**Method One Paper**

**Question**

Will individuals who were found to have deficits in attentional control who were found to be more susceptible cognitive bias, benefit more from training of meta awareness, and will they present increased attentional control.

**Current targets**

1. **IFTACH:**
   1. **DCT\ONE BACK DICHOTIC** what is the minimal trial/block amount needed for finding effects (analysis)
   2. What is the cutoff of ptq\rrs scores that show greater effects
   3. **ONEBACK DICHOTIC –** pre/post or only post?
2. **LIAD:**
   1. **A-FACT\MAB** what is the minimal trial/block amount needed for finding effects (analysis)
3. **YUVAL & OMER:**
   1. Brain storming over BMM task measurement
   2. See below **\***
4. **OMER & IFTACH & EITAN** 
   1. Decide on boxes\keyboards – python\eprime
   2. Get tasks structure

**\* BMM**

Focused guided meditation – breath. Thing will come up during the meditation, kindly return your attention to your breath

**Options:**

1. No measure.
2. Press when your attention was wandering and you came back.
3. Press on each breath (we – will count missing presses).
4. Label out loud.

**Participants**

Approximately 250 RRS questionnaires will be online distributed. From the initial sample, the highest 70 on brooding subscale respondents (given that their average will be close to 53 on the total questionnaire based on Eftekhari, Zoellner & Vigil, 2009), will be invited to the lab session.

**Training**

1. Internal-External A-FACT –> STP + Digit-Categorization based
   1. X,Y – Trails\Blocks
   2. Feedback based on deviation from running mean of <X> last neutral trials
2. Brief Mindfulness Manipulation (BMM) + STP
   1. Occasionally during the practice you will here some of your thoughts. Each time you notice one of those thoughts – label it and bring your attention back to your breath

**Or**

* 1. Label it and press the button when you notice

1. placebo

**Pre-Post Measures to show training effect**

1. DIGIT + STP – **(baseline bias**?)
2. pre-post: Digit Categorization based pre-post: Meta Awareness of Bias – Digit Categorization based (MAB) – Self Caught Probe **only post**)
   1. *attention to the problem with data*
3. State – PNAS!
4. DAADS – state decentering
   1. Wait for paper form Amit.
5. PTQ

**Psychopathology Correlates Measures** (*Some of these – not all, I guess…*)

1. BDI\PHQ9 – Depression
2. BAI – Anxiety
3. PTQ – Repetitive negative thinking
4. PSWQ – Worry
5. RRS – Brooding
6. FFMW – mindefulness

Look at iftach

**Procedure**

Once arrived at the lab, a participant will be randomly assigned to either A-FACT or BMM group. First, he will be administered to the three pre-post measures than to the relevant training and then again to the three pre-post measures. Finally, the psychopathology correlates will be measured.

**מטרות:**

האם אימון של מטה-מודעות–עובד ?

האם זה מוריד bias?

האם השינוי ב-meta-awerness מנבא את העליה בשליטה?

**To remember:**

Liad – DCT + STP – baseline bias

Liad – DCT + MAB (DOR) – self/probe caught

Liad – DCT + STP + AFCAT