How are empathy and emotion regulation linked?

New research study from \*\*Monash University\*\*

>> Brief overview of empathy/emotion regulation

\*\*Who is undertaking the research?\*\*

- [Dr Lincoln Tracy](personal website link), School of Public Health and Preventive Medicine, Monash University

- [Dr Bernadette Fitzgibbon](<http://www.maprc.org.au/dr-bernadette-fitzgibbon>), Monash Alfred Psychiatry Research Centre, Monash University

- [Dr Melita Giummarra](https://research.monash.edu/en/persons/melita-giummarra), School of Public Health and Preventive Medicine, Monash University; Caulfield Pain Management and Research Centre, Alfred Health

- [Mr DeWayne Williams](https://www.researchgate.net/profile/DeWayne\_Williams), Department of Psychology, The Ohio State University

- [Professor Julian Thayer](https://labs.psy.ohio-state.edu/eqp/people.php), Department of Psychology, The Ohio State University

\*\*Who is eligible to participate?\*\*

We are seeking English-speaking individuals aged 18+ years with access to the internet to participate in our study. You will not be eligible to participate if you have been diagnosed with a psychiatric disorder, or a pain-related condition.

\*\*What is the purpose of this research?\*\*

This study aims to investigate whether self-reported emotion regulation can explain empathy for pain and vicarious pain sensation, and whether the relationship between emotion regulation and empathy for pain differs between men and women.

\*\*What does participation involve?\*\*

Participants will be asked to complete a series of online questionnaires relating to mood, emotion regulation, and empathy. We will also ask you to provide simple demographic information about yourself (e.g., gender, age, and ethnicity). Your responses will be totally anonymous. Completing the online questionnaires should take no longer than 15 minutes.

\*\*What do I get out of the research?\*\*

You will not be paid a monetary reward for your participation in this study. However, you will be offered the chance to be entered in a prize draw to win one of three $100 Amazon vouchers. If you choose to enter the prize draw, you will be asked to enter your name and email address into a separate online questionnaire. Your contact details will not be linked to your questionnaire responses. We just need to know who the prize draw winners are, so they can receive their vouchers!

\*\*Okay, I’m ready to participate in the study!\*\*

[Click here](Qualtrics link) to access the online questionnaires if you are ready to take part in the study.

\*\*What if I want further information about the study?\*\*

For further information about the study, please see the [Participant Information Sheet](uploaded as static file to website) or email [lincoln.tracy@monash.edu](mailto:lincoln.tracy@monash.edu).

\*Monash University Human Research Ethics Committee Project Number: xxxx\*