

## SUPPLEMENTARY TABLES

Supplementary Table 1. Means and standard deviations for behavioral tasks by group and time.

		Pre-test mean (SD)		Post-test mean (SD)	
		Choir	Control	Choir	Control
<i>BKB-SIN</i>	Total	24.38 (1.12)	24.54 (1.24)	25.03 (1.04)	24.83 (1.24)
<i>Goldsmith MSI</i>	Engagement	37.27 (9.03)	37.47 (11.70)		
	Perceptual	44.00 (8.96)	46.53 (8.29)		
	Training	21.47 (9.66)	18.47 (10.86)		
	Singing	25.13 (8.48)	23.33 (10.22)		
	Emotions	29.80 (6.66)	32.27 (5.44)		
	General	69.93 (21.21)	64.73 (19.34)		
<i>MINT</i>	Rhythm Accuracy	0.61 (0.17)	0.61 (0.13)	0.66 (0.14)	0.59 (0.14)
	Pitch Accuracy	0.66 (0.15)	0.62 (0.13)	0.64 (0.15)	0.61 (0.17)
	Prediction Accuracy	0.73 (0.13)	0.69 (0.14)	0.74 (0.13)	0.65 (0.15)
	Rhythm RT	4.01 (2.13)	4.11 (1.35)	3.86 (1.77)	3.94 (1.57)
	Pitch RT	4.08 (1.52)	4.90 (2.06)	4.56 (3.12)	4.13 (2.09)
	Prediction RT	2.47 (0.96)	2.66 (0.64)	2.74 (0.93)	3.01 (1.86)
<i>Ryff's</i>	Autonomy	38.07 (7.48)	38.86 (5.73)	39.21 (6.99)	38.50 (6.12)
	Environmental Mastery	36.44 (7.84)	38.04 (6.37)	37.00 (8.44)	37.65 (7.51)
	Personal Growth	40.13 (5.78)	43.78 (5.20)	40.38 (5.82)	44.52 (4.95)
	Positive Relations	36.67 (7.58)	39.83 (7.67)	36.60 (7.56)	40.35 (7.02)
	Purpose	39.00 (5.41)	40.55 (5.75)	37.29 (7.52)	41.05 (6.07)
	Self-Acceptance	36.88 (6.18)	35.50 (6.12)	36.81 (8.23)	36.05 (6.69)
<i>Dejong's</i>	Social Loneliness			3.20 (1.78)	2.21 (2.04)
	Emotional Loneliness			2.40 (1.80)	2.36 (2.24)
<i>EEG syllable-in-noise</i>	Silent Accuracy	0.94 (0.12)	0.96 (0.06)	0.94 (0.09)	0.91 (0.17)
	10 dB accuracy	0.93 (0.14)	0.96 (0.09)	0.97 (0.03)	0.89 (0.18)
	5 dB Accuracy	0.94 (0.08)	0.96 (0.08)	0.97 (0.05)	0.88 (0.21)
	0dB Accuracy	0.97 (0.03)	0.98 (0.02)	0.94 (0.13)	0.91 (0.16)
	Silent RT	0.24 (0.06)	0.25 (0.08)	0.28 (0.08)	0.25 (0.08)
	10 dB RT	0.29 (0.08)	0.29 (0.07)	0.29 (0.11)	0.28 (0.08)
	5 dB RT	0.30 (0.08)	0.30 (0.07)	0.31 (0.09)	0.30 (0.08)
	0dB RT	0.30 (0.10)	0.32 (0.07)	0.34 (0.09)	0.33 (0.08)
<i>EEG Oddball</i>	Accuracy	0.95 (0.11)	0.93 (0.12)	0.93 (0.10)	0.96 (0.06)
	RT	0.47 (0.10)	0.46 (0.10)	0.48 (0.11)	0.44 (0.08)

**Supplementary Table 2. Means and standard deviations of amplitudes for EEG tasks by group and time.**

		Pre-test		Post-test	
		Choir	Control	Choir	Control
		Mean amplitude (SD)	Mean amplitude (SD)	Mean amplitude (SD)	Mean amplitude (SD)
<i>Syllable-in-noise, active</i>					
	P1 Silent	0.21 (0.61)	0.37 (0.72)	0.46 (0.67)	0.20 (0.85)
	P1 10dB	0.27 (0.57)	0.08 (0.51)	0.24 (0.45)	0.28 (0.55)
	P1 5dB	0.23 (0.46)	0.05 (0.42)	0.19 (0.49)	0.31 (0.58)
	P1 0dB	-0.03 (0.48)	0.01 (0.46)	-0.07 (0.64)	0.00 (0.41)
	N1 Silent	-0.69 (1.18)	-0.94 (1.58)	-1.03 (0.98)	-0.90 (1.57)
	N1 10dB	-0.57 (0.76)	-0.54 (1.13)	-0.23 (0.73)	-0.39 (0.92)
	N1 5dB	-0.38 (0.72)	-0.69 (0.82)	-0.72 (1.01)	-0.55 (0.89)
	N1 0dB	-0.78 (0.77)	-0.62 (0.86)	-0.66 (0.76)	-0.54 (0.97)
	P2 Silent	1.65 (1.09)	1.28 (1.02)	1.68 (1.08)	1.53 (1.30)
	P3-like Silent	1.15 (1.12)	1.31 (1.20)	1.00 (1.31)	1.70 (1.07)
	P3-like 10 dB	0.69 (0.75)	1.29 (0.96)	0.78 (1.21)	1.38 (0.82)
	P3-like 5 dB	0.85 (1.24)	1.18 (0.87)	0.87 (1.14)	1.25 (1.08)
	P3-like 0 dB	0.81 (0.86)	1.08 (0.96)	0.72 (0.95)	1.25 (1.09)
<i>Syllable-in-noise, passive</i>					
	P1 Silent	0.52 (0.59)	0.49 (0.65)	0.50 (0.63)	0.44 (0.59)
	P1 10dB	0.50 (0.33)	0.42 (0.42)	0.50 (0.42)	0.57 (0.46)
	P1 5dB	0.32 (0.32)	0.35 (0.26)	0.37 (0.41)	0.52 (0.42)
	P1 0dB	0.31 (0.27)	0.42 (0.30)	0.30 (0.34)	0.37 (0.53)
	N1 Silent	-0.93 (0.82)	-1.39 (0.84)	-1.18 (0.80)	-1.34 (0.68)
	N1 10dB	-0.28 (0.52)	-0.61 (0.42)	-0.48 (0.52)	-0.56 (0.45)
	N1 5dB	-0.33 (0.45)	-0.59 (0.44)	-0.50 (0.51)	-0.70 (0.54)
	N1 0dB	-0.19 (0.46)	-0.47 (0.50)	-0.49 (0.50)	-0.58 (0.44)
	P2 Silent	1.13 (0.83)	1.15 (0.82)	1.13 (0.78)	1.46 (0.87)
<i>Oddball</i>					
	N1 Oddball	-1.25 (1.46)	-2.32 (1.56)	-0.87 (1.55)	-2.04 (1.35)
	N1 Standard	-0.99 (0.97)	-1.81 (1.33)	-0.95 (1.16)	-1.55 (1.22)
	N1 Distractor	-1.34 (1.27)	-1.92 (2.03)	-0.77 (1.24)	-1.95 (1.58)
	P2 Oddball	1.38 (1.77)	0.81 (1.27)	0.92 (2.42)	1.12 (1.47)
	P2 Standard	1.70 (0.92)	1.59 (0.93)	1.48 (1.01)	1.82 (0.97)
	P2 Distractor	1.62 (1.48)	1.55 (1.43)	1.21 (1.79)	1.50 (1.40)
	P3a Distractor	1.66 (1.57)	1.37 (2.15)	1.79 (1.93)	1.73 (2.06)
	P3b Oddball	0.29 (0.71)	0.03 (1.18)	0.25 (0.92)	0.04 (1.06)
	P3b Standard	0.22 (0.37)	-0.05 (0.56)	0.28 (0.52)	0.00 (0.52)

**Supplementary Table 3. Means and standard deviations of latencies for EEG tasks by group and time.**

		Pre-test		Post-test	
		Choir	Control	Choir	Control
		Mean latency (SD)	Mean latency (SD)	Mean latency (SD)	Mean latency (SD)
<i>Syllable-in-noise, active</i>					
	P1 Silent	62.82 (11.29)	62.00 (13.20)	60.47 (9.37)	62.60 (12.40)
	P1 10dB	67.06 (14.53)	70.00 (15.44)	67.53 (13.26)	66.40 (15.10)
	P1 5dB	91.06 (13.31)	87.80 (12.81)	73.65 (18.50)	72.40 (18.76)
	P1 0dB	78.82 (15.67)	77.60 (16.69)	79.29 (17.51)	89.60 (21.06)
	N1 Silent	109.65 (12.33)	108.20 (11.20)	105.41 (10.19)	108.60 (11.12)
	N1 10dB	136.94 (14.39)	142.60 (17.76)	143.29 (27.50)	150.80 (22.67)
	N1 5dB	159.76 (17.23)	147.40 (19.04)	148.47 (17.37)	150.00 (19.23)
	N1 0dB	182.12 (19.80)	176.40 (19.68)	168.47 (15.55)	179.00 (19.11)
	P2 Silent	191.53 (18.86)	195.60 (23.36)	195.29 (18.83)	197.80 (23.91)
	P3-like Silent	341.18 (45.12)	307.78 (37.51)	325.65 (40.33)	319.11 (31.96)
	P3-like 10 dB	355.76 (54.62)	332.89 (42.39)	345.65 (49.30)	346.89 (40.74)
	P3-like 5 dB	367.06 (53.00)	350.22 (43.41)	366.12 (51.03)	356.22 (49.70)
	P3-like 0 dB	372.00 (61.04)	370.22 (43.09)	368.00 (51.13)	364.44 (38.90)
<i>Syllable-in-noise, passive</i>					
	P1 Silent	58.89 (10.70)	56.63 (10.61)	57.33 (10.08)	55.37 (12.46)
	P1 10dB	76.00 (13.72)	72.84 (12.90)	77.33 (11.15)	72.63 (14.44)
	P1 5dB	81.56 (16.01)	77.05 (14.47)	80.89 (15.97)	85.68 (14.13)
	P1 0dB	85.33 (16.35)	84.42 (13.39)	94.89 (14.64)	84.00 (16.97)
	N1 Silent	110.89 (7.36)	109.89 (10.01)	109.11 (9.39)	109.05 (10.31)
	N1 10dB	157.56 (19.12)	162.11 (20.59)	161.78 (14.21)	158.53 (20.62)
	N1 5dB	180.67 (16.54)	177.26 (16.71)	175.33 (18.21)	173.05 (17.07)
	N1 0dB	177.56 (18.36)	174.53 (18.39)	184.00 (14.06)	182.11 (10.94)
	P2 Silent	192.22 (18.94)	195.58 (20.91)	195.33 (19.32)	201.26 (19.28)
<i>Oddball</i>					
	N1 Oddball	88.89 (9.76)	92.17 (8.54)	87.33 (10.01)	89.8 (10.26)
	N1 Standard	89.33 (7.76)	92.67 (7.04)	88.67 (8.92)	91.40 (8.24)
	N1 Distractor	89.56 (11.16)	96.17 (12.11)	88.67 (13.11)	96.60 (12.26)
	P2 Oddball	170.22 (32.27)	172.33 (33.21)	163.56 (31.25)	176.80 (34.86)
	P2 Standard	192.67 (29.43)	194.00 (31.16)	197.56 (32.03)	205.80 (25.84)
	P2 Distractor	197.33 (30.62)	205.00 (28.73)	197.56 (34.30)	213.60 (22.57)
	P3a Distractor	317.78 (17.79)	317.33 (18.64)	324.22 (20.00)	325.60 (18.33)
	P3b Oddball	578.00 (87.15)	605.33 (103.97)	567.11 (84.78)	567.40 (100.28)
	P3b Standard	625.56 (92.21)	637.50 (83.95)	602.22 (97.75)	648.00 (72.94)