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## **Cognitive flexibility improves memory for delayed intentions**

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**Title:** Cognitive flexibility improves memory for delayed intentions

**Abbreviated Title:** Cognitive flexibility improves delayed memory

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**Abstract**

1           The ability to delay execution of a goal until the appropriate time, prospective  
2 memory (PM), can be supported by two different cognitive control strategies: *proactive*  
3 *control* involving working memory maintenance of the goal and active monitoring of the  
4 environment, or *reactive control* relying on timely retrieval of goal information from  
5 episodic memory. Certain situations tend to favor each strategy, but the manner in  
6 which individuals adjust their strategy in response to changes in the environment is  
7 unknown. Across two experiments, human participants performed a delayed-recognition  
8 PM task embedded in an ongoing visual search task that fluctuated in difficulty. Control  
9 strategy was identified from moment to moment using reaction time costs and fMRI  
10 measures of goal maintenance. We found that people fluidly modified control strategies  
11 in accordance with changes in task demands (e.g., shifting towards proactive control  
12 when task difficulty decreased). This cognitive flexibility proved adaptive as it was  
13 associated with improved PM performance.

**Significance Statement**

14           Adapting to changes in the environment is important for achieving immediate  
15 goals, and it is also essential for remembering to perform future intentions. Using brain  
16 imaging and behavioral measures of cognitive control, we discovered that people fluidly  
17 shift between proactive and reactive control strategies, from moment to moment, in  
18 accordance with changes in ongoing task demands in order to successfully fulfill future  
19 intentions. These flexible shifts in control strategy were associated with better memory  
20 for delayed intentions, demonstrating that fine-grained control of attention and memory  
21 resources serves an adaptive role for remembering to carry out future plans.

## 22 Introduction

23 Life is busy and keeping track of what we are doing and what we intend to do can  
24 be challenging. Cognitive control describes the set of processes by which we are able to  
25 maintain and connect goals to actions and to subsequently filter out irrelevant  
26 distractors in accordance with these goals (Gratton, Cooper, Fabiani, Carter, &  
27 Karayanidis, 2018). Juggling goals in spite of interruptions, an ability known as  
28 prospective memory (PM), is a ubiquitous part of everyday life (Dismukes, 2012),  
29 constituting upwards of 50-80% of our daily memory problems (Crovitz & Daniel, 1984;  
30 Kliegel & Martin, 2003). The multiprocess theory of PM (McDaniel & Einstein, 2000;  
31 Einstein & McDaniel, 2005) describes two dissociable strategies that can be used:  
32 *proactive control* and *reactive control* (see also: Braver, 2012). Proactive control relies  
33 on working memory to remember the goal and external attention to monitor the  
34 environment for cues to act (Brewer, Knight, Marsh, & Unsworth, 2010; Gynn, 2003;  
35 McDaniel & Einstein, 2000; Smith, 2003). Reactive control relies on episodic memory to  
36 store the goal and salient cues from the environment to trigger its timely retrieval  
37 (McDaniel & Einstein, 2007, Einstein & McDaniel, 2010; Marklund & Persson, 2012).

38 These strategies have been shown to have distinct behavioral and neural  
39 profiles. Proactive control is cognitively demanding (Braver, Gray, & Burgess, 2007;  
40 Cohen, 2008) and interferes with ongoing processing (Smith, 2003; Smith, Hunt,  
41 McVay, & McConnell, 2007), whereas reactive control relies less on working memory  
42 processing and can succeed without any observable interference costs (Harrison &  
43 Einstein, 2010; Harrison, Mullet, Whiffen, Ousterhout, & Einstein, 2014; Knight et al.,  
44 2011; Rummel & Meiser, 2013; Scullin, McDaniel, & Einstein, 2010; Scullin, McDaniel,

45 Shelton, & Lee, 2010). Dissociable neural correlates have also been identified for these  
46 strategies (Beck, Ruge, Walsler, & Goschke, 2014; Cona, Bisiacchi, & Moscovitch,  
47 2014; Lewis-Peacock, Cohen, & Norman, 2016; McDaniel, LaMontagne, Beck, Scullin,  
48 & Braver, 2013; Reynolds, West, & Braver, 2009).

49 Preparatory processes involved in proactive control may benefit PM, but also  
50 place high costs on working memory and attentional capacities. In low-demand  
51 environments, controlled attentional processes can be successfully allocated to  
52 maintain goal information in working memory and to strategically monitor the  
53 environment for the right time and place to act (Braver et al., 2007; West, Bowry, &  
54 Krompinger, 2006; West, McNerney, & Travers, 2007). However, in high-demand  
55 environments, it is more efficient to offload the PM intention to the reactive control  
56 system and redirect cognitive resources towards more immediate demands (Braver,  
57 2012). While reactive control is less cognitively demanding, it is more susceptible to  
58 proactive interference and more vulnerable to lapses in attention to goal-relevant events  
59 in the environment (Braver et al., 2007; Scullin, Bugg, & McDaniel, 2012). It is therefore  
60 important to select a control strategy best suited to the current situation in order to  
61 reduce the risk that prospective intentions interfere with more urgent demands, and also  
62 to reduce the risk that those intentions go unfulfilled.

63 One major area of research in PM has been to explain how individuals choose  
64 strategies in response to variable environmental demands (Anderson, McDaniel, &  
65 Einstein, 2017). The dynamic multiprocess framework (DMPV: Scullin, McDaniel, &  
66 Shelton, 2013; Shelton & Scullin, 2017), proposes that people have a flexible choice  
67 between proactive control and reactive control that primarily depends on the contextual

68 likelihood of a PM event. According to this model, individuals will rely on reactive control  
69 when the probability of a PM event is low, and then abruptly “switch on” proactive  
70 control when an environmental cue signals an increased likelihood of a PM event (see  
71 also: Ball, Brewer, Loft, & Bowden, 2015; Cohen, Gordon, Jaudas, Hefer, & Dreisbach,  
72 2017; Kuhlmann & Rummel, 2014). However, previous work has primarily relied on  
73 blocked experiment designs or taken an all-or-none approach to measuring PM  
74 strategy. The environment may not always change abruptly, but instead may fluctuate  
75 more gradually from moment to moment. Correspondingly, PM strategy may fluctuate  
76 gradually between varying degrees of proactive and reactive control in response to the  
77 changing demands in the environment. The present study sought to test this hypothesis,  
78 and to evaluate the impact of strategy flexibility on PM performance.

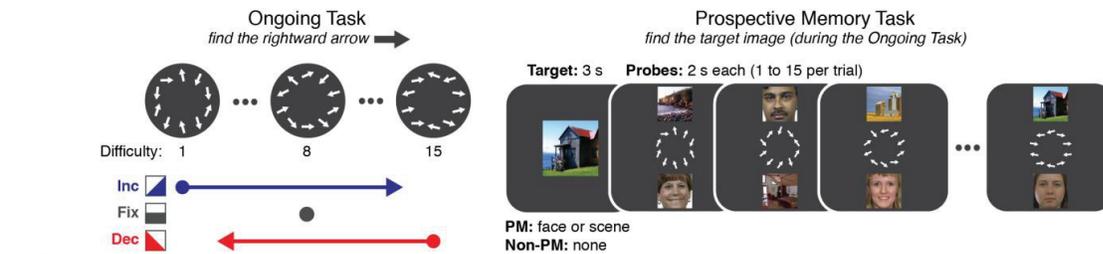
79         In this study we tested the dynamics of PM strategy use by evaluating how  
80 individuals adjust their PM strategies when cognitive demands subtly increase or  
81 decrease over time, and in turn how this impacts prospective remembering. We  
82 hypothesized that adapting one’s control strategy to better align with the cognitive load  
83 caused by competing demands should improve prospective remembering. Participants  
84 made a delayed target detection with pictures of faces and scenes (the PM task) while  
85 also performing an ongoing visual-search task with oriented arrows. The cognitive  
86 demands of the ongoing task were manipulated by subtly, but monotonically, adjusting  
87 task difficulty every couple of seconds. We linked time-sensitive behavioral measures of  
88 *PM strategy shifts* and multivariate neural measures of *PM intention processing* to  
89 memory performance on a trial-by-trial basis.

90

91 **Materials and Methods**

92 Human subjects were recruited at a location which will be identified if the article  
93 is published, and the experiments were carried out in a manner consistent with the  
94 approval of the internal review board of our institution. For experiment 1, 55 participants  
95 were recruited. Five of these participants were excluded due to below chance (<50%)  
96 performance on the ongoing task across the experiment. For experiment 2, we recruited  
97 30 participants, two of which were excluded for excessive movement during scanning  
98 that led to MR images failing quality control. Data analyses were performed on the  
99 remaining 78 participants (28 neural sample, 17 F, mean age = 21.8; 50 behavioral  
100 sample, 31 F, mean age = 19.2).

101 Participants performed an ongoing visual search task with an embedded PM task  
102 (**Figure 1**). For the behavioral sample, participants performed six blocks of the PM task.  
103 For the neural sample, participants first completed one PM practice block outside of the  
104 scanner to familiarize themselves with the dual-task paradigm. During the practice  
105 block, face and scene stimuli were replaced with tools and vehicles so that participants  
106 did not familiarize themselves with the main task stimuli, but all other task configurations  
107 remained the same. Following completion of the practice session, participants were  
108 asked to explain the task, and the researcher answered any lingering questions before  
109 placing the subject in the MR scanner.



110

111 **Figure 1. Task design.** *Left:* Ongoing task difficulty could increase or decrease every  
 112 2s across a trial or remain fixed at the middle difficulty level (level 8 of 15). We validated  
 113 the relationship between difficulty levels in a pilot study, finding that as difficulty  
 114 increased, reaction time increased and accuracy decreased. For more information on  
 115 pilot study 1 see **extended data Figure 1-1**. We further validated that the ongoing task  
 116 could impact prospective memory strategy use in a second pilot study, where we found  
 117 PM cost was significantly higher at an easy difficulty (level 4) than at a harder difficulty  
 118 (level 12). For more information on pilot study 2, see **extended data Figure 1-2**. *Right:*  
 119 In the dual-task PM experiment, participants identified the reappearance of a PM target  
 120 while concurrently performing the ongoing task.  
 121

## 122 Ongoing Task Details

123 The ongoing task was a visual-search task (“OG task”) where participants  
 124 searched for a specific target arrow on a circular array of oriented arrows (**Figure 1A**).  
 125 We chose this as the OG task due to the ability to systematically and parametrically  
 126 manipulate task difficulty by adjusting distractor parameters along a continuum (Sobel,  
 127 Gerrie, Poole, & Kane, 2007; Kiyonaga, Dowd, & Egner, 2017). The ongoing task target  
 128 arrow was always a rightward facing horizontal arrow ( $\Rightarrow$ ). The target arrow was present  
 129 on only a randomly selected half of the trials, located in one of 10 semi-randomly  
 130 selected possible locations around the circle. Participants were instructed to search for  
 131 the target on each display and use their right hand to press “1” for present and “2” for  
 132 absent (for the MRI sample, that was buttons 1 and 2 on the response box). Target  
 133 arrow location was counterbalanced between the top and bottom half of the screen. On

134 “present” trials, nine non-target (distractor) arrows appeared in set positions around the  
135 circular array (10 on “absent” trials), oriented within some distribution of angles  
136 determined by the current task difficulty setting.

137 OG task difficulty was manipulated on each probe by adjusting two parameters  
138 that determined the orientation of the distractor arrows: their minimum similarity to the  
139 target, and their similarity to other distractors. For distractor-to-target similarity, a  
140 minimum angular distance for distractors from the target (i.e., horizontal of 0°) was set  
141 to either 5°, 15°, 25°, 45°, 65°, or 75°. For distractor-to-distractor similarity, the  
142 maximum variance from the minimum angular distance was set to either 10°, 20°, or  
143 40°. The factorial combination of these parameters (excluding any combination where  
144 minimum distance plus variance could exceed the 90° vertical plane) created 15  
145 difficulty conditions that gradually and monotonically changed in difficulty. On every  
146 search display, each distractor arrow had a 50% chance of being randomly flipped  
147 across the horizontal plane and a 50% chance of being flipped across the vertical plane,  
148 so that distractor arrows could vary from horizontal across either 5°-175° or 185°-355°.  
149 In order to minimize uncontrolled pop-out effects, we ensured that no distractor arrow in  
150 the array was within 5° of an arrow that appeared in the same location on the circle  
151 during the previous display. This manipulation ensured that each visual-search array  
152 was a completely randomized new array of possible targets and distractors. We  
153 validated the relationship between difficulty levels in a pilot study, finding that as  
154 difficulty increased, reaction time increased  $F(13,182)=39.53, p<.001$ ) and accuracy  
155 decreased  $F(13,182)=74.89, p<.001$ ). For more information on pilot study 1 see  
156 **extended data Figure 1-1.**

157 For the behavioral sample, participants sat approximately 18 in away from the  
158 screen, and all 10 arrows, which were  $.64^\circ$  by  $.22^\circ$  in shape, were  $3.18^\circ$  away from the  
159 center of the screen. For the MRI sample, stimuli were projected on to a screen which  
160 participants viewed through a mirror placed over the headcoil. Participants laid face up,  
161 looking through a mirror at a projection screen that was approximately 136 cm away  
162 from the mirror. In order to keep the stimulus proportions relative to the field of view the  
163 same across experiments, projected arrows were  $30^\circ \times 11^\circ$ , and placed  $1.39^\circ$  away  
164 from the center of the screen.

165

#### 166 **PM Task Stimuli**

167 Colored images of unfamiliar faces and unfamiliar scenes were gathered from  
168 various in-house and online sources. These images were controlled for valence and  
169 familiarity. Of those images, 230 (115 faces, 115 scenes) were selected for use in this  
170 experiment. For each participant, 40 faces and 40 scenes were randomly selected to  
171 serve as the PM targets, 75 faces and 75 scenes were used as distractors. PM target  
172 images did not appear as distractors and were used on one trial only. Distractor images  
173 never reappeared within the same trial, but later reappeared on subsequent trials (mean  
174 exposures per distractor = 14, min = 6, max = 20).

175

#### 176 **PM Task Description**

177 Each trial began with the presentation of the PM target (a face, a scene, or no  
178 target) for 3-sec, followed by a 1-sec fixation cross. For non-PM trials, participants saw  
179 a yellow null ( $\emptyset$ ) sign in lieu of a face or scene. For PM trials, participants were informed

180 that the PM target shown was only relevant for the current trial. After target  
181 presentation, participants saw a series of 1-15 probes per trial. Every probe contained a  
182 visual-search array in the center of the screen, with one face and one scene (each of  
183 size  $9.5^\circ \times 9.5^\circ$  in visual angle) vertically aligned with the center of the images placed  
184  $11.5^\circ$  above or below the search array. Each probe was on the screen for 2 sec, during  
185 which the participants were allowed 1.9s to respond to the presence or absence of the  
186 horizontal arrow in the OG task, or to indicate whether the PM target had reappeared  
187 (by pressing “3” for behavioral participants or the third button on the button-box for MRI  
188 participants). Participants were instructed to equally weight the importance of both  
189 tasks, and only one response (to either the OG task or the PM task) was allowed per  
190 probe (“task-switch” approach, Bisiacchi, Schiff, Ciccola, & Kliegel, 2009). Visual  
191 feedback was presented immediately following each response, in the form of the arrows  
192 turning green for correct OG responses, turning red for incorrect OG responses, or a  
193 yellow border surrounding the screen for PM false alarms. Probe feedback remained on  
194 screen for the remaining duration of each 2-s probe. The 1.9s response deadline  
195 ensured that some time (minimum 100ms) was always devoted to feedback on every  
196 probe. On trials with a PM target presented at the beginning of the trial (“PM trials”),  
197 participants performed both tasks as described above. On trials with no PM target  
198 presented (“non-PM trials”), participants were instructed to ignore the face and scene  
199 images and focus solely on the OG task. The PM target reappeared only once per trial,  
200 and its reappearance always marked the end of the trial. After the final probe of each  
201 trial, participants were given feedback on the PM task in the form of a green border  
202 appearing around the edge of the screen for correct PM responses and a red border for

203 missed PM targets. This feedback (or a blank screen for non-PM trials) remained for 2s  
204 and was followed by a 6s ITI with a fixation cross on the screen before the next trial  
205 began.

206 PM and non-PM trials were randomly intermixed within each block, with one-third  
207 of all trials being non-PM trials, and the other two-thirds were equally split between face-  
208 or scene-target PM trials. Participants were able to rest between blocks for as long as  
209 they wanted before continuing with the experiment. OG task difficulty was manipulated  
210 in five conditions: it could either (1) increase starting at the easiest difficulty (level 1), (2)  
211 increase starting at the median difficulty (level 8), (3) decrease starting at the hardest  
212 difficulty (level 15), (4) decrease starting at the median difficulty, or (5) remain fixed at  
213 the median difficulty. For the main analyses reported here, the first two conditions were  
214 combined as “*increasing*” trials, the second two conditions were combined as  
215 “*decreasing*” trials, and the fifth condition was referred to as “*fixed*”. Each of the five  
216 difficulty types occurred three times throughout each block in pseudo-random order.  
217 Fifteen “real” trials (non-“catch” trials) corresponding to the 3x5 combinations of PM type  
218 (face/scene/non-PM) and OG difficulty type occurred once per block. Five trials in each  
219 block were “catch trials” (containing fewer than 8 probes), which were included to keep  
220 participants engaged at the beginning of each trial. The difficulty types and target  
221 category for catch trials were counterbalanced across the entire experiment. Trial  
222 lengths were predetermined and pseudo-randomized so that every participant had the  
223 same number of total probes for face-target, scene-target, and non-PM trials. Scene  
224 and face locations were randomized on each probe, and faces and scenes appeared on  
225 the top or bottom of the display with equal probability. Performance on face and scene

226 trials was similar, so to increase statistical power, these trials were collapsed for  
227 subsequent analyses.

228         Changes in difficulty occurred at the rate of one shift in difficulty level per probe  
229 until either the end of the trial or until a difficulty endpoint was reached. For example, on  
230 a 10-probe trial starting at the easiest difficulty (level 1) and then increasing in difficulty,  
231 the trial would end at difficulty level 10. However, on a 10-probe trial starting at the  
232 median difficulty (level 8) and then increasing in difficulty, the highest difficulty (level 15)  
233 would be reached by the 8th probe, and the difficulty would remain at this level for the  
234 final two probes of the trial. For the behavioral experiment, this led to 70 PM probes at  
235 the hardest (15) and easiest (1) difficulty levels, 210 PM probes at the middle difficulty  
236 (8), and 30-40 PM probes at the other difficulty levels across the entire experiment.  
237 There were approximately half that many non-PM probes at each level. For the fMRI  
238 sample, in which there was one less experimental block, participants had an average of  
239 53 probes at the hardest and easiest difficulties, 169 at the middle difficulty, and  
240 between 22-34 probes at the other difficulties. For non-PM probes, the count across the  
241 experiment was approximately half of those totals.

242

#### 243 **Ongoing task localizer (MRI sample only)**

244         Once in the scanner, each participant first completed the OG arrow visual search  
245 task. The OG task localizer provided participants with the chance to familiarize  
246 themselves with this task in the MRI setting before the addition of the embedded PM  
247 task. It also allowed for us to collect timepoints where only the OG task was displayed  
248 on the screen for training the classifier on non-PM probes. The arrow search task was

249 the same as during the PM task, however there were no face or scene images on the  
250 screen during the OG task localizer. Participants indicated the presence or absence of a  
251 target right-facing horizontal arrow within a 1.9s response window. Feedback was given  
252 in the form of arrows turning green for correct responses and red for incorrect  
253 responses through the end of the response window. Similar to the main task, the  
254 difficulty of the OG task gradually increased or decreased over the course of a trial.  
255 Each block included 60 probes, split into eight trials of various lengths (min=2, max=12).  
256 There was a 6s ITI between trials. Participants performed two blocks of the ongoing  
257 task localizer (120 probes total) before moving on to the main PM task.

258

259 **Face/scene localizer (MRI sample only)**

260 After completion of the main PM task and a quick subsequent memory test (not  
261 discussed here), participants performed a face/scene sub-categorization localizer task.  
262 This localizer allowed for us to collect more data points of face and scene processing for  
263 training the fMRI pattern classifiers. Presentation of faces and scenes alternated in mini-  
264 blocks, where 11 stimuli from the same category (faces or scenes) were presented in a  
265 row, and participants indicated whether a face was male or female or whether a scene  
266 was indoors or outdoors. A single face or scene image was presented in the center of  
267 the screen, and participants had 1s to respond. Because of the short response window,  
268 female/outdoor was always presented as the left option, and male/indoor was always  
269 presented as the right option. Note that this corresponded to button box responses “1”  
270 and “2” in the scanner. Immediately following a response, a red (incorrect) or green  
271 (correct) box appeared around the selected choice, or a blue box (no response)

272 appeared around the correct choice for 500ms. The stimulus remained on the screen  
273 during this time. There were then 500ms between trials during which a fixation cross  
274 appeared on the screen. There were three blocks with six mini-blocks pseudo-randomly  
275 interleaved for a total of 198 localizer trials. While the fMRI pattern classifiers performed  
276 well without the inclusion of the data from both localizers, they performed numerically  
277 better when localizer data was included. Therefore, our final analysis included samples  
278 from both the OG localizer task as well as the face/scene localizer task.

279

### 280 **MRI acquisition and preprocessing**

281 MRI data were acquired on a 3.0-T Siemens Skyra MRI scanner with a 32-  
282 channel head coil. Whole brain, high-resolution anatomical images were collected for  
283 registration and parcellation using a T1-weighted MPRAGE sequence (repetition time  
284 (TR) = 1900ms, echo time (TE) = 2.43ms, flip angle = 9°, field of view (FOV) =  
285 256x256x192, 1mm isotropic voxels). Functional images were acquired using a T2\*  
286 weighted multiband accelerated EPI pulse sequence (TR = 2s, TE = 29ms, flip angle =  
287 78°, FOV=76x76, slice-thickness = 3mm, multiband factor = 2, number of slices = 48, no  
288 gap). Following shim adjustment at the beginning of the scan session, a B0 field-map  
289 with the same slice prescription as the functional data was acquired.

290 As an initial step for preprocessing, DICOMs were converted to NIFTI format  
291 using dcm2niix (Li, Morgan, Ashburner, Smith, & Rorden, 2016). Next, Freesurfer's  
292 (Fischl, 2012) recon-all function was used to skull strip and parcellate the high-  
293 resolution anatomical image. MRI data was preprocessed using a combination of  
294 Freesurfer 6.0, FSL 5.0.9 (Jenkinson, Beckmann, Behrens, Woolrich, & Smith, 2012),

295 and ANTs 2.1.0 (Avants et al., 2011) functions. Functional images were first slice time  
296 corrected using FSL's slicetimer function. Then, functional runs were normalized to the  
297 third run of the main task (middle run) using a combination of within-run motion  
298 correction, rigid and affine registration, and field unwarping processes from FSL and  
299 ANTs. Non-linear registration, via antsRegistrationSyn, was then used to correct for  
300 between run differences. Lastly, high pass filtering (128s) was applied to the images.

301 For the univariate GLM analysis, rigid and affine transformations were used to  
302 register the functional scans to the high-resolution anatomical, and then non-linear  
303 transformations were applied to normalize runs to the MNI-template. These images  
304 were spatially smoothed (5 mm gaussian), but no further preprocessing was performed  
305 before using FSL FEAT for modeling. The model included separate regressors for the  
306 PM target presentation, PM trial probes 1 to n-1, probe n (when the PM target  
307 reappeared in PM trials), non-PM trial probes 1 to n, trial-feedback, and rest. Six motion  
308 parameters, extracted using FSL's MCFLIRT, were included as confound regressors.  
309 FSL's FEAT was used to identify voxels that were more responsive on PM trials  
310 (PM+OG) than on non-PM (OG-only) trials (cluster correction,  $p < .001$ ; **Figure 3A**; for  
311 ROI list see **extended data Figure 3-1**).

312 This group level results map was then individually transformed from standard  
313 space into subject functional space so that the multivariate pattern analysis could be  
314 performed independently for each participant. To create subject-specific masks we  
315 performed B0-field unwarping, rigid, and affine registration, and lastly non-linear  
316 registration of EPIs to a middle functional run using FSL and ANTs registration tools,  
317 and then co-registered EPI volumes to their own MPRAGE structural volume using a

318 similar process of linear transformations. We then used a combination of FSL FMRIB's  
319 Linear Image Registration Tool (FLIRT) and ANTs non-linear registration tool  
320 antsRegistrationSyN to register structural volumes to MNI space. Individual, native-  
321 space masks were created by combining (with the registration parameters for the  
322 MPRAGE) and applying a reversed transformation matrix from EPI to MNI stereotaxic  
323 space on the group-level GLM mask described above.

324         The classification analysis was performed using the Princeton MVPA toolbox in  
325 MATLAB, <https://github.com/princetonuniversity/princeton-mvpa-toolbox>. Binary (one  
326 vs. all other classes) L2-penalized logistic regression classifiers (penalty=50) were  
327 trained, separately for each participant, to differentiate fMRI activity corresponding to  
328 faces, scenes, the OG task, and resting periods in between trials. A combination of data  
329 from the OG task localizer (labeled as class "OG"), from the face/scene localizer  
330 (labeled as class "face" or "scene"), and from the PM task (labeled as "face", "scene", or  
331 "OG" depending on the PM target for each trial) were used to train the classifiers using  
332 k-fold cross validation. From the main PM task, data from all probes (except for the final  
333 probe on each trial when the PM target reappeared) were used for training. For the k-  
334 fold cross-validation procedure, classifiers were trained on all data from the two localizer  
335 tasks plus 4 of the 5 runs from the PM task. In total, there were 7180 timepoints used  
336 for classifier training on each iteration (face = 1695, scene = 1695, OG = 1900, rest =  
337 1890), and 1215 used for testing on each iteration (face = 300, scene = 300, OG = 325,  
338 rest = 290). All regressors were shifted forward in time by two TRs (4 s) to account for  
339 the hemodynamic lag. These classifiers were then applied to the held out run of data  
340 from the PM task. The PM task runs were then rotated, and this procedure was

341 repeated to train classifiers and then test them on the next held-out task run. This  
342 procedure was performed five times so that all runs of the PM task were tested. To  
343 improve classifier accuracy, we performed feature selection to remove uninformative  
344 voxels from the training data. This was done separately for each fold of the cross-  
345 validation analysis. Data within each voxel were z-scored across all timepoints, and a  
346 1x4 ANOVA was performed to select only those voxels that demonstrated significant  
347 ( $p < .05$ ) variance across the four classes being trained (face, scene, OG, and rest). The  
348 mean number of voxels selected for each participant was 7864 voxels (SEM = 1208).

349 Each of the 1-vs-other classifiers produced a class evidence score for the class  
350 on which it was trained. Therefore, the four evidence values produced for each test  
351 timepoint need not sum to one. At each timepoint, the class with the highest evidence  
352 value was selected as the predicted output. These predicted outputs were compared to  
353 the actual class of the timepoint (face, scene, OG, or rest) in order to calculate the  
354 classifier accuracy. AUC was calculated in MATLAB by comparing correct predictions  
355 and false alarms independently for each category across all time points. Scrambled  
356 regressor assignments were used to test the empirical chance level of classifier  
357 performance trained in this way ( $n = 1000$  per participant). Average scrambled baseline  
358 performance (mean = 27.52%) was similar to the empirical chance level of 25% for all  
359 participants.

360

### 361 **Calculating PM cost and PM cost slope**

362 For all analyses involving RTs, we excluded any responses faster than 300ms.  
363 This criterion is in line with previous work (Boywitt & Rummel, 2012; Horn, Bayen, &

364 Smith, 2013) and was used in order to exclude late responses carried over from the  
365 preceding response window. We hypothesized that individuals would be able to adjust  
366 their PM strategy on a moment-to-moment basis in response to fluctuating cognitive  
367 demands. To initially test this theory, we performed a second pilot study where we had  
368 participants perform our PM task at either an easy (level 4 in the main study) or hard  
369 (level 12 in the main study) OG difficulty level. We found that PM cost significantly  
370 varied as a function of OG task difficulty ( $F(1, 19) = 35.63, p < .001$ ), with cost being  
371 higher at the easier difficulty (easy PM cost mean = 0.134 s (SE = 0.012)) than at the  
372 harder difficulty (hard PM cost mean = 0.031 s (SE = 0.012)). PM Accuracy was  
373 equivalent across difficulties ( $F(1, 19) = 0.785, p = 0.387$ ; easy = 71.0% (4.5%), hard =  
374 64.5% (5.8%)). For more information about pilot study two, see **extended data Figure**  
375 **2-1**. In the current study, we calculated the “PM cost” at each task difficulty level  
376 associated with making a correct response on the OG task with vs. without the  
377 additional demand of the PM task (i.e., PM trials vs. non-PM trials).

378 In order to calculate a PM cost for each probe, we first calculated the average  
379 OG RT on non-PM probes at each difficulty. We performed this analysis separately for  
380 each participant. We included only correct OG responses, however a control analysis  
381 including both correct and incorrect OG task responses produced qualitatively similar  
382 results. There was a practice effect of decreasing overall RTs between early  
383 experimental blocks and late experimental blocks ( $F(1, 77) = 87.1, p < .001$ ). To account  
384 for these practice effects, we calculated the non-PM OG RT baseline separately for the  
385 first half (early) and second half (late) of the experiment. For the behavioral sample in  
386 experiment 1, early trials came from blocks 1-3 and late trials from blocks 4-6. The MRI

387 sample in experiment 2 had one practice block outside of the scanner (data not  
388 recorded), so for those participants early trials came from main task blocks 1-2 and late  
389 trials from blocks 3-5. This protocol created 30 baseline non-PM OG RT values for each  
390 participant: 15 difficulties x 2 time bins (early/late). To create the PM cost for each  
391 individual probe from PM trials, we first determined the relevant baseline value (the  
392 value with the same difficulty and time bin as the probe) and subtracted that value from  
393 the OG RT on that probe. This enabled us to estimate the PM cost for every probe of  
394 the experiment. After obtaining PM cost values for each probe, we then calculated the  
395 degree to which PM cost shifted over the course of each trial (*PM cost slope*). PM cost  
396 slope was determined by calculating the difference in average PM costs of the first three  
397 probes vs. the final three probes of a trial (excluding the very last probe in which the PM  
398 target appeared), and then dividing by the number of probes in the trial. In order to  
399 account for lapses in motivation and to exclude trials where there was a lack of correct  
400 OG probes for calculating a PM cost slope, we excluded any trial where OG task  
401 accuracy fell below the chance level of 50% (this led to an average of 9.9% (SE = 1.0%)  
402 of trials per participant being excluded).

403       Because this paradigm involves long PM trials (mean 28s, range 8-36s), it  
404 produced few behavioral PM reports per participant. Therefore, to increase statistical  
405 power for the analysis used to evaluate the relationship PM accuracy and PM cost slope  
406 and PM intention evidence, we performed a non-parametric bootstrap analysis (Efron,  
407 1979) using data sampled from all participants (see Kim, Daselaar, & Cabeza, 2014;  
408 Lewis-Peacock, Cohen, & Norman, 2016 for previous use of this method). On each  
409 bootstrap iteration (n=10000) of this analysis, 78 participants were selected at random

410 with replacement and combined to make one super subject. By using random selection  
411 with replacement, this form of analysis allows us to see to what extent the results are  
412 generalizable (Thompson, 1993). We used logistic regression to test the relationship  
413 between PM accuracy and PM cost slope and/or PM intention evidence on the different  
414 trial types. The stability of the effects across all iterations was analyzed to assess  
415 population-level reliability.

416

#### 417 **Code Accessibility**

418 The code/software described in the paper will be made freely available online at [URL  
419 redacted for double-blind review]. All code for this experiment was run using  
420 Psychophysics Toolbox Version 3 in Matlab 2014b on a 21.5" iMac computer with  
421 operating system OS X 10.11. All statistical analyses of behavioral data were performed  
422 using R (v 3.4.1, R Core Team, 2017). Programs used in neuroimaging analyses are  
423 listed in the methods section.

424

#### 425 **Results**

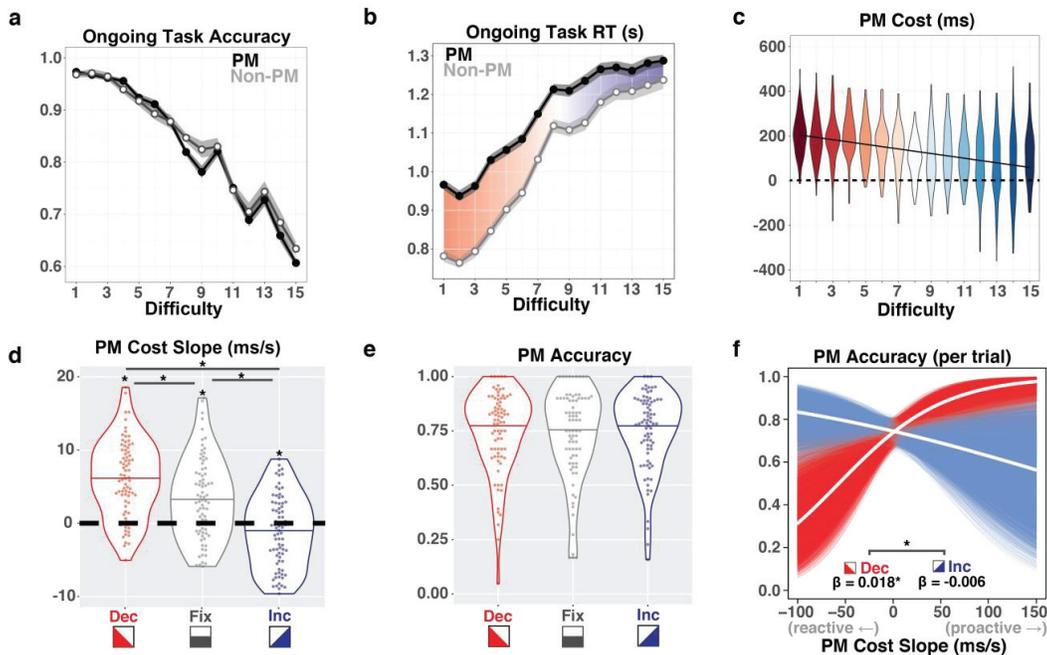
##### 426 *Ongoing Task Performance*

427 Participants performed well on the ongoing (OG) task (mean accuracy = 83.64%,  
428 95% CI = [75.49%,91.79%]) as summarized in **Figure 2** (for a comparison between  
429 experiment 1 and 2, see **extended data Figure 2-2**). There was no interaction between  
430 trial type (PM trials versus non-PM trials) and task difficulty ( $\beta_{\text{interaction}} = 6.2 \cdot 10^{-4}$ , 95% CI  
431 = [-0.001, 0.002],  $p_{\text{interaction}} = 0.468$ ) on OG task accuracy. OG accuracy decreased as  
432 difficulty increased, and there was a small, but reliable main effect of trial type between

433 PM and non-PM trials ( $\beta_{\text{diff}} = -.026$ , 95% CI = [-0.027, -0.025],  $p_{\text{diff}} < .001$ ;  $\beta_{\text{pm}} = 0.008$ ,  
434 95% CI = [0.001, 0.016],  $p_{\text{pm}} = 0.024$ ; marginal  $r^2 = 0.57$ ; **Figure 2A**). The main effect of  
435 trial type indicated a dip in OG accuracy of less than 1% on PM trials compared to non-  
436 PM trial. A follow-up analysis compared OG accuracies from PM and non-PM trials at  
437 each difficulty level, finding that accuracies were only reliably different at difficulty level 8  
438 on fixed difficulty trials ( $p = 0.025$ , after Bonferroni correction factor 15). On dynamic  
439 trials (increasing and decreasing difficulty), the main effect of PM task on OG accuracy  
440 was not significant ( $\beta_{\text{pm}} = 0.007$ , 95% CI =  $[-8.5 \times 10^{-5}, 0.015]$ ,  $p_{\text{pm}} = 0.052$ ). We also  
441 found that at the hardest difficulty level of the OG task (15), participants were still  
442 performing well above chance (mean = 61.43,  $t(77) = 80.39$ ,  $p < .001$ , 95% CI = [59.90%,  
443 62.95%]).

444 One of the primary methods for inferring PM strategy use is measuring the  
445 difference in RTs between PM and non-PM trials on an ongoing task (Einstein &  
446 McDaniel, 2005). A large difference in OG RTs between PM and non-PM trials implies  
447 the use of proactive control on the PM trials, whereas a small difference implies the use  
448 of reactive control on the PM trials. Here, we found an interaction in OG RTs between  
449 condition (PM and non-PM trials) and difficulty level (1 to 15) ( $\beta_{\text{interaction}} = 0.011$ ,  $p < .001$ ,  
450 95% CI = [0.010, 0.013]; **Figure 2B**). At the hardest difficulty level, RTs were well below  
451 the response deadline of 1900ms ( $t(77) = 38.401$ ,  $p < .001$ , mean RT = 1264ms, 95% CI  
452 = [977ms, 1551ms]), demonstrating that participants were performing above floor. The  
453 difference in OG RT between PM and non-PM trials (referred to as “PM cost” from here  
454 on out) was then calculated for each participant at each difficulty level. These data were  
455 replotted in this fashion, and they reveal that average PM costs varied systematically as

456 a function of OG task difficulty ( $\beta_{\text{cost}} = -10.35$ ,  $p < .001$ , 95% CI = [-12.29, -8.42]; **Figure**  
 457 **2C**). This suggests that PM strategy shifted flexibly between proactive control and  
 458 reactive control as the OG task increased in difficulty, and vice versa.



459

460 **Figure 2. Behavioral performance.** a) Ongoing task accuracy across difficulties, error  
 461 ribbons  $\pm$  1 SEM. PM: dual-task trials with a PM intention; Non-PM: ongoing task only  
 462 without a PM intention. b) Ongoing task RT (correct responses only) across difficulties,  
 463 error ribbons  $\pm$  1 SEM. c) PM cost (the difference between ongoing task RT for PM  
 464 trials vs. Non-PM trials) was computed for each participant at every difficulty level. Violin  
 465 plots represent the distribution of by-participant average costs at each difficulty. PM cost  
 466 is highest at easy difficulty levels (dark red) and decreases as task difficulty increases  
 467 (dark blue). d) Polynomial model fits validated the use of linear models which allowed us  
 468 to calculate the shift in PM cost on each trial (see text below and **extended data**  
 469 **Figures 2-1** and **2-2** for further analysis details). Next, PM cost slopes were calculated  
 470 as the change in PM cost within each trial. Violin plots show the average within-trial PM  
 471 cost slopes for decreasing (Dec), fixed (Fix), and increasing (Inc) trials across  
 472 participants. \*  $p < .05$ . e) PM accuracy for each participant across trial types. f) Logistic  
 473 regression bootstrap analysis linking PM cost slope to PM accuracy for decreasing (red)  
 474 and increasing (blue) trials. Each individual red/blue line shows the predicted  
 475 relationship for each bootstrapped sample ( $n=10,000$ ). White lines reflect the fixed-  
 476 effects relationship for the original sample. \*  $p < .05$ .

477

478 To evaluate whether this linear shift in PM strategy across task difficulty levels  
479 held within individual trials, we computed 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> order polynomial regressions  
480 between PM cost and OG difficulty separately for each trial. If PM strategy selection  
481 was bimodal (i.e., an all-or-none “flip” between proactive and reactive control), then  
482 individual trials should be best fit by a 3<sup>rd</sup> order polynomial. However, if the relationship  
483 was more fluid, then a 1<sup>st</sup> or 2<sup>nd</sup> order polynomial should fit the data better. Additionally,  
484 if the data demonstrate a dramatic U-shaped or asymptotic curve, instead of a linear fit,  
485 a 2<sup>nd</sup> order polynomial should fit better than a 1<sup>st</sup> order polynomial. We compared  
486 Akaike information criterion values (AICc, with a correction for small sample sizes) for  
487 each model for correct responses on each trial and used Akaike weighting to compare  
488 relative model fits. We found that a 1<sup>st</sup> order polynomial (linear model) fit best for nearly  
489 all trials (see **extended data Figure 2-3** for data visualization: mean = 93.43%, 95% CI  
490 = [92.62%, 94.24%]; Akaike weight = 0.873, 95% CI = [0.865, 0.880]), compared to 2<sup>nd</sup>  
491 order fits (mean = 5.72%, 95% CI = [4.99%, 6.45%]; Akaike weight = 0.111, 95% CI =  
492 [0.104, 0.119]), or 3<sup>rd</sup> order fits (mean = 0.85%, 95% CI = [0.68%, 1.02%]; Akaike  
493 weight = 0.016, 95% CI = [0.012, 0.019]). One concern with fitting models on a by-trial  
494 basis is that noise may bias model selection towards the models with fewer parameters.  
495 In order to address this concern, we performed a less conservative AIC (without the  
496 small sample correction term) model selection analysis and then a separate bootstrap  
497 analysis where polynomial fits were calculated for a random sub-sample of trials. Both  
498 of these analyses corroborate our original finding and indicate that a linear fit is the most  
499 likely descriptor for a majority of trials (see **extended data Figure 2-1**). This result

500 provides evidence that the engagement of different control strategies often changes  
501 fluidly and linearly in accordance with shifts in OG task demands within a PM trial.

502         Next, we evaluated whether changes in PM cost within a trial were different for  
503 increasing-, decreasing-, and fixed-difficulty trials. To do this, we computed a within-trial  
504 measure of linear shift in PM cost from the beginning of the trial to the end of the trial,  
505 which we shall refer to as *PM cost slope*. We found that PM cost slopes varied  
506 systematically across trial types ( $F(2, 154) = 47.02, p < .001$ ; **Figure 2D**). PM cost  
507 slopes were negative on increasing trials (mean =  $-1.14$  ms/s, 95% CI =  $[-2.24, -0.42]$ ,  
508  $t(77) = 2.07, p = 0.042$ ), and were positive on decreasing trials (mean =  $6.03$ ms/s, 95%  
509 CI =  $[5.44, 6.62]$ ,  $t(77) = 10.23, p < .001$ ) and fixed trials (mean =  $3.34$ ms/s, 95% CI =  
510  $[2.07, 4.61]$ ,  $t(77) = 5.24, p < .001$ ). In this task design, a PM target appeared at the end  
511 of every PM trial. Thus, positive PM cost slopes (i.e., a shift towards proactive control)  
512 on fixed difficulty trials likely arose from an increase in PM expectancy as each trial  
513 progressed (Bowden, Smith, & Loft, 2017; Oksanen, Waldum, McDaniel, & Braver,  
514 2014). Although expectancy should impact all trial types equally, there were meaningful  
515 differences between conditions. Planned pairwise comparisons revealed that PM cost  
516 slopes increased step-wise from increasing trials to fixed trials ( $F(77) = 37.14, p < .001$ )  
517 and from fixed trials to decreasing trials ( $F(77) = 15.1, p < .001$ ).

518

### 519 *Prospective Memory Task Performance*

520         On average, participants identified the PM target on three-quarters of the trials  
521 (mean PM accuracy =  $74.57\%$ , 95% CI =  $[56.82\%, 92.31\%]$ ), with no differences in  
522 accuracy across trial types ( $F(2, 154) = 0.679, p = 0.508$ ; **Figure 1E**). The false alarm

523 rate, defined as PM-target responses on probes where the target was not present, was  
524 low (mean = 0.60% of probes, 95% CI = [-0.72%, 1.92%]). Because PM accuracy was  
525 stable across the dynamic trial types (increasing and decreasing difficulty trials), and  
526 OG accuracy was not impacted by the presence of the PM task on these trials, we  
527 concluded that participants were not sacrificing accuracy on one task in order to perform  
528 the other. Therefore, any RT differences on the OG task during PM trials could  
529 reasonably be interpreted as reflecting differences in strategy used to perform the PM  
530 task, rather than a speed/accuracy tradeoff between the dual tasks.

531

### 532 *Linking Shifts in PM Strategy to PM Performance*

533 We hypothesized that not only would individuals demonstrate gradual shifts in  
534 PM strategy in response to changing task demands, but that changes in PM strategy  
535 would be related to PM performance. Based off of the dual methods of control  
536 framework (DMC, Braver, 2012) and dynamic multiprocess view of prospective memory  
537 (DMPV, Scullin et al., 2013), we reasoned that on decreasing and fixed difficulty trials,  
538 when the resources to implement proactive control became readily available, proactive  
539 control would benefit PM performance. However, on increasing difficulty trials, ongoing  
540 task demands make it difficult to implement the proactive control mechanisms of  
541 strategic monitoring and/or sustained representation of the PM-target. Therefore,  
542 individuals may benefit from shifts towards reactive control strategies on these trials, as  
543 they attempt to preserve performance on the PM task in the face of increasing  
544 demands. To evaluate this hypothesis, we tested the relationship between *PM cost*  
545 *slope* and *PM accuracy* across all trial types.

546 We used bootstrapped logistic regression to relate these two measures  
547 separately for increasing and decreasing trials (**Figure 2F**). On decreasing trials, larger  
548 *positive* PM cost slopes (reflecting a shift towards proactive control) were related to  
549 better PM performance ( $\beta_{\text{dec}} = 0.018$ ,  $p < .001$ , 95% CI = [0.008, 0.028]). On increasing  
550 trials, larger *negative* PM cost slopes (reflecting a shift towards reactive control), were  
551 numerically related to better PM performance, but this relationship did not reach  
552 statistical significance ( $\beta_{\text{inc}} = -0.006$ ,  $p = 0.119$ , 95% CI = [-0.015, 0.004]). Critically,  
553 there was an interaction of PM cost slope and trial type on PM accuracy, with the  
554 direction of PM cost slope leading to different consequences on increasing vs.  
555 decreasing trials ( $\beta_{\text{interaction}} = 0.024$ ,  $p < .001$ , 95% CI = [0.011, 0.037]). On fixed trials  
556 (data not shown), the relationship between PM cost slope and PM accuracy was  
557 positive ( $\beta_{\text{fix}} = 0.020$ ,  $p = 0.003$ , 95% CI = [0.006, 0.033]), which was similar to  
558 decreasing trials ( $\beta_{\text{diff}} = 0.001$ ,  $p = 0.423$ , 95% CI = [-0.015, 0.017]) but significantly  
559 more positive than on increasing trials ( $\beta_{\text{diff}} = 0.025$ ,  $p = 0.001$ , 95% CI = [0.009, 0.041]).

560 The relationship between PM cost slope and PM accuracy survived after  
561 controlling for other possible explanatory variables. We first compared the by-trial  
562 Akaike information criterion (AIC) and variance explained ( $R^2$ ) values for predicting PM  
563 accuracy on increasing and decreasing trials using five different factors: average OG  
564 RT, average OG accuracy, OG RT slope, average PM cost, and PM cost slope. We ran  
565 a bootstrap analysis (n=3,000 iterations) comparing models that included the interaction  
566 of trial direction and each of these factors for predicting PM accuracy, and we extracted  
567 AIC and  $R^2$  scores from each iteration. The AIC scores were converted to Akaike  
568 weights (Wagenmakers & Farrell, 2004) for comparison across models. The model

569 using PM cost slope as a predictor of PM accuracy had a significantly higher Akaike  
570 weight (mean = .99, SE = .001) than any other model (all other means < .01). The  $R^2$   
571 value for the model containing only PM cost slope was also the highest (mean  $R^2$  value:  
572 PM cost slope = 0.08, average PM cost = 0.03, average OG RT = 0.03, average OG  
573 Acc = 0.005, OG RT slope = 0.005).

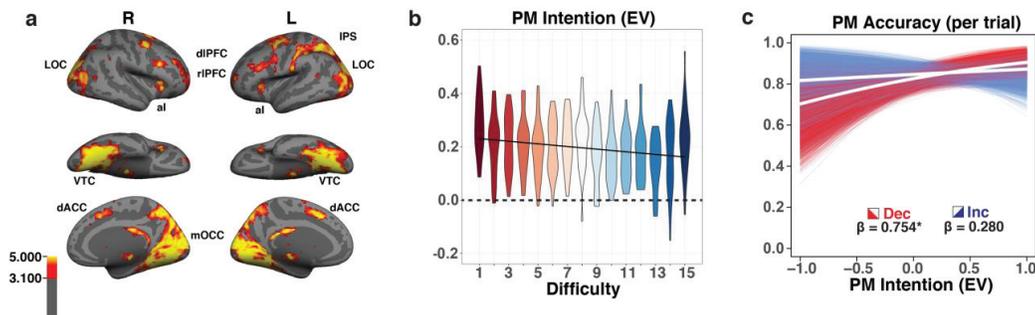
574 To see if this relationship held at the subject level, we also performed partial  
575 regressions comparing how much PM cost slope predicted PM accuracy while  
576 controlling for the other variables. After controlling for average OG RT, average OG  
577 accuracy, average PM cost, and OG RT slope one at a time, PM cost slope still  
578 explained a significant proportion of variation in PM accuracy ( $R^2 = .09$ ,  $p=0.009$ ;  $R^2 =$   
579  $0.12$ ,  $p = 0.002$ ;  $R^2=.12$ ,  $p = .001$ ;  $R^2=.12$ ,  $p = .002$ ; respectively).

580 This same by-trial relationship between PM cost slope and PM accuracy existed  
581 across participants as well. Participants who on average showed larger shifts towards  
582 proactive control (more positive PM cost slopes) benefited more on decreasing trials,  
583 and participants who showed larger shifts towards reactive control (more negative PM  
584 cost slopes) benefited more on increasing trials ( $\beta_{\text{interaction}} = -0.018$ ,  $p = 0.002$ , 95% CI =  
585  $[-.013, -.024]$ , data not shown). In summary, these results provide behavioral evidence  
586 that individuals shifted PM strategy from moment to moment in response to changing  
587 OG task demands. These shifts in cognitive control were adaptive because their  
588 direction and magnitude were related to successful PM performance.

589

590 *Neural Measures of PM Intentions*

591 For the participants who performed this task in the MRI scanner (N=28), we  
592 evaluated whether a neural measure of PM intention-related brain activity (Lewis-  
593 Peacock et al., 2016) could provide additional insight into the link between PM strategy  
594 selection and memory performance. First, we identified regions that were significantly  
595 engaged by the PM task above and beyond the OG task in isolation (**Figure 3A**). These  
596 regions are consistent with previous literature on PM intention maintenance (Beck et al.,  
597 2014; Cona et al., 2015; Lewis-Peacock et al., 2016; McDaniel et al., 2013). From these  
598 brain regions, fMRI pattern classifiers were used to quantify the degree of PM intention-  
599 related processing across each trial. The strength of PM intention processing was  
600 operationalized as the difference in classifier evidence for the PM-relevant category vs.  
601 the PM-irrelevant category (e.g., “face *minus* scene” for a face-target PM trial). Trained  
602 classifiers performed well above chance at predicting the category of the current trial’s  
603 PM target (classifier AUC for faces: 86.94, SE = 0.01; scenes = 88.54, SE = 0.01; non-  
604 PM trials: 83.76, SE = 0.01; and rest = 99.62, SE =  $4.7 \times 10^{-4}$ ). Across trials, this neural  
605 measure varied systematically with OG task difficulty (**Figure 3B**). The neural evidence  
606 of PM intention processing decreased as task demands increased ( $\beta = -0.005$ ,  $p < .001$ ,  
607 95% CI = [-.008, -.002], marginal  $r^2 = .039$ ).



608

609 **Figure 3. fMRI decoding of PM intentions.** a) Brain regions significantly engaged by  
 610 the addition of the PM task to the OG task (GLM contrast PM > Non-PM, FDR corrected  
 611 at  $p < .001$ ; for ROI list see **extended data Figure 3-1**). al = anterior insular cortex,  
 612 dACC = dorsal anterior cingulate cortex, dIPFC = dorsal lateral prefrontal cortex, IPS =  
 613 Intraparietal sulcus, LOC = lateral occipital cortex, mOCC = medial occipital cortex,  
 614 rIPFC = rostral lateral prefrontal cortex, VTC = ventral temporal cortex. These regions  
 615 were used as the initial feature mask to train and test fMRI pattern classifiers for PM  
 616 intention-related activity. To more directly identify regions primarily responsible for PM-  
 617 intention representation during this task, we performed a surface-based searchlight  
 618 analysis. That analysis indicated that the VTC and LOC were more important for PM-  
 619 processing. (for more details see **extended data Figure 3-2**) b) PM intention evidence  
 620 (EV; the difference between classifier evidence for the PM target's category and the  
 621 non-target category) was computed for each participant at every difficulty level, and  
 622 group data is shown in violin plots. PM intention evidence was highest at easy  
 623 difficulties (dark red) and lowest for the most difficult levels (dark blue). c) The  
 624 relationship between PM intention evidence and PM accuracy was computed using  
 625 bootstrapped logistic regression ( $n=10,000$  iterations) for decreasing (red) and  
 626 increasing (blue) trials. \*  $p < .05$ .

627

628 However, within trials the neural measure of PM intention processing did not vary  
 629 systematically across timepoints (mean slope of PM intention evidence = 0.007 EV/s,  
 630 95% CI = [-0.002, 0.016],  $t(27) = 1.57$ ,  $p = 0.128$ ). There were also no differences in by-  
 631 trial PM intention evidence slopes across increasing, decreasing, and fixed difficulty  
 632 trials ( $F(2,54) = 1.35$ ,  $p = 0.269$ ). The stable level of PM intention processing over the  
 633 course of a single trial may be a measurement limitation due to the temporal  
 634 sluggishness of the BOLD signal. Alternatively, it could also reflect the engagement of a  
 635 prospective “retrieval mode” (Cona, Bisiacchi, & Moscovitch, 2014; Guynn, 2003; 2008),

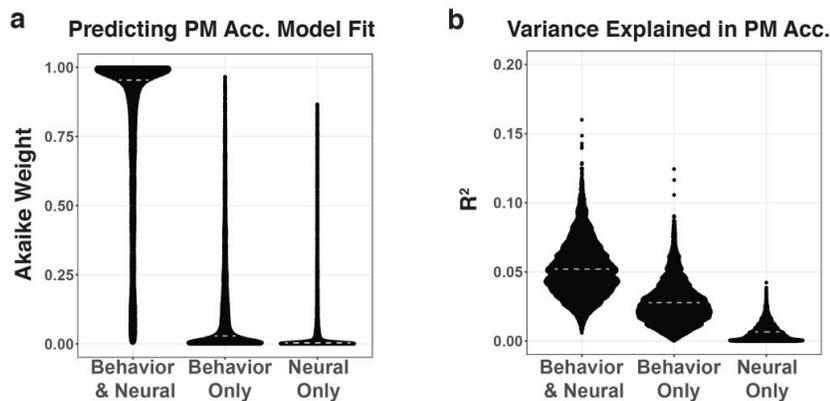
636 which has been described as a more sustained and relatively inflexible component of  
637 proactive control that involves PM-items being held in some prioritized state of working  
638 memory (Underwood et al., 2015). Therefore, we computed the *average* classifier  
639 evidence for the PM intention on each trial and related this (rather than the slope) to PM  
640 accuracy. A mixed-effect ANOVA confirmed that there were no overall differences in  
641 average PM intention evidence across trial types ( $F(2, 54) = 0.40, p = 0.670$ ). This result  
642 was expected because increasing and decreasing trials spanned the same range of  
643 difficulty levels (e.g., 1 to 15 vs. 15 to 1). We found that average PM intention evidence  
644 correlated positively with PM accuracy on decreasing trials ( $\beta_{\text{dec}} = 0.754, p = .017, 95\%$   
645  $CI = [0.047, 1.50]$ ; **Figure 3C red**) and fixed trials ( $\beta_{\text{fix}} = 0.976, p = .039, 95\% CI = [-$   
646  $0.121, 2.062]$ ; not shown), but not on increasing trials ( $\beta_{\text{inc}} = 0.280, p = 0.255, 95\% CI =$   
647  $[-0.679, 1.123]$ ; **Figure 3C blue**). There were no reliable differences in this statistic  
648 between increasing trials and either decreasing trials ( $\beta_{\text{interaction}} = 0.474, p = 0.199, 95\%$   
649  $CI = [-0.627, 1.623]$ ) or fixed trials ( $\beta_{\text{interaction}} = 0.223, p = 0.361, 95\% CI = [-1.119,$   
650  $1.473]$ ).

651

### 652 *Combining Behavioral & Neural Measures to Predict PM Performance*

653 We sought to test whether combining both the time-sensitive but indirect  
654 behavioral metric of PM cost slope (putatively reflecting dynamic shifts in PM strategy)  
655 and the coarser but more direct neural metric of PM intention evidence (putatively  
656 reflecting sustained PM engagement) could improve our prediction of PM accuracy on a  
657 trial by trial basis. There was no by-trial correlation between these measures (mean  $r =$   
658  $0.02, 95\% CI = [-0.36, 0.39], p = 0.92$ ), suggesting that the two metrics could provide

659 unique information about task performance. We performed a bootstrap analysis to  
 660 calculate the Akaike information criterion (AIC) values for models predicting PM  
 661 accuracy including all possible combinations of the predictors *PM cost slope*, *PM*  
 662 *intention evidence*, and *trial type* (increasing/decreasing). We then selected the best  
 663 performing model that included (1) a neural and a behavioral metric, (2) only a  
 664 behavioral metric, or (3) only a neural metric. Next, we converted AIC scores for these  
 665 three models to Akaike weights (wAIC), allowing us to directly compare AIC values as  
 666 conditional probabilities (Wagenmakers & Farrell, 2004). The results show that the  
 667 combined Behavior & Neural model (the full model including all main effects, all two-way  
 668 interactions, and the three-way interaction of PM cost slope, PM intention state, and trial  
 669 direction) was the best model (Wilcoxon median Akaike weight = 0.889, Wilcoxon 95%  
 670 CI = [0.883, 0.896],  $p < .001$ ; **Figure 4A**). This combined model was significantly more  
 671 likely than either the best Behavior-only model (Wilcoxon median ratio = 149.91, wilcox  
 672 95% CI = [135.47, 165.63],  $p < .001$ ) or the best Neural-only model (Wilcoxon median  
 673 ratio =  $4.5 \times 10^9$ , Wilcoxon 95% CI = [ $3.9 \times 10^9$ ,  $5.2 \times 10^9$ ],  $p < .001$ ).



674

675 **Figure 4. Model comparisons using behavioral and neural metrics to predict PM**  
 676 **performance.** Model weights and  $R^2$  values were computed across bootstrap iterations

677 (n = 10,000) to test model differences. a) Akaike weights (wAIC) across bootstrap  
678 iterations for each model. b) Explanatory power of each model ( $R^2$ ) shown as  
679 distributions across bootstraps. Medians are indicated by dashed grey lines.  
680

681       The Behavior & Neural model explained the most variance in PM accuracy, with  
682 an  $R^2$  value of approximately double that of the best Behavior-only model ( $R^2 = .052$  vs.  
683  $.028$ , **Figure 4B**). Having found that the full Behavioral & Neural model was the best  
684 predictor of PM performance, we further investigated the reliability of each relationship  
685 in the combined model using the bootstrap approach. In this analysis, we were also  
686 interested in whether the relationships we found independently between PM accuracy  
687 and PM cost slope and then between PM accuracy and PM intention evidence would be  
688 qualified by any reliable interactions in the full model. We found that although including  
689 the three-way interaction term and multiple two-way interaction terms resulted in the  
690 lowest overall AIC score, the only statistically reliable interaction was that of *PM cost*  
691 *slope* and *trial direction* ( $p = 0.026$ ), confirming that the analysis shown in **Figure 2F**  
692 holds in a more comprehensive model. Additionally, we found that PM intention  
693 evidence had a reliably positive relationship to PM accuracy on decreasing difficulty  
694 trials (mean = 0.027,  $p = 0.024$ ), but that relationship was not reliable on increasing  
695 difficulty trials (mean = -0.003,  $p = .395$ ), also confirming the analysis shown in **Figure**  
696 **3C** holds in a more comprehensive model. In summary, our model tests revealed three  
697 main results: 1) Including both the neural and behavioral metrics of proactive control  
698 improved prediction of PM accuracy over using either metric independently. 2) PM cost  
699 slope was differentially predictive of PM accuracy for increasing vs. decreasing trials,  
700 replicating the relationship from our behavior-only analysis above. 3) Higher levels of

701 PM intention evidence were positively related to PM performance on decreasing  
702 difficulty trials, but there was no reliable relationship on increasing difficulty trials.

703

#### 704 **Discussion**

705 This study investigated how navigating an environment with rapidly shifting  
706 cognitive demands impacts how we remember to perform future actions. A delayed-  
707 recognition prospective memory (PM) task was combined with a dynamic visual search  
708 ongoing (OG) task that varied in difficulty from moment to moment. When task difficulty  
709 was low, there was greater behavioral interference from the PM task ("PM cost": slower  
710 RTs in the OG task) and stronger neural representation of the PM intention ("PM  
711 intention evidence": classifier evidence for the PM target category in PM-sensitive brain  
712 regions). Both of these measures reflect components of proactive control (Braver,  
713 2012), and were negatively correlated with OG task difficulty. The behavioral measure  
714 varied within a trial according to the task demands, whereas the neural measurement  
715 was stable within a given trial but varied across trials. Combining these behavioral and  
716 neural measures provided the best prediction of PM accuracy from trial to trial.  
717 Together, these results suggest that individuals dynamically adjust their PM strategy in  
718 response to changes in environmental demands. Critically, we found that these shifts in  
719 PM strategy were adaptive because greater shifts (in the appropriate direction towards  
720 proactive or reactive control) were related to improvements in PM performance. The  
721 present results demonstrate that the ability to flexibly adjust cognitive control strategies,  
722 in response to changes in environmental demands, is an important contributor to  
723 successful execution of delayed intentions.

724 We computed two distinct metrics of proactive strategy use: a time-sensitive  
725 behavioral measure of PM cost, and a more tonic neural measure of PM intention  
726 processing. The amount of PM costs (the behavioral measure) has been repeatedly  
727 linked to levels of strategic monitoring for the PM intention (Einstein & McDaniel, 2005;  
728 Smith, 2003). Here, we found that *changes* in the amount of PM costs over the course  
729 of a trial were associated with better performance (**Figure 2F**). The dual mechanisms of  
730 control (DMC) framework suggests that proactive control would be favored on  
731 decreasing difficulty trials, when the OG task becomes progressively easier, because  
732 attention and working memory resources should be readily available to accomplish both  
733 the OG task and PM task successfully. On these trials, strategically monitoring for the  
734 PM intention may be worth the extra cost incurred in RTs on the OG task. Our results  
735 support this idea, showing that when participants reallocated cognitive resources to use  
736 proactive control on the PM task (positive PM cost slopes within a trial), PM  
737 performance improved.

738 However, we found that in increasing difficulty trials, there was an opposite  
739 relationship between PM cost slope and PM accuracy, where larger PM cost slopes  
740 were related to moderately worse PM performance. The DMC framework predicts that  
741 as difficulty increases, the ability to strategically monitor for the PM intention can be  
742 compromised, and reliance on proactive control may lead to deficits in PM performance.  
743 Such deficits may arise from interference in working memory caused by failed attempts  
744 to maintain a robust representation of the PM target in the face of distractors, a reduced  
745 ability to shift attention between the two tasks in order to strategically monitor for the PM  
746 cue effectively, or a reduced ability to perform the PM intention even after noticing a

747 prospective cue (Ballhausen et al., 2017; West, Carlson, & Cohen, 2007; Zuber, Kliegel,  
748 & Ihle, 2016). Consistent with these ideas, we found that when participants attempted to  
749 maintain high levels of proactive control even as the OG task difficulty increased (i.e.  
750 PM cost slopes were *positive* on these trials), PM performance suffered. The  
751 relationship between PM cost slope and PM accuracy on increasing difficulty trials  
752 suggests that reactive control can be used successfully in situations that are not well  
753 suited for proactive control (e.g., under high cognitive load). The results from this study  
754 build upon previous research that demonstrated in some circumstances there is a  
755 benefit to using proactive control (Shelton et al., 2016; Smith 2003), as we found on  
756 decreasing and fixed difficulty trials, and some circumstances where there is no benefit  
757 (for example: Einstein, 2005; Scullin et al., 2010), as we found on increasing difficulty  
758 trials.

759         In our study, participants knew that a PM target would reappear relatively soon  
760 after it was introduced (between 2-30s later with 100% fidelity). The DMPV framework  
761 (Scullin et al., 2013; Shelton & Scullin, 2017) posits that in contexts similar to our  
762 experiment, where PM occurrences are highly probable, individuals are biased towards  
763 and benefit from using proactive control. On trials with fixed difficulty, we found a  
764 consistent increase in PM costs across each trial (positive PM cost slopes), and greater  
765 increases in cost were related to better PM performance. This indicates a beneficial,  
766 perhaps default, shift towards proactive control in this paradigm for which there is an  
767 increasing probability of a PM event throughout each trial. Shifts towards proactive  
768 control were even stronger (and beneficial for performance) on decreasing difficulty  
769 trials as more cognitive resources became available over time. This result is in line with

770 previous work showing that given the available resources, individuals will increase  
771 monitoring as the expectancy of the PM event increases, and that increased monitoring  
772 is beneficial to PM performance (Bowden et al., 2017; Kuhlman et al., 2014; Loft,  
773 Bowden, Ball, & Brewer, 2014).

774         Additionally, even though overall PM accuracy on increasing and decreasing  
775 trials was equivalent, the range of accuracies differed between trial types. On  
776 decreasing difficulty trials, participants performed the PM task dramatically better when  
777 shifting towards proactive control and worse when shifting towards reactive control. On  
778 increasing difficulty trials, while this relationship was numerically reversed, the  
779 difference in performance across strategy types was reduced (see **Figure 2F**). In other  
780 words, on decreasing difficulty trials there was a clear and large benefit to PM  
781 performance when PM cost slopes were positive, while on increasing difficulty trials PM  
782 performance was more similar in respect to PM strategy. Additionally, when collapsing  
783 across all trials, we found a small performance advantage to using proactive control. On  
784 trials when the PM target appeared while PM costs were high, detection accuracy of the  
785 PM target was high (mean = 76.62%, SEM = 1.94%; average N = 37.7  
786 trials/participant). On trials where PM costs were absent (indicating no evidence of  
787 proactive control) when the PM target appeared, accuracy was worse ( $t(76) = 4.684$ ,  $p <$   
788  $.001$ ), but still relatively good and well above floor (mean = 67.81%, SEM = 2.67%, N =  
789 12.1 trials/participant). The behavioral data from our study suggests that over short,  
790 highly predictable intervals (< 30s), proactive control is the more reliable strategy for PM  
791 intention fulfillment, but only when monitoring for and maintenance of a PM intention  
792 can be adequately performed. In other circumstances, such as those with high

793 concurrent demands, individuals benefit from offloading the PM task to reactive control  
794 in the form of equal performance with less cost. Future work should investigate the  
795 impact of strategy flexibility across longer delays between encoding and retrieval of  
796 intentions, and whether a proactive benefit may still be observed when concurrent  
797 demands are high.

798         Many models of PM have focused on the relationship between proactive and  
799 reactive control. Some propose a central executive process that allocates resources  
800 either towards proactive or reactive control along a continuum (Gilbert, Hadjipavlou, &  
801 Raelison, 2013), or strikes some balance between attention to external stimuli vs.  
802 internal stimuli (Cona, Scarpazza, Sartori, Moscovitch, & Bisiacchi, 2015). Gynn's  
803 (2003; 2008) two-component model of proactive control dissociates a flexible, strategic  
804 monitoring component from a more tonic component referred to as the "PM-retrieval  
805 mode", which involves sustained maintenance of the PM task set. This second  
806 component is described as load-invariant and relative inflexible, while the first  
807 component is thought to be dynamically sensitive to environmental factors (Underwood,  
808 Gynn, & Cohen, 2015). Recent work has suggested that the PM-retrieval mode is also  
809 able to be strategically adjusted to some extent (Whitehead & Egnér, 2018), but the  
810 amount of cognitive resources needed to maintain it can negatively affect monitoring  
811 ability (Ballhausen, Schnitzspahn, Horn, & Kliegel, 2017).

812         In the present study, we propose that the behavioral measure of PM cost reflects  
813 the strategic monitoring component of this model, whereas the neural measure of PM  
814 intention evidence reflects the PM-retrieval mode component. Our results implicated  
815 neural regions commonly associated with working memory (Eriksson, Vogel, Lansner,

816 Bergström, & Nyberg, 2015, see **extended data Figure 3-1** for specifics) in supporting  
817 PM performance. We found that on decreasing difficulty trials (which, according to the  
818 behavioral analysis, favor a shift towards proactive control), PM intention maintenance  
819 was positively correlated with memory performance, but on increasing trials (which favor  
820 a shift towards reactive control) it was not (**Figure 3C**). Although individuals sometimes  
821 exhibited a high level of PM readiness, this did not influence task performance in  
822 situations that favored reactive control. These results are again in line with previous  
823 research suggesting that PM intention maintenance could be beneficial to PM  
824 performance in some situations but not *necessary* for successful realization of PM  
825 intentions in all situations (Cona et al., 2014).

826         We find that our behavioral and neural metrics provide complementary but  
827 independent information about PM performance, approximately doubling our model's  
828 predictive power when the neural measure of PM intention maintenance was combined  
829 with the behavioral metric of PM cost slope (**Figure 4B**). This result suggests that our  
830 measures are capturing different components of proactive control, though the current  
831 design does not specify the relative contribution of strategic monitoring versus PM  
832 intention maintenance. A future direction will be to use a more time-sensitive neural  
833 measure like EEG (electroencephalogram) and eye-tracking to measure active  
834 maintenance of PM intentions in dynamic environments, as well as to better identify  
835 late-retrieval mechanisms that are characteristic of reactive control strategy use.

836         Contrary to previous studies that have indicated a key role for the anterior  
837 prefrontal cortex in representing prospective intentions (Gilbert, 2011; Momennejad &  
838 Haynes, 2012, 2013), we found that regions known to support perception and working

839 memory for the PM intentions used here (i.e., the ventral temporal cortex (D'Esposito &  
840 Postle, 2015; Grill-Spector & Weiner, 2014) for face and scene stimuli) were most  
841 important for identifying PM intention maintenance (as identified by a surface-based  
842 searchlight analysis (Kriegeskorte, Goebel, & Bandettini, 2006; Oosterhof, Connolly, &  
843 Haxby, 2016); see **extended data Figure 3-2**). The searchlight results suggest that PM-  
844 item retrieval is primarily mediated by these more posterior regions, while the prefrontal  
845 region may have a more abstracted involvement, like PM-state or rule maintenance (i.e.  
846 maintaining whether or not one has a prospective intention at the moment). However,  
847 the lack of above chance PM-intention decoding in the PFC may be related to a lower  
848 signal-to-noise ratio or due to the "mixed selectivity" of prefrontal neurons (Bhandari,  
849 Gagne, & Badre, 2018). Further research is needed in order to better understand how  
850 and where PM intentions are represented and the specific role of classically identified  
851 regions like the anterior prefrontal cortex.

852         Our results are consistent with the dual mechanisms of cognitive control  
853 framework (Braver, 2012; Braver et al., 2007) and the dynamic multiprocess framework  
854 of PM (Scullin et al., 2013; Shelton & Scullin, 2017). Both dual-mechanism frameworks  
855 posit that individuals can use two different methods of cognitive control to fulfill  
856 prospective intentions, and that they can flexibly adjust their control strategy in response  
857 to environmental factors, such as cognitive load or PM target expectancy. However,  
858 neither framework formally describes whether that adjustment is a fluid process or all-  
859 or-none "switch" between strategies. Here, our evidence suggests that there are graded  
860 levels of control between proactive and reactive control that people engage along a  
861 continuum.

862           An alternative explanation for the present results is that shifts in PM cost may not  
863 reflect shifts between proactive and reactive control strategies per se, but rather shifts  
864 between stronger and weaker levels of proactive control. Unitary models of PM such as  
865 the preparatory attention and memory “PAM” theory (Smith, 2003, p. 200) propose that  
866 successfully fulfilling prospective intentions relies on some level of proactive preparation  
867 in all situations. However, we believe this interpretation of our data is less likely than the  
868 dual-mechanisms account. According to the PAM model, we should expect extremely  
869 poor PM performance when evidence of proactive control is absent, however this was  
870 not the case. As mentioned previously, performance on trials where there were no  
871 observed costs on end probes (n-3 to n-1 before PM- target), PM accuracy was still  
872 higher than the PAM model would predict (mean = 67.81%, SEM = 2.67%). PM  
873 performance was also strong on trials where the neural measure of PM intention  
874 evidence was absent (mean = 81.1%, SE = 3.2%, average N = 11.5 trials/participant),  
875 and also on trials where both PM cost and PM intention evidence were absent (mean =  
876 70.5%, SE = 6.5%, average N = 2.8 trials/participant). Incidentally, the link between PM  
877 cost and PM accuracy in the present study closely replicates prior work using a similar,  
878 though static, task design (Lewis-Peacock et al., 2016). In that experiment, the  
879 researchers found that on blocks where participants were biased towards reactive  
880 control, PM accuracy was 66.0% (SEM: 4.1%), and when participants were biased  
881 towards proactive control, PM accuracy was 71.2% (SEM: 3.0%).

882           One limitation of the current study is its reliance on the behavioral PM cost  
883 measure to infer PM strategy use. While this has become a standard approach, PM cost  
884 is nonetheless an indirect measure of PM strategy, the underlying source of which is still

885 under debate (Ball et al., 2015; Boywitt & Rummel, 2012; Heathcote, Loft, & Remington,  
886 2015; Strickland, Heathcote, Remington, & Loft, 2017). We sought to complement this  
887 indirect measure with a more direct measure of PM intention processing using fMRI  
888 pattern classifiers to track PM intention maintenance. However, fMRI is sluggish and not  
889 ideal to observe time-sensitive shifts in neural coding. It is possible that our neural  
890 measure incorporates aspects of both PM-intention maintenance as well as strategic  
891 monitoring. However, these neural measures were not correlated with PM cost slopes,  
892 which are believed to reflect changes in monitoring. In addition, previous work has  
893 found that in contexts where participants are biased towards reactive control, the level  
894 of monitoring is not related to PM performance (Harrison & Einstein, 2010; Loft,  
895 Bowden, Ball, & Brewer, 2014), however it is related to PM performance when  
896 participants are biased towards proactive control (Ball et al., 2015; Lewis-Peacock et al.,  
897 2016; Loft, Bowden, Ball, & Brewer, 2014).

898 In conclusion, we developed a novel dual-task paradigm to show that people  
899 solve prospective memory problems by flexibly shifting between proactive control and  
900 reactive control in response to changes in ongoing cognitive demands. We found  
901 evidence for two different components of proactive control – strategic monitoring,  
902 measured behaviorally, and PM intention maintenance, measured neurally – which  
903 independently fluctuate and contribute to PM performance. These shifts were adaptive  
904 in that adjustments of control towards the strategy favored for a given situation (e.g.,  
905 shifting towards proactive control when demands decreased across time) led to better  
906 PM performance. These results extend dual mechanism accounts of PM by

907 demonstrating that cognitive flexibility (i.e., adapting cognitive control strategies to the  
908 environment) is beneficial for remembering to perform future intentions.

909

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1 **Figure 1-1.** Average reaction time (y-axis left, blue) and accuracy (y-axis right, red) for pilot  
2 participants are plotted across each difficulty level of the ongoing visual search task. Reaction  
3 time increases and accuracy decreases from the easiest difficulty (1) to the hardest (14). The  
4 purpose of the first behavioral pilot study was to determine if the ongoing task could be  
5 parametrically modulated in a controlled manner. For this pilot study, participants ( $n = 15$ )  
6 performed the ongoing task in isolation. On each probe, participants indicated the absence or  
7 presence of the arrow target (rightward facing horizontal arrow) in a newly generated visual-  
8 search array (every 2 s) with a button press (left: absent; right: present; response deadline: 1.9  
9 s). Target arrow location was counterbalanced between the top and bottom half of the screen.  
10 Non-target arrows appeared in set positions around the circular array, oriented within some  
11 distribution of angles determined by the current task difficulty setting. Participants sat  
12 approximately 18 in. away from the screen, and all 10 arrows, which were  $.64^\circ$  by  $.22^\circ$  in shape,  
13 were  $3.18^\circ$  away from the center of the screen. OG task difficulty was manipulated on each  
14 probe by adjusting two parameters controlling the orientation of the distractor arrows: their  
15 minimum similarity to the target and their similarity to other distractors. For distractor-to-target  
16 similarity, a minimum angular distance for distractors from the target (i.e., horizontal or  $0^\circ$ ) was  
17 set to either 5, 15, 25, 45, or 65 degrees. For distractor-to-distractor similarity, the maximum  
18 variance from the minimum angular distance was set to either 10, 20, or 40 degrees. The  
19 factorial combination of these parameters (excluding any combination where minimum plus  
20 variance could exceed the  $90^\circ$  vertical plane) created 14 difficulty conditions. Participants  
21 performed three blocks of trials separated by short voluntary breaks for rest. Each block  
22 contained 14 mini-blocks comprised of 20 visual-search trials of one difficulty level. Difficulty  
23 level was pseudo-randomly selected, with the only limitation being that each of the 14 difficulty  
24 levels was selected exactly three times. As difficulty increased, accuracy decreased  
25 ( $F(13,182)=74.89$ ,  $p<.001$ ) and reaction time increased ( $F(13,182)=39.53$ ,  $p<.001$ ).

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28 **Figure 1-2.** The purpose of the second behavioral pilot study was to determine if PM strategy  
29 (as measured by PM cost) could be modulated by the difficulty of the ongoing task. The task  
30 design for this study was nearly identical to that used in the main experiment, but here OG task  
31 difficulty was held constant as either *easy* (difficulty level 4) or *hard* (difficulty level 12) for the  
32 entirety of each block and across each trial. Participants ( $n = 20$ ) completed one block (15 trials  
33 per block) at each difficulty level. **a)** PM cost was calculated by subtracting the average non-PM  
34 trial OG RT from the average PM trial OG RT at each difficulty level for each participant. The  
35 distribution and median are represented. PM cost significantly varied as a function of OG task  
36 difficulty ( $F(1,19) = 35.63$ ,  $p<.001$ ), with cost being higher at the easier difficulty ( $M = 0.134$  s  
37 ( $SE = 0.012$ )) than at the harder difficulty ( $M = 0.031$  s ( $SE = 0.012$ )). \*  $p<.05$ . **b)** PM accuracy  
38 was calculated at each difficulty for each participant. The distribution and median are  
39 represented. PM accuracy was equivalent across conditions ( $F(1,19) = 0.785$ ,  $p = 0.387$ ; easy =  
40 71.0% (4.5%), hard = 64.5% (5.8%)).

41 **Figure 2-1.** Additional model comparisons for trial-by-trial estimates of PM strategy shifts. One  
42 concern with fitting models on a by-trial basis is that noise may bias model selection towards the  
43 models with fewer parameters. In order to address this concern, we performed a less  
44 conservative AIC (without the small sample correction term) model selection analysis and a  
45 bootstrap analysis where polynomial fits were calculated for a random subsample of trials. For  
46 the AIC analysis, we performed the same regression analysis steps as detailed for the AICc  
47 analysis, but simply used the AIC estimation term instead of the AICc term. After calculating an  
48 AIC score for each trial, we then selected the lowest score between the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> order  
49 polynomial as the best for the trial. We then calculated the relative Akaike weight for each model  
50 on each trial and average that value for each model type for each participant. Across  
51 participants the average Akaike weights were similar between 1<sup>st</sup> and 3<sup>rd</sup> order polynomial fits  
52 (mean difference = 0.6 (SE = 1.8),  $t(77) = 0.65$ ,  $p = .52$ ; **panel a**). Significantly more trials for  
53 each participant were best fit by a 1<sup>st</sup> order than a 3<sup>rd</sup> order polynomial (mean difference =  
54 20.5% (SE = 3.4%),  $t(77) = 12.014$ ,  $p < .001$ ; **panel b**). Another way to mitigate the impact of  
55 noise on model selection is to fit the model on more than a single trial at a time. To avoid  
56 averaging across all trials and still getting an estimate of model-fit reliability, we performed a  
57 bootstrap analysis. In this analysis, we first z-scored PM-cost values within each subject. Next,  
58 we combined all trials into one super-subject. On each bootstrap iteration, 50 trials of each of  
59 the five trial types (increasing starting easy, increasing starting middle, fixed, decreasing starting  
60 hard, decreasing starting easy) were randomly selected from the super-subject pool. Then, 1<sup>st</sup>,  
61 2<sup>nd</sup>, and 3<sup>rd</sup> order polynomial models were fit to each trial type sample and the lowest AIC value  
62 was selected as the best-fit model type. We repeated this process 1000 times and found that a  
63 linear (1<sup>st</sup> order) polynomial fit a significantly greater number of these samples (57.7% of all  
64 trials), followed by a quadratic fit (2<sup>nd</sup> order, 29.1% of all trials), followed by a cubic fit (3<sup>rd</sup> order,  
65 13.4% of all trials). This is a significantly greater number of trials selected to be best fit by a  
66 linear relationship than would be predicted by chance ( $\chi^2(1, n=1000) = 364.06$ ,  $p < .001$ ).

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<b>A</b>		<b>Behavioral Sample</b>	<b>Neural Sample</b>	<b>Combined Sample</b>
<b>Ongoing Task Accuracy</b>		<b>(N=50)</b>	<b>(N=28)</b>	<b>(N=78)</b>
Overall	Mean	81.26%	83.02%	83.64%
	95% CI	[69.52%,93.00%]	[75.08%, 90.97%]	[75.49%,91.79%]
Difficulty (1 to 15)	$\beta$	-0.024	-0.030	-0.026
	95% CI	[-0.025, -0.023]	[-0.031, -0.028]	[-0.027, -0.025]
	p	<.001**	<.001**	<.001**
Trial Type (PM, non-PM)	$\beta$	0.004	0.017	0.008
	95% CI	[-0.005, 0.012]	[0.003, 0.030]	[0.001, 0.016]
	p	0.63	0.013*	0.024*
Difficulty x Trial Type	$\beta$	-9.4*10 <sup>-5</sup>	0.002	6.2*10 <sup>-4</sup>
	95% CI	[-0.002, 0.002]	[-0.001, 0.005]	[-0.001, 0.002]
	p	0.925	0.224	0.468
Main Effect Model	marginal R <sup>2</sup>	0.552	0.604	0.569
<b>B</b>				
<b>Ongoing Task RT</b>				
Overall	Mean	1.089	1.113	1.098
	95% CI	[0.895, 1.284]	[0.857, 1.369]	[0.880, 1.316]
Difficulty (1 to 15)	$\beta$	0.034	0.033	0.033
	95% CI	[0.031, 0.036]	[0.030, 0.037]	[0.031, 0.036]
	p	<.001**	<.001**	<.001**
Trial Type (PM, non-PM)	$\beta$	-0.102	-0.139	-0.115
	95% CI	[-0.111, -0.092]	[-0.153, -0.125]	[-0.123, -0.107]
	p	<.001**	<.001**	<.001**
Difficulty x Trial Type	$\beta$	0.010	0.014	0.011
	95% CI	[0.008, 0.012]	[0.011, 0.017]	[0.010, 0.013]
	p	<.001**	<.001**	<.001**
Interaction Model	marginal R <sup>2</sup>	0.553	0.486	0.525
<b>C</b>				
<b>PM Cost</b>				
Difficulty	$\beta$	-8.217	-14.167	-10.353

(1 to 15)	95% CI	[-10.471, -5.964]	[-17.352, -10.982]	[-12.289, -8.417]
	p	< .001**	< .001**	< .001**

**D**  
**PM Cost Slope**

Trial Type (Dec, Fix, Inc)	F	F(2,98) = 22.39	F(2,54) = 28.53	F(2,154) = 47.02
	p	< .001**	< .001**	< .001**

Decreasing	Mean	4.78	8.28	6.03
	95% CI	[3.41, 6.14]	[6.25, 10.31]	[4.86, 7.21]
	p(mean>0)	< .001**	< .001**	< .001**

Fixed	Mean	3.23	3.53	3.34
	95% CI	[1.59, 4.87]	[1.43, 5.64]	[2.07, 4.61]
	p(mean>0)	< .001**	0.002*	< .001**

Increasing	Mean	-1.03	-1.33	-1.14
	95% CI	[-2.34, 0.28]	[-3.42, 0.76]	[-2.24, -0.42]
	p(mean<0)	0.120	0.202	0.042*

Increasing vs. Fixed	ANOVA	F(1,49) = 20.16	F(1,27) = 17.38	F(1,77) = 37.14
	p	< .001**	< .001**	< .001**

Decreasing vs. Fixed	ANOVA	F(1,49) = 3.32	F(1,27) = 18.13	F(1,77) = 15.10
	p	0.075	< .001**	< .001**

Increasing vs. Decreasing	ANOVA	F(1,49) = 41.99	F(1,27) = 41.02	F(1,77) = 78.63
	p	< .001**	< .001**	< .001**

**E**  
**PM Accuracy**

Overall	Accuracy	69.66%	83.33%	74.57%
	95% CI	[50.35%, 88.97%]	[73.48%, 93.17%]	[56.82%, 92.31%]

Trial Type	ANOVA	F(2,98) = 1.19	F(2,54) = 0.36	F(2,154) = 0.68
	p	0.310	0.699	0.508

Decreasing	Accuracy	70.86%	82.32%	74.97%
	95% CI	[64.78%, 76.94%]	[77.92%, 86.71%]	[70.65%, 79.29%]
	p(mean=0)	< .001**	< .001**	< .001**

Fixed	Accuracy	67.91%	83.00%	73.32%
	95% CI	[61.67%, 74.14%]	[76.49%, 89.49%]	[68.50%, 78.14%]
	p(mean=0)	< .001**	< .001**	< .001**
Increasing	Accuracy	69.39%	84.61%	74.86%
	95% CI	[63.99%, 74.80%]	[80.28%, 88.95%]	[70.77%, 78.94%]
	p(mean=0)	< .001**	< .001**	< .001**
False Alarm Rate	% of probes	0.71% (SE = 0.11%)	0.41% (SE = 0.05%)	0.60% (SE = .01%)
<b>F</b>				
<b>PM Accuracy: Trial</b>				
<b>Direction * PM Cost Slope</b>				
Decreasing	$\beta$	0.013	0.026	0.018
	95% CI =	[0.003, 0.025]	[0.008, 0.047]	[0.008, 0.028]
	p	0.007*	0.003*	< .001**
Fixed	$\beta$	0.018	0.025	0.020
	95% CI =	[0.003, 0.034]	[-0.003, 0.058]	[0.006, 0.033]
	p	0.011*	0.041*	0.003*
Increasing	$\beta$	-0.006	-0.003	-0.006
	95% CI =	[-0.016, 0.004]	[-0.025, 0.018]	[-0.015, 0.004]
	p	0.126	0.401	0.119
Decreasing vs. Increasing	$\beta$	0.019	0.0290	0.024
	95% CI =	[0.005, 0.034]	[-0.002, 0.061]	[0.011, 0.037]
	p	0.006*	0.031*	< .001**
Decreasing vs. Fixed	$\beta$	0.005	-0.001	0.001
	95% CI =	[-0.013, 0.022]	[-0.035, 0.035]	[-0.015, 0.017]
	p	0.305	0.534	0.423
Increasing vs. Fixed	$\beta$	0.024	0.028	0.025
	95% CI =	[0.005, 0.0421]	[-0.003, 0.061]	[0.009, 0.041]
	p	0.007*	0.040*	0.025*

\* p < 0.05, \*\* p < 0.001

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73 **Figure 2-2. Comparison of behavioral results from experiments 1 and 2.** These data  
74 include the key results presented in **Figure 2** separately for the behavioral-only participants, the  
75 neural participants, and the combined groups. Each analysis section of the table (A-F)  
76 corresponds to the same panel from **Figure 2**. Analyses of the relationship between trial type  
77 (PM/non-PM), Difficulty (1 to 15) and OG task accuracy, OG RT, and PM cost were carried out  
78 by first running a mixed-effect regression using the *lme4* package in R of the interaction  
79 between trial type and difficulty and then a separate model comparing the main effects of  
80 difficulty and trial type without the interaction term. Random effects of individual slope and  
81 intercept were included in each regression. Within-subject ANOVAs were used to compare PM  
82 cost slope and PM accuracy across conditions.

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87 **Figure 2-3.** Visualization of model comparisons for by-trial estimates of PM strategy shifts.  
88 Here, we used AICc to evaluate the relative model fit between a linear, quadratic, and cubic  
89 relationship of PM cost over the course of each trial. The Akaike weight calculated from AICc  
90 scores from each model are shown in **Figure 2-3a**. We evaluated the lowest AICc for each trial,  
91 and then calculated the proportion of trials best fit by either a linear, quadratic, and cubic  
92 relationship for each participant (shown in **Figure 2-3b**). A 1st order polynomial (linear model) fit  
93 best for nearly all trials (mean = 93.43%, 95% CI = [92.62%, 94.24%]; Akaike weight = 0.873,  
94 95% CI = [0.865, 0.880]), compared to 2nd order fits (mean = 5.72%, 95% CI = [4.99%, 6.45%];  
95 Akaike weight = 0.111, 95% CI = [0.104, 0.119]), or 3rd order fits (mean = 0.85%, 95% CI =  
96 [0.68%, 1.02%]; Akaike weight = 0.016, 95% CI = [0.012, 0.019]).

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Cluster Index	Z	x	y	z	ROI Label	Hemisphere
5	8.07	10	-98	6	Occipital Pole	R
5	7.83	-26	-58	-8	Fusiform	L
5	7.5	32	-56	-14	Fusiform	R
5	7.36	-4	-72	-24	Cerebellum	L
5	7.24	-18	-62	8	Intracalcarine Cortex	L
5	7.2	6	-70	-26	Cerebellum	R
4	4.98	36	36	32	dIPFC (BA 9)	R
4	4.95	34	54	14	rIPFC (BA10)	R
4	4.84	24	56	8	rIPFC (BA10)	R
4	4.75	36	42	34	dIPFC (BA 9)	R
4	4.75	38	52	14	rIPFC (BA10)	R
4	4.74	28	60	8	rIPFC (BA10)	R
3	5.85	34	22	10	anterior insula	R
3	5.26	32	28	-2	anterior insula	R
3	5.24	32	26	2	anterior insula	R
3	5.19	36	28	10	anterior insula	R
3	5.18	42	18	6	anterior insula	R
3	4.99	38	16	24	anterior insula	R
2	5.51	-8	-38	24	posterior cingulate	L
2	5.44	8	-22	26	posterior cingulate	R
2	5.31	-8	-24	26	posterior cingulate	L
2	5.25	-6	-28	26	posterior cingulate	L
2	5.17	-8	-44	20	posterior cingulate	L
2	5.13	-6	-18	28	posterior cingulate	L
1	4.75	-30	50	10	rIPFC (BA10)	L
1	4.71	-26	42	6	rIPFC (BA10)	L
1	4.43	-34	58	14	rIPFC (BA10)	L
1	4.35	-36	54	20	rIPFC (BA10)	L
1	4.05	-34	58	20	rIPFC (BA10)	L
1	3.59	-22	50	-4	rIPFC (BA10)	L

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**Figure 3-1: PM > Non-PM GLM Analysis.** FSL's FEAT was used to identify voxels that were more responsive on PM trials than on non-PM trials (cluster correction,  $p < .001$ ). This table lists the coordinates and descriptors for all significant voxel clusters.

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106 **Figure 3-2. Surface searchlight analysis.** Results from the surface-based searchlight  
107 classification analysis to decode the PM intention on PM trials. Vertices in red indicate those  
108 that survived threshold-free cluster enhancement significance testing ( $H_0$  mean = 50%,  $p < .001$ ).  
109 Results indicate that classification was successful only in two particular posterior regions: the  
110 ventral temporal cortex and lateral occipital cortex. Notably absent from this map is the anterior  
111 lateral prefrontal cortex. To perform this analysis, anatomical surface outputs from Freesurfer  
112 *recon-all* were converted to AFNI/SUMA format using *SUMA\_Make\_Spec\_FS*. Surfaces were  
113 remapped to a standard topology using *Mapicosahedron* and co-registered to a reference  
114 functional volume using *align\_epi\_anat* so that functional data could be masked by the surface  
115 volume. Voxels determined to not be part of the surface were masked out of the searchlight  
116 analysis. Surface searchlight analysis was performed in MATLAB using functions from the  
117 CosMoMVPA toolbox. Each searchlight sphere was determined by selecting the 100 closest  
118 vertices to a center vertex according to geodesic distance. L2-weighted logistic regression  
119 classifiers were trained on four categories and tested within each searchlight sphere using a k-  
120 fold cross validation procedure. Only the five main PM task blocks were used for this analysis,  
121 and data from the localizers were excluded. That meant that on each k-fold iteration, 4 out of 5  
122 PM-task blocks were used for training the classifier, and one held out block was used for  
123 testing. Accuracy across all five folds was averaged and that value was assigned to the center  
124 vertex of that sphere.  
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