
Debriefing Form - *Regulating Emotions in Socially Complex Scenarios*

Purpose:

In this experiment, you did two main things:

1. Read, rated, and may have wrote short answers.
2. Filled out surveys about emotions and social questions.

In the reading and rating part, you read short social media posts. Your job was to see if the person used any of these ways to handle emotions: "reappraisal" (changing your thoughts), "problem solving", "expression suppression" (hiding feelings), "behavioural avoidance", "experiential avoidance", or "rumination" (overthinking). You rated each method from 0 (not used) or 1 (used).

Our main goal was to create examples of different ways people handle emotions. No one has made this kind of dataset before. Past studies mostly used questionnaires where people reported their feelings. This dataset will help researchers understand how people deal with emotions in daily life. We aim to use it to help create AI systems, like chatbots, that better understand emotions. This could lead to more helpful responses and ensure their answers are appropriate.

For the surveys, we used questions from the tests STEM, ERQ, and the Toronto Empathy Questionnaire. Note that this is basic research and can in no way be used for diagnostic or evaluation purposes. You will not be given feedback about your responses. These tests help us see how people manage emotions and measure empathy.

Thank you for participating. We can not answer key questions in psychology and computer science without people like you. We have one last request: please do not share what we asked you to do in this study. Other students might join, and we want them to start with a fresh outlook, just like you did.

Contact information:

If, after participating in the study, you have any questions about this research, please contact Dr. Alona Fyshe at alona@ualberta.ca or Daniela Teodorescu at dteodore@ualberta.ca.

If you have any questions about your research participation, contact the Research Participation Coordinator at 780-492-5689 or rescred@ualberta.ca.

The plan for this study has been reviewed for its adherence to ethical guidelines by a Research Ethics Board at the University of Alberta. For questions regarding participant rights and ethical conduct of research, contact the Research Ethics Office at reoffice@ualberta.ca.