

Reanalysis of Psychological Paper: Computer Game Play Reduces Intrusive Memories of
Experimental Trauma via Reconsolidation-Update Mechanisms

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Abstract

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9 There are a few moments in the creation and recollection of memory where this process can
10 be interrupted. This can be used to help people who are suffering from the results of
11 tramatic memories. This study examined the process of reconsolidation, the recollection of a
12 memory, to determine if there is a way to inturrupt this process using a cognitive task. The
13 cognitive task used in this experiment was a simple game of Tetris.

14 *Keywords:* reconsolidation, cognitive task

15 Word count: X

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Methods

Participants

52 participants (31 female, 21 males) which consisted of university students and the general public. 65% of the participants were students.

Material

The details of the trauma exposure and the reconsolidation task are detailed in James et al. (2015).

Procedure

The experiment was performed both in the lab and at home in the form of a diary. They watched a traumatic film and were then assigned to either the cognitive task group or the no task (control) group.

Results

Using a between subjects one-factor ANOVA, with intervention type as the independent variable, I did not find that there was a significant difference between the four intervention groups (No-task control, Reactivation Plus tetris, Tetris only, Reactivation only). There was no main effect of intervention type $F(1, 70) = 0.11$, $MSE = 11.42$, $p = .744$,

³⁴ $\hat{\eta}_G^2 = .002$. There was no significant reduction in traumatic memory reconsolidation between
³⁵ any of the task groups.

³⁶

Discussion

Power Analysis

References

- James, E. L., Bonsall, M. B., Hoppitt, L., Tunbridge, E. M., Geddes, J. R., Milton, A. L., & Holmes, E. A. (2015). Computer game play reduces intrusive memories of experimental trauma via reconsolidation-update mechanisms. *Psychological Science*, *26*(8), 1201–1215.

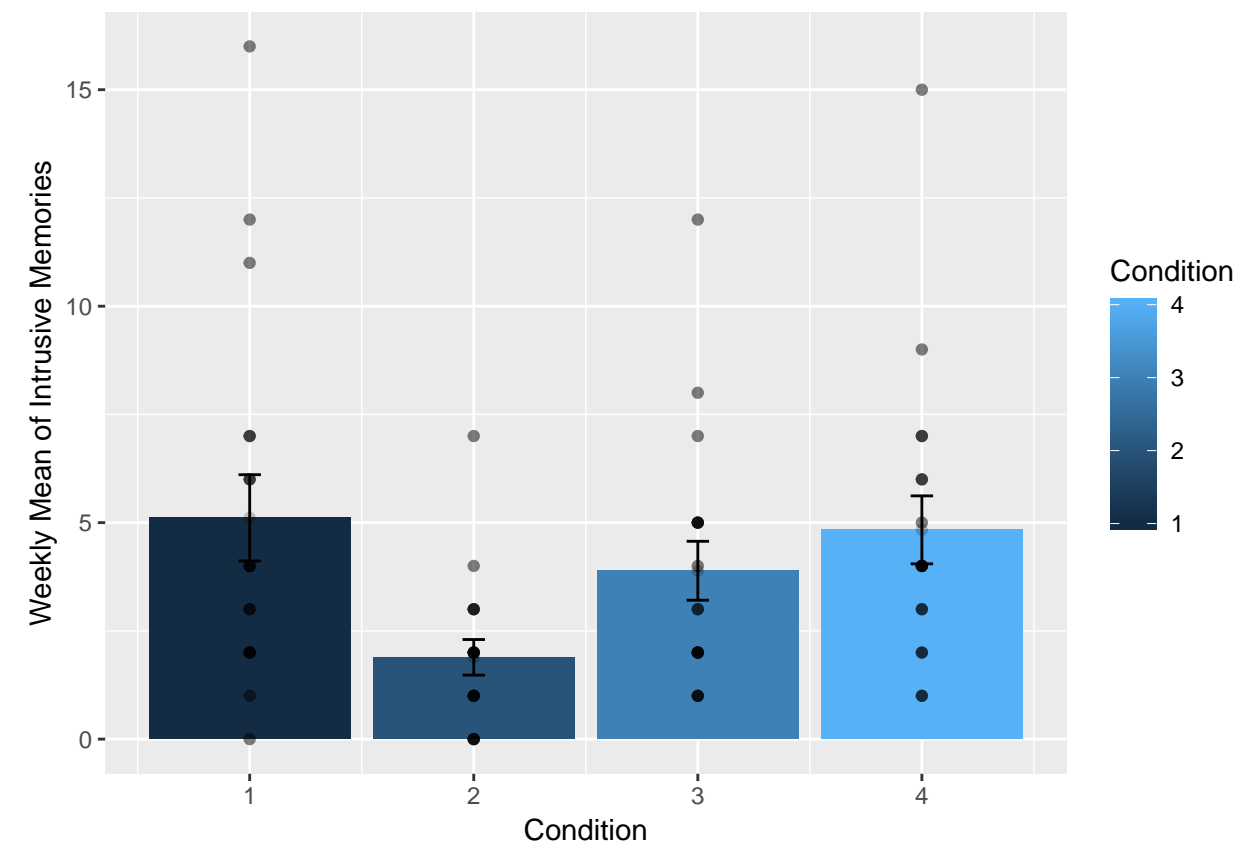
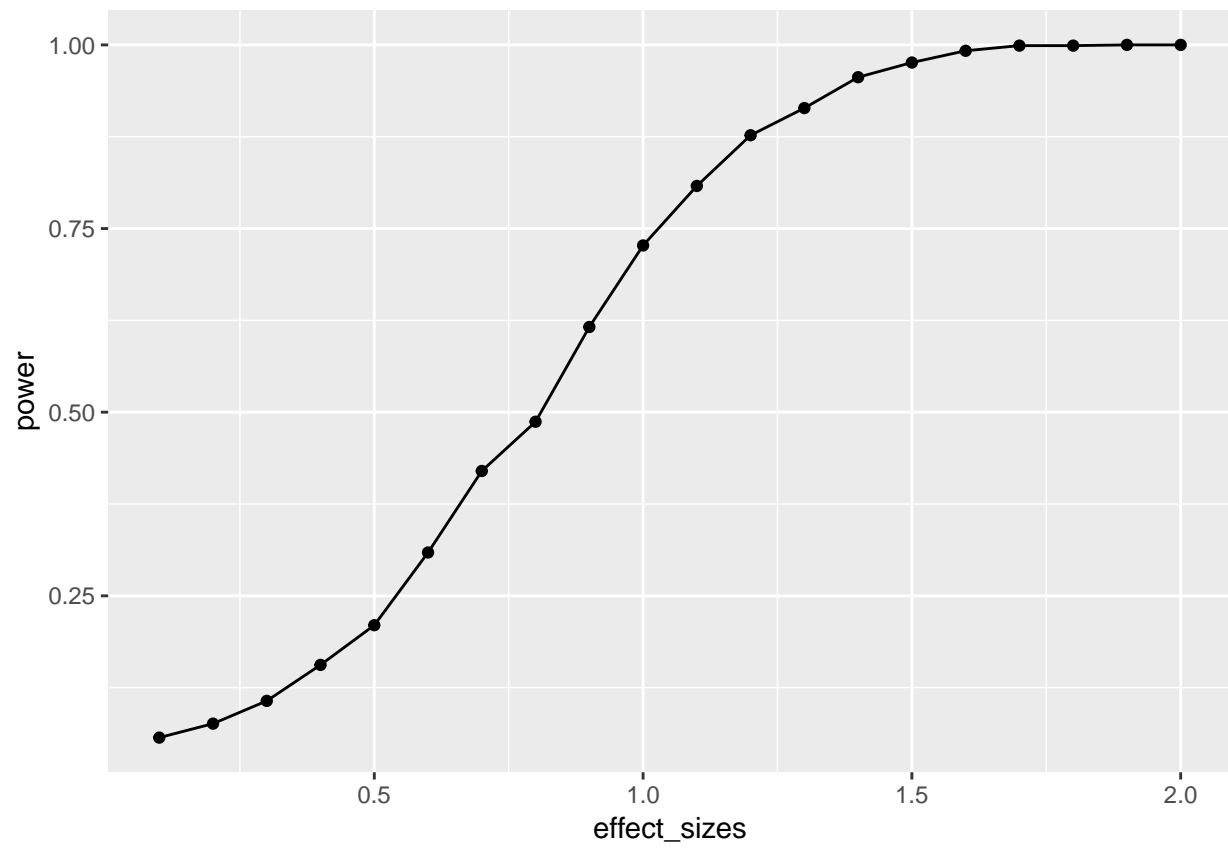


Figure 1

*Figure 2*