

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

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Table SDC1. Description of self-reported questionnaires.

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.

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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