**Phenomenological Control Scale**

# INSTRUCTIONS

## **Window 1**

A close-up of a sign

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# TASK SECTION

## **Window 2:** Audio 1

### Procedure

* Play **Audio 1** as video with black screen (equivalent to <https://www.youtube.com/watch?v=RSEgMkHn_mk>)
* Display slide of three coloured balls after “just two balls”.

A group of colorful balls

Description automatically generated

* remove slide of the three balls after “Okay now close your eyes”.
* Black screen for around 3 seconds
* Add response box before “now open your eyes” till participants press RETURN

### Audio 1 Breakdown of Measures

1. Hand- lowering instruction
2. Moving hands together
3. Mosquito Hallucination
4. Taste Hallucination
   * 1st Told there was a sweet taste in the mouth
   * 2nd Told there was a sour taste in the mouth
5. Arm Rigidity
6. Arm Immobilization
7. Music Hallucination
8. Negative Visual Hallucination

### Colour Key

* Possible use of different subskills

Ideomotor suggestions

Cognitive perceptual suggestions

Ideomotor challenges

Post-session suggestion

## **Window 3:** Audio 2

### Procedure

* Black screen + Play Audio 2
* display “PLEASE WAIT” after “Now you can remember everything.”
* add response box for 2 minutes

### Audio 2 Breakdown of Measures

1. Post-session suggestion
2. Amnesia response 1

## **Window 4:** Audio 3

### Procedure

* Black screen + Play Audio 3
* add response box for 2 minutes

### Audio 3 Breakdown of Measures

1. Amnesia response 2

## **Window 5:** No Audio

* add following prompt:

“Now please press return. You will find listed on the following screens, the specific events that were suggested to you during the session. Please read the instructions and then answer the questions. Work right through to the end.”

## **Window 6:** Audio 4

* black screen + play Audio 4

# ITEM SCORING SECTION

## Important information Scoring Instructions

* use only subjective ratings as objective ratings are also subjective and objective scales are not reliable (recommended by authors, p. 32)
* **subjective scores (0-5): the mean of subjective scales ratings for each item**
  + high scores = high Phenomenological control

NOTE: subjective score for taste experience is the mean of the responses to the (a)‘sour’ and (b)‘sweet’ sub-scales for the taste suggestion

NOTE: subjective score for post-Session experience is the geometric mean (the square root of the product) of the responses to the (a) ‘urge’ and (b) ‘amnesia’ sub-scales for the post-session suggestion

## **Window 7**: Depth Experience

* from what I understood this is not used as a measure of PCS

A close up of words

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## **Window 8:** Hand Lowering

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## **Window 9:** Moving Hands Together

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## **Window 10:** Experience of Mosquito

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## **Window 11:** Taste Experience a (sweet)

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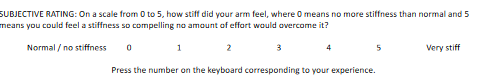
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## **Window 12:** Taste Experience b (sour)

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## **Window 13:** Arm Rigidity (Right)

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## **Window 14:** Arm Immobilization (Left Arm)

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## **Window 15:** Music Hallucination

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## **Window 16:** Negative Visual Hallucination

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## **Window 17:** Amnesia

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## **Window 18:** Post- Session Experience a (urgency)

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## **Window 19:** Post- Session Experience b (memory)

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# **Debrief**

## **Window 20:** Debrief

A close up of a message

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