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##### General information #####
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Title:
Mindfulness and Affect-Network Density:
Does Mindfulness Facilitate Disengagement from Affective Experiences
in Daily life?

Data are a part of the dataset reported in XXX
Data were used in a previous study to examine associations between
affect dynamics (inertia, instability, affect valence switch) and
mindfulness (XXX)

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##### Data sets #####
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Ecological momentary assessment data: data_affect.csv
Variables: 12
Cases: 30000 (125*240)

Network density data: data_net_density.csv
Variables: 28
Cases: 125

#####Variables in data_affect.csv #####

Ecological momentary assessment data: data_affect.csv

No	Name	Label	Options
1	subjno	individual code	
2	dayno	study days	1-40
3	beep	daily signals	1-6
4	group	condition allocation	0 = control, 1 = training
5*	emo1_m	happy	0-100
6*	emo2_m	excited	0-100
7*	emo3_m	relaxed	0-100
8*	emo4_m	satisfied	0-100
9*	emo5_m	angry	0-100
10*	emo6_m	anxious	0-100

11*	emo7_m	depressed	0-100
12*	emo8_m	sad	0-100

* variables only contain affect observations that were prompted within the defined time period of 600 minutes (10am-8pm), being at least 45 minutes and at most 200 minutes apart

#####Variables in data_net_density.dta #####

Network density data:			data_net_density.csv
No	Name	Label	Options
1	id	individual code	
2	smaas	person mean state mindfulness	0-6
3	group	condition allocation	0 = control, 1 = mindfulness training
4	yoga	prior yoga experience	1 = no experience 2 = prior experience
5	meditation	prior meditation experience	1 = no experience 2 = prior experience
6	t_oad	temporal overall affect network density	
7	t_pad	temporal positive affect network density	
8	t_nad	temporal negative affect network density	
9	c_oad	contemporaneous overall affect network density	
10	c_pad	contemporaneous positive affect network density	
11	c_nad	contemporaneous negative affect network density	
12	c_pa_nad	contemporaneous positive-negative affect network density	
13	t_happy	temporal single-affect network density: happy	
14	t_excited	temporal single-affect network density: excited	

15	t_relaxed	temporal single-affect network density: relaxed	
16	t_satisfied	temporal single-affect network density: satisfied	
17	t_angry	temporal single-affect network density: angry	
18	t_anxious	temporal single-affect network density: anxious	
19	t_depressed	temporal single-affect network density: depressed	
20	t_sad	temporal single-affect network density: sad	
21	mind	prior experiences in meditation, yoga, or meditation and yoga	0 = no experience, 1 = prior experience
22	both_mind	prior experiences in meditation or meditation and yoga	0 = no experience, 1 = prior experience
23	gm_smaas	grand-mean of smaas	
24	gc_smaas	grand-mean centered smaas	
25	group_mind	group * mind	
26	smaas_mind	smaas * mind	
27	group_both_mind	group * both_mind	
28	smaas_both_mind	smaas * both_mind	