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### The Effect of Framing on Mind-Wandering in Young and Late Adulthood

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# THE EFFECT OF FRAMING ON MIND-WANDERING IN YOUNG AND LATE ADULTHOOD

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Research on mind-wandering has usually found that older adults report lower levels of mind-wandering than younger adults, but objective measures on the Sustained Attention to Response Task (SART), such as PostError slowing and PreError speeding, reveal that they experience similar levels of mind-wandering. Previous experiments, in particular Jackson & Balota 2012, have created some evidence that this may result from the subject's perception of mind-wandering, so this experiment was designed to investigate whether framing mind-wandering in a positive light can eliminate some of the biases that cause older adults to report lower levels of mind-wandering. The results indicate that while our manipulation encouraged more reports of mind-wandering, there was no interaction between age and how mind-wandering was framed. This suggests our manipulation may not have been significant enough to encourage more accurate mind-wandering reports in older adults, or that perceptions of mind-wandering inherently cause lower levels in older adults.