**Presentation targets:**

1. Me learning more about the theory behind the technical part of the project
2. Receiving feedback from the lab regarding:
   1. Changes in tasks
      1. (trails, length, stimuli, task-demand)
   2. The BMM idea and instructions
      1. (self-noting, number of stimuli vs. length of task, button press dependent progression)
   3. The recruitment criteria and procedure

**Presentation outline**

**Intro:**

* The role of attention in mental health
  + Examples to mental health conditions related to attentional control
* The role of meta-awareness in attentional control
* Past attempts to target meta-awareness
  + Mindfulness based interventions
  + Real time feedback on attentional bias towards emotional stimuli
* Main gaps in the literature
  + Past Interventions targeted meta-awareness for external attention biases
  + Mindfulness based intervention did not directly quantify the effects on meta-awareness for internal attention biases
* Current research
  + Focuses on internal attention biases and control
  + Enables experimental comparison between the two intervention types (Mindfulness based/ real time feedback for bias) in:
    - Enhancing control for internal attentional biases (pre-post change between groups)
    - Enhancing meta-awareness for internal attentional biases (compering post intervention MAB score between intervention groups and placebo (-as baseline MAB)
    - Generalizability to other domains of metal adaptation demands – internal-internal (Dichotic N-back)
  + Studying the effect of meta-awareness training in individuals with high tendency towards negative repetitive thinking.

**Method**

* Presenting the design and the rough analytic plan (which comparisons will tell what)
* Presenting tasks details
  + Introducing the changes made to deal with natural learning and improvements
  + Receiving feedback from the group on changes
  + Presenting the BMM idea and instructions – asking for feedback on:
    - The whole task
    - The noting
    - The breaks (timing and length)
* Discussing the participant recruitment plan with the group (tools & questionnaires, how to spread them?)