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Usage Guidelines:
Please refer to usage guidelines at contact lib-eprints@bbk.ac.uk. or alternatively
Anxiety and distress related symptoms

- **Pre**
- **Post**
- **Follow 1**
- **Follow 2**

**N-Back Level**

- Days 1 to 12

**Training**

**Control**
The graph shows the change in rumination over time for two groups: Training and Control. The y-axis represents the level of rumination, ranging from 34 to 42. The x-axis represents different time points: Pre, Post, Follow 1, and Follow 2.

- The blue line with markers indicates the Training group. It shows a decrease in rumination from Pre to Post, followed by a slight increase at Follow 1 and a continued decrease at Follow 2.
- The orange dotted line with markers represents the Control group. It shows a decrease in rumination from Pre to Post, followed by an increase at Follow 1, and a further decrease at Follow 2.

The bars with error indicators suggest variability in the measurements between the groups at each time point.