**Pressure pain in-lab pilot study scripts**

**Slide 1: Welcome to our pressure pain study!**

The device we are using has been designed to apply various amounts of pressure to the center of your thumb nail. We will be recording two different measures of your pain experience, pain and unpleasantness, throughout the testing. It is important that you be familiar with both scales used during the study. Following will be an example as well as further explanations of the pain scale and unpleasantness scale that you will be using to describe your experience. You will also be provided practice with both of these scales before the study begins.

**Slide 2:**

Here, I will provide a more thorough explanation of each increment on the pain rating scale.

If you feel no pain at all, you will place the cursor near the left end of the scale. No feeling (e.g., before the pressure begins) would fall under “no sensation”. A small detection of the pressure may be placed near the label “barely detectable”.

Any experience of *pain* may begin around the “weak” area of the scale. Keep in mind that this is your initial experience of the most minimal amount of pain that could be experienced.

Any further experience of pain may place you from the “weak” to “very strong” sensation. A “very strong” sensation is one that you would consider to be an intolerable amount of pain. For example, this might be the highest level of pain you might experience just before feeling the need to escape from it.

You will not be experiencing pain further than this (less than the “very strong” marker) within the context of this experiment. While we have designed the device to be quite uncomfortable for you, it will cause you no harm or damage, and it should remain tolerable.

**Slide 3:**

To give you an idea of the distinction between the two rating scales (i.e., sensation intensity and unpleasantness), I'm going to give you an example.

If you think of listening to a sound such as a radio. As the volume of the sound increases, I can ask you how loud it sounds or how pleasant or unpleasant it is to hear.

The intensity of sensation is similar to loudness; the

pleasantness of sensation depends not only on intensity but also on other factors which may affect you.

For example, the sensation intensity is the loudness of the music, and the sensation pleasantness is how much you like the song.

**Slide 4:**

You will first grasp the handle of the device (like a bike handle) and place your thumb against the inner wall. Apply as much pressure with your thumb as you can against the inner wall of the device. Wait while the device is adjusted to fit your thumb. The piston should line up flat against your nail. When this is completed, relax your hand.