
**Study: Investigating the effect of relived autobiographical pain
on cognitive inhibition**

DEBRIEF SHEET

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Thank you for taking part in our study investigating the effect of relived autobiographical pain on cognitive inhibition. The focus of the study was specifically into whether relived pain from a socially painful memory is felt more strongly compared to a physically painful memory, and thus, whether relived socially painful memories create larger reductions in cognitive inhibition compared with reliving physically painful memories. During the study you were asked to rate the level of relived pain you felt. This was because the Stroop task has been suggested as an object way to measure pain. By collecting your self-rated subjective measure, we can correlate your response to your Stroop task response and see the strength of any relationship, and thus, the accuracy of the Stroop task as an objective measure.

At the end of the study, you watched a fun "kitten and puppies" video. This was included because research has found videos of kittens and puppies induce a positive mood, thus counteracting any negative emotions caused by reliving your painful memory. We understand, however, that even with this safeguard, personally painful memories can be emotionally difficult and would like, therefore, to provide you with some sources of support should you feel the need to speak to somebody about the emotions experienced.

As a student at the University of Reading, specific University provided support is available from:

- **Student Welfare:**
<http://student.reading.ac.uk/essentials/support-and-wellbeing/support-arrangements/welfare.aspx>
Based in the Carrington Building, you can simply drop-in to speak to someone in person between 10.00-16.00 Monday to Friday, or you can email studentwelfare@reading.ac.uk should you wish to make an appointment.
- **Counselling & Wellbeing:**
<https://student.reading.ac.uk/essentials/support-and-wellbeing/counselling-and-wellbeing.aspx>
- **Your Academic Tutor:**
<https://student.reading.ac.uk/essentials/study/academic-tutors/your-tutor.aspx>

If you require additional support, beyond that which is available from the University's support services above, additional support is also available from:

- **Your General Practitioner:**
They will best set up to direct you to the available support services and can provide any necessary referrals required.
- **Mind:**
The charity Mind, through its website - <https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/> - provides a list of specialist support services that are available through the UK.