
Study: Effects of induced mood on accuracy in Lexical Decision Task

DEBRIEF SHEET

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Thank you for taking part in our study

The true aim of this study was to determine whether induced mood has an effect on accuracy in event-based prospective memory tasks. Prospective memory (PM) refers to remembering to complete actions on a future occasion or 'cue' (e.g., seeing a certain word or person). Prior research has suggested a positive mood could improve performance in 'focal' PM tasks, where the recall of the PM task is automatic, whilst a negative mood could improve performance in 'non-focal' tasks, where more careful monitoring for cues is needed.

We asked you to complete mood scales in order to measure changes in mood to determine whether our methods of mood manipulation were effective. The method we used to influence your mood was to present a video with music. You were presented with either a happy video (positive mood group) or a sad video (negative video group). In addition, you were further placed into one of three groups where your PM cue words were either focal, non-focal or did not include a PM task. These conditions relate to the type of memory task you completed at the same time as the LDT. Focal participants were asked to look for specific words (e.g., apple, pear, banana), non-focal participants were given a category (e.g., fruits) and the control group did not perform a PM task. We hypothesized that positive mood would have a positive effect on performance in focal tasks and that negative mood will have a positive effect on performance in non-focal tasks.

If you are interested in finding out more about prospective memory, take a look at the following study: Ellis, J.A. & Kvavilashvili, L. (2000). Prospective memory in 2000: Past, present and future directions. *Applied Cognitive Psychology*, 14, S1-S9. <https://doi:10.1002/acp.767>

Your data will be kept confidential and securely stored, with only an anonymous number identifying it. Excluding your consent form which will be kept for 5 years, all other information collected for the project will be destroyed after a period of 1 year from the completion of the project has elapsed. Data collected from this study will be preserved and made available in anonymised form, so that they can be consulted and re-used by others.

Taking part in this study is completely voluntary; you may withdraw at any time without having to give any reason by emailing the experimenters on the contact details above and quoting your unique code. Please feel free to ask any questions that you may have about this study at any point. This study involved a brief sad mood manipulation (video + music) for some participants. If you feel that you would like additional support, please see the details below.

Thank you again for your participation.

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AVAILABLE SUPPORT

- ***Student Welfare:***

http://student.reading.ac.uk/essentials/_support-and-wellbeing/support-arrangements/welfare.aspx

Based in the Carrington Building, you can simply drop-in to speak to someone in person between 10.00-16.00 Monday to Friday, or you can email studentwelfare@reading.ac.uk should you wish to make an appointment.

- ***Counselling & Wellbeing:***

Email: counselling@reading.ac.uk

Website: https://student.reading.ac.uk/essentials/_support-and-wellbeing/counselling-and-wellbeing.aspx

- ***Your Academic Tutor:***

https://student.reading.ac.uk/essentials/_study/academic-tutors/your-tutor.aspx

If you require additional support, beyond that which is available from the University's support services above, additional support is also available from:

- ***Your General Practitioner:***

They will best set up to direct you to the available support services and can provide any necessary referrals required.

- ***Mind:***

Phone: 0300 123 3393

The charity Mind, through its website - <https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/> - provides a list of specialist support services that are available through the UK.

- ***Papyrus HOPELINE UK:***

Phone: 0800 068 4141

A free service for young people, under the age of 35 years, who are experiencing suicidal thoughts

- ***Samaritans:***

Phone: 116 123

Emotional support for anyone in distress (www.samaritans.org.uk)