

**Title of Study: The Effects of Computerised Cognitive Training of Executive Functioning on Emotion Regulation**

## **Invitation to Participate in Research**



**University of  
Reading**

School of Psychology and Clinical  
Language Sciences  
Whiteknights  
Reading RG6 6AL

We would be grateful if you could assist us by participating in our online study which has been designed to measure the effects of a computerised cognitive training intervention targeting working memory on emotion regulation.

### **Who**

Adults between the ages of 45 years and 75 years old.

Individuals with a diagnosis of Parkinson's disease.

Have normal or correct-to-normal vision and hearing.

Have access to a computer or laptop with a speaker.

### *Exclusion Criteria*

- A history of a serious head injury.
- A diagnosis of a neurological disease other than Parkinson's disease.
- A diagnosis of a mental health condition.
- Undergone deep-brain stimulation.
- A Geriatric Depression Scale score of  $\geq 11$ .

### **What**

This research study will take place in three phases. The first phase consists pre-training assessments to establish baseline performance, which include an emotion regulation questionnaire, a set executive functioning tasks, and a reappraisal task. The pre-training assessment should not take longer than 45 minutes.

The second phase consists of the computerised cognitive training intervention based on an adaptive working memory task and includes ten training sessions over the course of two weeks. You may complete one training session per day, each of which is likely to take approximately 20 minutes.

In the third phase consists of post-training assessments, completed at 1-month and 2-month intervals after the cognitive training intervention. This will include the same baseline measures as phase one and will take approximately 45 minutes.

All phases of the experiment will be completed independently (i.e., at your own time at home) using a laptop or computer desktop.

**Expenses and Payments**

There is no payment for taking part. You will not incur any costs by taking part.

*This application has been reviewed by the University Research Ethics Committee and has been given a favourable ethical opinion for conduct.*

**For full information about the research study, please read the Participant Information Sheet**

To access the consent form and demographics questionnaire, please click [HERE](#)

For any questions about the research study, please contact Caroline Seton via email  
([c.seton@pgr.reading.ac.uk](mailto:c.seton@pgr.reading.ac.uk))