**Primary Outcomes:**

1. Difference between training groups in DCT-STP pre-post change
2. Difference between training groups in reactivity change

? Baseline and/or STP questionnaire – to model – change pre-post

**Secondary Outcomes:**

* Correlations and mediations between some or all the followings:

1. Baseline questionnaires
2. Reactivity & Body maps
3. STP questionnaire
4. Pre training DCT-STP score (attentional control)
5. Score in BMM (mindlessness sequences)

**Unknown if Primary/Secondary:**

1. Generalization to dichotic between training groups (interna-internal)
2. Improvement in MAB between groups

**An option for secondary outcome paper for Ben:**

*Is it the case that emotional reactivity (reactivity task) is related to difficulty in disgorgement form negative thoughts (DCT-STP pre) and symptoms and vulnerability (Baseline questionnaires)*

**Papers**

1. The affects and mechanisms of mental trainings
   1. Baseline moderators of change
   2. What happens after the training
2. What happens before the training