

## **Begin Auditory Instructions**

Instructions will shortly be played through the headphones. Please concentrate on the voice and follow the instructions given. Note, there may be a short delay before the recording starts.

**Please wait for the instructor to tell you how to proceed.**



## Item Scoring Section – recorded [PC condition]

*We have now reached the experience scoring section. You will be presented, in chronological order, with each of the experiences which were proposed to you during the procedure. We wish you to estimate whether or not you objectively experienced each of the phenomenon, that is, whether an onlooker would have observed that you did or did not make certain definite responses by certain specific criteria. You will also be asked to provide a subjective rating for each experience, that is, how strongly you experienced each phenomenon.*

*It is understood that your estimates may in some cases not be as accurate as you might wish them to be and that you might even have to guess. But we want you to make whatever you feel to be your best estimate regardless.*

*Beneath a description of most of the experiences are two sets of responses, labelled A and B which will be used to report your objective rating. Please enter either A or B for these questions, whichever you judge to be the more accurate. For a few of the experiences, a special scale has been devised. Select the response that is the best estimate of your experience. Your subjective rating for each can be reported by entering a number on a scale from 0 to 5. Instructions for interpreting the subjective experience scale will be given for each experience.*

*We began the session with an exercise where you imagined yourself walking down some stairs. On a scale from 0 to 5 how absorbed did you feel in your imagination, where 0 means not at all absorbed, 1 means slightly absorbed and 5 means very deeply absorbed in your imagination?*

## 0. Depth Experience

Not at all      0      1      2      3      4      5      Very deep

Press the number on the keyboard corresponding to your experience.

## **1. Hand Lowering (Right Hand)**

You were told to extend your right arm straight out and feel it becoming heavy as though a weight were pulling the hand and arm down.

OBJECTIVE RATING: Would you estimate that an onlooker would have observed that your hand lowered at least six inches (before the time you were told to let your hand down deliberately)?

- A. My hand had lowered at least six inches by then.
- B. My hand had lowered less than six inches by then.

Press the letter (A or B) on the keyboard to indicate your experience.

# 1. Hand Lowering (Right Hand)

You were told to extend your right arm straight out and feel it becoming heavy as though a weight were pulling the hand and arm down.

OBJECTIVE RATING: Would you estimate that an onlooker would have observed that your hand lowered at least six inches (before the time you were told to let your hand down deliberately)?

- A. My hand had lowered at least six inches by then.
- B. My hand had lowered less than six inches by then.

Press the letter (A or B) on the keyboard to indicate your experience.

SUBJECTIVE RATING: On a scale from 0 to 5, how strongly did you feel your hand becoming heavy, where 0 means you felt your arm was no more heavy than normal and 5 means you felt your arm becoming as heavy as if you had a heavy object in your hand, pulling it down?

Normal heaviness      0      1      2      3      4      5      Very heavy

Press the number on the keyboard corresponding to your experience.

## 2. Moving hands together

You were next told to hold your hands out in front of you about a foot apart and then told to imagine a force pulling your hands together.

OBJECTIVE RATING: Would you estimate that an onlooker would have observed that your hands were not over six inches apart (before you were told to return your hands to their resting position)?

- A. My hands were less than six inches apart by then.
- B. My hands were more than six inches apart by then.

Press the letter (A or B) on the keyboard to indicate your experience.

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You were next told to hold your hands out in front of you about a foot apart and then told to imagine a force pulling your hands together.

OBJECTIVE RATING: Would you estimate that an onlooker would have observed that your hands were not over six inches apart (before you were told to return your hands to their resting position)?

A. My hands were less than six inches apart by then.

B. My hands were more than six inches apart by then.

Press the letter (A or B) on the keyboard to indicate your experience.

SUBJECTIVE RATING: On a scale from 0 to 5, how strongly did you feel a force between your hands, where 0 means you felt no force at all and 5 means you felt a force so strong it was as if your hands were real magnets?

No force

0

1

2

3

4

5

Strong force

Press the number on the keyboard corresponding to your experience.



### **3. Experiencing of Mosquito**

You were next told to become aware of the buzzing of a mosquito which was said to become annoying, and then you were told to brush it off.

OBJECTIVE RATING: Would you estimate that an onlooker would have observed you make any grimacing, any movement, any outward acknowledgement of an effect (regardless of what it was like subjectively)?

A. I did make some outward acknowledgement.

B. I did not make any outward acknowledgement.

Press the letter (A or B) on the keyboard to indicate your experience.

### 3. Experiencing of Mosquito

You were next told to become aware of the buzzing of a mosquito which was said to become annoying, and then you were told to brush it off.

OBJECTIVE RATING: Would you estimate that an onlooker would have observed you make any grimacing, any movement, any outward acknowledgement of an effect (regardless of what it was like subjectively)?

A. I did make some outward acknowledgement.

B. I did not make any outward acknowledgement.

Press the letter (A or B) on the keyboard to indicate your experience.

SUBJECTIVE RATING: On a scale from 0 to 5, how strongly did you feel the sensation of a mosquito being there, in either sound or touch, where 0 means you felt no sensation and 5 means you felt by any means as if there actually was a mosquito there?

No mosquito	0	1	2	3	4	5	Like a real mosquito
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Press the number on the keyboard corresponding to your experience.

## 4. Taste Experience

You were next told that you would have a SWEET taste in your mouth.

OBJECTIVE RATING 1: How strong was the SWEET taste in your mouth.

1	2	3	4
none	vague	weak	strong

Press the number on the keyboard corresponding to your experience.

## 4. Taste Experience

You were next told that you would have a SWEET taste in your mouth.

OBJECTIVE RATING 1: How strong was the SWEET taste in your mouth?

1	2	3	4
none	vague	weak	strong

Press the number on the keyboard corresponding to your experience.

OBJECTIVE RATING 2: did you make any facial movements, such as lip movements or grimacing, that an onlooker would have observed?

YES (Y) or NO (N)

Press the letter (Y or N) on the keyboard to indicate your answer.

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You were next told that you would have a SWEET taste in your mouth.

OBJECTIVE RATING 1: How strong was the SWEET taste in your mouth?

1	2	3	4
none	vague	weak	strong

Press the number on the keyboard corresponding to your experience.

OBJECTIVE RATING 2: did you make any facial movements, such as lip movements or grimacing, that an onlooker would have observed?

YES (Y) or NO (N)

Press the letter (Y or N) on the keyboard to indicate your answer.

SUBJECTIVE RATING: On a scale from 0 to 5, how strongly did you taste a SWEET taste in your mouth, where 0 means you felt no taste at all and 5 means you felt a strong taste?

No taste	0	1	2	3	4	5	Strong taste
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Press the number on the keyboard corresponding to your experience.

## 4. Taste Experience

You were next told that you would have a SOUR taste in your mouth.

OBJECTIVE RATING 1: How strong was the SOUR taste in your mouth?

1	2	3	4
none	vague	weak	strong

Press the number on the keyboard corresponding to your experience

## 4. Taste Experience

You were next told that you would have a SOUR taste in your mouth.

OBJECTIVE RATING 1: How strong was the SOUR taste in your mouth?

1	2	3	4
none	vague	weak	strong

Press the number on the keyboard corresponding to your experience.

OBJECTIVE RATING 2: did you make any facial movements, such as lip movements or grimacing, that an onlooker would have observed?

YES (Y) or NO (N)

Press the letter (Y or N) on the keyboard to indicate your answer.

## 4. Taste Experience

You were next told that you would have a SOUR taste in your mouth.

OBJECTIVE RATING 1: How strong was the SOUR taste in your mouth?

1	2	3	4
none	vague	weak	strong

Press the number on the keyboard corresponding to your experience.

OBJECTIVE RATING 2: did you make any facial movements, such as lip movements or grimacing, that an onlooker would have observed?

YES (Y) or NO (N)

Press the letter (Y or N) on the keyboard to indicate your answer.

SUBJECTIVE RATING: On a scale from 0 to 5, how strongly did you taste a SOUR taste in your mouth, where 0 means you felt no taste at all and 5 means you felt a strong taste?

No taste	0	1	2	3	4	5	Strong taste
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Press the number on the keyboard corresponding to your experience.



## 5. Arm Rigidity (Right)

You were next told to extend your right arm straight out, then to notice it becoming stiff, and then told to try to bend it.

OBJECTIVE RATING: Would you estimate that an onlooker would have observed that there was less than two inches of arm bending (before you were told to stop trying)?

- A. My arm was bent less than two inches by then.
- B. My arm was bent at least two inches by then.

Press the letter (A or B) on the keyboard to indicate your experience.

## 5. Arm Rigidity (Right)

You were next told to extend your right arm straight out, then to notice it becoming stiff, and then told to try to bend it.

OBJECTIVE RATING: Would you estimate that an onlooker would have observed that there was less than two inches of arm bending (before you were told to stop trying)?

- A. My arm was bent less than two inches by then.
- B. My arm was bent at least two inches by then.

Press the letter (A or B) on the keyboard to indicate your experience.

SUBJECTIVE RATING: On a scale from 0 to 5, how stiff did your arm feel, where 0 means no more stiffness than normal and 5 means you could feel a stiffness so compelling no amount of effort would overcome it?

Normal / no stiffness	0	1	2	3	4	5	Very stiff
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Press the number on the keyboard corresponding to your experience.

## **6. Arm Immobilization (Left Arm)**

You were next told how heavy your left hand and arm felt and then told to try to lift your hand up.

OBJECTIVE RATING: Would you estimate that an onlooker would have observed that you did not lift your hand and arm up at least one inch (before you were told to stop trying)?

A. I did not lift my hand and arm one inch by then.

B. I did lift my hand and arm at least one inch by then.

Press the letter (A or B) on the keyboard to indicate your experience.

## 6. Arm Immobilization (Left Arm)

You were next told how heavy your left hand and arm felt and then told to try to lift your hand up.

OBJECTIVE RATING: Would you estimate that an onlooker would have observed that you did not lift your hand and arm up at least one inch (before you were told to stop trying)?

A. I did not lift my hand and arm one inch by then.

B. I did lift my hand and arm at least one inch by then.

Press the letter (A or B) on the keyboard to indicate your experience.

SUBJECTIVE RATING: On a scale from 0 to 5, how strongly did you feel a heaviness in your hand, where 0 means you felt no heaviness at all and 5 means your hand felt so heavy it was as if a very heavy object was actually pressing it down?

Normal / no heaviness	0	1	2	3	4	5	Very heavy
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Press the number on the keyboard corresponding to your experience.

## 7. Music Hallucination

Next you were asked to hold your right hand up when you could satisfactorily hear the recording of Happy Birthday to You.

OBJECTIVE RATING:

A. I raised my right hand.

B. I did not raise my right hand.

Press the letter (A or B) on the keyboard to indicate your experience.

## 7. Music Hallucination

Next you were asked to hold your right hand up when you could satisfactorily hear the recording of Happy Birthday to You.

OBJECTIVE RATING:

A. I raised my right hand.

B. I did not raise my right hand.

Press the letter (A or B) on the keyboard to indicate your experience.

SUBJECTIVE RATING: On a scale from 0 to 5, report how clearly you heard the music, where 0 means you did not hear any music at all and 5 means you heard it so clearly it was as though it was coming from the best sound system.

No music      0      1      2      3      4      5      Clearly heard music

Press the number on the keyboard corresponding to your experience.

## 8. Negative Visual Hallucination

You were next told to open your eyes and look at a picture of two coloured balls. You then typed in the colour of the balls that you saw.

SUBJECTIVE RATING: On a scale from 0 to 5, how invisible was a third ball, where 0 means you saw three balls clearly, and 5 means you only saw two balls, and any number in between means you had some difficulty in seeing a third ball?

Saw three balls      0      1      2      3      4      5      Saw two balls

Press the number on the keyboard corresponding to your experience.

## 9. Amnesia

You were then told that you would not be able to remember anything you did during the session until you were told “now you can remember anything”.

SUBJECTIVE RATING: On a scale from 0 to 5, how hard was it to remember events before you were told “now you can remember everything”, where 0 means you could remember events as easily as normal and 5 means you found it so difficult to remember it was as if there was an actual blank in your memory?

Normal memory      0      1      2      3      4      5      No memory

Press the number on the keyboard corresponding to your experience.



## 10. Post Session Experience

You were told that you would press the space bar six times in a row, but that you would forget that you were told to do so.

SUBJECTIVE RATING a: On a scale from 0 to 5, report how strong an urge you felt to press the space bar, where 0 means you had no urge whatsoever and 5 means you had a clear urge to press the space bar repeatedly.

No urge      0      1      2      3      4      5      Clear urge

Press the number on the keyboard corresponding to your experience.

## 10. Post Session Experience

You were told that you would press the space bar six times in a row, but that you would forget that you were told to do so.

SUBJECTIVE RATING a: On a scale from 0 to 5, report how strong an urge you felt to press the space bar, where 0 means you had no urge whatsoever and 5 means you had a clear urge to press the space bar repeatedly.

No urge      0      1      2      3      4      5      Clear urge

Press the number on the keyboard corresponding to your experience.

SUBJECTIVE RATING b: On a scale from 0 to 5, report how clearly you remembered being given the instruction to press the space bar six times, where 0 means you were able at that time to remember the instruction normally and 5 means you had no memory of the instruction at that time.

Normal memory of instruction      0      1      2      3      4      5      No memory of instruction

Press the number on the keyboard corresponding to your experience.

## Debrief

You may recall that during the session today, you were asked to hold up your hand when you heard a recording of 'Happy Birthday to You'. In fact, no recording was played - there was no music in the room. Also, near the end of the session, you were told that you would see two balls on the screen. Actually, there were three balls in the picture. The purpose of these two items was not to deceive you. We know from past research that the perception of persons who are highly skilled in controlling their subjective experience will sometimes be altered to coincide with that which was proposed. Our intention with respect to these items was to assess your ability to create perceptual alterations.

Please now follow the instructions on the sheet you were given to send your results to the experimenter.

Thank you!

**Press Return to finish**