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Yasuhiro Ooshima¹

¹Ritsumeikan University



Yasuhiro Ooshima

Ritsumeikan University

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We use this protocol and it's working

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Abstract

This protocol is used in 『Impact of perspective-taking training under relational frame theory for the organizational model of empathy』

Troubleshooting

Entire procedure

1

The entire experiment was conducted online using Zoom, a videoconferencing platform (Fig 1). Upon joining Zoom, participants

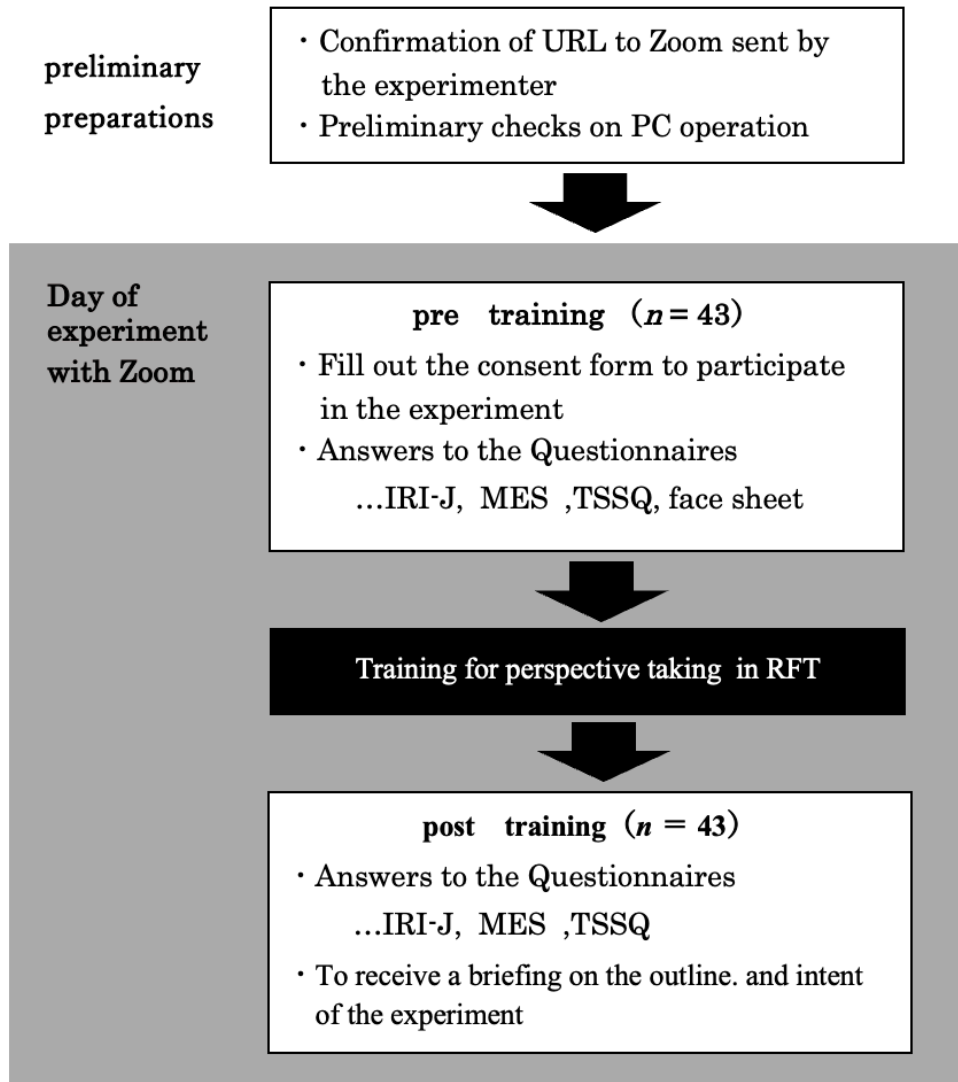


Fig 1. Whole procedure of the experiment.

IRI-J = Interpersonal Reactivity Index Japanese version. MES = Multidimensional Empathy Scale. TSSQ = The Three Sense of the Selves Questionnaire.

were initially apprised of the study's emphasis on understanding perspectives different from their own and were informed of the training they would receive. Subsequently, the experimenter verbally elucidated the contents

of the consent form, and participants provided written consent. The participants completed a questionnaire via the Qualtrics URL, disseminated by the experimenter through the chat function of Zoom, by responding to questions encompassing basic information, as well as the IRI-J, MES, and TSSQ. Following the verification of responses by the experimenter, participants underwent training in perspective-taking.

During training, participants were instructed that the assignment would be of a nature that required them to correctly answer two questions per protocol and informed that they were free to take their time when answering these questions. Subsequently, a sample set of question and answer was provided to facilitate participants' comprehension of the question framework. Following this, a practice session was conducted, in which the participants responded to five questions. Post-practice, a Q&A session was held, the participants being informed that inquiries were not allowed during the main trial but could be entertained thereafter. After confirming that there were no immediate queries, the main trial ensued, comprising 36 randomly presented questions. In instances where two answers were made for a single protocol or where participants responded with "I don't know," the subsequent protocol was initiated. Throughout the interval between the training example and main trial, both the experimenter and participants maintained visual contact on camera. Appendix B contains references to the examples and practice sessions.

After undergoing training, the participants completed the Qualtrics questionnaire and IRI-J, MES, and TSSQ. Subsequently, as debriefings, they received explanations regarding the theoretical underpinnings of the training content and its impact. Furthermore, an overview of the overarching purpose of the experiment was provided, including a detailed explanation of the measures administered during the experiment.

Training procedure

2 *Preliminary Explanation

Overview of the training

It is about other people's point of view.

I'm going to ask you to switch your viewpoints and perspectives.



No paper or pen needed.

Base instruction

I'm going to ask you some questions. 00 you will listen to each assignment question and verbally tell me exactly what you respond to."

• Notes

Have them answer by voice.

No feedback, but have them respond by voice and then move on to the next crisply.

*Presentation of example questions

Teaching

"You will be asked a question in the following format, please say the corresponding answer.

Imagine a situation involving either or both Mr. XX and myself.

When I myself say "I", that is me, and "you" refers to Mr. 00.

When I say "I" myself, it is me, and "you" refers to Mr. 00. This I-you interchange occurs.

Simple

I-YOU

I have a dark pen and you have a light pen. Which pen do I have? Which pen do you have?

HERE-THERE

I am sitting on a hard sofa and you are sitting on a soft sofa. Where am I sitting? Where are you sitting?

NOW-THEN



I was studying yesterday; today I am experimenting. What am I doing now? What was I doing then (yesterday)?

→Comprehension check

Did you have a picture of what you were supposed to answer?"

*Practice trial

Teaching

Please verbally answer the following questions in the order they appear. Please do not take notes.

Questions

Simple 2 questions

Reversal 1 or 2

Simple

Yesterday I was watching TV, today I am reading. What am I doing now? What was I doing then?

I - now - then

Yesterday I was reading, today I am watching TV. What was I doing then? What am I doing now?

I - then - now

Reversal.

I have a green brick and you have a red brick. If I were you and you were me, which brick would you have? Which brick do I have?

I have the green brick - you have the red brick - you - me

Yesterday you sat in the blue chair there; today you sit in the black chair here. If now is the past and then is now. Where are you sitting now? Where were you sitting then?



You - yesterday - blue - today - black - now - then

Yesterday you sat in the black chair there; today you are sitting in the blue chair here. If now was then and then is now. Where were you sitting then? Where are you sitting now?

You - black yesterday - blue today - then - now

*Main trial

Teaching

Now we are going to go into the real trial. In the real trial, you will repeat the same problems as you did in the practice for a while, so it is expected to take a little longer. There will be no breaks during the test. If you feel sick during the test, please feel free to tell us. Are you ready?"