

# Instructions

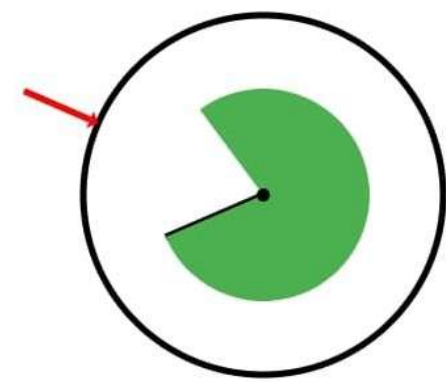
In this task, you will see a circle with a rotating arm moving around it.

Your job is to **tap the spacebar** on the circle whenever the rotating arm reaches the **designated target point** (shown as a red arrow).

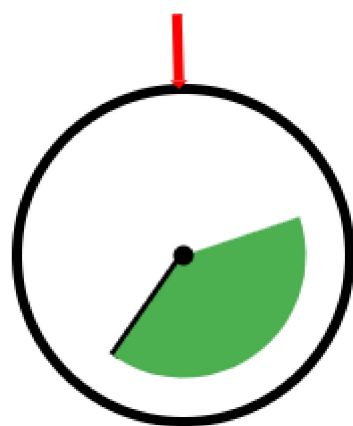
Try to time your tap as closely as possible with the arm passing through the target.

The trial will begin with a countdown: **3 - 2 - 1**.

Press the button below when you're ready to begin!



I'm ready



# Well done!

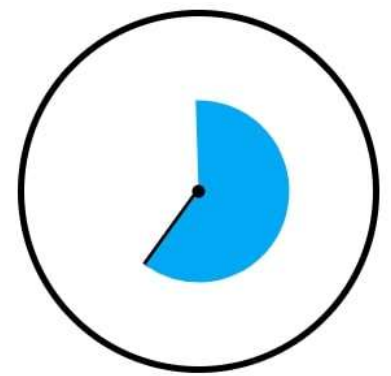
In this next task, you will see a circle with a rotating arm moving around it.

Your task is to **tap the spacebar** at a moment of your **own choosing**, but **before the rotating arm reaches the end of its path**.

There is no correct moment to tap - just make sure you tap **before the arm reaches the end**.

The trial will begin with a countdown: **3 - 2 - 1**.

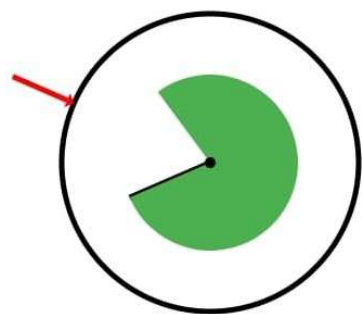
Press the button below when you're ready to begin!



I'm ready



# Instructions



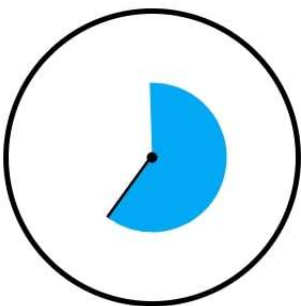
In the next task, you will perform **a mix of the last two tasks**.

If **the circle is green** with a red arrow, you should **tap the spacebar** whenever the arm reaches the target point.

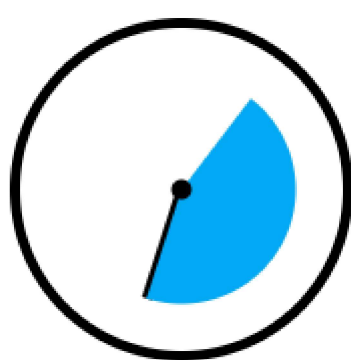
If **the circle is blue**, you should **tap the spacebar** at a moment of your own choosing, but before the arm reaches the end of its path.

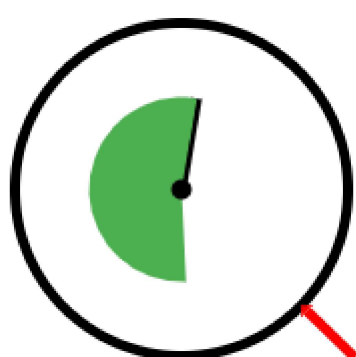
The trial will begin with a countdown: **3 - 2 - 1**.

Press the button below when you're ready to begin!



I'm ready





# Well done!

In the next task, you will hear a series of beeps. Your goal is to tap the spacebar **in synchrony** with the beeps, **matching their rhythm as closely as possible**.

After a while, the **beeps will stop**, but you should **keep tapping at the same pace**, maintaining the rhythm in your mind.

Do your best to stay in time, even without the sound.

The task will begin with a short countdown: **3 - 2 - 1**.

Press the button below when you're ready to begin.

I'm ready



**Tap when you hear the beep!**

**Please continue tapping...**

# Well done!

In this next task, you will need to tap the spacebar as **randomly** as possible, by changing the timing between the presses and making it as much 'unpredictable' and 'random' as you can.

**Avoid consecutive taps.**

The task will begin with a short countdown: **3 - 2 - 1**.

Press the button below when you're ready to begin.

I'm ready

**Please continue tapping...**

# Well done!

For the final trial, please try to tap **every time you feel a heart beat**. Do continue making new presses until the trial is over.

The task will begin with a short countdown: **3 - 2 - 1**.

Press the button below when you're ready to begin.

I'm ready

**Please continue tapping...**

# Heartbeat Counting Task

## Instructions

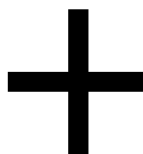
In the following task, you will need to count and report the number of heartbeats during several intervals.

Simply **relax** and remain seated quietly while **counting your heartbeat without physically measuring it**.

The interval will start with a **'3-2-1'** signal, after which you need to count your heartbeats until you hear a beep.

Press the button below when you're ready to begin.

I'm ready





Continue

This trial is over, please press continue.

How many heartbeats did you count?

Enter number

Next

How confident are you that your answer was correct? \*

Not confident

0

1

2

3

4

5

Very confident

Previous

Complete