IMPAIRED CONDITIONED PAIN MODULATION WAS RESTORED AFTER A SINGLE EXERCISE SESSION IN INDIVIDUALS WITH AND WITHOUT FIBROMYALGIA.

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| Questionnaire                        | Description                                                                                                                                                                                                 |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PARQ[4]                             | This questionnaire is a screening tool for physical activity readiness recommended by the American College of Sports Medicine (ACSM). All participants completed at the start of the first session.                            |
| SF-MPQ[3]                           | This questionnaire measures multiple aspects of current pain (affective, sensory, and cognitive). Higher scores represent greater pain. All participants completed at the beginning of each session.                              |
| FIQR[1]                             | This questionnaire evaluates mood and symptoms related to fibromyalgia and other components of health status during the past week. There are 3 domains: overall impact, symptoms, and function. Higher scores represent more severe symptoms. Participants with FMS completed at the beginning of each session. |
| ACR Diagnostic Criteria for Fibromyalgia (2010)[5] | The 2010 diagnostic criteria is a self-reported questionnaire that contains two subscales: Widespread Pain Index (WPI) across 19 body sites and Symptom Severity (SS). Individuals meet the criteria for fibromyalgia if they had a WPI of 7 or more and an SS score of 5 or more OR a WPI between 3 and 6 and an SS score of greater than or equal to 9 for at least 3 months. Participants with FMS completed at the beginning of the first session. |
| IPAQ[2]                             | This questionnaire is a self-reported measure of physical activity and sitting time in the past week. There are 4 domains: occupation, transportation, household, and leisure. All participants completed during quiet rest of the third session. |

**Table SDC1. Description of self-reported questionnaires.**

PARQ, Physical Activity Readiness Questionnaire; SF-MPQ, Short form McGill Pain Questionnaire; FIQR, Revised Fibromyalgia Impact Questionnaire; ACR, American College of Rheumatology; IPAQ, International Physical Activity Questionnaire
References

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