**Mindfulness of World**

**Intervention Start Email: Day 1**

Subject: Welcome to Learning Mindfulness Online!

Thank you for taking the time to complete the initial testing session.

You have now been given access to the online Mindfulness site. Just click on this link:

<http://www.lifesci.sussex.ac.uk/home/Zoltan_Dienes/mindfulness./>

On the side Menu have a read of the following screens:

*Welcome* and *What is Mindfulness*

On the site you will find a 10 minute mindfulness meditation practice (under *Daily Mindfulness Practice*) for you to try, which you are invited to undertake daily, and will put into practice the ideas described in the *What is Mindfulness* screen. In the *Everyday Mindfulness Activities* section of the site you will find guidance on how to bring mindfulness to one of your everyday activities. You are invited to practice doing this daily throughout the course. Have a read of that section now.

Having read the indicated pages, but before you try any of these activities, reply to this e-mail today to answer the following questions:

i). Mindfulness has been claimed to reduce anxiety. We want to know what you actually expect about this two-week intervention, given what you have just read. On a scale of -5 to +5 indicate how strongly you expect the intervention will actually change (at least a little bit) your tendency to become anxious, where 0 means you have no expectation of a change either way, -5 means you are certain that you will have a small increase in your tendency to become anxious and +5 means you are certain you will have at least a small reduction in your tendency to become anxious? You can use any number below:

-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5

ii). Mindfulness has been claimed to reduce depression. We want to know what you actually expect about this two-week intervention, given what you have just read. On a scale of -5 to +5 indicate how strongly you expect the intervention will actually change (at least a little bit) your tendency to become depressed (i.e. feel low), where 0 means you have no expectation of a change either way, -5 means you are certain that you will have a small increase in your tendency to become depressed (or feel low) and +5 means you are certain you will have at least a small reduction in your tendency to become depressed (or feel low)? You can use any number below:

-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5

Finally decide if there is a time each day that would be good for practicing the 10-minute intervention. In your e-mail to me, let me know what time you think that is.

After you have tried your first sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the practice?*

**Do not try your second sitting practice until you have received a second e-mail from me giving you instructions about how to approach this practice.** I will send my second e-mail in response to your answer to the above questions.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

Thanks again! Your help really is appreciated. We believe the research will prove valuable for helping many people.

The Mindfulness research group

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Wait for e-mail

If participants do not reply, send a reminder-email, copying the original and adding at the top:

“A friendly reminder about your mindfulness practice. I will send a reminder each day for only up to three days; after that we will presume you have dropped out from the study and you will not hear from us again.”

If a subject needs reminding, they can practice two meditations in one day if they missed a previous day.

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**Day 2**

Subject: Second mindfulness practice

Thank you for your answers to my previous questions!

We would like to encourage you to practice bringing mindful awareness to a routine activity at least daily. The more you practice mindfulness really does make a difference to the way you experience it.

When practicing mindfulness you might feel restless. This is normal but we encourage you to commit to finishing the session. Acknowledge the urge to get up without judging or trying to change it, but bring your attention back to your breath (again and again if necessary), without giving yourself a hard time if possible.

We also encourage you to visit the *Everyday Mindfulness* page on the study direct site to remind yourself of the guidance on how to practice mindfulness in your chosen activity.

OK, now for your second sitting mindfulness practice. This time before beginning note what is in the space one inch (or about 2 cm) from your body, all around your body. What is within one inch of your feet, your legs, your stomach, your torso, and your head? Even if it is just air note this and try in fix in mind the space all the way around your body, one inch out.

Now when you pay attention to your body, as instructed on the audio file, for every body part, pay attention to that body part, plus the space one inch out. When concentrating on your breathing, think about the space around your stomach, chest, neck, and nose.

After you have tried your second practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the space one inch out?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your third sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send my second e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 3**

Subject: Third Mindfulness Practice

Thank you for your answer to my previous question!

OK, now for your third sitting mindfulness practice. This time before beginning note what is in the space six inches (or about 15 cm) from your body, all around your body. What is within six inches of your feet, your legs, your stomach, your torso, and your head? Even if it is just air note this and try in fix in mind the space all the way around your body, six inches out.

Now when you pay attention to your body, as instructed on the audio file, for every body part, pay attention to that body part, plus the space six inches out. When concentrating on your breathing, think about the space six inches from your stomach, from your chest, from your neck from your nose.

After you have tried your third sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the space six inches out?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your fourth sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 4**

Subject: Fourth Mindfulness Practice

Thank you for your answer to my previous question!

Pick up an object that you have lying around. Any mundane object will do...a coffee cup or a pen for example. Hold it in your hands and allow your attention to be fully absorbed by the object. Observe it for a minute. Don’t assess it, or think about it, or study it intellectually. Just observe it for what it is.

OK, now for your next sitting mindfulness practice. This time before beginning note what is in the space three feet (or about a metre) from your body, all around your body. What is within three feet of your feet, your legs, your stomach, your torso, and your head? Even if it is just air note this and try in fix in mind the space all the way around your body, three feet out. If you find there is a boundary, like a wall, within three feet, you can just note what is there up to the boundary.

Now when you pay attention to your body, as instructed on the audio file, for every body part, pay attention to that body part, plus the space three feet out. When concentrating on your breathing, think about the space three feet from your stomach, from your chest, from your neck from your nose.

After you have tried your fourth sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the space three feet out?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your fifth sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 5**

Subject: Fifth Mindfulness Practice

Thank you for your answer to my previous question!

Now for your next sitting mindfulness practice. Maybe you sitting in a room or other enclosure. Note the boundaries of the room. Maybe you are sitting outside in open space; then wherever you wish to, place an imaginary boundary around you. This time before beginning note what is in the space from your body up to half-way to the boundary, all around your body. What is half-way to the boundary from your feet, your legs, your stomach, your torso, your head? Even if it is just air note this and try in fix in mind the space all the way around your body, until half way to the boundary.

Now when you pay attention to your body, as instructed on the audio file, for every body part, pay attention to that body part, plus the space half-way out. When concentrating on your breathing, think about the space half-way out from your stomach, from your chest, from your neck from your nose.

After you have tried your fifth sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the space half way out?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your sixth sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 6**

Subject: Sixth Mindfulness Practice

Thank you for your answer to my previous question!

Now for your next sitting mindfulness practice. You may be sitting in a room or other enclosure. Note the boundaries of the room. Maybe you are sitting outside in an open space; then wherever you wish to, place an imaginary boundary around you. This time before beginning note what is in the space from your body up to the boundary, all around your body. What is up to the boundary from your feet, your legs, your stomach, your torso, your head? Even if it is just air note this and try in fix in mind the space all the way around your body, until to the boundary.

Now when you pay attention to your body, as instructed on the audio file, for every body part, pay attention to that body part, plus the space to the boundary. When concentrating on your breathing, think about the space half-way out from your stomach, from your chest, from your neck from your nose.

After you have tried your sixth sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the space to the boundary?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your seventh sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 7**

Subject: Seventh Mindfulness Practice

Thank you for your answer to my previous question!

Now that you are more familiar with practicing mindfulness in your daily living, we encourage you to try the activity for week two: bringing mindful awareness to a 5-20 minute walk you do regularly. The *Everyday Mindfulness Activities* page on the study direct site provides you with some guidance to help you to do this.

Now for your next sitting mindfulness practice. Notice what is around you, and think how you are located in space all around you, right to the sky.

Now when you pay attention to your body, as instructed on the audio file, for every body part, pay attention to that body part, plus the space to the sky. When concentrating on your breathing, think about the space from your stomach, from your chest, from your neck from your nose, right to the sky.

After you have tried your seventh sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the space to the sky?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your eighth sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 8**

Subject: Eighth Mindfulness Practice

Thank you for your answer to my previous question!

Remember to practice mindfulness during a walk that you do regularly, and during a routine daily activity. The more you practice mindfulness really does make a difference to the way you experience it.

Now for your next sitting mindfulness practice. Notice what is around you, and think how you are located in space all around you, however far you wish to go to feel located in the world.

Now when you pay attention to your body, as instructed on the audio file, for every body part, pay attention to that body part, plus the space around it, however far you wish to go. When concentrating on your breathing, think about the space around your stomach, from your chest, from your neck, and from your nose.

After you have tried your eighth sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the space around your body?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your ninth sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 9**

Subject: Ninth Mindfulness Practice

Thank you for your answer to my previous question!

Now for your next sitting mindfulness practice. Notice what is around you, and think how you are located in space all around you, however far you wish to go to feel located in the world. Now think about what is happening in that space; focus on how things may be changing, even imperceptibly in that space.

Now when you pay attention to your body, as instructed on the audio file, for every body part, pay attention to that body part, plus what is changing in the space around it, however far you wish to go. When concentrating on your breathing, think about what is changing in the space around your stomach, from your chest, from your neck from your nose.

After you have tried your ninth sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on what is changing in the space around your body?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your tenth and final sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 10**

Subject: Tenth Mindfulness Practice

Thank you for your answer to my previous question!

Now for your next sitting mindfulness practice. Notice what is around you, and think how you are located in space all around you, however far you wish to go to feel located in the world. Now think about what is happening in that space; focus on how things may be changing, even imperceptibly in that space.

Now when you pay attention to your body, as instructed on the audio file, for every body part, pay attention to both to how that body part is changing, maybe imperceptibly, and also what is changing in the space around it, however far you wish to go. When concentrating on your breathing, think about what is changing in the space around your stomach, from your chest, from your neck from your nose, as well as how those body parts are moving, changing.

After you have tried your tenth practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on what is changing in the body as well as in the space around your body?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

I will tell you what to do next in response to your answer to the above question!

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**End of intervention email**

Subject: Well done, you have completed two weeks of learning Mindfulness online!

Thank you for taking part in this study about learning Mindfulness online!

Now we are ready for the crucial second set of testing, which will take about an hour. It will consist of a similar set of tasks as the first session.

The following dates and times in the next few times … ETC

Please do not mention to the experimenter what you have been doing in the last two weeks until right the end of the second session. There are three separate groups in the study who had different experiences and we would like to keep the experimenter unaware of which group you were in!

Thanks again,

The Mindfulness research group

**Mindfulness of Mental States**

**Intervention Start Email: Day 1**

Subject: Welcome to Learning Mindfulness Online!

Thank you for taking the time to complete the initial testing session.

You have now been given access to the online Mindfulness site. Just click on this link:

<http://www.lifesci.sussex.ac.uk/home/Zoltan_Dienes/mindfulness../>

On the side Menu have a read of the following screens:

*Welcome* and *What is Mindfulness*

On the site you will find a 10 minute mindfulness meditation practice (under *Daily Mindfulness Practice*) for you to try, which you are invited to undertake daily, and will put into practice the ideas described in the *What is Mindfulness* screen. In the *Everyday Mindfulness Activities* section of the site you will find guidance on how to bring mindfulness to one of your everyday activities. You are invited to practice doing this daily throughout the course. Have a read of that section now.

Having read the indicated pages, but before you try any of these activities, reply to this e-mail today to answer the following questions:

i). Mindfulness has been claimed to reduce anxiety. We want to know what you actually expect about this two-week intervention, given what you have just read. On a scale of -5 to +5 indicate how strongly you expect the intervention will actually change (at least a little bit) your tendency to become anxious, where 0 means you have no expectation of a change either way, -5 means you are certain that you will have a small increase in your tendency to become anxious and +5 means you are certain you will have at least a small reduction in your tendency to become anxious? You can use any number below:

-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5

ii). Mindfulness has been claimed to reduce depression. We want to know what you actually expect about this two-week intervention, given what you have just read. On a scale of -5 to +5 indicate how strongly you expect the intervention will actually change (at least a little bit) your tendency to become depressed (i.e. feel low), where 0 means you have no expectation of a change either way, -5 means you are certain that you will have a small increase in your tendency to become depressed (or feel low) and +5 means you are certain you will have at least a small reduction in your tendency to become depressed (or feel low)? You can use any number below:

-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5

Finally decide if there is a time each day that would be good for practicing the 10-minute intervention. In your e-mail to me, let me know what time you think that is.

After you have tried your first sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the practice?*

**Do not try your second sitting practice until you have received a second e-mail from me giving you instructions about how to approach this practice.** I will send my second e-mail in response to your answer to the above questions.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

Thanks again! Your help really is appreciated. We believe the research will prove valuable for helping many people.

The Mindfulness research group

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Wait for e-mail

If participants do not reply, send a reminder-email, copying the original and adding at the top:

“A friendly reminder about your mindfulness practice. I will send a reminder each day for only up to three days; after that we will presume you have dropped out from the study and you will not hear from us again.”

If a subject needs reminding, they can practice two meditations in one day if they missed a previous day.

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**Day 2**

Subject: Second mindfulness practice

Thank you for your answers to my previous questions!

We would like to encourage you to practice bringing mindful awareness to a routine activity at least daily. The more you practice mindfulness really does make a difference to the way you experience it.

When practicing mindfulness you might feel restless. This is normal but we encourage you to commit to finishing the session. Acknowledge the urge to get up without judging or trying to change it, but bring your attention back to your breath (again and again if necessary), without giving yourself a hard time if possible.

We also encourage you to visit the *Everyday Mindfulness* page on the study direct site to remind yourself of the guidance on how to practice mindfulness in your chosen activity.

OK, now for your second sitting mindfulness practice, focus on being mindful of intentions. We can intend to move physically (like move an arm), but we can also intend a mental state, for example we can intend to imagine something or to think about something. We can intend to move our attention or keep our attention somewhere. For example, we can intend to pay attention to sensations. Or we can intend to move slightly to get more comfortable. Intentions sometimes happen before the physical or mental action they cause. We might intend to move and then move. These are called prior intentions. But an action can be intentional with or without a noticeable prior intention. We might just find ourselves moving, or attending, or imagining. Yet we did mean to do these things; they were intentional. In that case there is an intention that happens with the action; this is called an intention-in-action.

Now when you pay attention to sensations in your body, as instructed on the audio file, for every body part, be mindful of the any relevant intentions. When concentrating on your breathing, try to catch any relevant intentions involved. And the same when asked to attend to your thoughts; be especially mindful of the role of intentions in your thinking.

After you have tried your second sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on intentions?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your third sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send my second e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 3**

Subject: Third Mindfulness Practice

Thank you for your answer to my previous question!

OK, now for your third sitting mindfulness practice. Every mental state has a feeling tone: positive, negative or neutral. That is, every mental state is pleasant to some degree; or unpleasant to some degree; or neither. This time as you attend to sensations, thoughts and other mental states, pay special attention to their feeling tone, whether they are positive, negative or neutral. Try to see this feeling tone clearly but with some distance; you don’t get drawn into the pleasure or the discomfit, you just notice it, calmly.

After you have tried your third sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the feeling tone of each mental state?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your fourth sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 4**

Subject: Fourth Mindfulness Practice

Thank you for your answer to my previous question!

OK, now for your next sitting mindfulness practice. This time focus on desires. A desire is different from an intention. We might desire something yet not intend to do anything about it. Desire in itself does not make actions happen. It is just an urge, a wanting.

Now when you pay attention to your body, as instructed on the audio file, for every body part, pay attention to any desires, however slight. Did you desire to attend? Did you desire to have any sensation? When concentrating on your breathing, just as the breath went all the way in, was there a desire to breathe out? And you breathed all the way out, was there a desire to breathe in? And when attending to your thoughts, what role did desires play in your thinking? Aim to see the desires clearly, but at distance. Notice how each desire comes and goes. Does any desire bring lasting satisfaction if satisfied?

After you have tried your fourth sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on desires?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your fifth sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 5**

Subject: Fifth Mindfulness Practice

Thank you for your answer to my previous question!

Now for your next sitting mindfulness practice. This time be mindful of any emotions that come up. Now when you pay attention to your body, as instructed on the audio file, for every body part, is there any emotional reaction to the sensations? How do you feel when you attend to breathing? What role do emotions play on your thoughts? Try so see any emotional reaction clearly, but at a distance, so you are not sucked into any reaction. For example, if you notice any anger, aim to notice the anger calmly. Do not be drawn into it, but focus again on the sensations, the breathing, or whatever has been instructed. Regard every emotion the same, whether positive or negative: Calmly notice it and notice how it comes and goes.

After you have tried your fifth sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on emotions?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your sixth sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 6**

Subject: Sixth Mindfulness Practice

Thank you for your answer to my previous question!

Now for your next sitting mindfulness practice. This time we return to intentions, just as you did in a previous practice. Notice intentions for physical or mental actions; and notice prior intentions (i.e. those that occur the action they intend) and intentions-in-action (i.e. those that happen with the action).

After you have tried your sixth sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on intentions?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your seventh sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 7**

Subject: Seventh Mindfulness Practice

Thank you for your answer to my previous question!

Now that you are more familiar with practicing mindfulness in your daily living, we encourage you to try an activity: bringing mindful awareness to a 5-20 minute walk you do regularly. The *Everyday Mindfulness Activities* page on the study direct site provides you with some guidance to help you to do this.

Now for your next sitting mindfulness practice. This time try to notice when mental states begin and when they end. Now when you pay attention to your body, or to breathing, as instructed on the audio file, can you notice when a sensation begins, and when it ends? When focusing on thoughts, is there a moment when the thought starts or finishes? Or for a train of thoughts, is there a beginning or an end?

After you have tried your seventh sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the beginning and end of mental states?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your eighth sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 8**

Subject: Eighth Mindfulness Practice

Thank you for your answer to my previous question!

Remember to practice mindfulness during a walk that you do regularly, and during a routine daily activity. The more you practice mindfulness really does make a difference to the way you experience it.

Now for your next sitting mindfulness practice. Notice the duration of mental states. When you notice a sensation, how long does it last for? How long does a thought, desire, feeling, emotion or intention last for? While it is lasting, does it remain unchanged, or is it actually changing?

After you have tried your eighth sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the duration of mental states?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your ninth sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 9**

Subject: Ninth Mindfulness Practice

Thank you for your answer to my previous question!

Now for your next sitting mindfulness practice. Notice the transition between mental states. When you first notice one sensation, and then another, was there anything in between the sensations? When you have one thought, and then another, what happens between thoughts? Is there a gap? Do they overlap?

After you have tried your eighth sitting practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you focusing on the transition between mental states?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

If you hadn’t tried any of the activities this time, that is OK; the most important thing is the daily sitting practice. But we want to keep track of how much mindfulness practice you have had. The more you do, the greater the benefits and the easier it becomes.

**Do not try your tenth and final sitting practice until you have received a further e-mail from me giving you instructions about how to approach this practice.** I will send the e-mail in response to your answer to the above questions.

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**Day 10**

Subject: Tenth Mindfulness Practice

Thank you for your answer to my previous question!

Now for your next sitting mindfulness practice. This time have no special goal other than to notice mental states coming and going; noticing them with calm curiosity; seeing each mental state clearly but at a distance, with some detachment.

After you have tried your tenth practice, e-mail me an answer to this question:

*What proportion of time out of the ten minutes were you noticing whatever mental states came up with calm curiosity?*

*Did you try any of the daily activities after receiving this e-mail? Yes/no*

Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.

I will tell you what to do next in response to your answer to the above question!

Now you are ready to start!

If you have any questions please reply to this email to contact the research team.

The Mindfulness research group

**End of intervention email**

Subject: Well done, you have completed two weeks of learning Mindfulness online!

Thank you for taking part in this study about learning Mindfulness online!

Now we are ready for the crucial second set of testing, which will take about an hour. It will consist of a similar set of tasks as the first session.

The following dates and times in the next few times … ETC

Please do not mention to the experimenter what you have been doing in the last two weeks until right the end of the second session. There are three separate groups in the study who had different experiences and we would like to keep the experimenter unaware of which group you were in!

Thanks again,

The Mindfulness research group

**Wait-list Control Intervention emails**

**Intervention start email**

Subject: Welcome to learning Mindfulness online!

Thank you for taking the time to complete the initial session.

You will be given access to the learning Mindfulness online study direct site in two weeks’ time. In the meantime, we would be grateful if you did not read up on anything to do with mindfulness and did not talk about it with your friends. Then when the course has ended, we would be delighted if you found the topic helpful and interesting and so continued to read about it and talk about it!

As part of the study, you will be asked to complete a second session in two weeks’ time before you start the course. If you have any questions please reply to this email to contact the research team.

Thank you for your participation,

The Mindfulness research group

**Intervention end email for Control subjects**

Subject: Mindfulness –the second session!

Thank you for taking part in this study about learning Mindfulness online.

Now it is time for the second session. The experimenter will be free on XXXXXXXX

Please do not mention to the experimenter that in your case we have not contacted you in between the first and second sessions, until the second session is over. There are three separate groups in the study who had different experiences and we would like to keep the experimenter unaware of which group you were in!

After the second session I will contact with details of the mindfulness course itself!

If you have any questions please reply to this email to contact the research team.

Thanks again,

The Mindfulness research group

**Study End email**

Subject: You now have access to the learning Mindfulness online Site!

Thank you for completing the two sessions!

You have now been given access to the learning Mindfulness online course. On the site you will find a 10 minute Mindfulness practice exercise for you to try, which we encourage you to undertake daily. You will also find guidance on how to bring mindfulness to one of your everyday activities.

Here is the link: [GIVE HALF THE PARTICIPANTS ONE LINK AND THE OTHER HALF THE OTHER]

<http://www.lifesci.sussex.ac.uk/home/Zoltan_Dienes/mindfulness../>

<http://www.lifesci.sussex.ac.uk/home/Zoltan_Dienes/mindfulness./>

We had not given you access until now as we needed to collect data from a control group in order to test whether the other groups, who had access to the study direct site from the beginning of their involvement in the study, received any benefit from this. Thank you for your patience and for completing all the tests, we really do appreciate you taking the time to do this! The control group is a most crucial conditions in really understanding the effect of an intervention.

If you have any questions please reply to this email to contact the research team.

Thank you again for your participation in this study.

The Mindfulness research group