　 | 3.65  | 3.02  | 17 |
| Squeeze nose pore | 3.89  | 2.78  | 　 | 3.93  | 2.63  | 27 |
| Sound of a scissors | 3.88  | 2.62  | 　 | 3.71  | 2.44  | 17 |
| Facial cosmetic | 3.83  | 2.59  | 　 | 3.33  | 2.88  | 6 |
| Mouth sound | 3.83  | 3.10  | 　 | 3.67  | 2.87  | 12 |
| Roleplay of haircutting | 3.82  | 2.04  | 　 | 3.64  | 2.16  | 11 |
| Eat chill | 3.75  | 2.22  | 　 | 3.75  | 2.22  | 4 |
| Touching your face and mouth sound | 3.65  | 2.52  | 　 | 4.47  | 3.36  | 17 |
| Roleplay of taking off your make-up | 3.65  | 2.80  | 　 | 4.18  | 3.07  | 17 |
| Whispering | 3.64  | 3.32  | 　 | 3.64  | 3.44  | 11 |
| Sound of scratching | 3.61  | 2.93  | 　 | 4.06  | 3.02  | 18 |
| Sound of mouse | 3.56  | 2.35  | 　 | 4.00  | 2.69  | 9 |
| Archaeological dig bone | 3.45  | 1.92  | 　 | 3.55  | 2.25  | 11 |
| Roleplay of washing your hair | 3.35  | 2.77  | 　 | 3.40  | 2.50  | 20 |
| Tapping and scratching | 3.33  | 1.87  | 　 | 3.56  | 2.56  | 9 |
| Sound of tongue | 3.29  | 2.47  | 　 | 3.24  | 2.86  | 17 |
| Eating honeycomb | 3.26  | 2.88  | 　 | 3.74  | 2.90  | 19 |
| Soap carving | 3.25  | 1.76  | 　 | 3.92  | 2.43  | 12 |
| Combing your hair | 3.24  | 2.31  | 　 | 3.59  | 2.98  | 17 |
| Remove thorn | 3.18  | 1.66  | 　 | 3.64  | 2.69  | 11 |
| Whispering and personal attention | 3.15  | 2.20  | 　 | 3.07  | 2.30  | 27 |
| Roleplay of energy healing | 3.13  | 2.36  | 　 | 3.07  | 2.31  | 15 |
| Mixing beads and glue | 3.11  | 2.20  | 　 | 3.33  | 2.55  | 9 |
| Attempting to unlock | 3.00  | 2.10  | 　 | 2.36  | 1.80  | 11 |
| Sound of rain | 3.00  | 2.26  | 　 | 2.75  | 1.55  | 12 |
| Ear massage by a Silicone beauty blender  | 2.83  | 2.09  | 　 | 2.94  | 2.51  | 18 |
| Mixing slime beads | 2.75  | 1.82  | 　 | 2.92  | 2.35  | 12 |
| Multiple whispering | 2.71  | 2.44  | 　 | 2.65  | 2.42  | 17 |
| Personal attention and relaxing | 2.60  | 1.81  | 　 | 2.20  | 1.30  | 5 |
| Aromatherapy | 2.59  | 2.00  | 　 | 2.47  | 1.70  | 17 |
| Different trigger | 2.44  | 1.51  | 　 | 2.22  | 1.20  | 9 |
| Massage your temples | 2.42  | 2.11  | 　 | 2.58  | 1.83  | 12 |
| Touching your face | 2.37  | 2.02  | 　 | 2.78  | 2.55  | 27 |
| Scalp massage | 2.33  | 1.56  | 　 | 2.83  | 2.08  | 12 |
| B-box | 2.33  | 1.56  | 　 | 2.50  | 1.73  | 12 |
| Massage someone's back | 2.33  | 1.56  | 　 | 2.92  | 2.35  | 12 |
| Tapping a wooden comb | 2.20  | 1.48  | 　 | 1.80  | 1.32  | 10 |