**Comparing brief mindfulness manipulation (BMM) to attention feedback awareness and control computer-based training (A-FACT)**

Potential participants will be recruited at the University of Haifa, other universities and general community in Israel. Participants will be screened through a web-based assessment (Qualtrics), in which they will provide informed content and fill-out demographic information and a brief rumination questionnaire (RRS, brooding scale). Those high and low on the rumination score will subsequently be contacted for further participation in the experiment. Additional exclusion criteria are: < 18 years of age; uncorrected vision problems; hearing problems; self-reported mother tongue other than Hebrew.

Eligible participants will complete a web-based Simulated Thought Paradigm (STP) stimuli selection at home, using their computer or smartphone. During this web-based procedure they will: (1) rate the frequency and negative emotional reactivity for a list of sentences that reflect neutral and negative thoughts; and (2) record the highest negatively rated sentences and emotionally neutral sentences in their own voice. These will be used as idiographic stimuli in the experimental sessions.

Participant will be randomly assigned to either A-FACT, BMM or placebo group. *The attention feedback awareness and control computer-based training (A-FACT)* is a training aims to increase awareness to attentional bias toward negative thoughts, and thereby to train attentional control. It contains the Squares Categorization-STP task, in which participants are asked to categorize the number of squares presented on a monitor, while listening to simulated neutral or negative thoughts. The training based on feedback about attentional bias following negative thought; *The brief mindfulness manipulation (BMM)*aims to train attentional control (e.g., disengage from thought content) by practice of focused attention mindfulness mediations toward the breath, in which participant are trained to press a button after each inhalation or exhalation, and after each spontaneous or recorded thought, to disengage from its content, and to re-focus on the breath; *The control “placebo” group* contains the Squares Categorization-STP task (parallel to A-FACT) , without the “active ingredient” of feedback about attentional bias.

The main session will be held on “Zoom” virtual meeting. The experimenter will install python-based experiment on the participant’s computer by using remote control. During the installation, the participant will complete self-report measures of depression, worries, and related constructs (e.g., mindfulness) through a web-based assessment (Qualtrics) using smartphone. This session will include 4 tasks that using the idiographic auditory simulated thoughts recorded during the web-based procedure as task stimuli: (1) Digit Categorization-STP at pre and at post training, measure attentional control, in which participants are asked to categorize a visual digit presented on a monitor, while listening to simulated thoughts; (2) Dichotic 1-back-STP at post training, measure internal attention bias, in which participants listen to two separate lists of simulated thoughts, one list in each ear, and are asked to detect repeated stimuli ; (3) Meta awareness bias task (MAB) at post training, measures their capacity for meta-awareness of biased internal attention, in which participants complete again the DCT integrated with probe-caught meta-awareness of internal attention bias task; (4) Body Map-STP task at post training, measures interoceptive attention, in which participants indicate the location, intensity and hedonic tone of sensations they feel in their body in response to the simulated thoughts. After finishing the tasks participants will receive a monetary reward for their participation in the study.