**Debriefing Script**

Alright, so there is more to this study than I have told you about so far. I am just going to tell you about what you just did and what we are interested in.

We are interested in how people feel about themselves after another person has given them feedback about themselves. So, in this study, you saw another person forming an impression of you while they listened to an interview of you. We are interested in how you felt in response to this feedback, how your brain responds to this type of feedback, and how your body responds. Some previous research has shown that the body produces chemical messengers of the immune system called "pro-inflammatory cytokines", in response to being evaluated by someone else. We collected the blood samples so we could look at if you produced any of these substances in response to seeing the evaluation. Right now, very little is known about the neural underpinnings of these biological changes that may occur in response to being socially evaluated, so that is what we are looking at in this study.

Now, in order for us to get a realistic sense of how you respond to feedback, we had to tell you that another subject was evaluating your interview. I want you to know that the other subject you met is actually a trained research assistant who posed as another subject but never actually listened to your interview. When you saw the other person's evaluations of you, that was actually a recording that was made previously and every single participant that we run sees the same recording. So, what we told you about your interview being evaluated by someone else is not true. We told you those things in order to make it seem like you were being evaluated so that we could really examine how your brain and body responded to seeing those evaluations. Because we needed a natural reaction to these types of evaluations, we did not tell you ahead of time that you were not actually being evaluated. Do you understand why we did not tell you these things ahead of time? Do you have any questions about this before I continue?

I also want to talk a little about the effects that our manipulations can have on you. Researchers have found that sometimes when we give subjects false information, the information can still continue to affect how they feel about their abilities even after we tell them that the information was false. Basically, researchers have found that it is not enough to simply tell people that they were in an artificial situation designed to make them feel a certain way. Often the false information still continues to affect their own perceptions of their abilities and their expectations for their future performance. Psychologists call this belief perseverance. Luckily, it was discovered if participants were told why and how beliefs sometimes persevere, that the belief perseverance problem can be eliminated or substantially reduced. Thus, I want to discuss briefly with you why beliefs manipulated in the laboratory can sometimes persevere and hopefully your understanding of this process will eliminate any effects of our manipulation.

One way belief perseverance occurs is by activating related thoughts and memories. For example, when you were experiencing a sense of being negatively evaluated, it may have reminded you of other times when you were negatively evaluated. Even though we have

told you that we manipulated the situation you were in, these memories of other times that you were negatively evaluated may still be lingering in your mind. So, even though you now know the feedback you heard today was false, you might still be thinking about those negative memories. But knowing that these thoughts may linger can actually reduce their negative influence on you. Does that make sense? Do you have any thoughts or feelings you would like to talk about regarding any of this?

Great. So, there is one last thing that I want to mention before you go. What we were looking for today was your natural response to this experiment. We will also be exposing other people to the same situation so that we can compile everyone's responses to get a better picture of people's responses. Because of this, it is very important that we make sure that other people who participate in the experiment after you enter the same way you did. That is why we have to ask you not to tell others about the details or hypotheses of the study. If other people knew exactly what we are interested in, it might affect how they behave during the study. So please try not to share the details of this study with others. Does that make sense? Do you have any questions about that?

I want to sincerely thank you again for your participation in the study today. Thanks a lot for you help.