

Thank you



In 2019 or 2020, you took part in a study called *Exploring Unusual Feelings*. The study asked people to fill in questionnaires about their recent thoughts and feelings.

In total, over a thousand people took part in the study (1,038).

69% of the people who took part were White.

70% of the people who took part were male.

74% of the people who took part were not in hospital when they took part.

The average age of the people who took part was 41 years.

Also:

- 34% said they had serious worries about others wanting to harm or upset them.
- 35% said they heard voices daily or several times a week, and 26% said they heard two or more voices talking to each other daily or several times a week.
- The average score on the wellbeing questionnaire was between 'low' and 'average' psychological wellbeing.
- Around 600 people said that in the past two weeks, they had felt disconnected, strange, or felt like they were not in control of themselves. This included having problems feeling emotions fully.
 - ↳ Sometimes these kinds of feelings are called 'dissociation'.
 - ↳ In this study, the researchers wanted to find out how common dissociation is.

The study results are now being written up as scientific articles so that doctors, care staff, and researchers can read them to learn more about dissociation.

This important research would not have been possible without your help, so *thank you!*