

## Response to Reviewer Sheet

1. “Make sure you provide a note for Ps about CREC and give the email address for any queries”
2. “It’s normal to put the name and email of the student doing the project- they will presumably be the initial contact”

We have now added this information (CREC and student contact) to the consent form (see ConsentForm.png).

3. “You will presumably have some kind of advertising material – if so, this should be submitted for review”

The survey will only be advertised on SONA and on Prolific, we have added a document showing how the study will appear on both platforms (refer to Recruitment.pdf).

4. “It would be advisable to give Ps a clearer indication of the nature of the questions they will be asked before consent – they may be unaware what interoception covers.”

We agree and have incorporated this information into the consent form. Specifically, we added the following sentence:

“Interoception refers to the sensing, interpretation and processing of internal bodily signals (e.g., feeling changes in the way one's heart beats).”

### NOTE:

We streamlined the wearables questionnaire to reduce unnecessary detail while preserving its purpose: gathering information on participants' use of wearable devices (for a review please refer to *wearables.pdf*).