

The Categorization of Off-Task Thought

Cayden Genik & Dr. Ian Newby Clark

Flow of Consciousness Lab, Department of Psychology

Background

- People spend ~30-50% of their waking hours engaging in off-task thought.
 - More frequent amongst those with ADHD,
- Conflated terms and inconsistent definitions across literature.

Off-Task Measurement Tool (Zvric, 2022)

1. Mind-Wandering
2. Planning
3. Memory
4. Counterfactual
5. Daydreaming

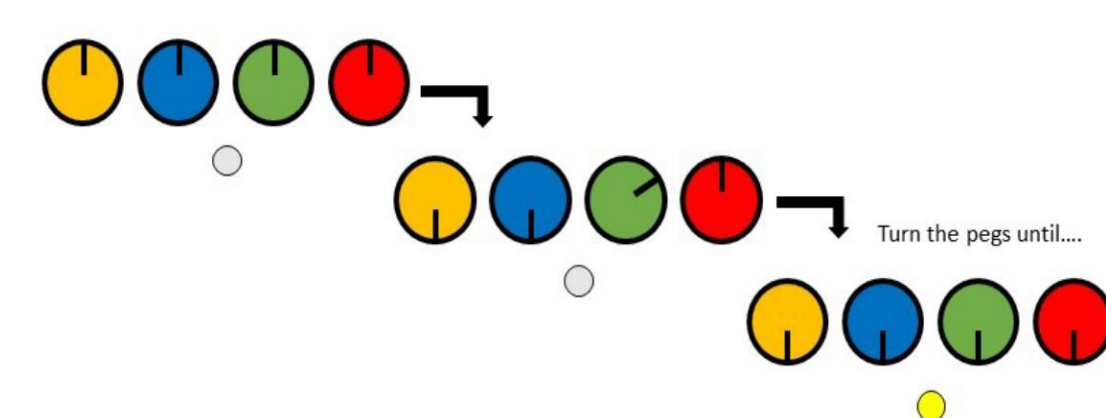
Research Objectives

Evaluate OTMT through thought categorization rate.

Evaluate the extent to which participants agree with their thought categorizations.

Methods

1. Virtual Peg-Turning Task



2. Thought Elaboration

3. Off-Task Measurement Tool

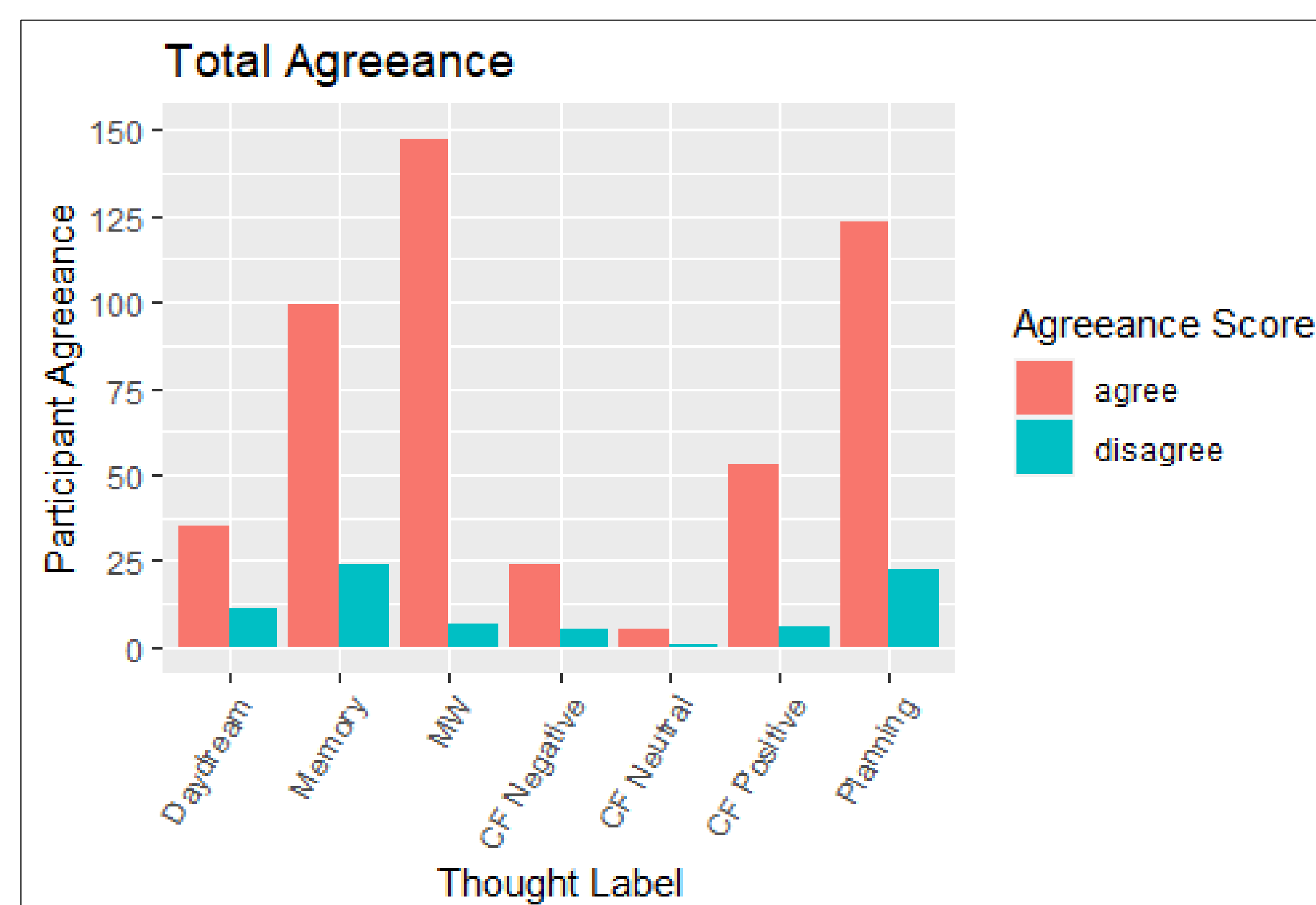
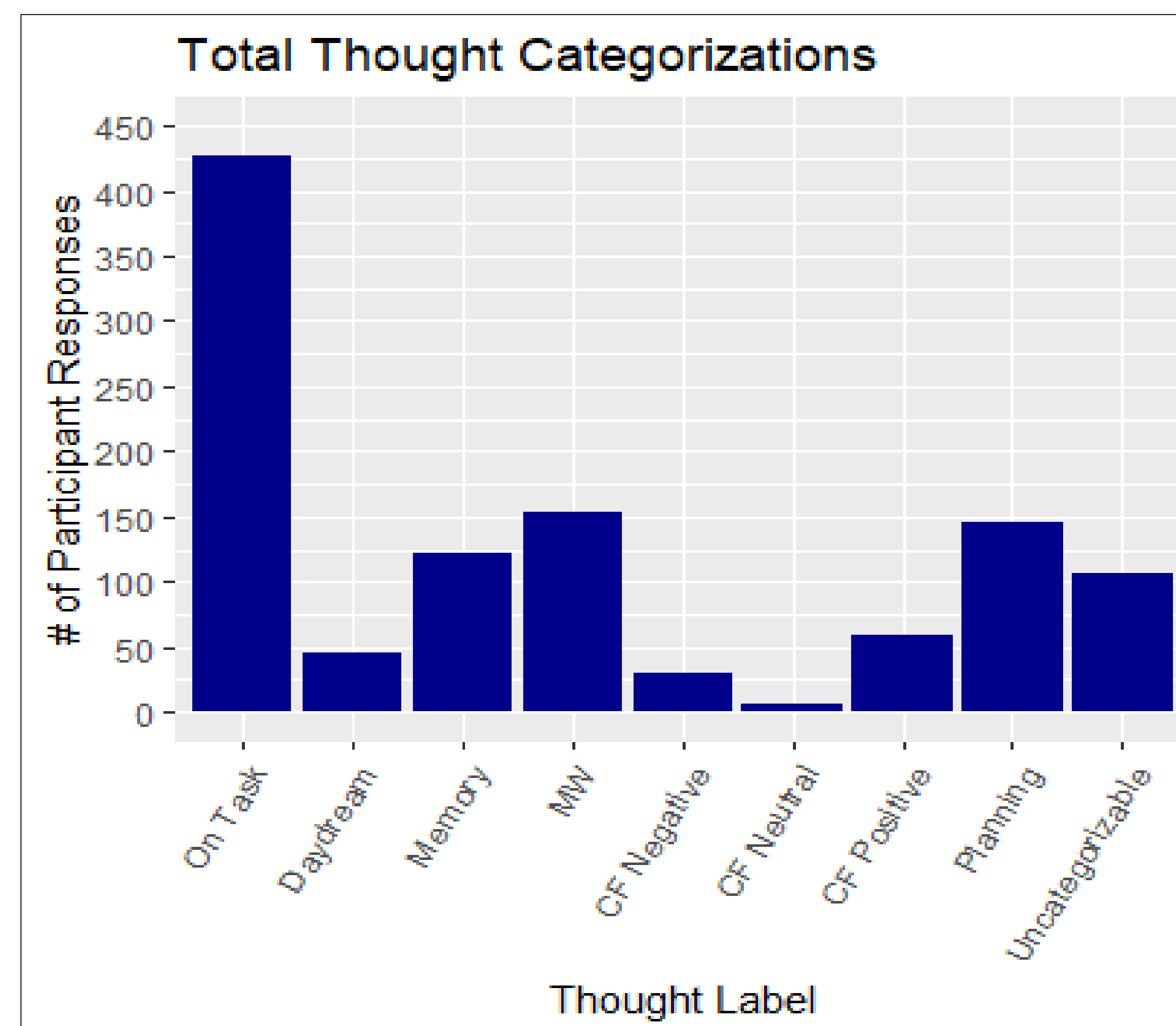


4. Agreeance Ratings

Results (N = 276)

Proportions of categorizable thoughts and agreeance ratings, with a 95% CI

	Total Population		Non-ADHD Group		ADHD Group	
	Proportion	95% CI	Proportion	95% CI	Proportion	95% CI
Categorizable	0.903	[0.88, 0.92]	0.894	[0.87, 0.92]	0.919	[0.89, 0.94]
Overall Agreeance	0.865	[0.84, 0.89]	0.879	[0.84, 0.91]	0.841	[0.78, 0.89]



Discussion

- Non-ADHD Group (N = 176)
- ADHD Group (N = 100)
- Consistency across ADHD and non-ADHD samples
- OTMT was a useful first step in developing a comprehensive taxonomy

Recommendations

- Leverage large/diverse online platforms for participant recruitment
- Position OTMT across more studies
- Revise pre-screening requirements/demographics questionnaire
- Continue altering and testing the conceptualizations

References

Zvric, M. G. D. (2022). Off-Task Thought: The Development of a Measurement Tool and a Taxonomy. Unpublished Manuscript. Department of Psychology, University of Guelph.

Contact

 cgenik@uoguelph.ca

 linkedin.com/in/cayden-genik/