

Memory Recall Task while exposed to mood inducing images

This study examined the impact of the mood of the participant on free memory recall. The participant in this study will be split into two conditions ('Happy' condition or 'Sad' condition) to test whether a participant's mood has an impact on their ability to recall words.

Your task:

Pick which condition you want to explore (either the **Happy condition** or the **Sad condition**) and create a study via Superlab to test this.

Materials:

Mood inducing images (located via Google images):

- Each participant will see 36 'Neutral' images (e.g., photographs of everyday objects and neutral scenes) **and EITHER** 36 Happy images (e.g., scenes of children playing, people laughing and animals) or 36 Sad images (e.g., lonely individuals, people crying and mistreated animals).
- Each of the images will be presented in colour in the centre of a white background screen for 5000 ms each, separated by a central fixation point for 500 ms.

Memory recall words:

- You will need to create two sets of 20 individual words (neutral concrete nouns, e.g., horse, grape, jumper)
- The words will be presented individually, in black Calibri 25-point font in the centre of a white background, for 5000 ms, separated by a central fixation cross for 500 ms.

Procedure:

Participants will be tested individually in a session; all aspects of the study will take place in an individual lab booth. A separate set of words was used at baseline and your chosen condition (Happy or Sad)

1. Instruction Page 1: Setting out what participants are expected to do first (viewing 36 images and then being presented with 20 words, which they will then be asked to recall by writing the words they remember on a piece of paper)
2. Neutral Mood Images: Participants will view the 36 Neutral images, separate by the fixation point
3. Baseline recall task: Participants will be present with the first set of 20 words (with a Fixation Cross) and asked to write down how many words they remember directly after the presentation of the last word (There is no time limit for this stage)
4. Instruction page 2: Setting out what participants are going to do next (viewing 36 images and then being presented with 20 words, which they will then be asked to recall by writing the words they remember on a piece of paper)
5. Mood Inducing Images: Either a happy mood (Happy condition) or sad mood (Sad condition) mood will be induced by the presentation of the 36 Happy or 36 Sad images, separate by the fixation point.
6. Memory Recall Task: Participants will be presented with presented with the second set of 20 words and again asked to write down how many words they remember directly after the presentation of the last word (There is no time limit for this stage)
7. Final Page: Thanking participants for their time.

<https://reader.elsevier.com/reader/sd/pii/S0001691820305308?token=EEF12E66D0631FE4AA41886399346387BC58195544BE1D7232207DF85676D8B39C7709193F2CEC6D4F1A1C5AD5DC9540&originRegion=eu-west-1&originCreation=20220304084755>

Superlab Instructions

Stage 1: Create the first Instruction page

1. Create a new **Block** and name it 'Instructions'
2. Create a new **Trial** and name it 'Instructions'
3. Create a new **Event** and again name it 'Instructions'
 - In the 'Stimulus' tab, set the 'Event Type' to Text and type in your instructions
 - Go into 'Input' and tick 'After a correct response...' (make sure all other boxes are unticked)
 - Go into 'Correct Response' and click 'Edit Responses'. Here you need to tell Superlab what a correct response is:
 - Tick 'Keyboard – Single key' and press 'New'
 - Put the name as 'SPACE'
 - Click into 'The following key' textbox and press the spacebar
 - Press OK and then Done – this will close the popup and take you back to the 'Correct Response' option
 - Change '... the correct response is:' to 'One or more of the following' and tick the 'SPACE' option.
4. Now you need to link the Instruction **Block**, **Trial** and **Event**

Stage 2: Create the 'Neural Mood' (the 36 Neutral Images with the Fixation Cross)

1. Create a new **Block** and name it 'Neural'
2. Create a new **Trial** and name it 'Neural 1'
3. Create a new **Event** and name it 'Fixation Cross'
 - In the 'Stimulus' tab, set the 'Event Type' to Text and type in a '+'
 - Go into 'Font' and change to size 72
 - Preview to ensure it is a large cross in the centre of the screen
 - Go into 'Input' and tick '...or a time limit, whichever happen first' and set the limit to 500ms (make sure all other boxes are unticked)
4. Create a new **Event** and name it 'N1' (for the first Neural image)
 - In the 'Stimulus' tab, set the 'Event Type' to Picture File and select your saved image file

- Go into 'Input' and tick '...or a time limit, whichever happen first' and set the limit to 5000ms (make sure all other boxes are unticked)
5. Link up your **Block** (Neutral) with your first **Trial** (Neutral 1) and then with your two **Events** (Fixation Cross and N1)
 6. Repeat Steps 2 and 4 for all 36 of your Neural images
 - So, for this stage you will have 1 **Block** (Neural), 36 **Trials** (Neutral 1, Neutral 2, Neural 3...) and 37 **Events** (Fixation Cross and N1, N2, N3...)
 - Your **Block** will be linked to each of the 36 **Trials**
 - Each of your **Trials** will be linked with the Fixation Cross **Event** and one of the image **Events**.

Stage 3: Baseline Recall Task (first set of 20 words with the Fixation Cross)

1. Create a new **Block** and name it 'Baseline words'
2. Create a new **Trial** and name it 'Baseline 1'
3. Create a new **Event** and again name it 'B1'
 - In the 'Stimulus' tab, set the 'Event Type' to Text and type in your first word
 - Going into 'Font' and change to the required format (see materials sections for presentation details)
 - Go into 'Input' and tick '...or a time limit, whichever happen first' and set the limit to 5000ms (make sure all other boxes are unticked)
4. Link up your **Block** (Baseline words) with your first **Trial** (Baseline 1) and then with your two **Events** (Fixation Cross and B1)
5. Repeat Steps 2 and 3 for all 20 of your Baseline words
 - Your **Block** will be linked to each of the 20 **Trials**
 - Each of your **Trials** will be linked with the Fixation Cross **Event** and one of 20 the word **Events**.

Stage 4: Creating the second Instruction Page

- Follow the steps taken in Stage 1 (however, the 'Correct Response of SPACE has already been set so you do not need to complete that step again here)

Stage 5: Create the 'Happy Mood' or 'Sad Mood' (either 36 Happy or Sad Images with a Fixation Cross)

- Follow steps 1, 2, 4, 5 and 6 from Stage 2 (for do not need to follow step 3 as you have already created the Fixation Cross and do not need to do that again!)
- Call the **Block** 'Happy Condition' or 'Sad Condition' (depending on which one you have chosen to look at)
- Call your **Trials** 1) For the Happy Condition: Happy 1, Happy 2, Happy 3...
2) For the Sad Condition: Sad 1, Sad 2, Sad 3...
- Call your **Events** (For the Happy Condition: H1, H2, H3... For the Sad Condition: S1, S2, S3...)

Stage 6: Memory Recall Task (Second set of 20 words with the Fixation Cross)

- Follow all steps from Stage 3
- Call the **Block** 'Recall'
- Called the **Trials** 'Recall 1, Recall 2, Recall 3...
- Call the **Events** 'R1, R2, R3...'