**Psychological Factors in Chronic Pain & Fibromyalgia**

**Participant Debrief Sheet**

Thank you for taking part in this research study entitled *Psychological Factors in Chronic Pain and Fibromyalgia*. We really appreciate your time and effort helping with this research. This study is being conducted to fulfil a requirement of the Doctorate in Clinical Psychology at The University of Oxford.

If you know anyone who may like to participate in this study, we would be grateful if you could share the study link with them: [INSERT WEB ADDRESS].

The study aimed to explore any similarities and differences in psychological factors between chronic pain, fibromyalgia and those without pain issues. This has not been researched before and your responses to the questionnaire will help us understand chronic pain and fibromyalgia better.

To remind you, all of your data is kept anonymous and confidential. This means that nobody can identify you from the answers you give and that your answers are only accessible by the research team (listed at the bottom of this sheet). We store all the data on a password-protected document on a secure computer which can only be accessed by the research team. We do not keep any of your identifiable information (e.g. name and/or email address) linked to your survey responses and we delete this data immediately after we send the email to you with the link to the survey. Your anonymous survey responses will be kept for research purposes for up to five years after the study ends.

**Further Advice & Support**

The NHS can help if you need support managing your pain and your mental health. The first step is usually to talk to your GP surgery who can explore your options with you. Additionally the NHS '111' phoneline can provide advice and support.

If you are living with chronic pain and/or fibromyalgia, there are several charities that provide advice and support for you and your loved ones:

Pain UK - [https://painuk.org/](about:blank)

Fibromyalgia Action UK - [https://www.fmauk.org/](about:blank)

Migraine Trust - [https://migrainetrust.org/](about:blank)

National Rheumatoid Arthritis Society (NRAS) - [https://nras.org.uk/](about:blank)

Versus Arthritis - [https://www.versusarthritis.org/](about:blank)

Complex Regional Pain Syndrome UK (CRPS UK) - [https://crps-uk.org/](about:blank)

Trigeminal Neuralgia Association UK - [https://www.tna.org.uk/](about:blank)

Endometriosis UK - [https://www.endometriosis-uk.org/](about:blank)

Pelvic Pain Support Network - [https://www.pelvicpain.org.uk/](about:blank)

**Further Questions**

If you have any questions about any aspect of the study, please contact the lead researcher Holly Risdon ([Holly.Risdon@hmc.ox.ac.uk](about:blank)) or their supervisor Professor Paul Salkovskis ([Paul.Salkovskis@hmc.ox.ac.uk](about:blank)), who will do their best to answer your queries.

You can visit our study page here: [LINK] to download a copy of this sheet.