

Mindfulness-Based Stress Reduction Promotes Positive Interpretations of Emotional  
Ambiguity

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## Abstract

One or two sentences providing a **basic introduction** to the field, comprehensible to a scientist in any discipline.

Two to three sentences of **more detailed background**, comprehensible to scientists in related disciplines.

One sentence clearly stating the **general problem** being addressed by this particular study.

One sentence summarizing the main result (with the words “**here we show**” or their equivalent).

Two or three sentences explaining what the **main result** reveals in direct comparison to what was thought to be the case previously, or how the main result adds to previous knowledge.

One or two sentences to put the results into a more **general context**.

Two or three sentences to provide a **broader perspective**, readily comprehensible to a scientist in any discipline.

*Keywords:* keywords

Word count: X

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### Methods

We report how we determined our sample size, all data exclusions (if any), all manipulations, and all measures in the study.

### Participants

Participants were recruited from MBSR courses across the United States. Inclusion criteria required that participants be age 17 or older and without prior formal mindfulness training or extensive practice (i.e., greater than 30 minutes per day for two or more days per week). Gender, age, and history of psychological or neurological disorder are shown in Table 1.

### Procedure

All participants were recruited through online and email advertisements shared by MBSR course instructors. All instructors were **certified** or **qualified** MBSR instructors and participants completed the entire eight-week course. MBSR courses consisted of eight weekly meetings and one retreat day near the end of the course. Participants completed weekly logs to report daily mindfulness practice, including both type (e.g., focused breathing, body scan) and duration. MBSR instructor experienced averaged = “value” (SD = “value”).

Participants completed five research sessions in total, in addition to the weekly logs. The first and second session occurred pre- and post-class on the first day of the MBSR course. Session three and four were pre- and post-class on the final day of the course, and session five was an additional eight-week follow up after the course ended. The pre-class sessions, as well as the fifth and final session, consisted of two image ratings tasks and a series of Qualtrics (cite?) surveys, while the post-class sessions only required participants to

53 complete the two image rating tasks.

## 54 **Material**

## 55 **Data analysis**

56 We used R (Version 3.6.0; R Core Team, 2019) and the R-package *papaja* (Version  
57 0.1.0.9842; Aust & Barth, 2018) for all our analyses. Participant responses to We first  
58 imported raw mouse tracking data using Mousetrap and preprocessed the data for analysis.  
59 That is, raw trajectories were imported and

## 60 **Results**

## 61 **Discussion**

## References

- 62
- 63 Aust, F., & Barth, M. (2018). *papaja: Create APA manuscripts with R Markdown*.
- 64 Retrieved from <https://github.com/crsh/papaja>
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