**Debrief**

**Study: Does exercise have an effect on pain catastrophizing?**

The aim of this study was to consider the effect of exercise on pain catastrophizing. We asked you to complete questionnaires detailing the amount of exercise you do per week, as well as a pain catastrophizing scale and a demographic and pain survey in order to measure your pain experience and your psychological response to pain.

If you feel uncomfortable, unhappy or at risk after taking part in this research, we suggest you can contact the University of Liverpool Counselling Services who can support you through any concerns you may have:

Website:<https://www.liverpool.ac.uk/studentsupport/counselling/>

If you are not a student at the University of Liverpool, we encourage you to contact your GP or Samaritans who can support you and offer advice. Information from the following resources may also be helpful:

NHS: <https://www.nhs.uk/conditions/counselling/>

Samaritans:<https://www.samaritans.org/>

If you have any concerns regarding your exercise levels, we encourage you to look over the sources listed below:

Change 4 life Home | Change4Life (www.nhs.uk)

NHS Benefits of exercise - NHS (www.nhs.uk)

If you have any further thoughts, questions or concerns following this research, please feel free to contact any researcher by email:  hl3@liverpool.ac.uk, hlhort@liverpool.ac.uk, hlr@liverpool.ac.uk, hlrp@liverpool.ac.uk, hlasha3@liverpool.ac.uk.

*Thank you for taking the time to read this*