Synopsis

For this study I will be having participants complete a packet that will take approximately 5 days altogether. Each day they will be asked to spend about five minutes reading a short paragraph and recording their emotional response to the paragraph. In addition, they will fill out a Fibromyalgia Impact Questionnaire, which they will again fill out at the end of the study. The participants will be initially informed that the study is to record their emotional responses to the readings. However, as they will be informed in the debriefing, the true purpose of the study is to see how positive versus negative stimuli affect their overall wellbeing with Fibromyalgia. More specifically, does hearing positive statements help reduce pain and coping with Fibromyalgia and vice versa with negative statements? The packets will be administered through either mailings or email. To ensure confidentiality, the completed forms will be emailed/mailed to Dr. Alex Nagurney of the Texas State Psychology Department who will then give me the printed forms without any identifying information. A copy of the debriefing will be sent to participants after completion of the study. They will be sent to the same address in which they were received from.