

### The color of multi-lit objects

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Mind wandering (MW) represents a shift of attention away from the task at hand toward inner thoughts. Several lines of research showed that MW has a costly influence on many cognitive processes such as attention, reading comprehension and memory; it also affects simulated driving performance by increasing speed and slowing reaction times to sudden events, and by narrowing visual attention. Moreover, an epidemiological study revealed that MW states increase the risk of car crash. The aim of the present study was to better explore the core features of MW during everyday driving. For instance, we intended to assess whether demographical variables and specific external/environmental and internal/emotional states affect the frequency of occurrence of MW, and whether MW relates to other forms of distractions. To this purpose, a new questionnaire was developed and was administered to 161 (76 male, 85 female) Italian drivers (age:  $M = 33.48$  years,  $SD = 13.02$ , range 19 - 76). Three components were extracted from a principal component analysis, indicating three major sources of distraction, namely, MW states, use of technology, and environmental distractions; these components were partially independent. As MW states was highly correlated with MW frequency, a MW Scale was developed (Cronbach's alpha = .913). Females and younger drivers were found to report higher score on this scale. This pattern of results suggests that frequency of MW does not rely on contextual or emotional conditions; it might be rather considered as a general tendency to let the mind wander, more frequent in females and in younger drivers.