

Introduction

Wong et al. (under review), found task unrelated thought is negatively related to learning outcome ($r = -0.27$)

Is an off-task mind a freely-moving mind?
Examining the relationship between
different dimensions of thought

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Research Question

Does freely moving thought have
a similar relationship?

Methods

87 Participants

($M_{age} = 19.24$; range: 18-25)

Read a text about life expectancy
of humans

Probed 4 times about TUT and
FMT during reading

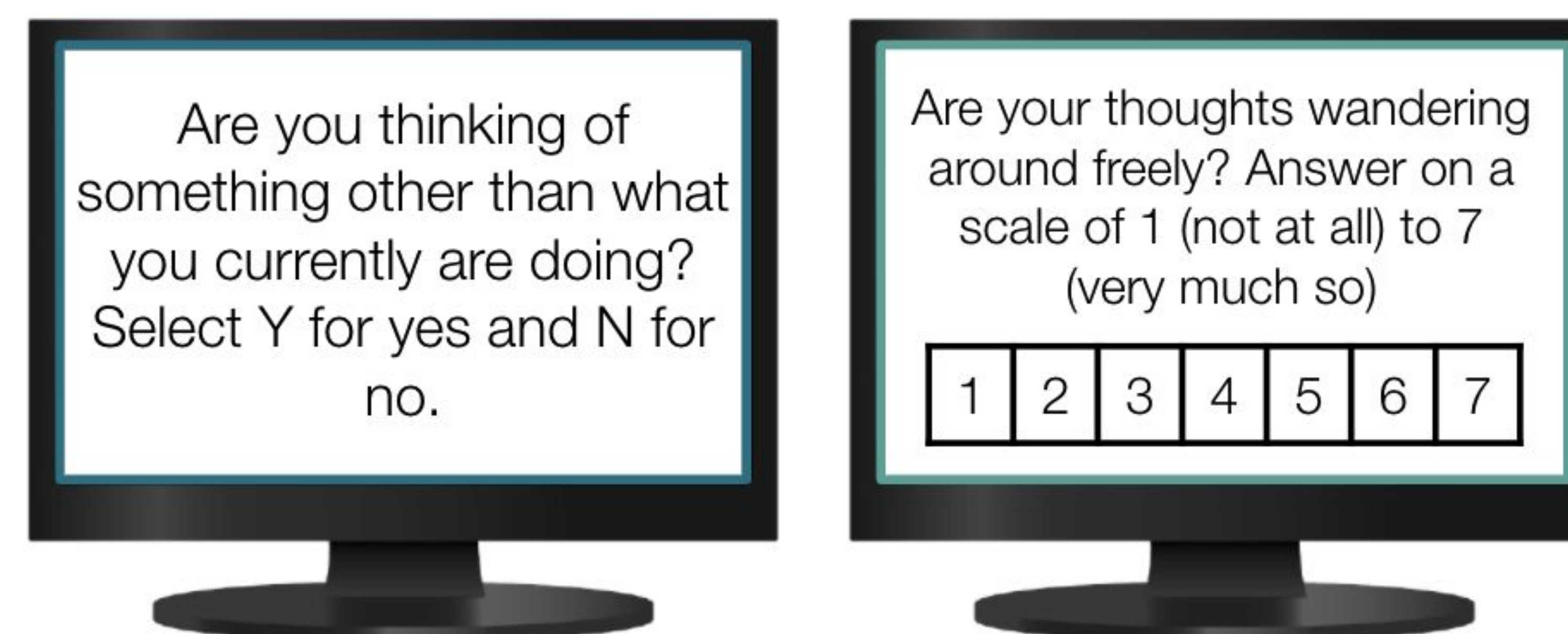
Comprehension of text was
assessed through an 8 question
multiple choice test

Task Unrelated Thought (TUT):

when thoughts shift away from
one's current task

Freely Moving Thought (FMT):

occurs when spontaneous
thoughts move freely from one
thing to another



Discussion

FMT explained 18.5% of variance with test performance and TUT
explained 4.8% of variance

Majority of past and current research focuses on the relationship TUT has
on comprehension

Finding a way to reduce FMT and TUT together could potentially help raise
test performance

Results

