**Surveys**

Mindfulness of Mental States vs. World

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# Surveys

## Pre-test only

### Demographics and email

Following the participant information sheet and consent form, the following screen is presented to participants

* Before we begin, please provide your email address so that we can contact you with daily meditation practices. [email text input]
* Verify email [validated]
* How old are you [numeric 18-99]
* What is your gender?
  + Male
  + Female
  + Other, or prefer to self-describe [free text input]
  + Prefer not to say

## Post-test only

### Introduction

The following screen is presented to participants at the beginning of the post-test survey

Text, letter

Description automatically generated

### Experiment feedback

The following screen is presented to participants at very end of the post-test survey

*Prompt*

The following page is applicable to those of you whom were asked to meditate during this course. If you were not, you can skip this page.

We would really appreciate you being completely honest about how much you engaged with this course. No matter how much you meditated, all responses are anonymised before being viewed by the experimenters, and you will be in no way penalised for your answer (e.g. you will still be eligible for full course credits, if that is applicable to you). We require accurate data on this for the project to be a successful contribution to my PhD thesis, and a trustworthy addition to the scientific knowledge on the subject, which often goes towards policies and the delivery of therapy.

*Questions*

* Approximately how long did you spend meditating during this course? [free text input]
* How well did you stick to the course content? [single selection]
  + I meditated significantly more than the course required
  + I did the course almost exactly
  + I meditated significantly less than the course asked for
  + I did not meditate or do mindfulness during this course
* Did you find this course useful? [multiple selection]
  + I found this course very useful
  + I did not find it useful
  + I disliked this course
  + Other (please elaborate if you can) [free text input]
* If you dropped out of the course, please let us know why. [free text input]
* Please let us know if you have any other comments of feedback on the course? [free text input]

## Survey scales (pre-test and post-test)

*The following Likert-type scales are presented in this order at pre and post-test, before the metacognition task:*

#### TMS

Prompt:

We are interested in your day-to-day experiences over the last week. Below is a list of things that people sometimes experience. Please read each statement. Please indicate the extent to which you agree with each statement. In other words, how well does the statement describe your experience. There are no “right” or “wrong” answers, so please answer in a way that reflects your own experiences in the last week.

Options:

1. Not at all
2. A little
3. Moderately
4. Quite a bit
5. Very much

*Questions:*

1. I experience myself as separate from my changing thoughts and feelings
2. I am more concerned with being open to my experiences than controlling or changing them.
3. I experience my thoughts more as events in my mind than as a necessarily accurate reflection of the way things ‘really’ are.
4. I am receptive to observing unpleasant thoughts and feelings without interfering with them.
5. I am more invested in just watching my experiences as they arise, than in figuring out what they could mean.
6. I approach each experience by trying to accept it, no matter whether it is pleasant or unpleasant.
7. I am aware of my thoughts and feelings without overidentifying with them.

#### GAD-7

Prompt:

* Over the last week, how often have you been bothered by the following problems?

Options:

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day

Questions:

1. Feeling nervous, anxious or on edge
2. Not being able to stop or control worrying
3. Worrying too much about different things
4. Trouble relaxing
5. Being so restless that it is hard to sit still
6. Becoming easily annoyed or irritable
7. Feeling afraid as if something awful might happen

#### PHQ-8

*Prompt:*

* Over the last week, how often have you been bothered by any of the following problems?

*Options:*

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day

*Questions:*

1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless
3. Trouble falling or staying asleep, or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family dow
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual.

#### 2nd-order Sensory Observation

Prompt:

* We would like you to interpret the following questions in a slightly nuanced way. The idea is this: when you notice something in the outside world, for example, the sky, you might think of something in the outside world: “the sky is blue”. However, at other times you might become aware of yourself seeing that the sky is blue, and you might think “I see that the sky is blue”. In the first one we can say you are aware of the world around you, and in the second example, you would be aware of perceiving the world around you, namely the effect the world has on your senses. Take a moment to consider the difference , please answer the following questions with respect to the last week:

Options:

1. Never or very rarely true
2. Rarely true
3. Sometimes true
4. Often true
5. Very often or always true

Questions:

1. When I’m walking, I notice my body movements.
2. When I’m walking, I deliberately notice the sensations of my body moving.
3. When I take a shower or a bath, I stay alert to the water on my body.
4. When I take a shower or a bath, I stay alert to the sensations of water on my body.
5. I notice how foods and drinks affect my body.
6. I notice how foods and drinks affect my bodily sensations.
7. I pay attention to how the external world affects my body, such as the wind in my hair or sun on my face.
8. I pay attention to sensations, such as the wind in my hair or sun on my face.
9. I pay attention to sounds in the world, such as clocks ticking, birds chirping, or cars passing.
10. I pay attention to hearing sounds, such as clocks ticking, birds chirping, or cars passing.
11. I notice the smells and aromas of things around me
12. I notice the smelling of aromas.
13. I notice such things in nature as colours, shapes, textures, or patterns of light and shadow
14. I notice seeing visual elements in art or nature, such as colours, shapes, textures, or patterns of light and shadow

#### RRS

*Prompt:*

* People think and do many different things when they feel depressed. Please read each of the items below and indicate whether you almost never, sometimes, often, or almost always think or do each one when you have felt down, sad, or depressed in the last week. Please indicate what you have generally done, not what you think you should do.

*Options:*

1. Almost never
2. Sometimes
3. Often
4. Almost always

*Questions:*

1. Think about how alone you feel
2. Think “I won’t be able to do my job if I don’t snap out of this”
3. Think about your feelings of fatigue and achiness
4. Think about how hard it is to concentrate
5. Think “What am I doing to deserve this?”
6. Think about how passive and unmotivated you feel
7. Analyse recent events to try to understand why you are depressed
8. Think about how you don’t seem to feel anything anymore
9. Think “Why can’t I get going?”
10. Think “Why do I always react this way?”
11. Go away by yourself and think about why you feel this way
12. Write down what you are thinking about and analyse it
13. Think about a recent situation, wishing it had gone better
14. Think “I won’t be able to concentrate if I keep feeling this way.”
15. Think “Why do I have problems other people don’t have?”
16. Think “Why can’t I handle things better?”
17. Think about how sad you feel.
18. Think about all your shortcomings, failings, faults, mistakes
19. Think about how you don’t feel up to doing anything
20. Analyse your personality to try to understand why you are depressed
21. Go someplace alone to think about your feelings
22. Think about how angry you are with yourself

#### WBSI

*Prompt:*

* To what extent do you agree or disagree that **over the last week..**

*Options:*

1. Strongly disagree
2. Disagree
3. Neither agree nor disagree
4. Agree
5. Strongly agree

*Questions:*

1. There have often been things I have preferred not to think about.
2. Sometimes I have wondered why I had the thoughts I did.
3. I have often had thoughts that I cannot stop.
4. There have been images that come to mind that I could not erase.
5. My thoughts have frequently returned to one idea.
6. I have wished I could stop thinking of certain things.
7. Sometimes my mind raced so fast I have wished it could stop it.
8. I have always tried to put problems out of mind.
9. There have been thoughts that have kept jumping into my head.
10. Sometimes I have stayed busy just to keep thoughts from intruding on my mind.
11. There have been things that I’ve tried not to think about.
12. Sometimes I have really wished I could stop thinking.
13. I have often done things to distract myself from my thoughts.
14. I have had thoughts that I’ve tried to avoid.
15. There have been many thoughts that I have had that I haven’t told anyone.

# Follow up emails

## Day 1

### Expectations

In order to gather expectations in the mindfulness of the world and mental states groups, after an induction describing the practice, but prior to the first day’s meditation, the following expectations questionnaire will be administered. **Note: options will be mirrored around 0 [no expectation of change], and extend in the negative direction as well, with results entered on a slider].**

*Prompt*

* Mindfulness has been claimed to produce several effects. We want to know what you actually expect about this two-week intervention, given what you have just heard.
* For each question below, please use the sliders to indicate by how many scale points you expect taking this course will change your answer. We have provided the original scale labels for reference, but please use the sliders to tell us the number of units you expect your score to increase or decrease by compared to before the course.
* For example, say that before taking this course you answered the question 'Over the last week, how often have you had trouble relaxing?' with the answer '3. Moderately' on the 5-point scale provided. if you expect that, by the end of this course, your answer will have changed to '2. A little' on the same scale, then you are expecting a reduction of 1 point on the scale, and your answer below would be '-1'.
* Likewise, if you expect your score will remain the same after versus before the intervention, say 0. If you think your score will be larger by a certain number of units say +that number, e.g. +2; if you think your score will have reduced by a certain number of units say - that number, e.g. -2.
* Please check the axis label for each section before answering!

#### TMS-D:

Prompt:

* To what extent do you expect this mindfulness course to change how much you agree with each statement below?

Options:

1. Not at all
2. A little
3. Moderately
4. Quite a bit
5. Very much

*Questions:*

1. I experience myself as separate from my changing thoughts and feelings
2. I am more concerned with being open to my experiences than controlling or changing them.
3. I experience my thoughts more as events in my mind than as a necessarily accurate reflection of the way things ‘really’ are.
4. I am receptive to observing unpleasant thoughts and feelings without interfering with them.
5. I am more invested in just watching my experiences as they arise, than in figuring out what they could mean.
6. I approach each experience by trying to accept it, no matter whether it is pleasant or unpleasant.
7. I am aware of my thoughts and feelings without overidentifying with them.

#### GAD-7 and PHQ-8:

Prompt:

* To what extent do you expect this mindfulness course to change how much you will be bothered by the follow problems?

*Options:*

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day

*Questions:*

1. Feelings of nervousness, anxiety or being on edge
2. Not being able to stop or control worrying
3. Worrying too much about different things
4. Having trouble relaxing
5. Being so restless that it is hard to sit still
6. Becoming easily annoyed or irritable
7. Feeling afraid as if something awful might happen

*PHQ-8 Question:*

1. feeling down, depressed, or hopeless?
2. Little interest or pleasure in doing things
3. Feeling down, depressed, or hopeless
4. Trouble falling or staying asleep, or sleeping too much
5. Feeling tired or having little energy
6. Poor appetite or overeating
7. Feeling bad about yourself — or that you are a failure or have let yourself or your family dow
8. Trouble concentrating on things, such as reading the newspaper or watching television
9. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual.

#### 2SO:

Prompt:

* How much are you expecting this course to change how true of you consider the following statement to be?

*Options:*

1. Never or very rarely true
2. Rarely true
3. Sometimes true
4. Often true
5. Very often or always true

*Questions:*

* *I am often aware of not just the world around me in the present moment - but of my sensations and perceptions of the world around me (e.g. thinking “I see that the sky is blue” rather than just thinking “the sky is blue”, which entails an awareness of vision itself).*

#### WBSI:

Prompt:

* To what extent do you agree or disagree that you are expecting this course to cause a change in...

*Options:*

1. Strongly disagree
2. Disagree
3. Neither agree nor disagree
4. Agree
5. Strongly agree

*Questions:*

1. *Any tendency to suppress your thoughts.*

#### RRS:

Prompt:

* How many scale points do you expect the course to change how often you think or do the following when you feel down, sad, or depressed?

*Options:*

1. Almost never
2. Sometimes
3. Often
4. Almost always

*Question:*

1. *Any tendency to repetitively focus on negative emotions in a passive way.*

### Email

Immediately after completing the pre-test survey, participants in the world and mental states groups are sent the following email, with condition-relevant survey links:

Thank you for completing the first survey - your participation is very much appreciated!  The first meditation session (preceded by an induction and initial survey) can be found at the following link: ${l://SurveyLink?d=Take the survey}

*Or copy and paste the URL below into your internet browser:* *${l://SurveyURL}*

I will send one reminder email after 2 days if the survey has not been completed by then.  You are welcome to meditate for as long as you like following this first day's practice, or bring this awareness to another activity in your day. However, we ask that for the two weeks of this intervention, you do not look up any information on mindfulness and meditation outside of this study.

 If you have any questions please contact *mel29@sussex.ac.uk.*  Thanks again!  Your help really is appreciated. We believe the research will prove valuable for helping many people.   The Mindfulness research group  Follow the link to opt out of future emails: ${l://OptOutLink?d=Click here to unsubscribe}

## Days 2-10

The linked survey will be detailed below. If a survey is not completed in 2 days the same email will be sent to participants with the following header:

*This is a friendly reminder about the final survey.* *I will not send another reminder, and after 3 days the survey link will close so that we can keep the course timings similar across participants.*

At 7:00 GMT, pending completion of the previous survey, the following email is sent to participants for Day 2:

Thank you for completing yesterday’s practice and survey!

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 would also like to encourage you to practice bringing mindful awareness to a routine activity at least once a day. The more you practice mindfulness makes a difference to the way you experience it.

The second practice, and a question about your practice, can be found here: ${l://SurveyLink?d=Take the survey}

*Or copy and paste the URL below into your internet browser:* *${l://SurveyURL}*

I will send one reminder email after 2 days if the survey has not been completed by then. You are welcome to repeat today’s practice as many times as you want, but don’t attempt to go beyond it until tomorrow’s session.   Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.  **If you have any questions please contact *mel29@sussex.ac.uk.***  The Mindfulness research group

Follow the link to opt out of future emails: ${l://OptOutLink?d=Click here to unsubscribe}

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I will send one reminder email after 2 days if the survey has not been completed by then. You are welcome to repeat today’s practice as many times as you want, but don’t attempt to go beyond it until tomorrow’s session.   Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.  **If you have any questions please contact *mel29@sussex.ac.uk.***  The Mindfulness research group

Follow the link to opt out of future emails: ${l://OptOutLink?d=Click here to unsubscribe}

Emails for days 3-10 are as follows:

Thank you for completing yesterday’s practice and survey!

The [DAY e.g. THIRD] practice, and a question about your practice, can be found here: ${l://SurveyLink?d=Take the survey}

*Or copy and paste the URL below into your internet browser:* *${l://SurveyURL}*

I will send one reminder email after 2 days if the survey has not been completed by then. You are welcome to repeat today’s practice as many times as you want, but don’t attempt to go beyond it until tomorrows session. I will send another 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.  **If you have any questions please contact *mel29@sussex.ac.uk.***  The Mindfulness research group

Follow the link to opt out of future emails: ${l://OptOutLink?d=Click here to unsubscribe}

Immediately after the survey for the 10th meditation is complete, the following email with a link to the post-test survey is sent:

*Subject:* Well done, you have completed 10 days of mindfulness meditation!

Thank you for taking part in this study about learning mindfulness online!  Now we are ready for the crucial second survey, which is similar to the first survey, and is available here: ${l://SurveyLink?d=Take the survey}

Or copy and paste the URL below into your internet browser: ${l://SurveyURL}  Afterwards, we will send you more information so you can continue your practice if you wish.  Thanks again,   The Mindfulness research group  Follow the link to opt out of future emails: ${l://OptOutLink?d=Click here to unsubscribe}

Participants placed in the control condition are sent the following email immediately after completion of the pre-test survey:

Thank you for taking the time to complete the initial survey. A copy of this message will be sent to your email.  You have been placed in a waitlist group, and will be given access to the course materials in twenty days. At that time, you will be asked to complete a second survey, before we give you access to all of our course materials, and information on the study.  In the meantime, we would be very 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!

If you have any questions please contact me at mel29@sussex.ac.uk.  Thank you for your participation,   The Mindfulness Research Group

Follow the link to opt out of future emails:

${l://OptOutLink?d=Click here to unsubscribe}

After 20 days, the control group is sent the post-test survey with this email:

This is a follow-up email for the study about learning Mindfulness online. Thank you for taking part.

You are now ready to complete the second survey, after which you will have access to all our mindfulness course materials, and an explanation of the study:

${l://SurveyLink?d=Take the survey} Or copy and paste the URL below into your internet browser: ${l://SurveyURL}

After the second survey you will be contacted with details of the mindfulness course itself, and given access to all our resources for how to learn mindfulness.  If you have any questions please contact *mel29@sussex.ac.uk*

 Thanks for your time,  The Mindfulness research group

Follow the link to opt out of future emails: ${l://OptOutLink?d=Click here to unsubscribe}

The above email is resent the following reminder on the top of the page if the post-test survey is not completed in 2 days:

*This is a friendly reminder about the second survey.* *I will not send another reminder, and after 3 days the survey link will close so that we can keep the course timings similar across participants.*

Immediately after completing the pre-test survey, participants in the world and mental states groups are sent the following email, with condition-relevant survey links:

Thank you for completing the first survey - your participation is very much appreciated!  The first meditation session (preceded by an induction and initial survey) can be found at the following link: ${l://SurveyLink?d=Take the survey}

*Or copy and paste the URL below into your internet browser:* *${l://SurveyURL}*

I will send one reminder email after 2 days if the survey has not been completed by then.  You are welcome to meditate for as long as you like following this first day's practice, or bring this awareness to another activity in your day. However, we ask that for the two weeks of this intervention, you do not look up any information on mindfulness and meditation outside of this study.

 If you have any questions please contact *mel29@sussex.ac.uk.*  Thanks again!  Your help really is appreciated. We believe the research will prove valuable for helping many people.   The Mindfulness research group  Follow the link to opt out of future emails: ${l://OptOutLink?d=Click here to unsubscribe}

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*This is a friendly reminder about the final survey.* *I will not send another reminder, and after 3 days the survey link will close so that we can keep the course timings similar across participants.*

At 7:00 GMT, pending completion of the previous survey, the following email is sent to participants for Day 2:

Thank you for completing yesterday’s practice and survey!

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 would also like to encourage you to practice bringing mindful awareness to a routine activity at least once a day. The more you practice mindfulness makes a difference to the way you experience it.

The second practice, and a question about your practice, can be found here: ${l://SurveyLink?d=Take the survey}

*Or copy and paste the URL below into your internet browser:* *${l://SurveyURL}*

I will send one reminder email after 2 days if the survey has not been completed by then. You are welcome to repeat today’s practice as many times as you want, but don’t attempt to go beyond it until tomorrow’s session.   Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.  **If you have any questions please contact *mel29@sussex.ac.uk.***  The Mindfulness research group

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*Or copy and paste the URL below into your internet browser:* *${l://SurveyURL}*

I will send one reminder email after 2 days if the survey has not been completed by then. You are welcome to repeat today’s practice as many times as you want, but don’t attempt to go beyond it until tomorrow’s session.   Also feel free to tell me about any experiences you had, either during the sitting practice or during other daily activities.  **If you have any questions please contact *mel29@sussex.ac.uk.***  The Mindfulness research group

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*Or copy and paste the URL below into your internet browser:* *${l://SurveyURL}*

I will send one reminder email after 2 days if the survey has not been completed by then. You are welcome to repeat today’s practice as many times as you want, but don’t attempt to go beyond it until tomorrows session. I will send another 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.  **If you have any questions please contact *mel29@sussex.ac.uk.***  The Mindfulness research group

Follow the link to opt out of future emails: ${l://OptOutLink?d=Click here to unsubscribe}

Immediately after the survey for the 10th meditation is complete, the following email with a link to the post-test survey is sent:

*Subject:* Well done, you have completed 10 days of mindfulness meditation!

Thank you for taking part in this study about learning mindfulness online!  Now we are ready for the crucial second survey, which is similar to the first survey, and is available here: ${l://SurveyLink?d=Take the survey}

Or copy and paste the URL below into your internet browser: ${l://SurveyURL}  Afterwards, we will send you more information so you can continue your practice if you wish.  Thanks again,   The Mindfulness research group  Follow the link to opt out of future emails: ${l://OptOutLink?d=Click here to unsubscribe}

Participants placed in the control condition are sent the following email immediately after completion of the pre-test survey:

Thank you for taking the time to complete the initial survey. A copy of this message will be sent to your email.  You have been placed in a waitlist group, and will be given access to the course materials in twenty days. At that time, you will be asked to complete a second survey, before we give you access to all of our course materials, and information on the study.  In the meantime, we would be very 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!

If you have any questions please contact me at mel29@sussex.ac.uk.  Thank you for your participation,   The Mindfulness Research Group

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After 20 days, the control group is sent the post-test survey with this email:

This is a follow-up email for the study about learning Mindfulness online. Thank you for taking part.

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${l://SurveyLink?d=Take the survey} Or copy and paste the URL below into your internet browser: ${l://SurveyURL}

After the second survey you will be contacted with details of the mindfulness course itself, and given access to all our resources for how to learn mindfulness.  If you have any questions please contact *mel29@sussex.ac.uk*

 Thanks for your time,  The Mindfulness research group

Follow the link to opt out of future emails: ${l://OptOutLink?d=Click here to unsubscribe}

The above email is resent the following reminder on the top of the page if the post-test survey is not completed in 2 days:

*This is a friendly reminder about the second survey.* *I will not send another reminder, and after 3 days the survey link will close so that we can keep the course timings similar across participants.*

# Follow up surveys

Before each day’s meditation, the following question is presented:

**Extra-curricular engagement**

Firstly, after your last mindfulness practice, did try being mindful during an activity (e.g. chores or walking)?

Options:

1. Yes
2. No

Question:

1. What percentage of time out of the ten minutes were you focusing on the practice?

After each day’s meditation, the following question is presented:

**Practice engagement/skill**

Options:

1. Slider from 0%-100%

Question:

1. What percentage of time out of the ten minutes were you focusing on the practice?