**WASABI – AcceptMap Rating Training**

**1 PRE-INTRO NOTIFICATION**

It is very important that you stay as still as possible during the experiment in the MRI machine.

If you need to move a bit or stretch, please do so BETWEEN runs, when the scanner is NOT running.

**2 WELCOME**

Welcome. The following presentation will guide you through how to respond to our rating scales.

**3 TRACKBALL**

You have been given a trackball or an alternative response device in your dominant hand.

**4 TRACKBALL – TO THE RIGHT**

Spinning the trackball to the right will move rating indicators to the right-side of the scale, typically indicating an INCREASE in your rating.

**5 TRACKBALL – TO THE LEFT**

Spinning the trackball to the left will move rating indicators to the left-side of the scale, typically indicating a decrease in your rating.

**6 TRACKBALL – SUBMITTING RESPONSES**

You may submit your response using the LEFT BUTTON. Do not use the RIGHT BUTTON to submit your response.

**7 WHAT TO EXPECT – ANSWERING QUESTIONS**

This is what you can expect. During this scan you will occasionally be given a heat stimulus on one of two bodysites. As a result, you may experience some thermal stimulation. After each stimulation, you will be asked to rate the intensity on the scale below. Using the trackball in the scanner, you’ll be able to resize the triangle to indicate your rating.

**8 WHAT TO EXPECT – QUESTION ANCHORS**

These responses indicate where an answer may lie.

* At “No Sensation”: I feel no sensation at all.
* At “Barely Detectable”: I could barely detect this sensation.
* At “Weak”: I feel that this sensation was weak.
* At “Moderate”: I feel that this sensation was moderate.
* At “Strong”: I feel that this sensation was intense.
* At “Very Strong”: I feel that this sensation was very intense.
* At “Strongest Imaginable Sensation of Any Kind”: This sensation was so intense that it is the worst I have ever experienced.

**9 WHAT TO EXPECT - EXAMPLE COMFORT RATINGS**

This is an example of a scale rating COMFORT. Once in the scanner you can use the trackball to resize the triangle and click a button to submit your rating.

**10 WHAT TO EXPECT - EXAMPLE QUESTIONS**

At the end of the scan session, you’ll be asked to rate the different aspects of your experience. Some examples of questions are:

* How comfortable do you feel right now?
* The thoughts I experienced during the last scan were negative, yes or no.
* Please rate how much you want to avoid this experience in the future?

For each question a rating scale will be provided for you to indicate your response.

**11 EXPLAIN BACK TO ME**

These are just some of the examples of the questions you will be asked. In total there will be 14 rating questions.

[Pause]

Please take a moment now and explain back to me how you understand the rating scale.

**12 INTENSITY VS UNPLEASANTNESS**

One final note. Some questions will ask you about INTENSITY or UNPLEASANTNESS. Consider this example when trying to understand the difference. I can ask you to rate a song on how loud the song sounds OR on how much you dislike hearing it. Intensity is how loud the song is and the unpleasantness is how much you dislike the song. Please keep this distinction in mind when you’re asked to rate the stimuli.

Do you have any questions?