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ADDENDUM A

DEMOGRAPHIC QUESTIONNAIRE

Please answer the following questions with a *black or blue pen* by marking your choice with an X, or by filling in the blank space with *printed letters*. You are required to answer *all* the questions. **Please note that all information obtained from this questionnaire will be treated as confidential.**

1. Date: _____
2. Venue: _____

PERSONAL BACKGROUND

3. Name: _____
4. Age: _____
5. Date of birth:

Y	Y	Y	Y	M	M	D	D
---	---	---	---	---	---	---	---

6. Gender: Male _____ Female _____
7. Nationality: _____
8. Cultural background: _____
9. Maternal language: _____
10. Course: _____ Year of study: _____

MUSICAL BACKGROUND

11. Did you have any *informal* musical education in a group before you started with individual training? Yes _____ No _____
12. Name the instrument on which you received your first (formal) musical training.

13. At what age did you start with musical education in the above mentioned instrument?

14. How many years have you been busy with musical training? _____

15. Which other instruments do you play? _____

16. Please indicate the number of years that you have received training in the respective instruments, and how long you have been playing these instruments.

Instrument	Years of training	How long have you been playing?

17. Does your mother/father play an instrument? Yes _____ No _____

18. If you answered Yes, please answer the following:

Which instruments do they play? Mother _____

Father _____

19. Did *they* receive any musical training on this instrument? Yes _____ No _____

20. Is/was one or both of your parents a music educator? Yes _____ No _____

21. What is/was their highest musical qualification? _____

22. To which music do *you* listen the most? _____

23. Which instruments do you prefer to listen to/like the most? _____

24. Which instruments do you prefer NOT to listen to? _____

25. Which musical genres DON'T you like? _____

HEALTH

26. Do you suffer of any chronic illnesses? Yes _____ No _____

If you answered Yes, please specify: _____

27. Do you use any chronic medication? Yes _____ No _____

If you answered Yes, please specify what it is used for: _____

28. Please indicate if you have ever had the following illnesses:

Ear infection _____ Tympanitis (middle ear infection) _____

Severe ear pain _____ None of the above _____

29. Do you have any of the above mentioned illnesses on a regular basis? Yes _____

No _____

FAMILY BACKGROUND

30. How many siblings do you have? Brothers _____ Sisters _____

31. Which child are you in relation to the others? (First, last etc.) _____

32. Are your parents still alive? Yes _____ No _____

33. If no, which parent has died, and when? Father _____ Mother _____

34. If your parents are divorced, please answer the following:

When did your parents divorce? _____

35. With which parent do you live? Mother _____ Father _____

36. Do any of your siblings live there with you as well? Yes _____ No _____

Thank you for your cooperation.

ADDENDUM B

NEO PI-R

This addendum provides more information on the five domains and thirty facet scales of the NEO Personality Inventory – Revised (NEO PI-R). It describes the terms of each scale in the domain, as well as the implied meaning of the different ratings *very low*, *low*, *average*, *high* and *very high*, by which the participants were scored. The descriptions were extracted from the evaluation reports provided by the psychologist who analysed the results of the test for this study. The descriptions correspond with those found in literature (Piedmont, 1998:36, 84-91).

1.Domain: NEUROTICISM				
Description: identifies tendencies to psychological distress				
	Facet scale and description	Very low - Low	Average	High – Very high
1.1	Anxiety: level of free floating anxiety	Individual is calm and relaxed, and doesn't dwell on things that might go wrong.	Individual is moderately apprehensive (concerned), fearful, prone to worry, nervous, tense and jittery.	Individual is very apprehensive, fearful, prone to worry, nervous, tense and jittery, and most likely has free floating anxiety.
1.2	Angry hostility: tendency to experience anger and related states, such as frustration and bitterness	Individual is easy-going and slow to anger.	Individual has normal levels of experienced anger.	Individual has a tendency to be frustrated and angered very quickly, and will most likely express such emotions.
1.3	Depression: tendency to experience feelings of guilt, sadness, despondency and	Individual rarely experiences depressive feelings, but is not necessarily cheerful and light-hearted.	Individual moderately experiences feelings of guilt, sadness, hopelessness and loneliness, and is sometimes easily discouraged and	Individual has a tendency to experience feelings of guilt, sadness, hopelessness and loneliness, and is easily discouraged and dejected.

	loneliness		dejected.	
1.4	Self-consciousness: shyness or social anxiety	Individual rarely experiences social anxiety or feelings of inferiority, but does not necessarily have poise or good social skills.	Individual experiences feelings of shame and embarrassment at times, but is not overwhelmed by them.	Individual seems to be uncomfortable around others, sensitive to ridicule, and prone to feelings of inferiority.
1.5	Impulsiveness: tendency to act on cravings and urges rather than reining them in and delaying gratification	Individual finds it easier to resist cravings and urges, and has a high tolerance for frustration.	Individual finds it hard at times to resist cravings and urges rather than reining them in and delaying gratification.	Individual has an inability to resist cravings and urges, and has a low tolerance for frustration.
1.6	Vulnerability: general susceptibility to stress	Individual perceives himself as capable of handling himself in difficult situations.	Individual feels stressed and panicked at times, but is able to handle emergency situations most of the time.	Individual feels unable to cope with stress, struggles to become independent, and feels hopeless or panicked when facing emergency situations.

2. Domain: EXTRAVERSION

Description: quantity and intensity of energy directed outwards into the social world

	Facet scale and description	Very low - Low	Average	High – Very high
2.1	Warmth: interest in and friendliness towards others	Individual is neither hostile nor necessarily lacking in compassion, but more formal, reserved and distant in relation to others.	Individual is moderately affectionate and friendly, but may not form close attachments easily.	Individual is affectionate and friendly, genuinely likes people and easily forms close attachments to others.

2.2	Gregariousness: preference for the company of others	Individual does not seek or may actively avoid social stimulation.	Individual enjoys the company of others, but also prefers to be by himself at times.	Individual tends to enjoy the company of others and for him, the more the merrier.
2.3	Assertiveness: social ascendancy and forcefulness of expression	Individual prefers to keep in the background in social situations, is more submissive and lets others do the talking.	Individual has typical levels of assertiveness. Sometimes he/she takes the lead, and sometimes he/she prefers to follow.	Individual is dominant, forceful, and socially ascendant, tends to speak without hesitation and often becomes a group leader.
2.4	Activity: pace of living	Individual is more leisurely and relaxed in tempo, but is not necessarily sluggish or lazy.	Individual has a need to keep busy, but also takes time to relax every now and then.	Individual is more rapid in tempo, needs to keep busy, and lives a fast-paced lifestyle.
2.5	Excitement-seeking: need for environmental stimulation	Individual feels little need for thrills.	Individual has a need for excitement, but also takes things easy every now and then.	Individual craves excitement and stimulation, and loves bright colours and noisy environments.
2.6	Positive emotions: tendency to experience positive emotions	Individual is not necessarily unhappy, but merely less exuberant and high-spirited.	Individual experiences positive emotions, but not to the same extent as high scorers.	Individual laughs often and easily, is cheerful and optimistic.

3. Domain: OPENNESS				
Description: the active seeking and appreciation of experiences for their own sake				
	Facet scale and description	Very low - Low	Average	High – Very high
3.1	Fantasy: receptivity to the inner world of imagination	Individual is more unimaginative and prefers to keep his/her mind on the task at hand.	Individual is imaginative and entertains fantasies, but is also more direct and practical at times.	Individual has a really vivid imagination and an active fantasy life. Daydreaming for this person is not just simply a means of escape, but also a way of creating an interesting inner world for him/herself. This individual elaborates and develops the fantasies and believes that imagination contributes to a rich and creative life.
3.2	Aesthetics: appreciation of art and beauty	Individual is relatively insensitive to and uninterested in art and beauty.	Individual enjoys artistic pleasures, but not to the same extent as high scorers.	Individual has a deep appreciation for art and beauty. This person's interest in the arts would lead him/her to develop wider knowledge and appreciation for it.
3.3	Feelings: openness to inner feelings and emotion	Individual has somewhat dampened affects and does not believe that feeling states are of much importance.	Individual experiences typical levels of emotion.	Individual tends to experience deeper and more differentiated emotional states, and feels both happiness and unhappiness more intensely than others.
3.4	Actions: openness to new experiences on a practical level	Individual finds change difficult and prefers to stick to the tried-and-true.	Individual enjoys trying new activities, but also derives pleasure from a sense of routine.	Individual prefers novelty and variety over familiarity and routine. This person may engage in a series of different

				hobbies over time.
3.5	Ideas: intellectual curiosity	Individual has limited curiosity and, if highly intelligent, narrowly focuses his/her resources on limited topics.	No description available.	Individual tends to enjoy philosophical arguments and brain teasers. Openness to ideas may contribute to the development of intellectual potential.
3.6	Values: readiness to re-examine own values and those of authority figures	Individual tends to accept authority, honours tradition, and is generally more conservative.	Individual tends to moderately re-examine his/her social, political and religious values, but also accepts authority and honours tradition.	Individual has the readiness to re-examine his/her social, political and religious values.

4. Domain: AGREEABLENESS

Description: the different kinds of interactions the individual prefers, from compassion to tough mindedness

	Facet scale and description	Very low - Low	Average	High – Very high
4.1	Trust: belief in the sincerity and good intentions of others	Individual is cynical, sceptical, and assumes that others may be dishonest and dangerous.	Individual thinks others have good intentions, but also realizes there are some instances where this is not true.	Individual has a viewpoint that believes that others are honest and well-intentioned.
4.2	Straightforwardness: frankness in expression	Individual usually stretches the truth and is guarded in expressing true feelings. This does not, however, imply that this person is dishonest	Individual is generally frank and sincere, but would at times be willing to stretch the truth or be guarded in expressing true feelings.	Individual is frank, sincere and ingenuous.

		or manipulative.		
4.3	Altruism: active concern for the welfare of others	Individual tends to be self-centred, and reluctant to get involved in the problems of others.	Individual has the ability to show concern for the welfare of others and is willing to assist others, but can also be self-centred and reluctant to be generous at times.	Individual has an active concern for the welfare of others, shows generosity and consideration to others, and a willingness to assist others in need of help.
4.4	Compliance: response to interpersonal conflict	Individual is aggressive, can express anger when necessary, and is more likely to compete than to cooperate.	Individual can be forgiving, meek and mild, but is aggressive and competitive at times.	Individual tends to submit to others, inhibit aggression and forgive easily. This person is meek and mild.
4.5	Modesty: tendency to play down own achievements and be humble	Individual believes he/she is superior, and may be considered conceited and arrogant by others.	Individual is humble and self-effacing, but may at times believe he/she is superior to others.	Individual is humble and self-effacing, although he/she is not necessarily lacking in self-confidence or self-esteem.
4.6	Tender-mindedness: attitude of sympathy for others	Individual tends to be hard-headed, is less moved by appeals of pity, and may consider him/herself as a realist who makes rational decisions based on cold logic.	Individual shows typical levels of concern and sympathy for others.	Individual tends to be moved by the needs of others, and will emphasize the human side of policies.

5. Domain: CONSCIENTIOUSNESS				
Description: the degree of organization, persistence, control and motivation in goal-directed behaviour				
	Facet scale and description	Very low - Low	Average	High – Very high
5.1	Competence: belief in own self-efficacy	Individual has a lower opinion about own abilities and admits to often feeling unprepared and inept.	Individual usually feels prepared to deal with life, but may feel incapable and ineffective at times.	Individual feels well-prepared to deal with life.
5.2	Order: personal organization	Individual is unable to become organised and describes themselves as unmethodical.	Individual has an average level of order in life, but also has some disarray.	Individual is neat, tidy, well-organised and keeps things in their proper places.
5.3	Dutifulness: emphasis placed on importance of fulfilling moral obligations	Individual is casual concerning issues such as ethical principles and moral obligations, and may even be undependable or unreliable.	Individual is covered by his/her conscience an average amount of the time.	Individual adheres strictly to ethical principles and thoroughly fulfils moral obligations.
5.4	Achievement striving: need for personal achievement and sense of direction	Individual can be seen as laid back and even lazy, and does not seem driven to succeed. He/she lacks ambition and seems aimless, but is often perfectly content with his/her low levels of achievement.	Individual has moderate goals, spends a moderate amount of energy working towards them, but is not too upset when those goals are not met.	Individual tends to be purposeful, has direction in life, but may invest too much time in a career and become a workaholic.
5.5	Self-discipline: capacity to begin tasks and follow through	Individual tends to procrastinate in beginning tasks, is easily discouraged and eager to	Individual has average levels of self-discipline, is able to initiate and complete tasks, but may	Individual has the capacity to motivate him/herself to get a job done.

	to completion despite boredom or distractions	quit.	be distracted from time to time.	
5.6	Deliberation: tendency to think things through before acting or speaking	Individual is hasty, and often speaks or acts without considering the consequences.	Individual generally thinks before he/she acts, but can also make quick decisions when needed.	Individual is very cautious and deliberate.

ADDENDUM C

SPECIFICATIONS

Computer, software and other equipment

The following computer, software, sound and peripheral equipment was used by the researcher and participants during all Ponto Vista sessions as well as for recording the interviews and recording and editing the participants' musical pieces.

Computer

Intel Core 2 Duo T5470 @ 1.6 GHz HP laptop

2 GB RAM, 150 GB Hard disk

Windows XP Professional Service Pack 2

Colour space: RGB [Red: 255; 0; 0] [Green: 0; 128; 0] [Blue: 0; 0; 255]

Peripheral equipment: Yodata mouse and head phones

Audio editing software

Audacity 1.2.6 released version – a free digital audio editor

<http://audacity.sourceforge.net/>

Sound equipment

CO 2 SAMSON Pencil condenser microphone set

Standard microphone stands

PRESONUS two-channel recording interface with LE software (Audio box)

PAUDIO XLR cables

Venues

Recording Venue

The Pretorius studio of the School of Music was used for the recording of musical pieces of all participants except for Peter, John and William, whose musical pieces were recorded in a rehearsal room of the School of Music (see address below).

Venues used during Test Periods

The Tomatis listening test was conducted at the Institute for Psychotherapy and Counselling.

Postal address: Institute for Psychotherapy and Counselling Potchefstroom Campus North-West University Private Bag X6001 Potchefstroom 2520 South Africa	Physical address: Institute for Psychotherapy and Counselling North West University, Potchefstroom Campus Building E8, J. Chris Coetsee Building Potchefstroom 2531 South Africa Contact number: +27 (0)18 299 1737
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The Demographic Questionnaire, all Ponto Vista sessions and interviews were conducted in a rehearsal room of the School of Music. The NEO PI-R was conducted in one of the classrooms of the School of Music.

Postal address: School of Music North-West University Private Bag X6001 Potchefstroom 2520 South Africa	Physical address: Conservatory Building (Building number K1) Corner of Thabo Mbeki Drive and Meyer Street Potchefstroom 2531 South Africa Contact number: +27 (0)18 299 1680 +27 (0)18 299 1692
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Ponto Vista specifications

Ponto Vista was created using the Java Programming Language and packaged using the Java Archive file format. It was developed in accordance with the Java SE Runtime Environment. Ogg Vorbis file formats were utilised for all musical tracks. The program was developed and tested on the Microsoft Windows XP Operating System.

Minimum requirements for using Ponto Vista: 1) Microsoft Windows XP or better, 2) Firefox, Internet Explorer, or any other HTML-capable web browser, 3) Java SE Runtime Environment, version 1.6 update 5, or better, 4) Audacity, or any other software that supports the creation of Ogg Vorbis files.

A compact disc containing Ponto Vista, the Java SE Runtime Environment needed, as well as some musical tracks is provided for the reader to test the program. To run Ponto Vista on a computer, copy all the files provided on the compact disc onto the computer. It is important that all the files, including the musical tracks, are kept in the same folder. All musical tracks provided have already been converted to the Ogg Vorbis file format. Open the 'J2SE JRE 1.6u5 Win32 Setup' application to install Java SE Runtime Environment. After installation is complete, open '2009-05-20 PontoVista2008.jar' to start a Ponto Vista session. Type 'Demo Reader' as the user name to log in and click 'OK'. After the session is complete, the HTML-report created by the program, which captures all the data generated during the session, will automatically be filed in the same folder as the program files. Note that once a Ponto Vista session has started, the program cannot be closed before all the musical tracks have played and all the questions have been answered. For any inquiries, please contact the researcher at marilouises2@gmail.com

ADDENDUM D

INFORMED CONSENT

Note: the consent form used for this study was originally in Afrikaans, but it was translated into English so it could be added to this research report.

Consent

Title of project:

Exploring emotive listening experiences through continuous measurement of self-report and listening profiles

I, the undersigned (full names)
read/listened to the information regarding the project mentioned in..... and I
declare that I understand the information. I was given the opportunity to discuss aspects of
the project with the project leader, and I declare that I voluntarily participate in this project. I
hereby give my consent to be a participant in this project.

I indemnify the University, as well as any employee and/or student of the University, of any
liability against myself, which may occur during the course of the project. I furthermore agree
not to submit any claims against the University regarding damage of any kind or personal
detrimental effects due to the project, the University, its employees and/or students, or any
other participants, unless it is a direct consequence of negligence by the University, its
employees and/or students.

Signature of participant.....

Signed at on.....

Witnesses

1.

2.

Signed at on.....

Participants under the age of 21**Consent given by parent(s) or legal guardian(s)**

I (full names), parent or legal guardian of the participant mentioned, hereby give consent that he/she may participate in this project. I indemnify the University, any employees and/or students of the University, of any liability against the participant mentioned, which may occur during the course of the project. I furthermore agree not to submit any claims against the University regarding damage of any kind or personal detrimental effects due to the project, the University, its employees and/or students, or any other participants, unless it is a direct consequence of negligence by the University, its employees and/or students.

Signature..... Date.....

Relationship with the participant.....

Consent given by a spouse

I..... (full name), the spouse of the participant mentioned in this request, hereby indemnify the University, as well as any employee and/or student of the University, of any liability against the participant mentioned, which may occur during the course of the project. I furthermore agree not to submit any claims against the University regarding damage of any kind or personal detrimental effects due to the project, the University, its employees and/or students, or any other participants, unless it is a direct consequence of negligence by the University, its employees and/or students.

Signature..... Date.....

ACKNOWLEDGEMENTS

Romans 8:28 (NKJV)

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.”

Isaiah 42:16 (NIV)

“I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.”

Thank you, Lord, for giving everything to prove Your love for me. Thank you for keeping Your promises, for being true to Your faithfulness, and remembering Your children. Thank you for answering every prayer. To obey You, is to prove my love. You are everything to me. It is by Your grace alone that I am still standing. My life belongs to You, my King.

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