

Appendix 1 - AMT Task Instructions

Instructions to participant – standard task.

I am interested in your memory for events that have happened in your life. I am going to read to you some words. For each word I want you to think of an event that happened to you which the word reminds you of. The event could have happened recently (yesterday, last week) or a long time ago. It might be an important event, or trivial event.

Just one more thing: the memory you recall should be a specific event – an event that lasted less than a day, and occurred at a particular time and place. So if I said the word “good” – it would not be OK to say, “I always enjoy a good party”, because that does not mention a specific event. But it would be OK to say “I had a good time at Jane’s party” (because that is a specific event). It is important to try retrieve a different memory or event for each cue word. Let us try some words for practice.

Instructions to participant – adapted voices task.

Now we are going to do a similar thing, but this time I would like you to respond to each word with an event which happened to you in relation to your voices and how you felt at the time, which the word reminds you of. The memory could relate to an event when the voices were present or when they were not present. For example, if I said the word “relieved” you could say “I was relieved yesterday when the voices gave me some good advice when I was at the supermarket” or you could say “I felt relieved this morning when the voices went away after breakfast”. The rules are the same, so the event must relate to a specific time and place, and must have lasted for no longer than a day. The event could be important or trivial, and it does not matter whether it happened recently, or a long time ago. Let us try some words for practice.

Notes on administration of task

If the participant retrieved a memory that was not specific, they were given a prompt as follows: “Can you think of a specific time in the past – one particular memory?” The prompt was repeated as required within the 60s time limit. Three neutral practice words were given first before the main task, with no time limit and with as many prompts as needed to elicit a specific memory.