**latest progress:**

--- I built a research design and plan that I want to show you and discuss about.

--- I discussed with Yuval abut your Idea of BMM intervention as an active control group

--- I've made three meeting with Iftach in order to build a first version (to be later revised and changed) of the experiment

--- I took LIFTI1 template and created my own directory and workspace on the labs drive

--- I learned to use and adapted the STP recordings, the DCT-STP baseline and the MAB-pre-intervention to the  first three phases of the planned study

--- I created a first version of a RRS and other measures screening questionnaire(learned to use it, change it and extract data from it)

--- I got from LIad all the A-FACT code and files - still have to learn it (mainly how to adapt it, use it, and incorporate it in my code)

--- I discussed with Liad (YESTERDAY) about your concern that MAB task may nullify A-FACT effect (I have Liad's idea about it)

**next missions will be:**

--- Get your approval of research design

--- Get SART code from Yuval\ Internet \ build my own  - and incorporate it in my Experiment

--- Decide on subjects recruitment method

--- Write and send Ethics request

**Brief reminder of the project development:**

**November, 18:**

- joining the lab.

**November, 18 - February 19**

- analyzing Liad's Session 2 Data (with Omer)

- meetings around different ideas and directions

- literature review and studying the field

- Helping Iftach running subjects and learning his pricedure

**February 19 - end of May 19**

- consolidation of project main idea:

   -- General question - Does meta-awareness training works? Does it decrease bias? and Does it predicts increase in attention control?

   -- Specific question -  will certain individuals will benefit more from training of meat awareness?

   -- Operationally - will High RRS (brooding) will benefit more from A-FACT and/or BMM?

**June 19 -July 19**

- I created and submitted to you a review and plan paper of methods and measures to be used.

- Semester exams

- Three work meeting with Iftach

- correspondence with Yuval     ---- all regarding - where the tasks codes are? how to use them? and how to change them

- and discussion with Liad

- so far:

 --- I've built a research design and plan that I want to show you and discuss about.

 --- I managed to get and understand the use of the STP recordings code and the MAB and DCT codes

 --- In addition, I've built a draft version of Qualtrics  screening questionnaire (mostly RRS and other measures based)

--- Lacking the A-FACT code incorporation