**开始屏幕**

接下来您需要根据屏幕上的指导语以及主试的指导完成一些任务或休息。

首先请您根据要求使用数字描述您目前的情绪状态，请使用左手边的按键控制光标移动，使用右手边的按键确认。

如果您没有问题，请按右手边的按键继续。

**Resting state**

在接下来的扫描中，请您看着屏幕上的“+”字注视点，尽量保持头和身体不要动，不要闭上眼睛，保持清醒，不要睡着。

如果您没有问题，请按右手边的按键继续。

**Sad memory**

During the MRI, please re-live the event corresponding to the keywords on the screen as vividly as possible in your imagination and re-experience it happening to you all over again. Please keep doing this when the MRI is on.

Please try your best not to move your head or body.

Press a button to continue.

**Rumination**

During the MRI, please think about the events you just recalled according to the phrase on the screen. Please don’t stop thinking when the MRI is on.

Please try your best not to move your head or body.

Press a button to continue.

**Distraction**

During the MRI, please focus on the idea expressed by the phrase on the screen and use your imagination to visualize the idea as vividly as possible. Please don’t stop thinking when the MRI is on.

Please try your best not to move your head or body.

Press a button to continue.

**Emotional scale**

Please use the scale below to indicate how you feel right now:

1 2 3 4 5 6 7 8 9

Very unhappy Very happy

**Wait for trigger**

Please wait for the scan to start.

**Goodbye**

Thank you. The current scan is over; please wait for the researcher's instructions.

Press a button to continue.