

## KWESTIONARIUSZ MYŚLI ODERWANE OD ZADANIA DONIESIENIE WSTĘPNE

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### OFF-TASK THOUGHTS QUESTIONNAIRE. PRELIMINARY COMMUNICATION

**Summary.** The paper reports research aimed at developing a self-report measure of the propensity to experience off-task thoughts. Exploratory factor analyses of experimental versions of Off-Task Thoughts Questionnaire (OTTQ) suggest the need for distinguishing three broad categories of task-unrelated thoughts, based on the kind of emotional involvement of the person. The first category encompasses thoughts that involve negative emotions (about failures, difficulties, conflicts, threats), the second – emotionally positive thoughts (pleasant memories, dreams of successes, plans), and the third – thoughts relating to emotionally neutral matters, thoughts that are ego-dystonic, and episodes of zoning out with no specific conscious content. The respective three scales of the OTTQ correlate differently with personality and temperament traits measured by Eysenck's EPQ-R and Zawadzki and Strelau's FCZ-KT, and also with a self-report measure of everyday "cognitive failures" that result from not paying proper attention to the task at hand.

**Key words:** task-unrelated thoughts, cognitive failures, individual differences