

Comparing memory types. To directly assess differences between intrusive and deliberate memory, we performed a 2 ×



duration. In contrast, deliberate memory for the footage tested a er 1 week did not di er between the two condi-

us brief wakeful rest may increase memory consolidation compared to a vigilance task, but whether or not this plays out in an increase in deliberate memory performance may depend on the nature of the memoranda and the type of test used.

From the dual representation theory, we would expect to see that wakeful rest would modulate memory intrusions and deliberate memory in opposite directions, but we did not see a change in deliberate memory. However,

Procedure. Participants were required to attend two full test sessions, with each session lasting 1 week and comprising initial trauma film encoding, a one-week intrusion diary and a follow up memory test (Fig. 4). Each encoding session involved watching 20 film clips, including 10 neutral and 10 negative clips. Clip selection for each encoding session was randomised from the total 40 clips to create two sets. In one session, participants were given brief wakeful rest following viewing the trauma film and, in the other test session, the vigilance task. The order in which the two sessions were performed was counterbalanced across participants (wakeful rest or vigilance task first) with a minimum of one day between completing the first session and starting the second session. The procedure of each test session was the same as Experiment 1 except that participants completed the additional intrusion provocation task at follow up prior to performing the recognition memory test.

Sample size: Effect sizes from Experiment 1 were used for sample size estimation for Experiment 2. Based on the effect sizes for the intrusion data, a sample size of $N = 34$ was estimated in order to achieve 80% power at $\alpha = 0.05$. We decided to recruit a slightly larger sample than that suggested by the estimation based on our previous experiment, as Experiment 1 was a small study and we wanted to ensure that a potentially smaller effect in Experiment 2 could still be detected.

Materials. *Trauma Im.* Forty short Im clips were used in total, including the same 20 negative clips from Experiment 1 and a further 20 neutral clips. Neutral clips were similar in duration to the negative clips (~30 sec) and comprised everyday events such as people meeting at a café or buying groceries at a supermarket.

Intrusion diary. Intrusive memories were recorded via a mobile phone app that participants downloaded during day 1. The app was designed in-house and incorporated the same questions as the pen and paper diary used in Experiment 1. Participants were instructed on how to use diary app on their phones and were instructed to com-

