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Usage Guidelines:
Please refer to usage guidelines at lib-eprints@bbk.ac.uk.
Figure 1. Mean dual n-back level for the training group across each day of training; lines indicate standard errors of the mean.

Figure 2. Mean anxiety symptomatology scores for each group (control, training) at pre, post and follow-up intervention time points.

Figure 3. Mean rumination scores for each group (control, training) at pre, post and follow-up intervention time points.