**Email Introduction Script**

Hello, my name is Heather Lashley, and I am a doctoral student at the University of Maryland, Baltimore School of Nursing. I am working on a research study that will explain the value of resilience in managing daily physical activities such as going to work, shopping, or exercising when dealing with fibromyalgia. You are invited to participate in this study, given your inclusion in the Autoimmune Registry. Please let me know at any time if you have any questions.

Upon giving consent, you will receive a link to the survey. DO NOT click this link until you are in a private, secluded location and have at least 30 minutes to complete the survey. The questions include demographic questions, which will ask about sex, race, level of education, and current work status. There will also be questions regarding mood, pain, resilience, and physical function. You will be free to withdraw at any point during the study. Once the survey is complete, your survey data will be sent to a secure, password-protected server for further analysis.

While it is possible that certain questions might cause some uncomfortable emotions, you are encouraged to reach out to your healthcare provider of choice if you experience emotional distress. Again, you are free to withdraw at any time during the study. While absolute data security cannot be promised, your data will be identified by a case number and will not be connected to you in any way.

At the end of the survey, you will be redirected to an outside website and will have the option of receiving a $10 gift card as a “thank you” for completing the survey. Any information given to the external website ***cannot*** be connected to your survey responses. You are not required to provide any additional data to the external website but may lose your chance to receive a gift card if you decide not to provide further information. Completion is voluntary, and you may withdraw your consent at any time.

If you have any questions, you can reach Heather Lashley at 443-986-3133. You will be able to keep this email as a copy of the consent form for your records. Thank you for your willingness to participate in this research!