

Sensations in the mind and body

Dear participant

Thank you for participating in our study regarding where different mental and bodily states and processes are experienced. With this form, we ask for your consent to participate in the study.

We may be consciously aware of many bodily processes such as sudden increases in heart rate. Yet similarly, many mental processes may be experienced in the body. In this study we map whereabouts humans experience these different processes occurring.

In the online experiment you are shown words denoting different states and sensations (e.g. “love” or “thinking”). For each state or sensation, you are asked to evaluate how much you feel it in the mind, and how much you feel it in the body. Note that you can report feeling the same thing in both your mind and body. You are also asked to evaluate how pleasant each state or sensation feels, how often you feel or do it, and how much you can control it. Completing all the ratings takes roughly 10 minutes.

The ratings can also be performed over multiple sessions. To continue a session, you can log in using your participant number. Answers are saved automatically. Participation is voluntary and you may quit at any time you wish. All participant data are handled confidentially as decreed by Finnish law (Personal Data Act). Participant data are not handed to or processed by any party outside the immediate research personnel involved. Data are stored on an encrypted server and the participant cannot be identified on the basis of their data. All data are analyzed at group level and individual participants cannot be recognized from the results. The results are to be published in national and international scientific journals in recognition with the abovementioned ethical and confidentiality principles.

This study is conducted by the Human Emotion Systems group of Aalto University School of Science.

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