

## **Mind-Wandering and Attention: Evidence from Behavioral and Subjective Perspective**

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**Abstract :** Decrement in vigilance task performance echoes impediment in effortful attention; here attention fluctuated in the realm of external and internal milieu of a person. To examine this fluctuation across time period, we employed two experiments of vigilance task with variation in thought probing rate, which was embedded in the task. The thought probe varies in terms of <2 minute per thought probe and <4 minute per thought probe during vigilance task. A 2x4 repeated measure factorial design was used. 15 individuals participated in this study with an age range of 20-26 years. It was found that thought probing rate has a negative trend with vigilance task performance whereas the subjective measures of mind-wandering have a positive relation with thought probe rate.

**Keywords :** criterion response, mental status, mind-wandering, thought probe, vigilance

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