

# Debriefing

The purpose of this study was to create and validate a new questionnaire measuring interoception. Interoception involves being aware of changes happening inside our bodies, both physiological (e.g., our heart rate) and emotional, and it plays a crucial role in how we perceive and experience the world around us. It has been related to emotion regulation, self-awareness and overall mental well-being.

At the beginning, we informed you that credits were conditional on passing the quiz. **We apologize** for any stress this may have caused. Please note that **course credits are granted automatically**, regardless of quiz performance.

In addition to the primary objective of validating a new questionnaire, we are also evaluating which strategies are most effective in improving data quality in online studies.

**Thank you again!** Your participation in this study will be kept completely confidential. If you have any questions or concerns about the project, please contact D.Makowski@sussex.ac.uk. and/or A.Neves@Sussex.ac.uk

To complete your participation in this study, click on 'Continue' and **wait until your responses have been successfully saved** before closing the tab.

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