

## Supplementary Document I: Supplementary Analyses & Materials

This document contains supplementary analyses, tables, and figures for *Do Worldviews Matter for Implementation-Relevant Responses to Mindfulness-Based Interventions? An Empirical Investigation of Existential and Religious Perspectives*, as well as supplementary information about study materials. References to tables and figures within this document are for other tables and figures within this document (vs. the primary article) unless otherwise indicated.

### Contents

Study Demographics .....	2
Studies 1a & 1b .....	3
I. Descriptive statistics for Studies 1a and 1b .....	3
II. Pearson and Spearman correlations for Studies 1a and 1b .....	5
III. Supplementary analyses of differences between religious affiliation groups in Studies 1a and 1b .....	7
IV. Multilevel models for Studies 1a and 1b .....	14
V. Model results for multilevel Models 0, 1, and 2 in studies 1a and 1b .....	16
Studies 2a & 2b .....	20
VI. Pearson and Spearman associations for study variables for Studies 2a and 2b .....	20
VII. Comparisons of means among conditions and affiliations for Studies 2a and 2b .....	21
VIII. Supplementary analyses of qualitative free responses in Studies 2a and 2b .....	30
IX. Scripts used for Studies 2a and 2b .....	31

## Study Demographics

Table 1. Participant demographic and background characteristics in Studies 1a, 1b, 2a, and 2b.

	Study 1a	Study 1b	Study 2a	Study 2b
<i>N</i>	480	267	683	157
<b>Variable</b>			<b>Total (%)</b>	
Age - M(SD)	34.55 (10.32)	19.2 (3.63)	37.12 (12.07)	18.80 (1.36)
Gender				
Male	240 (50.0)	58 (21.7)	327 (47.9)	56 (35.7)
Female	235 (49.0)	205 (76.8)	351 (51.4)	100 (63.7)
Transgender	2 (.4)	0	2 (.3)	0 (0)
Other gender	3 (.6)	3 (1.1)	3 (.4)	1 (.6)
Ethnicity				
Asian American	38 (7.9)	22 (8.2)	49 (7.2)	9 (5.7)
African American	40 (8.3)	14 (5.2)	69 (10.1)	6 (3.8)
Latino/Hispanic	34 (7.1)	78 (29.2)	33 (4.8)	43 (27.4)
Native American	5 (1.0)	2 (.7)	4 (.6)	3 (1.9)
White/Non-Hispanic	356 (74.2)	127 (47.6)	517 (75.7)	82 (52.2)
Other	7 (1.5)	22 (8.2)	11 (1.6)	14 (8.9)
Religious Affiliation				
Buddhist	13 (2.7)	6 (2.2)	26 (3.8)	1 (.6)
Baptist	38 (7.9)	16 (6.0)	57 (8.3)	8 (5.1)
Methodist	16 (3.3)	5 (1.9)	18 (2.6)	3 (1.9)
Presbyterian	11 (2.3)	7 (2.6)	14 (2.1)	1 (.6)
LDS	5 (1.0)	3 (1.1)	5 (.7)	1 (.6)
Hindu	1 (.2)	5 (1.9)	12 (1.8)	0 (0)
Catholic	60 (12.5)	63 (23.6)	99 (14.5)	47 (29.9)
Christian non-denominational	39 (8.1)	44 (16.5)	75 (11.0)	22 (14)
Lutheran	13 (2.7)	8 (3.0)	17 (2.5)	6 (3.8)
Pentecostal	26 (5.4)	7 (2.6)	21 (3.1)	0 (0)
Jewish	4 (.8)	9 (3.4)	15 (2.2)	8 (5.1)
Muslim	2 (.4)	6 (2.2)	4 (.6)	5 (3.2)
Other	34 (7.1)	9 (3.4)	49 (7.2)	8 (5.1)
Agnostic	127 (26.5)	24 (9.0)	131 (19.2)	15 (9.6)
Non-religious	91 (19.0)	54 (20.2)	139 (20.4)	32 (20.4)
Derived Religious Affiliation				
Non-affiliated	218 (45.4)	78 (29.3)	270 (39.6)	47 (29.9)
Catholic	60 (12.5)	63 (23.7)	99 (14.5)	47 (29.9)
Protestant	148 (30.8)	90 (33.8)	207 (30.4)	41 (26.1)
Other	54 (11.3)	35 (13.2)	106 (15.5)	22 (14.0)
SES				
Lower class	28 (5.8)	7 (2.6)	53 (7.8)	4 (2.5)
Working class	127 (26.5)	17 (6.4)	138 (20.2)	6 (3.8)
Lower-middle class	103 (21.5)	33 (12.4)	134 (19.6)	16 (10.2)
Middle class	194 (40.4)	116 (43.4)	288 (42.2)	56 (35.7)
Upper-middle class	28 (5.8)	78 (29.2)	69 (10.1)	63 (40.1)
Upper class	0 (0)	15 (5.6)	1 (.1)	12 (7.6)
Prior experience with mindfulness? (yes)	276 (57.5)	170 (68.3)	383 (56.1)	86 (54.8)
Condition (Studies 2a, 2b)				
Buddhist			223 (32.7)	51(32.5)
Secular			211 (30.9)	61(38.9)
Spiritual			249 (36.5)	45(28.7)

*Note.* M = Mean, SD = Standard Deviation. Participants were asked their *age* (in years), *gender* (male, female, transgender, other), *ethnicity* (Asian American, African American, Latino/Hispanic, Native American, White (non-Hispanic), Other) and *religious affiliation* (15 affiliative categories including “other”, are reported under “religious affiliation” in this table). For *ethnicity* and *religious affiliation* items, participants had options to write in their characteristics after selecting “other” as an option. *Prior experience with mindfulness (yes)* indicates the number of participants in each study who endorsed “yes” to having prior experience with mindfulness. After specific religious affiliations were endorsed by participants, these responses were re-coded into a secondary descriptive characteristic indicating either Non-Affiliated = 0, Catholic = 1, Protestant = 2, or Other = 3 affiliations. Those who endorsed “atheist” or “agnostic” were regarded as non-affiliated. Those who selected a religious affiliation that is part of Protestant denomination were considered Protestants, and those who indicated Catholic or Roman Catholic were considered Catholic. All others were designated Other due to low numbers of participants who endorsed affiliation with other religious traditions (e.g. Jewish, Hindu). *SES* = Socioeconomic status. *SES* was assessed by means of the following question: “What social class is your family?” (1 = Lower class, 2 = Working class, 3 = Lower-middle class, 4 = Middle class, 5 = Upper-middle class, 6 = Upper class).

## Studies 1a & 1b

### I. Descriptive statistics for Studies 1a and 1b

Descriptive statistics for all endorsed religious affiliations in Studies 1a and 1b are provided in Tables 1 and 2, respectively.

Table 2. Study 1a Descriptive Statistics for Religious Affiliations

Group	<i>n</i> (m, f, t, o) <sup>a</sup>	Age	EQ	TTT	Openness	Willingness					BMR
						Plain	Secular	Spiritual	Buddhist	Own	
Baptist	38 (22, 16, 0, 0)	37.87 (10.52)	4.13 (1.14)	5.20 (1.40)	4.72 (1.42)	4.00 (.81)	3.76 (1.10)	4.03 (.97)	2.53 (1.33)	4.32 (.99)	3.53 (.83)
Methodist	16 (6, 10, 0, 0)	39.12 (12.48)	4.68 (.87)	3.91 (1.76)	4.91 (1.57)	4.38 (.62)	4.31 (1.01)	4.00 (1.10)	3.50 (1.27)	3.75 (1.24)	2.75 (.93)
Presbyterian	11 (4, 7, 0, 0)	43.45 (11.36)	4.73 (.75)	3.35 (1.89)	4.45 (1.29)	3.91 (.70)	3.73 (1.19)	3.36 (.92)	2.91 (1.30)	3.73 (1.10)	3.18 (1.17)
LDS	5 (3, 2, 0, 0)	27.20 (7.01)	4.22 (.44)	5.12 (1.49)	4.60 (1.08)	4.00 (.71)	3.40 (1.14)	3.60 (1.14)	3.00 (1.58)	4.20 (.84)	3.80 (1.10)
Catholic	60 (30, 30, 0, 0)	35.10 (10.44)	4.71 (.75)	3.59 (1.55)	4.98 (1.29)	4.10 (.73)	3.82 (.91)	3.58 (1.15)	3.05 (1.10)	3.83 (1.04)	3.20 (.95)
Non-Denom	39 (14, 24, 0, 0)	34.51 (8.26)	4.42 (1.02)	4.77 (1.60)	4.86 (1.50)	3.87 (.98)	3.44 (1.31)	3.97 (1.16)	2.38 (1.15)	4.10 (.97)	3.46 (1.10)
Lutheran	13 (6, 7, 0, 0)	33.62 (9.04)	4.66 (.77)	3.85 (1.60)	5.42 (1.08)	4.08 (.86)	4.15 (.69)	3.46 (1.23)	2.92 (1.04)	3.85 (.99)	3.62 (.65)
Pentecostal	26 (13, 13, 0, 0)	36.38 (10.12)	4.18 (1.11)	4.84 (1.43)	4.61 (1.46)	3.92 (.94)	3.38 (1.24)	3.81 (1.23)	2.73 (1.49)	4.12 (9.52)	3.35 (1.13)
Other	34 (17, 17, 0, 0)	34.36 (11.02)	4.63 (1.07)	2.42 (1.39)	5.59 (1.29)	4.26 (.83)	4.29 (.76)	3.29 (1.51)	3.41 (1.35)	4.09 (1.19)	2.47 (.90)
Muslim	2 (1, 1, 0, 0)	35 (4.24)	3.94 (1.81)	3.20 (2.83)	5.75 (.35)	4.00 (1.41)	5.00 (0)	3.00 (1.41)	2.00 (1.41)	2.50 (2.12)	3.50 (.71)
Buddhist	13 (5, 7, 1, 0)	33.69 (12.21)	4.81 (1.01)	3.23 (1.17)	5.46 (1.05)	4.69 (.48)	4.54 (.52)	3.85 (1.21)	4.46 (.66)	4.15 (.80)	3.23 (1.01)
Hindu	1 (0, 1, 0, 0)	25	4.56	2.00	6.00	5	5	5	4	5	4
Jewish	4 (2, 2, 0, 0)	35.00 (13.74)	4.75 (.96)	2.30 (1.75)	4.75 (1.55)	4.00 (0)	4.00 (0)	3.25 (1.71)	3.25 (.96)	4.00 (.82)	3.00 (1.16)
Non-Religious	91 (52, 38, 1, 0)	34.33 (11.10)	4.29 (.74)	1.68 (.96)	5.2 (1.24)	4.05 (.91)	4.20 (1.07)	2.42 (1.43)	2.88 (1.27)	3.10 (1.33)	2.02 (1.00)
Agnostic	127 (65, 60, 0, 2)	32.35 (9.03)	4.53 (.80)	1.75 (.90)	5.19 (1.32)	4.08 (.82)	4.19 (.90)	2.81 (1.26)	3.11 (1.18)	3.01 (1.09)	2.18 (.90)

*Note.* Age, Quest, TTT, Openness, Willingness, and BMR values are all expressed as means with standard deviations provided parenthetically.  
a: For study sub-sample statistics (column *n*), gender identities are reported in parentheses: (male, female, transgender, other gender identities).

Table 3. Study 1b Descriptive Statistics for Religious Denominations

Group	<i>n</i> (m, f, t, o) <sub>a</sub>	Age	EQ	TTT	Openness	Willingness					BMR
						Plain	Secular	Spiritual	Buddhist	Own	
Baptist	16 (1, 15, 0, 0)	18.63 (1.03)	4.33 (0.83)	4.93 (1.41)	5.28 (1.18)	4.44 (0.73)	3.56 (1.15)	4.31 (0.87)	2.69 (1.45)	4.63 (0.72)	4.00 (0.89)
Methodist	5 (0, 5, 0, 0)	22.80 (10.18)	4.58 (0.51)	3.44 (1.53)	5.6 (0.55)	4.60 (0.55)	4.60 (0.55)	4.40 (0.89)	3.20 (0.84)	4.00 (0.71)	3.60 (0.55)
Presbyterian	7 (1, 6, 0, 0)	18.14 (0.38)	4.65 (0.57)	3.86 (1.05)	5.14 (0.90)	3.71 (0.49)	3.29 (1.11)	3.57 (0.54)	2.43 (0.98)	4.14 (0.90)	3.71 (0.76)
LDS	3 (0, 3, 0, 0)	18.00 (0.00)	3.22 (0.58)	5.00 (1.56)	5.17 (1.15)	4.00 (0.00)	3.00 (1.73)	3.33 (0.58)	2.33 (1.16)	4.33 (1.16)	4.00 (1.00)
Catholic	63 (10, 53, 0, 0)	18.52 (0.98)	4.68 (0.74)	3.91 (1.23)	5.18 (1.09)	4.02 (0.83)	3.52 (0.97)	3.73 (0.99)	2.94 (0.97)	3.97 (0.97)	3.51 (0.76)
Non-Denom	44 (7, 37, 0, 0)	19.61 (4.05)	4.80 (0.95)	4.78 (1.54)	5.06 (1.00)	4.30 (0.88)	3.59 (1.23)	3.70 (1.15)	2.73 (1.37)	4.34 (0.86)	3.91 (0.91)
Lutheran	8 (0, 8, 0, 0)	26.63 (13.83)	4.24 (0.80)	3.90 (0.72)	6.25 (0.76)	4.13 (0.35)	3.63 (0.92)	3.88 (1.13)	2.88 (1.36)	4.13 (0.64)	3.75 (1.04)
Pentecostal	7 (2, 5, 0, 0)	19.43 (1.72)	5.14 (1.47)	4.80 (1.92)	5.64 (1.03)	4.71 (0.49)	4.00 (1.16)	4.71 (0.49)	2.86 (1.57)	4.86 (0.38)	3.86 (1.68)
Other	8 (2, 6, 0, 0)	18.63 (1.06)	4.64 (0.78)	3.10 (1.56)	5.94 (1.40)	4.67 (0.50)	3.78 (1.20)	4.11 (0.78)	3.56 (1.13)	3.67 (1.00)	3.33 (0.71)
Muslim	6 (1, 5, 0, 0)	18.33 (1.03)	4.19 (1.49)	4.97 (1.43)	5.50 (0.95)	4.67 (0.52)	3.83 (1.60)	4.33 (1.21)	3.50 (1.52)	4.50 (0.84)	3.67 (1.51)
Buddhist	6 (2, 4, 0, 0)	19.17 (1.6)	4.85 (0.91)	3.24 (1.06)	4.75 (0.69)	4.17 (0.75)	4.17 (0.75)	4.17 (0.75)	4.17 (0.75)	3.67 (0.82)	2.83 (0.98)
Hindu	5 (1, 4, 0, 0)	19.40 (1.14)	4.62 (0.51)	3.24 (1.15)	5.00 (0.50)	4.00 (0.71)	4.00 (0.71)	3.20 (1.30)	3.00 (1.00)	3.80 (0.84)	3.20 (0.45)
Jewish	9 (2, 7, 0, 0)	19.11 (1.27)	4.68 (0.84)	3.60 (1.57)	5.22 (1.12)	4.00 (1.00)	3.89 (1.05)	3.56 (1.24)	3.11 (1.17)	4.00 (1.00)	3.33 (0.50)
Non-Religious	54 (22, 31, 0, 1)	18.96 (2.32)	4.70 (0.77)	1.94 (1.16)	5.13 (1.00)	4.04 (0.93)	4.20 (1.02)	3.00 (1.30)	3.33 (1.24)	3.13 (1.28)	2.59 (1.06)
Agnostic	24 (7, 15, 0, 2)	18.71 (1.08)	4.53 (0.85)	2.15 (1.17)	5.10 (0.83)	3.75 (0.85)	4.04 (1.00)	3.04 (1.04)	3.13 (1.08)	2.83 (1.05)	2.67 (0.92)

*Note.* Age, Quest, TTT, Openness, Willingness, and BMR values are all expressed as means with standard deviations provided parenthetically.  
a: For study sub-sample statistics (column *n*), gender identities are reported in parentheses: (male, female, transgender, other gender identities).

## II. Pearson and Spearman correlations for Studies 1a and 1b

Pearson and Spearman correlation coefficients were obtained for the associations of all study variables. Results for Studies 1a and 1b are presented in Tables 4 and 5, respectively.

Table 4. Study 1a Correlations between variables

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Willingness															
1. Mindfulness		.61**	.34**	.33**	.34**	.67**	-.003	.08	.06	.05	.05	.11*	.01	.19**	Spearman Correlation
2. Secular	.54**		.17**	.44**	.10*	.60**	-.27**	.04	.26**	.16*	.08	.16**	-.24**	.23**	
3. Spiritual	.34**	.17**		.35**	.56**	.75**	.37**	.07	-.15**	.11*	.01	.16**	.47**	.08	
4. Buddhist	.34**	.46**	.36**		.23**	.71**	-.06	.01	.22**	.09*	.07	.25**	-.09*	.17**	
5. Own	.34**	.08	.57**	.26**		.65**	.39**	.03	.19**	.14**	.03	.05	.51**	-.03	
6. Pooled willingness	.68**	.60**	.75**	.72**	.68**		.15**	.05	.05	-.01	.05	.24**	.21**	.17**	
7. BMR	-.01	-.29**	.37**	-.08	.40**	.15**		.05	-.27**	.18**	.04	.05	.60**	-.08	
8. AGE	.07	.04	.06	.03	.02	.06	.04		-.01	-.06	.04	-.11*	.09*	.03	
9. Social Political Orientation	.05	.28**	-.17**	.23**	-.20**	.04	-.30**	.06		.73**	-.10*	.20**	-.40**	.18**	
10. Economic Political Orientation	.05	.15**	-.12*	.08	-.14**	-.01	-.19**	-.10*	.72**		-.16**	.15**	-.28**	.19**	
11. SES	.03	.06	.003	.07	.02	.05	.03	.04	.09*	-.15**		-.13**	-.03	-.05	
12. EQ	.11*	.19**	.15**	.25**	.05	.22**	-.004	.11*	.24**	.16**	-.17**		-.06	.08	
13. TTT	-.002	-.29**	.45**	-.15**	.49**	.18**	.62**	.06	.46**	-.29**	-.03	-.18**		-.13**	
14. Openness	.17**	.22**	.06	.18**	-.03	.16**	-.08	.02	.19**	.17**	.05	.09	.12**		
	Pearson Correlation														

Note: Pearson correlation coefficients are presented in the bottom-left portion of the correlation matrix, Spearman correlation coefficients are presented in the top-right portion of the correlation matrix.

\*  $p < .05$

\*\*  $p < .01$

Table 5. Study 1b Correlations between variables

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Willingness														
1. Mindfulness		.35**	.37**	.38**	.36**	.66**	.09	.05	.06	-.05	-.05	.16*	.13*	.25**
2. Secular	.32**		.25**	.45**	.03	.62**	-.31*	.01	.36**	.14*	-.04*	.18**	-.26**	.16**
3. Spiritual	.38**	.21**		.25**	.51**	.72**	.22**	-.003	-.07	-.09	.04	.03	.34**	.13*
4. Buddhist	.36**	.43**	.25**		.05	.68**	-.22**	-.03	.29**	.13*	.09	.22**	-.23**	.17**
5. Own	.40**	.02	.52**	.10		.54**	.39**	.03	-.26**	-.14*	.02	-.05	.60**	.05
6. Pooled willingness	.70**	.60**	.73**	.67**	.62**		.04	-.01	.09	-.01	-.03	.15*	.15*	.25**
7. BMR	.08	-.32**	.21**	-.22**	.41**	.04		.02	-.30**	-.22**	.05	-.09	.48**	-.05
8. AGE	.10	-.06	.08	-.001	.08	.06	.09		-.05	-.02	-.18**	-.004	-.05	-.02
9. Social Political Orientation	.003	.32**	-.11	.28**	-.28**	.07	-.31**	-.14*		.55**	.05	.33**	-.41**	.09
10. Economic Political Orientation	-.05	.14*	-.08	.16*	-.12	.02	-.24**	-.16*	.58**		-.13*	.09	0.22**	.05
11. SES	-.02	-.04	.05	-.06	.02	-.01	.04	-.11	.06	-.13*		.002	.06	-.006
12. EQ	.12*	.16*	-.003	.21**	-.06	.13*	-.08	-.09	.34**	.10	-.01		-.14*	-.11
13. TTT	.15*	-.28**	.38**	.24**	.60**	.18**	.49**	-.04	-.42**	-.23**	.06	-.17**		-.02
14. Openness	.23**	.17**	.11	.17**	.06	.22**	-.06	.11	.08	.07	-.03	-.11	-.02	

Spearman Correlation

Pearson Correlation

Note: Pearson correlation coefficients are presented in the bottom-left portion of the correlation matrix, Spearman correlation coefficients are presented in the top-right portion of the correlation matrix.

\*  $p < .05$

\*\*  $p < .01$

### III. Supplementary analyses of differences between religious affiliation groups in Studies 1a and 1b

For Studies 1a and 1b, religious affiliation groups were compared on relevant outcome variables in One-Way ANOVAs. After an initial summary of the results for both studies, presented directly below, results are organized by study, such that results for Study 1a are followed by results for Study 1b. The results of the omnibus ANOVA test are presented for Studies 1a and 1b in Tables 6 and 11 respectively. The means of study variables for each religious affiliation group, as well as significant differences between these means obtained through pairwise comparison using Fisher's LSD test, are presented for Studies 1a and 1b in Tables 7 and 12 respectively. The  $p$  statistics for differences in study variables between affiliation groups are presented for Study 1a and 1b in Tables 8 and 13 respectively. Finally, to evaluate differences in willingness to try different types of mindfulness between affiliation groups, MANOVA was conducted to account for repeated measures, since each participant answered all willingness questions. The results for within-subject effects of MBI type and between-subjects effects of affiliation on willingness, as well as their interaction, are presented in Tables 9 and 10 for Study 1a, and Tables 14 and 15 for Study 1b. These results are also represented in Figures 1 and 2.

*Summary of Differences in Willingness to Try Mindfulness.* Differences in willingness to try mindfulness based on affiliation group, mindfulness type, and their interaction, were examined in MANOVA. Due to violations of Mauchly's test of sphericity lower-bound estimates were used for degrees of freedom in Studies 1a and 1b. In Study 1a significant within-subject effects were found for mindfulness type,  $F(1,476) = 83.01, p < .001, \eta_p^2 = .15$ , as well as significant between-subjects effects of affiliation,  $F(3,476) = 9.71, p < .001, \eta_p^2 = .06$ . A significant interaction of mindfulness type by affiliation was also revealed,  $F(3,476) = 80.10, p < .001, \eta_p^2 = .14$ . For Study 1b significant within-subject effects were found for mindfulness type,  $F(1,262) = 47.52, p < .001, \eta_p^2 = .15$ , as well as significant between-subjects effects of Affiliation,  $F(3,262) = 4.00, p < .008, \eta_p^2 = .04$ . A significant interaction of Mindfulness Type by Affiliation was also revealed,  $F(3,462) = 80.10, p < .001, \eta_p^2 = .15$ . In both studies, unaffiliated participants were least willing to try mindfulness overall and Others were most willing to try mindfulness, although descriptions of mindfulness as Buddhist, Spiritual, and from one's own tradition, interacted with affiliation: for example, unaffiliated persons were less willing than Protestants to try spiritual mindfulness or mindfulness from one's own tradition, and others were more willing to try Buddhist mindfulness than Protestants or Catholics.

#### Study 1a

Table 6. Study 1a One Way ANOVA results comparing religious affiliation groups.

	F (df)	$p$
Age	3.28 (3,476)	.021
Existential Quest	3.11 (3,476)	.026
Truth of Texts and Teachings	149.41 (3,475)	<.001
Openness	4.83 (3,476)	.003
BMR	56.32 (3,476)	<.001
Willingness (undescribed)	2.49 (3,476)	.06
Willingness (Secular)	10.47 (3,476)	<.001

Willingness (Spiritual)	29.84 (3,476)	<.001
Willingness (Buddhist)	7.14 (3,476)	<.001
Willingness (Own)	30.72 (3,476)	<.001
Willingness (Pooled)	9.71 (3,476)	<.001

Table 7. Study 1a Comparisons of religious affiliation groups on study variables

Group	<i>n</i> (m, f, t, o) <sub>q</sub>	Age	EQ	TTT	Openness	Willingness					BMR	
						Undescribed	Secular	Spiritual	Buddhist	Own		Pooled
Unaffiliated <sub>a</sub>	218 (117, 98, 1, 2)	33.17 (9.97) <sub>c</sub>	4.43 (.78) <sub>b</sub>	1.72 (.92) <sub>bcd</sub>	5.19 (1.29) <sub>c</sub>	4.07 (.86)	4.19 (.97) <sub>d</sub>	2.65 (1.34) <sub>bcd</sub>	3.01 (1.22) <sub>cd</sub>	3.05 (1.19) <sub>bcd</sub>	3.39 (.81) <sub>bcd</sub>	2.11 (.95) <sub>bcd</sub>
Catholic <sub>b</sub>	60 (30, 30, 0, 0)	35.10 (10.44)	4.71 (.75) <sub>ac</sub>	3.59 (1.55) <sub>acd</sub>	4.98 (1.29) <sub>d</sub>	4.10 (.73)	3.82 (.91)	3.58 (1.15) <sub>a</sub>	3.05 (1.10) <sub>d</sub>	3.83 (1.04) <sub>a</sub>	3.68 (.69) <sub>ad</sub>	3.20 (.95) <sub>ad</sub>
Protestant <sub>c</sub>	148 (68, 79, 0, 1)	36.54 (10.26) <sub>a</sub>	4.37 (1.01) <sub>bd</sub>	4.62 (1.63) <sub>abd</sub>	4.80 (1.41) <sub>ad</sub>	3.99 (.85)	3.69 (1.18) <sub>d</sub>	3.86 (1.10) <sub>ad</sub>	2.71 (1.30) <sub>ad</sub>	4.07 (1.01) <sub>a</sub>	3.66 (.73) <sub>ad</sub>	3.39 (1.00) <sub>ad</sub>
Other <sub>d</sub>	54 (25, 28, 1, 0)	34.04 (11.05)	4.66 (1.04) <sub>c</sub>	2.63 (1.41) <sub>abc</sub>	5.51 (1.22) <sub>bc</sub>	4.35 (.76)	4.37 (.68) <sub>ac</sub>	3.44 (1.44) <sub>ac</sub>	3.61 (1.28) <sub>abc</sub>	4.06 (1.12) <sub>a</sub>	3.97 (.79) <sub>abc</sub>	2.76 (.99) <sub>abc</sub>

Note: Means are presented in cells with standard deviations in parentheses, unless indicated otherwise in top row.

Subscripts a, b, c, and d within table indicate significant difference from group demarcated by subscript (e.g. EQ scores of Unaffiliated participants were different from both Catholics and Protestants)

q: For study sub-sample statistics (column *n*), gender identities are reported in parentheses: (male, female, transgender, other gender identities).



Significance levels for pairwise comparisons of all study variables between affiliation groups are reported below in Table 8. For corresponding means, see Table 7.

Table 8. Study 1a Significance values of post-hoc Fisher's LSD test of differences between groups

	Age			Quest			TTT		
	1	2	3	1	2	3	1	2	3
1. Unaffiliated									
2. Catholic	.198			.029			<.001		
3. Protestant	.002	.359		.515	.011		<.001	<.001	
4. Other	.580	.580	.125	.091	.743	.040	<.001	<.001	<.001
	Openness			Willingness (Plain)			Willingness (Secular)		
	1	2	3	1	2	3	1	2	3
1. Unaffiliated									
2. Catholic	.258			.797			.011		
3. Protestant	.005	.379		.394	.402		<.001	.408	
4. Other	1.15	.031	.001	.025	.107	.007	.246	.003	<.001
	Willingness (Spiritual)			Willingness (Buddhist)			Willingness (Own)		
	1	2	3	1	2	3	1	2	3
1. Unaffiliated									
2. Catholic	<.001			.841			<.001		
3. Protestant	<.001	.155		.021	.073		<.001	.158	
4. Other	<.001	.558	.040	.002	.016	<.001	<.001	.288	.916
	Willingness (Pooled)			BMR					
	1	2	3	1	2	3			
1. Unaffiliated									
2. Catholic	.012			<.001					
3. Protestant	.001	.920		<.001	.213				
4. Other	<.001	.045	.014	<.001	.016	<.001			

**Study 1a: MANOVA results for differences in willingness to try mindfulness for religious groups, condition, and their interaction**

Lower-bound estimates are used due to violations of sphericity (Mauchly's  $W = .66, p < .001$ )

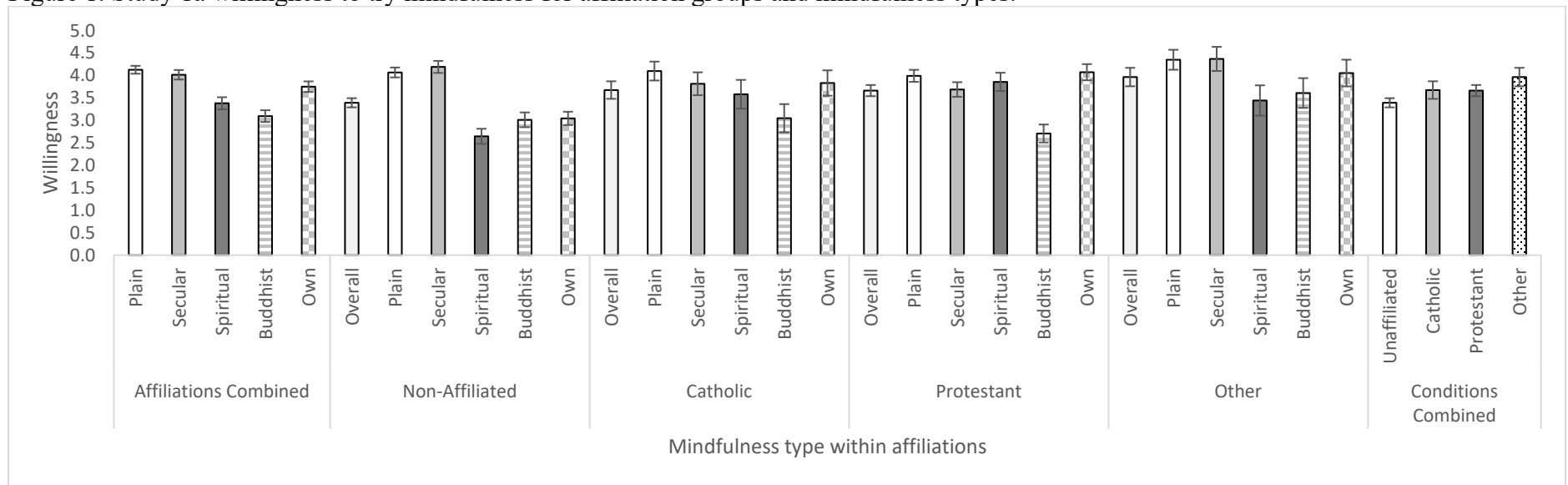
Table 9. Study 1a Within-Subjects Effects for MBI type and Affiliation on Willingness

	Type III Sum of Squares	df	Mean Square	F	<i>p</i>	$\eta_p^2$
MBI type	257.57	1	257.57	83.01	<.001	.15
MBI type*Affiliation	240.291	3	80.10	23.81	<.001	.14
Error	1477.06	476	3.10			

Table 10. Study 1a Between-Subjects Effects of Affiliation on Willingness

	Type III Sum of Squares	df	Mean Square	F	<i>p</i>	$\eta_p^2$
Intercept	23226.57	1	23226.57	7837.81	<.001	.94
Affiliation	86.36	3	28.79	9.71	<.001	.06
Error	1410.58	476	2.96			

Figure 1. Study 1a willingness to try mindfulness for affiliation groups and mindfulness types.



Note. Columns represent estimated means; error bars represent confidence intervals. Pairwise tests for differences between mindfulness types within each religious affiliation and between affiliations are presented in Supplementary Document II.B. Affiliation groups are as stated; “affiliations combined” provides aggregated willingness scores for each description of mindfulness across affiliations. Information on the overall willingness to try mindfulness aggregated across descriptions is presented twice: once in the leftmost column for each affiliation, indicating that affiliation’s aggregated willingness to try mindfulness, and once grouped together for easier comparison in the “conditions combined” portion of the figure.

## Study 1b

Table 11. Study 1b One way ANOVA results comparing religious groups

	F (df)	<i>p</i>
Age	2.71 (3,261)	.046*
Quest	.10 (3,262)	.961
TTT	54.29 (3,261)	<.001*
Openness	.57 (3,262)	.637
Willingness (Plain)	3.53 (3,262)	.015*
Willingness (Secular)	5.18 (3,262)	.002*
Willingness (Spiritual)	11.26 (3,262)	<.001*
Willingness (Buddhist)	4.62 (3,262)	.004*
Willingness (Own)	26.31 (3,262)	<.001*
Willingness (Pooled)	4.00 (3,262)	.008*
BMR	27.46 (3,262)	<.001*

Table 12. Study 1b Comparisons of affiliation groups on study variables

Group	<i>n</i> (m, f, t, o) <sub>q</sub>	Age	Quest	TTT	Openness	Willingness (Plain)	Willingness (Secular)	Willingness (Spiritual)	Willingness (Buddhist)	Willingness (Own)	Willingness (Pooled)	BMR
Unaffiliated <sub>a</sub>	78 (29, 46, 0, 3)	18.88 (2.01) <sub>c</sub>	4.65 (.79)	2.01 (1.16) <sub>bcd</sub>	5.12 (.94)	3.95 (.91) <sub>cd</sub>	4.15 (1.01) <sub>bc</sub>	3.01 (1.22) <sub>bcd</sub>	3.27 (1.19) <sub>c</sub>	3.04 (1.21) <sub>bcd</sub>	3.48 (.81) <sub>cd</sub>	2.62 (1.01) <sub>bcd</sub>
Catholic <sub>b</sub>	63 (10, 53, 0, 0)	18.52 (.98) <sub>c</sub>	4.68 (.74)	3.91 (1.23) <sub>ac</sub>	5.18 (1.09)	4.02 (.83) <sub>c</sub>	3.52 (.97) <sub>a</sub>	3.73 (.99) <sub>a</sub>	2.94 (.97) <sub>c</sub>	3.97 (.97) <sub>ac</sub>	3.63 (.62)	3.51 (.76) <sub>ac</sub>
Protestant <sub>c</sub>	90 (11, 79, 0, 0)	20.06 (5.77) <sub>ab</sub>	4.61 (.96)	4.59 (1.49) <sub>abd</sub>	5.23 (1.03)	4.30 (.76) <sub>ab</sub>	3.63 (1.17) <sub>a</sub>	3.92 (1.04) <sub>a</sub>	2.73 (1.31) <sub>ad</sub>	4.38 (.80) <sub>abd</sub>	3.79 (.63) <sub>a</sub>	3.88 (.95) <sub>ab</sub>
Other <sub>d</sub>	35 (8, 26, 0, 0)	18.91 (1.22)	4.60 (.91)	3.61 (1.48) <sub>ac</sub>	5.34 (1.08)	4.31 (.76) <sub>a</sub>	3.91 (1.07)	3.89 (1.08) <sub>a</sub>	3.46 (1.15) <sub>bc</sub>	3.91 (.92) <sub>ac</sub>	3.89 (.76) <sub>a</sub>	3.29 (.86) <sub>ac</sub>

Note: Means are presented in cells with standard deviations in parentheses, unless indicated otherwise in top row.

Subscripts a, b, c, and d within table indicate significant difference from group demarcated by subscript, as in the table for Study 1a.

q: For study sub-sample statistics (column *n*), gender identities are reported in parentheses: (male, female, transgender, other gender identities).

Significance levels for pairwise comparisons of all study variables between affiliation groups are reported below. For corresponding means, see table titled “Comparisons of study variables across affiliation groups in Study 1b.”

Table 13. Study 1b Significance values of post-hoc Fisher’s LSD test of differences between groups

	Age			Quest			TTT		
	1	2	3	1	2	3	1	2	3
1. Unaffiliated									
2. Catholic	.554			.821			<.001		
3. Protestant	.036	.010		.794	.631		<.001	.002	
4. Other	.971	.613	.116	.805	.674	.961	<.001	.289	<.001
	Openness			Willingness (Plain)			Willingness (Secular)		
	1	2	3	1	2	3	1	2	3
1. Unaffiliated									
2. Catholic	.727			.630			.001		
3. Protestant	.294	.529		.006	.036		.002	.531	
4. Other	.291	.460	.792	.030	.086	.931	.269	.082	.185
	Willingness (Spiritual)			Willingness (Buddhist)			Willingness (Own)		
	1	2	3	1	2	3	1	2	3
1. Unaffiliated									
2. Catholic	<.001			.097			<.001		
3. Protestant	<.001	.284		.004	.296		<.001	.012	
4. Other	<.001	.499	.867	.435	.037	.002	<.001	.796	.019
	Willingness (Pooled)			BMR					
	1	2	3	1	2	3			
1. Unaffiliated									
2. Catholic	.207			<.001					
3. Protestant	.005	.171		<.001	.014				
4. Other	.004	.078	.459	<.001	.250	.001			

**Study 1b: MANOVA results for differences in willingness to try mindfulness for religious groups, condition, and their interaction**

Lower-bound estimates are used due to violations of sphericity (Mauchly’s  $W = .79, p < .001$ )

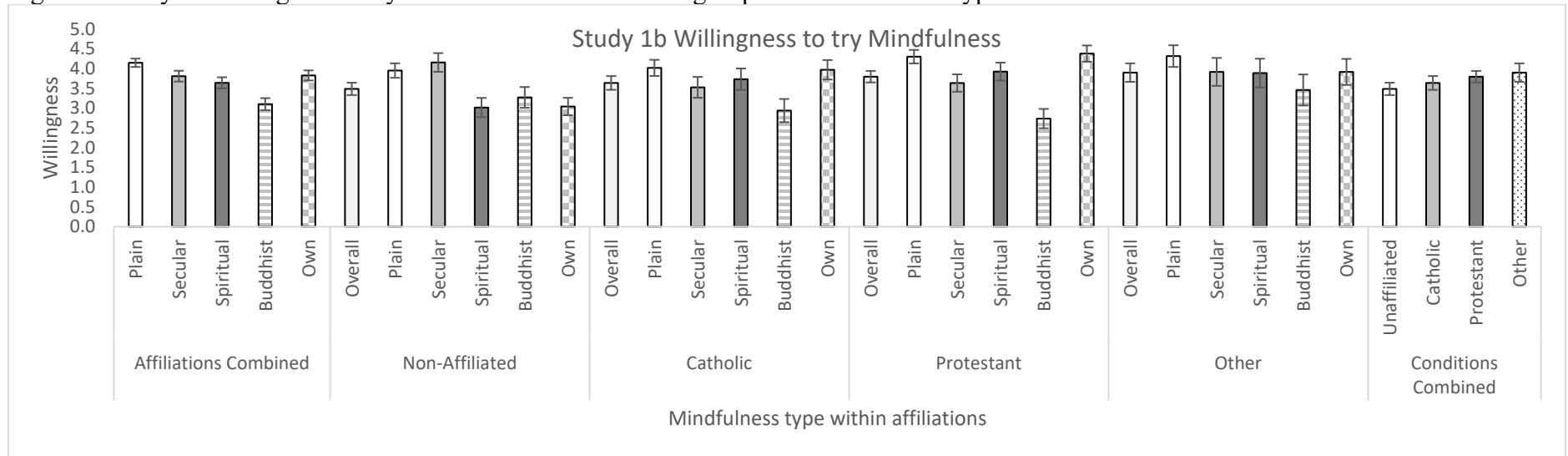
Table 14. Within-Subjects Effects for MBI type and Affiliation on Willingness

	Type III Sum of Squares	df	Mean Square	F	<i>p</i>	$\eta_p^2$
MBI type	137.97	1	137.67	47.52	<.001	.15
MBI type*Affiliation	131.939	3	43.98	15.15	<.001	.15
Error	1477.06	476	3.10			

Table 15. Between-Subjects Effects of Affiliation on Willingness

	Type III Sum of Squares	df	Mean Square	F	<i>p</i>	$\eta_p^2$
Intercept	16038.98	1	16038.98	6509.49	<.001	.96
Affiliation	29.56	3	9.85	4.00	.008	.04
Error	645.55	262	2.46			

Figure 2. Study 1b willingness to try mindfulness for affiliation groups and mindfulness types.



Note. Columns represent estimated means; error bars represent confidence intervals. Pairwise tests for differences between mindfulness types within each religious affiliation and between affiliations are presented in Supplementary Document II.B. Affiliation groups are as stated; “affiliations combined” provides aggregated willingness scores for each description of mindfulness across affiliations. Information on the overall willingness to try mindfulness aggregated across descriptions is presented twice: once in the leftmost column for each affiliation, indicating that affiliation’s aggregated willingness to try mindfulness, and once grouped together for easier comparison in the “conditions combined” portion of the figure.

#### IV. Multilevel models for Studies 1a and 1b

This section includes information pertaining to the models used in primary analyses for Studies 1a and 1b. The multilevel equation is presented below. This is followed by model specifications for Models 0, 1, and 2 as described in the main document. Results for each model are reported in Tables 17-20. Study 1a results are reported first, with effects on EQ presented in Table 17 and effects on TTT presented in Table 18. Results for Study 1b follow, with analyses involving EQ reported in Table 19 and those involving TTT reported in Table 20.

##### ***Equation***

The equation below represents specification of all multilevel models for Studies 1a and 1b, with Model 2 for Study 1a analyses of Quest as a predictor taken as an example. Specific variables differ across models. For example, Model 0 does not include either TTT or EQ as predictors. Models examining effect of TTT would substitute TTT for Quest, models that do not adjust for age would not include  $b_3\text{Age}_j$  as a term.

$$\text{Willingness}_{ij} = b_0 + b_1\text{Quest}_j + b_{2i}\text{Condition} + b_3\text{Age}_j + b_4\text{Prior experience with mindfulness}_j + b_5\text{Openness}_j + b_6\text{Affiliation}_j + b_{7i}\text{Quest}_j + e$$

$i$  = condition (level 1)

$j$  = person (level 2)

$b_0$  = overall intercept for willingness

$b_1\text{Quest}_j$  = effect of Existential Quest on willingness for reference condition (re-specified iteratively for all conditions)

$b_{2i}\text{Condition}$  = effect of condition on willingness, representing difference from the reference condition (ref = undescribed mindfulness for reported models and figures)

$b_3\text{Age}_j$  = effect of Age on willingness, given the person's age

$b_4\text{Prior experience with mindfulness}_j$  = effect on willingness of prior experience with mindfulness, given the person's prior experience with mindfulness

$b_5\text{Openness}_j$  = effect of Openness on willingness, given person's openness score

$b_6\text{Affiliation}_j$  = effect of affiliation on willingness, representing difference of each of 3 affiliation groups from reference category (ref = unaffiliated participants for reported models and figures)

$b_{7i}\text{Quest}_j$  = the interaction of each of 4 conditions (vs. the reference conditions) and quest, representing change in slope from reference condition to specified condition.

$e$  = combined error

Table 16. Descriptions of model specifications used in Study 1a and 1b multilevel regression

Model Name	Predictors	Covariates	Outcome
0		Gender (as factor), prior experience with mindfulness, TIPI openness, age, SES, ethnicity (as factor), social political orientation, economic political orientation, BMR, religious affiliation (as factor)	Willingness to try mindfulness for each mindfulness framing
1	Model predictor, (TTT or EQ), mindfulness type, and their interaction	N/A	Willingness to try mindfulness for each mindfulness framing
2	Model predictor (TTT or EQ), mindfulness type, and their interaction	All significant predictors and covariates from model 0 (specific predictors vary between Study 1a and 1b, see results), and religious affiliation	Willingness to try mindfulness for each mindfulness framing

## V. Model results for multilevel Models 0, 1, and 2 in studies 1a and 1b

Table 17. Study 1a Multilevel Models for the effects of EQ, MBI type, and their interaction on Willingness to try mindfulness, with and without covariates.

	Model 0						Model 1						Model 2						
	B	$\beta$	SE	t	F(df)	p	B	$\beta$	SE	t	F(df)	p	B	$\beta$	SE	t	F(df)	p	
Main Effect of Quest <sub>a</sub>							0.19	0.14	0.04	4.87	23.69(1,1916)	<0.001	0.14	0.10	0.04	3.86	29.73(1,473)	<0.001	
Main Effects of Mindfulness Type											122.64(4,1912)	<0.001					122.33(4,1912)	<0.001	
Undescribed <sub>b</sub>																			
Secular							-0.07	-0.06	0.06	-1.16		0.244	-0.07	-0.06	.06	-1.16		.245	
Buddhist							-1.09	-0.88	0.06	-17.92		<0.001	-1.09	-0.88	.06	-17.89		<.001	
Spiritual							-0.85	-0.69	0.06	-14.05		<0.001	-0.85	-0.69	.06	-14.03		<.001	
Own Tradition							-0.51	-0.41	0.06	-8.32		<0.001	-0.51	-0.40	.06	-8.31		<.001	
Simple Slope of Quest within Mindfulness Type																			
Undescribed							0.10	0.07	0.06	1.72		0.086	0.05	0.03	0.06	0.86		0.393	
Secular							0.22	0.16	0.06	3.79		<0.001	0.17	0.12	0.05	3.00		0.003	
Buddhist							0.35	0.25	0.06	6.00		<0.001	0.30	0.22	0.06	5.29		<0.001	
Spiritual							0.23	0.16	0.06	3.88		<0.001	0.18	0.13	0.06	3.10		0.002	
Own tradition							0.06	0.04	0.06	1.06		0.292	0.01	0.01	0.06	0.17		0.866	
Covariates																			
Gender = female (v. male)	0.02	0.02	0.07	0.28	2.36(2,461)	0.136							N/A	N/A	N/A	N/A		N/A	
Prior experience with mindfulness	0.51	0.21	0.07	7.67	62.21(1, 461)	<0.001							0.49	0.40	0.07	7.57		<0.001	
TIPI Openness	0.07	0.08	0.03	2.97	10.714 (1,461)	0.002							0.07	0.08	0.02	2.95		0.003	
Age	0.004	0.04	0.003	1.37	2.24 (1,465)	0.172							N/A	N/A	N/A	N/A		N/A	
SES	0.06	0.05	0.05	1.73	0.99 (1,461)	0.322							N/A	N/A	N/A	N/A		N/A	
Ethnicity					1.92 (5,461)	0.090							N/A	N/A	N/A	N/A		N/A	
Asian American <sub>b</sub>													-	-	-	-		-	
African American	-0.08	-0.06	0.16	-0.48		0.628							-	-	-	-		-	
Latinx/Hispanic	-0.13	-0.11	0.16	-0.76		0.445							-	-	-	-		-	
Native American	0.51	0.41	0.34	1.49		0.137							-	-	-	-		-	
White (non-Hispanic)	-0.03	-0.03	0.12	-0.27		0.791							-	-	-	-		-	
Other	-0.25	-0.20	0.29	-0.86		0.391							-	-	-	-		-	
Social political orientation	0.02	0.05	0.02	1.16		0.245							N/A	N/A	N/A	N/A		N/A	
Econ political orientation	-0.02	-0.03	0.02	-0.86		0.389							N/A	N/A	N/A	N/A		N/A	
Belief: Mindful is Relig	0.08	0.07	0.03	2.20		0.028							0.07	0.06	0.03	2.04		0.042	
Religious Affiliation					7.978(3,461)	<0.001													
Atheist/Agnostics																	7.52(3,472)	<0.001	
Catholic	0.21	0.17	0.11	1.93		0.054							0.19	0.15	0.11	1.76		0.079	
Protestant	0.18	0.15	0.09	1.95		0.052							0.20	0.16	0.09	2.24		0.026	
Other	0.49	0.39	0.10	4.84		<0.001							0.46	0.38	0.10	4.70		<0.001	
Interaction terms for effect of EQ depending on condition											5.67(4,1912)	<0.001					5.65(4,1912)	<0.001	
Undescribed v Secular							0.12	0.09	0.07	1.77		0.076	0.12	0.09	0.07	1.77		0.077	
Undescribed v Buddhist							0.25	0.18	0.07	3.67		<0.001	0.25	0.18	0.07	3.67		<0.001	
Undescribed v Spiritual							0.13	0.09	0.07	1.86		0.064	0.13	0.09	0.07	1.85		0.064	
Undescribed v Own							-0.04	-0.03	0.07	-0.57		0.569	-0.04	-0.03	0.07	-0.57		0.570	
Secular v Buddhist							0.13	0.09	0.07	1.90		0.058	0.13	0.09	0.07	1.90		0.058	
Secular v Spiritual							0.01	0.004	0.07	0.08		0.935	0.01	0.004	0.07	0.08		0.935	
Secular v Own							-0.16	-0.12	0.07	-2.34		0.019	-0.16	-0.12	0.07	-2.34		0.019	
Buddhist v Spiritual							-0.12	-0.09	0.07	-1.82		0.070	-0.12	-0.09	0.07	-1.81		0.070	
Buddhist v Own							-0.29	-0.21	0.07	-4.24		<0.001	-0.29	-0.21	0.07	-4.24		<0.001	
Spiritual v Own							-0.17	-0.12	0.07	-2.43		0.015	-0.17	-0.12	0.07	-2.42		0.016	

Note. No covariates were tested in Model 1; accordingly, values for covariates are blank in the corresponding rows of that model in the table. However, because Model 2 included covariates that were significant predictors of willingness to try mindfulness in Model 0, N/A is used to designate those variables that were not retained due to not being significant predictors in Model 0.

a: Main effect of EQ on willingness was obtained in a multilevel model that tested the effects of EQ and BMI type on willingness without their interaction.

b: denotes reference category

$\beta$  represents standardized regression coefficients calculated by z-standardizing all linear variables prior to including them in the equations. SE is the standard error for the unstandardized coefficient.



Table 18. Study 1a Multilevel Models for the effects of TTT, MBI type, and their interaction on Willingness to try mindfulness, with and without covariates.

	Model 1					Model 2						
	<i>B</i>	$\beta$	<i>SE</i>	<i>t</i>	<i>F(df)</i>	<i>p</i>	<i>B</i>	$\beta$	<i>SE</i>	<i>t</i>	<i>F(df)</i>	<i>p</i>
Main Effect of TTT <sub>a</sub>	0.08	0.12	0.02	4.02	16.10(1,477)	<0.001	0.05	0.08	0.03	2.03	19.63(1,471)	0.043
Main Effects of Mindfulness Type					153.15(4,1908)	<0.001					152.76(4,1908)	<0.001
Undescribed <sub>b</sub>												
Secular	-0.07	-0.06	0.05	-1.30		<0.001	-0.07	-0.06	.05	-1.30		0.193
Buddhist	-1.09	-0.88	0.05	-20.01		<0.001	-1.09	-0.88	.05	-19.98		<.001
Spiritual	-0.86	-0.69	0.05	-15.72		<0.001	-0.86	-0.69	.05	-15.70		<.001
Own Tradition	-0.51	-0.41	0.05	-9.28		<0.001	-0.51	-0.41	.05	-9.26		<.001
Simple Slope of TTT within each mindfulness type												
Undescribed	-0.001	-0.001	0.03	-0.03		0.976	-0.02	0.04	0.03	-0.74		0.462
Secular	-0.17	-0.25	0.03	-6.12		<0.001	-0.19	-0.28	0.03	-5.74		<0.001
Buddhist	-0.10	-0.15	0.03	-3.79		<0.001	-0.13	-0.19	0.03	-3.83		<0.001
Spiritual	0.34	0.50	0.03	12.42		<0.001	0.31	0.46	0.03	9.51		<0.001
Own tradition	0.32	0.48	0.03	11.94		<0.001	0.30	0.44	0.03	9.11		<0.001
Covariates												
Gender = female (v. male)							N/A		N/A	N/A		N/A
Prior experience with mindfulness							0.51	0.20	0.07	7.73	69.72(1,471)	<0.001
TIPI Openness							0.08	0.09	0.02	3.26	13.46(1,471)	<0.001
Age							N/A		N/A	N/A		N/A
SES							N/A		N/A	N/A		N/A
Ethnicity							N/A		N/A	N/A		N/A
Asian American <sub>b</sub>							-		-	-		-
African American							-		-	-		-
Latinx/Hispanic							-		-	-		-
Native American							-		-	-		-
White (non-Hispanic)							-		-	-		-
Other							-		-	-		-
Social political orientation							N/A		N/A	N/A		N/A
Econ political orientation							N/A		N/A	N/A		N/A
Belief: Religion is Mindful							0.04	0.03	0.04	0.96	1.68(1,471)	0.196
Religious Affiliation											6.95(3,471)	<0.001
Atheist/Agnostic <sub>b</sub>												
Catholic							0.17	0.13	0.11	1.45		0.149
Protestant							0.07	0.06	0.11	0.64		0.521
Other							0.45	0.36	0.10	4.35		<0.001
Interaction terms for effect of EQ depending on condition					127.03(4,1908)	<0.001					126.71(4,1908)	<0.001
Undescribed v Secular	-0.17	-0.24	0.03	-5.54		<0.001	-0.17	-0.24	0.03	-5.53		<0.001
Undescribed v Buddhist	-0.10	-0.15	0.03	-3.42		<0.001	-0.10	-0.15	0.03	-3.42		<0.001
Undescribed v Spiritual	0.34	0.50	0.03	11.33		<0.001	0.34	0.50	0.03	11.31		<0.001
Undescribed v Own	0.32	0.48	0.03	10.89		<0.001	0.32	0.48	0.03	10.87		<0.001
Secular v Buddhist	0.06	0.09	0.03	2.12		0.034	0.06	0.09	0.03	2.12		0.034
Secular v Spiritual	0.50	0.74	0.03	16.86		<0.001	0.50	0.74	0.03	16.84		<0.001
Secular v Own	0.49	0.72	0.03	16.43		<0.001	0.49	0.27	0.03	16.40		<0.001
Buddhist v Spiritual	0.44	0.65	0.03	14.75		<0.001	0.44	0.65	0.03	14.72		<0.001
Buddhist v Own	0.43	0.63	0.03	14.31		<0.001	0.43	0.63	0.03	14.23		<0.001
Spiritual v Own	-0.01	-0.02	0.03	-0.44		0.658	-0.01	-0.02	0.03	-0.44		0.659

Note: Model 0 results are identical for Study 1a analyses with *EQ* and *TTT* as predictors, and therefore are not represented in this table. Refer to Table 16 for the aposite models. No covariates were tested in Model 1; accordingly, values for covariates are blank in the corresponding rows of that model in the table. However, because Model 2 included covariates that were significant predictors of willingness to try mindfulness in Model 0, N/A is used to designate those variables that were not retained due to not being significant predictors in Model 0.

a: Main effect of TTT on willingness was obtained in a multilevel model that tested the effects of TTT and BMI type on willingness without their interaction.

b: denotes reference category

$\beta$  represents standardized regression coefficients calculated by z-standardizing all linear variables prior to including them in the equations. SE is the standard error for the unstandardized coefficient.

Table 19. Study 1b Multilevel Models for the effects of EQ, MBI type, and their interaction on Willingness to try mindfulness, with and without covariates.

	Model 0					Model 1					Model 2							
	B	$\beta$	SE	t	F(df)	p	B	$\beta$	SE	t	F(df)	p	B	$\beta$	SE	t	F(df)	p
Main Effect of Quest <sub>a</sub>							0.11	0.08	0.05	2.15	5.40(1,265)	0.033	0.13	0.09	0.05	2.72	5.08(1,259)	0.007
Main Effects of Mindfulness Type											52.58(1,1060)	<0.001					63.37(4,1056)	<0.008
Undescribed <sub>b</sub>																		
Secular							-0.33	-0.29	0.08	-4.23		<0.001	-0.33	-0.29	.08	-4.23		<0.001
Buddhist							-1.10	-0.96	0.08	-13.94		<0.001	-1.10	-0.96	.08	-13.88		<0.001
Spiritual							-0.52	-0.45	0.08	-6.61		<0.001	-0.53	-0.46	.08	-6.66		<0.001
Own Tradition							-0.30	-0.26	0.08	-3.81		0.001	-0.30	-0.27	.08	-3.86		0.0001
Simple Slope of Quest within Mindfulness Types																		
Undescribed							0.12	0.09	0.08	1.55		0.123	0.14	0.11	0.08	1.88		0.011
Secular							0.20	0.15	0.08	2.57		0.011	0.22	0.16	0.08	2.91		0.005
Buddhist							0.30	0.22	0.08	3.90		<0.001	0.33	0.24	0.08	4.28		<0.001
Spiritual							-0.003	-0.003	0.08	-0.05		0.960	0.01	0.01	0.08	0.15		0.880
Own tradition							-0.07	-0.05	0.08	-0.93		0.354	-0.01	-0.04	0.08	-0.73		0.465
Covariates																		
Gender = female (v. male)	-0.09	-0.08	0.08	-1.03	0.304(1,247)	0.305							N/A		N/A	N/A		N/A
Prior experience with mindfulness	0.31	0.12	0.10	3.15	18.45(1,247)	0.013							0.24	0.10	0.10	2.35	19.15(1,259)	0.020
TIPI Openness	0.11	.10	0.04	2.66	10.04(1,247)	0.008							0.13		0.04	3.07	11.49(1,259)	0.002
Age	0.002	0.005	0.01	0.13	0.08(1,247)	0.894							N/A		N/A	N/A		N/A
SES	-0.01	-0.01	0.04	-0.35	0.15(1,247)	0.730							N/A		N/A	N/A		N/A
Ethnicity					0.24(5,247)	0.947							N/A		N/A	N/A		N/A
Asian American <sub>b</sub>													-	-	-	-		-
African American	0.12	0.11	0.23	0.54		0.590							-	-	-	-		-
Latinx/Hispanic	0.16	0.14	0.17	0.97		0.333							-	-	-	-		-
Native American	-0.07	-0.06	0.48	-0.14		0.885							-	-	-	-		-
White (non-Hispanic)	0.11	0.10	0.15	0.74		0.459							-	-	-	-		-
Other	-0.02	-0.03	0.20	-0.14		0.886							-	-	-	-		-
Social political orientation	0.03	0.06	0.02	1.41	1.39(1,247)	0.160							N/A		N/A	N/A		N/A
Econ political orientation	-0.01	-0.02	0.03	-0.38	0.01(1,247)	0.704							N/A		N/A	N/A		N/A
Belief: Religion is Mindful	-0.001	-0.001	0.05	-0.01	0.55(1,247)	0.983							N/A		N/A	N/A		N/A
Religious Affiliation					3.89(1,247)	0.010											3.70(1,259)	
Atheist/Agnostics																		
Catholic	0.12	0.10	0.12	0.95		0.342							0.15		0.11	1.29		0.199
Protestant	0.27	0.24	0.12	2.20		0.029							0.23		0.11	2.19		0.029
Other	0.43	0.38	0.14	3.22		0.002							0.41		0.13	3.18		0.002
Interaction terms for effect of EQ depending on condition											5.33(4,1060)	<0.001					3.29(4,1056)	0.011
Undescribed v Secular							0.08	0.06	0.09	-0.86		0.391	0.08	0.06	0.09	0.84		0.400
Undescribed v Buddhist							0.18	0.14	0.09	1.97		0.049	0.18	0.14	0.09	1.97		0.049
Undescribed v Spiritual							-0.12	-0.09	0.09	-1.34		0.180	-0.13	-0.10	0.09	-1.42		0.156
Undescribed v Own							-0.19	-0.14	0.09	-2.08		0.038	0.20	-0.15	0.09	-2.14		0.032
Secular v Buddhist							0.10	0.08	0.09	1.11		0.266	0.10	0.08	0.09	1.17		0.242
Secular v Spiritual							-0.20	-0.15	0.09	-2.20		0.028	-0.20	-0.16	0.10	-2.02		0.043
Secular v Own							-0.27	-0.20	0.09	-2.93		0.003	-0.27	-0.21	0.11	-2.47		0.014
Buddhist v Spiritual							-0.31	-0.23	0.09	-3.31		0.001	-0.31	-0.23	0.09	-3.31		0.001
Buddhist v Own							-0.37	-0.28	0.09	-4.05		<0.001	-0.37	-0.28	0.09	-4.05		0.001
Spiritual v Own							-0.06	-0.05	0.09	-0.74		0.462	-0.06	-0.05	0.09	-0.74		0.462

Note. No covariates were tested in Model 1; accordingly, values for covariates are blank in the corresponding rows of that model in the table. However, because Model 2 included covariates that were significant predictors of willingness to try mindfulness in Model 0, N/A is used to designate those variables that were not retained due to not being significant predictors in Model 0.

a: Main effect of EQ on willingness was obtained in a multilevel model that tested the effects of EQ and BMI type on willingness without their interaction.

b: denotes reference category

$\beta$  represents standardized regression coefficients calculated by z-standardizing all linear variables prior to including them in the equations. SE is the standard error for the unstandardized coefficient.

Table 20. Study 1b Multilevel Models for the effects of TTT, MBI type, and their interaction on Willingness to try mindfulness, with and without covariates.

					TTT							
	<i>B</i>	$\beta$	<i>SE</i>	<i>t</i>	<i>Model 1</i> <i>F(df)</i>	<i>p</i>	<i>B</i>	$\beta$	<i>SE</i>	<i>t</i>	<i>Model 2</i> <i>F(df)</i>	<i>p</i>
Main Effect of TTT <sub>a</sub>	0.08	0.11	0.03	3.04	9.20(1,264)	0.0003	0.12	0.18	0.03	4.16	36.94(1,258)	<0.001
Main Effects of Mindfulness Type					67.02(1,1056)	<0.001					64.82(1,1052)	<0.001
Undescribed <sub>b</sub>												
Secular	-0.32	-0.28	0.07	-4.60		<0.0001	-0.32	-0.28	0.06	-5.00		<0.001
Buddhist	-1.09	-0.96	0.07	-15.57		<0.0001	-1.09	-0.95	0.07	-15.86		<0.001
Spiritual	-0.52	-0.45	0.07	-7.39		<0.0001	-0.53	-0.46	0.07	-7.79		<0.001
Own Tradition	-0.30	-0.26	0.07	-4.23		<0.0001	-0.30	-0.26	0.06	-5.20		<0.001
Simple slope of TTT within mindfulness types												
Undescribed	0.08	0.11	0.04	2.07		0.040	0.06	0.09	0.03	1.74		0.083
Secular	-0.18	-0.25	0.04	-4.80		<0.001	-0.19	-0.28	0.04	-4.62		<0.001
Buddhist	-0.16	-0.25	0.04	-4.58		<0.001	-0.18	-0.27	0.05	-4.02		<0.001
Spiritual	0.26	0.38	0.04	7.01		<0.001	0.24	0.36	0.04	5.71		<0.001
Own tradition	0.40	0.59	0.04	10.88		<0.001	0.39	0.57	0.04	10.49		<0.001
Covariates												
Gender = female (v. male)							N/A		N/A	N/A		N/A
Prior experience with mindfulness							0.34	0.12	0.10	3.51	20.70(1,258)	0.001
TIPI Openness							0.11	0.10	0.04	2.74	8.48(1,258)	0.007
Age							N/A		N/A	N/A		N/A
SES							N/A		N/A	N/A		N/A
Ethnicity							N/A		N/A	N/A		N/A
Asian American <sub>b</sub>							-		-	-		-
African American							-		-	-		-
Latinx/Hispanic							-		-	-		-
Native American							-		-	-		-
White (non-Hispanic)							-		-	-		-
Other							-		-	-		-
Social political orientation							N/A		N/A	N/A		N/A
Econ political orientation							N/A		N/A	N/A		N/A
Belief: Religion is Mindful							N/A		N/A	N/A		N/A
Religious Affiliation											1.72(3,258)	0.163
Atheist/Agnostic <sub>b</sub>												
Catholic							0.03	0.02	0.12	0.22		0.824
Protestant							0.10	0.09	0.13	0.84		0.402
Other							0.27	0.24	0.13	2.08		0.038
Interaction terms for effect of EQ depending on condition					75.22(4,1056)	<0.001					63.29(4,1052)	<0.001
Undescribed v Secular	-0.25	-0.37	0.04	-6.05		<0.001	-0.25	0.37	0.04	-6.58		<0.001
Undescribed v Buddhist	-0.24	-0.36	0.04	-5.86		<0.001	-0.24	-0.36	0.04	-5.98		<0.001
Undescribed v Spiritual	0.18	0.27	0.04	4.36		<0.001	0.18	0.27	0.04	4.63		<0.001
Undescribed v Own	0.32	0.48	0.04	7.78		<0.001	0.33	0.48	0.03	9.46		<0.001
Secular v Buddhist	0.01	0.01	0.04	0.19		0.847	0.01	0.01	0.04	0.17		0.865
Secular v Spiritual	0.43	0.64	0.04	10.41		<0.001	0.44	0.64	0.04	10.06		<0.001
Secular v Own	0.47	0.85	0.04	13.82		<0.001	0.58	0.85	0.04	13.28		<0.001
Buddhist v Spiritual	0.42	0.63	0.04	10.22		<0.001	0.43	0.63	0.05	9.42		<0.001
Buddhist v Own	0.57	0.84	0.04	13.63		<0.001	0.57	0.84	0.04	12.74		<0.001
Spiritual v Own	0.14	0.21	0.04	3.41		0.001	0.14	0.21	0.04	3.56		<0.001

Note: Model 0 results are identical for Study 1a analyses with *EQ* and *TTT* as predictors, and therefore are not represented in this table. Refer to Table 18 for the apposite models. No covariates were tested in Model 1; accordingly, values for covariates are blank in the corresponding rows of that model in the table. However, because Model 2 included covariates that were significant predictors of willingness to try mindfulness in Model 0, N/A is used to designate those variables that were not retained due to not being significant predictors in Model 0.

a: Main effect of TTT on willingness was obtained in a multilevel model that tested the effects of TTT and BMI type on willingness without their interaction.

b: denotes reference category

$\beta$  represents standardized regression coefficients calculated by z-standardizing all linear variables prior to including them in the equations. SE is the standard error for the unstandardized coefficient.

## Studies 2a & 2b

### VI. Pearson and Spearman associations for study variables for Studies 2a and 2b

For descriptive purposes, Pearson and Spearman correlation coefficients were obtained for the associations of all study variables. Results for Studies 2a and 2b are presented in Tables 21 and 22, respectively.

Table 21. Study 2a Correlations

	1	2	3	4	5	
1. Acceptability		.18**	.15**	-.06	.08*	Spearman Correlation
2. Existential Quest	.18**		-.18*	-.07	-.10*	
3. Truth of Texts & Teachings	.13**	-.23**		.40**	.09*	
4. BMR	-.07	-.05	.38**		-.01	
5. Age	.03	-.14**	.07	-.01		
Pearson Correlation						

\*  $p < .05$

\*\*  $p < .01$

Table 22. Study 2b Correlations

	1	2	3	4	5	
1. Acceptability		.06	-.01	.03	.03	Spearman Correlation
2. Existential Quest	.04		-.16	-.06	-.12	
3. Truth of Texts & Teachings	-.03	-.19*		.39**	-.004	
4. BMR	.02	-.03	.41**		-.04	
5. Age	.04	-.11	.04	.08		
Pearson Correlation						

\*  $p < .05$

\*\*  $p < .01$

## VII. Comparisons of means among conditions and affiliations for Studies 2a and 2b

Recognizing the possibility that participant's religious affiliations, as well as study conditions, may influence acceptability independently and in combination, tested these effects in separate post-hoc analyses. A summary of these results is presented below, followed by full reporting organized by study, with results for Study 2a preceding Study 2b.

*Differences between affiliation groups.* For Studies 2a and 2b, differences in study variables between religious affiliation groups were examined by means of one-way ANOVAs. The results of the omnibus ANOVA revealed differences in acceptability (Study 2a), Quest (Study 2a), TTT (Studies 2a & 2b), BMR (Studies 2a & 2b), and age (Study 2a), presented in Tables 23 and 230 for Studies 2a and 2b, respectively. The means of study variables for each religious affiliation group are presented in Tables 24 and 31 for studies 2a and 2b, respectively. *P* statistics for pairwise comparisons of study variables between religious affiliation groups are presented separately in Tables 24 and 31 for Studies 2a and 2b.

*Differences between study conditions.* Differences in study variables between conditions were also examined by means of one-way ANOVAs. The results of the omnibus ANOVA found only a significant difference in BMR in Study 2a. Results are presented for Studies 2a and 2b in tables 26 and 33, respectively. The means for study variables in different conditions are presented for Studies 2a and 2b in Tables 27 and 34, respectively, and the corresponding *p* statistics are presented in Tables 27 and 34.

*Differences in acceptability of mindfulness instructions between affiliation, condition, and their interaction.* To evaluate differences in acceptability due to religious affiliation, condition, and their interaction, two-way ANOVAs were conducted for each study. The results of these tests are presented in Tables 29 and 36 for Studies 2a and 2b, respectively. In addition, predicted means of acceptability for different affiliation groups and for different conditions are presented in Figures 3 and 4 for Studies 2a and 2b. For Study 2a only a main effect of affiliation emerged,  $F(3, 670) = 8.23, p < .001$ ; post-hoc pairwise comparisons revealed that non-affiliated participants rated acceptability lower than all other affiliation groups ( $ps < .01$ ), without significant differences between any other affiliations. Although no significant differences between conditions were revealed, descriptive statistics indicated higher acceptability in the Secular (vs. Buddhist or Spiritual) condition. For Study 2b the two-way ANOVA did not reveal significant effects of condition, affiliation, or their interaction. Although the omnibus test did not meet significance, the same patterns of results obtained in descriptive statistics in Study 2a emerged in Study 2b: the secular condition received the highest acceptability ratings, and non-affiliated participants gave the lowest acceptability ratings. Post-hoc tests revealed these differences to be significant.

## Study 2a

Study 2a: Chi Square for Denomination by condition, gender by condition

Gender by condition: Chi-Square = 4.660,  $df = 6$ ,  $p = .588$

Denomination by condition: Chi-Square = 5.754,  $df = 6$ ,  $p = .451$

Table 23. Study 2a one-way ANOVA comparing variables across affiliations

	F (df)	p
Acceptability	8.34 (3,678)	<.001
Quest	4.76 (3,678)	.001
TTT	175.47 (3,678)	<.001
BMR	27.46 (3,678)	<.001
Age	3.27 (3,676)	.021

Table 24. Study 2a Comparisons of study variables by affiliation category (Unaffiliated, Catholic, Protestant, Other)

Group	$n$ (m, f, t, o) <sub>q</sub>	Age	Quest	TTT	Acceptability	BMR
Unaffiliated	270 (145, 122, 1, 2)	35.40 (11.56)	4.54 (.83)	2.14 (1.19)	64.20 (28.45)	2.12 (1.14)
Catholic	99 (45, 45, 0, 0)	39.03 (11.24)	4.52 (.92)	4.13 (1.58)	76.54 (25.94)	3.16 (1.26)
Protestant	207 (86, 121, 0, 0)	37.82 (11.78)	4.21 (.98)	4.98 (1.38)	73.17 (25.24)	3.11 (1.13)
Other	106 (51, 54, 1, 0)	38.35 (12.37)	4.53 (.82)	3.62 (1.57)	75.23 (26.76)	2.70 (1.35)

Note: Means are presented in cells with standard deviations in parentheses, unless indicated otherwise in top row.

q: For study sub-sample statistics (column  $n$ ), gender identities are reported in parentheses: (male, female, transgender, other gender identities).

Significance levels for pairwise comparisons of all study variables between affiliation groups are reported below. For corresponding means, see table titled “Study 2a Comparisons by Affiliation Category (Unaffiliated, Catholic, Protestant, Other).”

Table 25. Study 2a significance values of post-hoc Fisher’s LSD test of differences between groups

	Age			Quest			TTT		
	1	2	3	1	2	3	1	2	3
1. Unaffiliated									
2. Catholic	.011			.867			<.0001		
3. Protestant	.030	.412		.0001	.006		<.0001	<.0001	
4. Other	.033	.688	.712	.924	.950	.004	<.0001	.008	<.0001
	Acceptability Average			BMR					
	1	2	3	1	2	3			
1. Unaffiliated									
2. Catholic	.0001			<.0001					
3. Protestant	.0003	.305		<.0001	.704				
4. Other	.0004	.708	.541	<.0001	.005	.004			

Table 26. Study 2a one-way ANOVA comparing variables across conditions

	F (df)	p
Acceptability	1.16 (2,679)	.315
Quest	.11 (2,679)	.896
TTT	.05 (2,680)	.96
BMR	19.98 (2,679)	<.0001
Age	.05 (2,677)	.95

Table 27. Study 2a comparisons of study variables by condition

Condition	<i>n</i> (m, f, t, o) <sub>q</sub>	Denomination (A, C, P, O)	Age	Quest	TTT	Acceptability Avg	BMR
Secular	211 (111, 98, 1, 1)	(86, 28, 67, 30)	36.91 (11.94)	4.41 (.94)	3.55 (1.75)	72.66 (26.23)	2.34 (1.21)
Buddhist	223 (106, 115, 1, 1)	(86, 27, 75, 35)	37.18 (11.83)	4.45 (.89)	3.51 (1.82)	70.06 (26.68)	2.54 (1.17)
Spiritual	246 (110, 138, 0, 1)	(98, 44, 65, 41)	37.24 (12.43)	4.44 (.89)	3.51 (1.89)	68.81 (28.73)	3.04 (1.32)

Note: Means are presented in cells with standard deviations in parentheses, unless indicated otherwise in top row.

q: For study sub-sample statistics (column *n*), gender identities are reported in parentheses: (male, female, transgender, other gender identities).

Significance levels for pairwise comparisons of all study variables between conditions are reported below. For corresponding means, see Table 27.

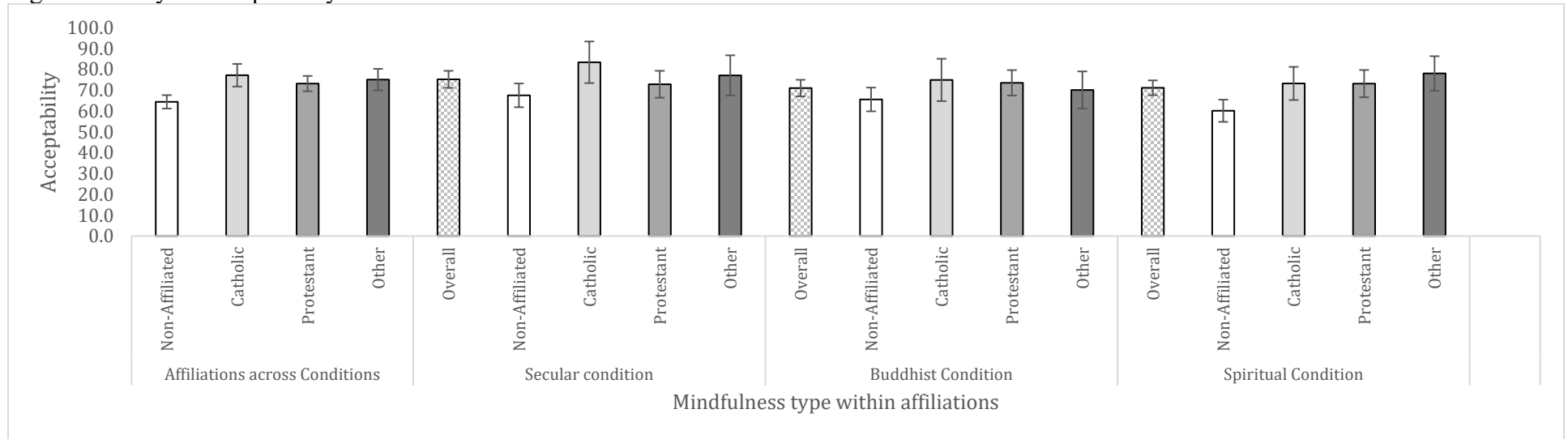
Table 28. Study 2a significance values of post-hoc Fisher's LSD test of differences between groups

	Age		Quest		TTT	
	1	2	1	2	1	2
1. Secular						
2. Buddhist	.813		.648		.810	
3. Spiritual	.765	.954	.746	.883	.785	.980

	Acceptability Average		BMR	
	1	2	1	2
1. Secular				
2. Buddhist	.323		.099	
3. Spiritual	.133	.620	<.0001	<.0001

Figure 3. Study 2a acceptability of mindfulness across affiliations and conditions



Note. Columns represent estimated means; error bars represent confidence intervals. Pairwise tests for differences between conditions within each religious affiliation and between affiliations are presented in earlier in this section.



Table 29. Study 2a two-way ANOVA for effect of affiliation, condition, and their interaction on acceptability

Predictor	Sum of Squares	df	Mean Square	F	p	$\eta_p^2$
Model ( $R^2 = .032$ )	24049.67	11	2186.33	3.03	.001	.047
Intercept	2918697.09	1	2918697.09	4038.83	.000	.858
Affiliation	17846.98	3	5948.99	8.23	.000	.036
Condition	1998.161	2	999.08	1.38	.252	.004
Affiliation x Condition	3951.03	6	658.51	.91	.486	.008
Error	484181.92	670	722.66			

## Study 2b

### Study 2b: Chi Square for Denomination by condition, gender by condition

Gender by condition: Chi-Square = 2.71, df = 4,  $p = .607$

Denomination by condition: Chi-Square = 4.44, df = 6,  $p = .618$

Table 30. Study 2b one-way ANOVA comparing variables across religious affiliation categories

	F (df)	p
Acceptability	1.22 (3,153)	.304
Quest	.89 (3,153)	.450
TTT	21.37 (3,153)	<.001
BMR	14.26 (3,153)	<.001
Age	2.66 (3,153)	.050

Table 31. Study 2b comparisons of acceptability by affiliation groups (Unaffiliated, Catholic, Protestant, other)

Group	$n$ (m, f, t, o) <sub>q</sub>	Age	Quest	TTT	Acceptability Avg	BMR
Unaffiliated	47 (18, 28, 0, 1)	18.45 (.72)	4.77 (.72)	2.11 (1.30)	56.35 (26.01)	2.45 (1.06)
Catholic	47 (11, 36, 0, 0)	18.81 (.1.42)	4.78 (.70)	3.86 (1.14)	64.33 (28.26)	3.45 (0.72)
Protestant	41 (15, 26, 0, 0)	19.24 (1.88)	4.55 (.88)	4.24 (1.54)	60.88 (28.10)	3.56 (0.74)
Other	22 (12, 10, 0, 0)	18.68 (.84)	4.72 (.74)	3.74 (1.62)	52.17 (29.57)	3.22 (1.11)

Note: Means are presented in cells with standard deviations in parentheses, unless indicated otherwise in top row.

q: For study sub-sample statistics (column  $n$ ), gender identities are reported in parentheses: (male, female, transgender, other gender identities).

Significance levels for pairwise comparisons of all study variables between affiliation groups are reported below. For corresponding means, see Table 31.

Table 32. Study 2b significance values of post-hoc Fisher's LSD test of differences between affiliation groups

	Age			Quest			TTT		
	1	2	3	1	2	3	1	2	3
1. Unaffiliated									
2. Catholic	.191			.940			<.0001		
3. Protestant	.006	.129		.167	.146		<.0001	.191	
4. Other	.497	.714	.114	.796	.750	.386	<.0001	.720	.160
	Acceptability Average			BMR					
	1	2	3	1	2	3			
1. Unaffiliated									
2. Catholic	.165			<.0001					
3. Protestant	.446	.561		<.0001	.552				
4. Other	.561	.092	.237	.001	.345	.161			

Table 33. Study 2b one-way ANOVA comparing variables across conditions

	F (df)	<i>p</i>
Acceptability	1.79 (2,154)	.171
Quest	2.12 (2,154)	.124
TTT	.60 (2,154)	.550
BMR	.135 (2,154)	.874
Age	.712 (2,154)	.492

Significance levels for pairwise comparisons of all study variables between affiliation groups are reported below. For corresponding means, see Table 33.

Table 34. Study 2b comparisons of study variables by condition

Condition	N (m, f, t, o) <sub>q</sub>	Denomination (A, C, P, O)	Age	Quest	TTT	Acceptability Avg	BMR
Secular	61 (21, 40, 0, 0)	(17, 20, 13, 11)	18.70 (1.37)	4.56 (.71)	3.57 (1.56)	64.13 (24.00)	2.90 (1.18)
Buddhist	51 (18, 33, 0, 0)	(13, 16, 15, 7)	18.73 (1.20)	4.78 (.75)	3.42 (1.81)	58.31 (28.16)	2.85 (.93)
Spiritual	45 (17, 27, 0, 1)	(17, 11, 13, 4)	19.00 (1.51)	4.84 (.82)	3.22 (1.48)	54.00 (32.51)	2.80 (.84)

Note: Means are presented in cells with standard deviations in parentheses, unless indicated otherwise in top row.

q: For study sub-sample statistics (column *n*), gender identities are reported in parentheses: (male, female, transgender, other gender identities).

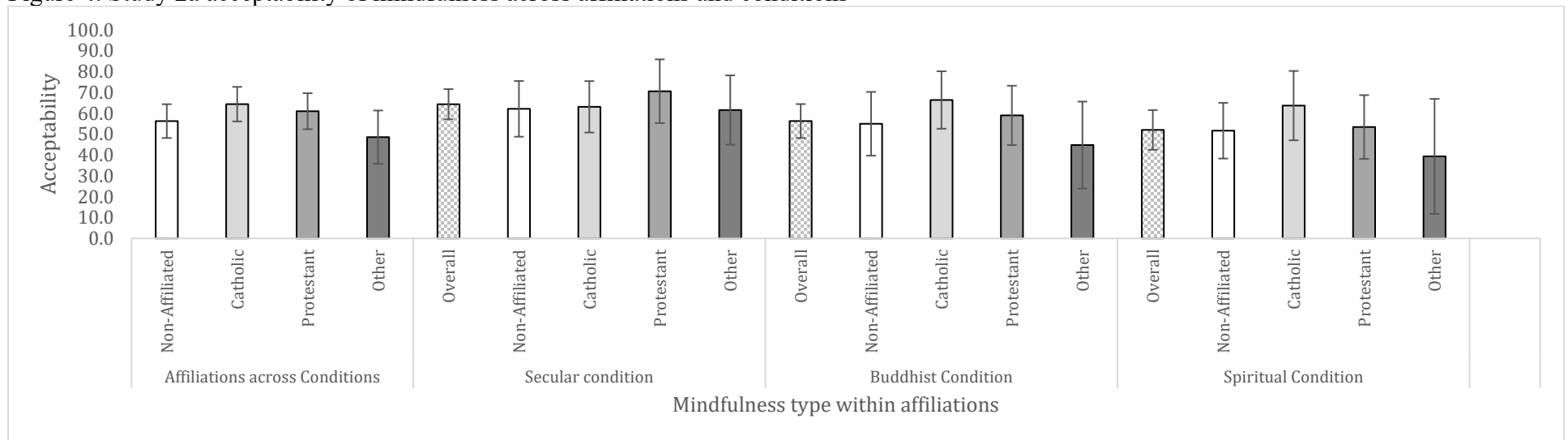
Table 35. Study 2b significance values of post-hoc Fisher's LSD test of differences between groups

	Age		Quest		TTT	
	1	2	1	2	1	2
1. Secular						
2. Buddhist	.937		.119		.641	
3. Spiritual	.271	.325	.061	.723	.271	.536

	Acceptability Average		BMR	
	1	2	1	2
1. Secular				
2. Buddhist	.270		.761	
3. Spiritual	.064	.447	.610	.835

Figure 4. Study 2a acceptability of mindfulness across affiliations and conditions



Note. Columns represent estimated means; error bars represent confidence intervals. Pairwise tests for differences between conditions within each religious affiliation and between affiliations are presented in Supplementary Document II.E.

Table 36. Study 2b two-way ANOVA for effect of affiliation, condition, and their interaction on acceptability

Predictor	Sum of Squares	df	Mean Square	F	p	$\eta_p^2$
Model ( $R^2 = .005$ )	7829.83	11	717.53	.92	.520	.07
Intercept	432413.30	1	432413.30	556.10	<.0001	1.00
Affiliation	3819.89	3	1273.30	1.64	.18	.03
Condition	3599.76	2	1799.88	2.32	.102	.03
Affiliation x Condition	2196.77	6	366.13	.47	.83	.02
Error	112749.28	145	777.58			

## VIII. Supplementary analyses of qualitative free responses in Studies 2a and 2b

**Study 2a.** Post-hoc analyses tested whether TTT or EQ moderated the heightened incidence of complaints about religious content in the Spiritual condition. In binary logistic regression with bootstrapping, the interaction of TTT by condition was tested together with main effects of condition and TTT. A significant effect of condition was observed, with individuals more likely to express complaints about religious content in the Buddhist ( $B = 16.49$ ,  $SE = 5.56$ ,  $p = .002$ , 95% CI = 0, 17.44) and spiritual ( $B = 18.68$ ,  $SE = .33$ ,  $p = .002$ , 95% CI = 17.80, 19.13) conditions. A condition by TTT interaction was observed for Spiritual vs. other conditions ( $B = .453$ ,  $SE = .189$ ,  $p = .026$ , 95% CI = .15, .90), such that in the Spiritual condition (but not other conditions,  $p > .8$ ) there was a significant negative association between TTT and odds of complaints about religious content ( $B = -.453$ ,  $SE = .197$ ,  $p = .016$ , 95% CI = -.94, -.15). Binary logistic regression with bootstrapping also tested the interaction of EQ by condition together with main effects of condition and EQ. No main effects of EQ, or any condition by EQ interaction, on likelihood of complaints about religious content were observed (all CIs included 0).

**Study 2b.** As with Study 2a, a post-hoc logistic regression tested the effects of TTT or EQ, condition, and their interaction on odds of complaints about religious content. However, given the low base rates of complaints (only 6 complaints total) these results should be interpreted with great caution. Analyses revealed a significant TTT by condition interaction for the Spiritual vs. other conditions ( $B = 1.281$ ,  $SE = 8.01$ ,  $p = .02$ , 95% CI = -.18, 37.10), with higher TTT predicting lower odds of complaints about religious content in the Spiritual condition. No significant interactions of EQ by condition were revealed (all CIs included 0).

## IX. Scripts used for Studies 2a and 2b.

### **Buddhist Script:**

#### Script

This is a mind-body mindfulness meditation  
It is grounded in a Buddhist practice called shamata,  
Which calms the mind through observing the breath  
Find a relaxed, comfortable position  
Seated on a chair or on the floor, on a cushion  
Keep your back upright, but not too tight  
Hands resting wherever they're comfortable  
Tongue on the roof of your mouth or wherever it's comfortable.  
And you can notice your body,  
Your entire body  
From the inside  
Noticing the shape of your body, the weight, touch  
Notice that your body exists, in all its complexity,  
without any effort from you to make it so.  
Notice that your body knows how to sustain its life  
Regardless of your thoughts, personality, or wishes.  
And let yourself relax  
And become curious about your body  
Seated here  
The sensations of your body  
The touch  
The connection with the floor  
The chair  
Relax any areas of tightness or tension  
Just breathe  
Soften  
And now begin to tune into your breath  
In your body  
Feeling the natural flow of breath  
You don't need to do anything to your breath  
Not long not short just natural

Allow your breath to flow in and out  
Notice if you are able to breathe without needing anything special to happen,  
Touch into the breath as it exists independent of your desires.  
Allow your breath to be a break from having to be or accomplishing anything.  
And notice where you feel your breath in your body  
It might be in your abdomen  
It may be in your chest or throat  
Or in your nostrils  
See if you can feel the sensations of breath  
One breath at a time  
When one breath ends, the next breath begins  
Now as you do this you might notice that your mind might start to wander  
You might start thinking about other things  
If this happens this is not a problem  
It's very natural  
Just notice that your mind has wandered  
Consider that your awareness is not defined or limited by your thoughts  
Your awareness is independent of thought  
Allow yourself to rest in a state of clear awareness  
Awareness of breathing, awareness of any thoughts that may be there.  
Resting in clear awareness, even as the mind might wander.  
You can say "thinking" or "wandering" in your head softly  
And then gently redirect your attention right back to the breathing  
So we'll stay with this for some time in silence  
Just a short time  
Noticing our breath  
Considering it as a resting place for clear awareness  
From time to time getting lost in thought and returning to our breath  
See if you can be really kind to yourself in the process  
And once again you can notice your body, your whole body, seated here  
Let yourself relax even more deeply  
And then offer yourself some appreciation  
For doing this practice today  
See yourself from the perspective  
Of someone who feels kindness and care toward you  
Take the opportunity to savor this moment  
Finding a sense of ease and wellbeing for yourself and this day  
That you can carry on for the benefit of all beings



[bell rings]

## **Secular Script**

### Script

This is a mind-body mindfulness practice  
It is a secular, scientifically validated way to find calm  
Through the experience of your own breath  
Find a relaxed, comfortable position  
Seated on a chair or on the floor, on a cushion  
Keep your back upright, but not too tight  
Hands resting wherever they're comfortable  
Tongue on the roof of your mouth or wherever it's comfortable.  
And you can notice your body,  
Your physical body  
From the inside  
Noticing the shape of your body, the weight, touch  
Think of the body as something natural  
A constant part of your experience  
That you take with you  
Everywhere you go  
And let yourself relax  
And become curious about your body  
Seated here  
The sensations of your body  
The touch  
The connection with the floor  
The chair  
Relax any areas of tightness or tension  
Just breathe  
Soften  
And now begin to tune into your breath  
In your body  
Feeling the natural flow of breath  
Don't need to do anything to your breath  
Not long not short just natural  
Allow your breath to just be itself, let it flow freely

It may be helpful to remember that you have been breathing  
Since the day you were born  
It is something you have always known how to do  
And notice where you feel your breath in your body  
It might be in your abdomen  
It may be in your chest or throat  
Or in your nostrils  
See if you can feel the sensations of breath  
One breath at a time  
When one breath ends, the next breath begins  
Now as you do this you might notice that your mind might start to wander  
You might start thinking about other things  
If this happens this is not a problem  
It's very natural  
Just notice that your mind has wandered  
Consider your mind a part of nature  
That is perfectly adapted to its environment  
Its wandering is natural  
Watching it wandering is seeing one of its basic functions  
You can say "thinking" or "wandering" in your head softly  
And then gently redirect your attention right back to the breathing  
So we'll stay with this for some time in silence  
Just a short time  
Noticing our breath  
Considering it as something completely natural  
From time to time getting lost in thought and returning to our breath  
See if you can be really kind to yourself in the process  
And once again you can notice your body, your whole body, seated here  
Let yourself relax even more deeply  
And then offer yourself some appreciation  
For doing this practice today  
You have taken a moment  
To really be present to your own experience  
Take the opportunity to savor this moment  
Finding a sense of ease and wellbeing for yourself and this day  
That you can carry on into the rest of your day  
[bell rings]

## Spiritual Script

### Script

This is a mind-body-spirit mindfulness meditation  
It is a way to find spiritual grounding  
Through the experience of your own breath  
Find a relaxed, comfortable position  
Seated on a chair or on the floor, on a cushion  
Keep your back upright, but not too tight  
Hands resting wherever they're comfortable  
Tongue on the roof of your mouth or wherever it's comfortable.  
And you can notice your body,  
Your sacred body  
From the inside  
Noticing the shape of your body, the weight, touch  
Think of the body as a holy place for your spirit  
A kind of sanctuary  
A dwelling place  
For something sacred  
And let yourself relax  
And become curious about your body  
Seated here  
The sensations of your body  
The touch  
The connection with the floor  
The chair  
Relax any areas of tightness or tension  
Just breathe  
Soften  
And now begin to tune into your breath  
In your body  
Feeling the natural flow of breath  
Don't need to do anything to your breath  
Not long not short just natural  
Allow your breath to embody whatever is sacred to you.  
It may be helpful to remember the significance of the breath  
In your spiritual background

Your breath, as it was made by the divine  
And notice where you feel your breath in your body  
It might be in your abdomen  
It may be in your chest or throat  
Or in your nostrils  
See if you can feel the sensations of breath  
One breath at a time  
When one breath ends, the next breath begins  
Now as you do this you might notice that your mind might start to wander  
You might start thinking about other things  
If this happens this is not a problem  
It's very natural  
Just notice that your mind has wandered  
Consider your mind a small piece of creation  
Which is perfect, sacred, as it is  
Its wandering is natural  
Watching it wandering is like witnessing a part of creation  
You can say "thinking" or "wandering" in your head softly  
And then gently redirect your attention right back to the breathing  
So we'll stay with this for some time in silence  
Just a short time  
Noticing our breath  
Considering it something natural, and even holy  
From time to time getting lost in thought and returning to our breath  
See if you can be really kind to yourself in the process  
And once again you can notice your body, your whole body, seated here  
Let yourself relax even more deeply  
And then offer yourself some appreciation  
For doing this practice today  
See yourself from the perspective  
Of a loving, all-encompassing spirit  
Take a moment to honor this sacred moment  
Finding a sense of ease and wellbeing for yourself and this day  
That you can carry on for the benefit of all  
[bell rings]

#### Expert panel:

These individuals were selected for their ability to provide perspectives from progressive, as well as conservative, religious denominations and from secular perspectives, as well as to provide insights informed by scholarship in religious studies generally and Buddhism particularly. Individuals who provided feedback all had advanced training (Master's degree or higher) relevant to, and/or over 10 years of leadership experience in the tradition from which they provided their perspectives.

**Supplementary Document II – Model 2 Results for Studies 1a and 1b**

**Table M1. Multilevel Models for the effects of EQ, MBI type, and their interaction on Willingness to try mindfulness, with and without covariates.**

	Study 1a				Study 1b			
	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>
Main Effect of EQ	0.14	0.04	3.86	<0.001	0.13	0.05	2.67	0.008
Main Effects of Mindfulness Type								
Undescribed <sub>b</sub>								
Secular	-.07	.06	-1.16	.245	-.33	.08	-4.23	<.001
Buddhist	-1.09	.06	-17.89	<.001	-1.10	.08	-13.88	<.001
Spiritual	-.85	.06	-14.03	<.001	-.53	.08	-6.66	<.001
Own Tradition	-.51	.06	-8.31	<.001	-.30	.08	-3.86	.0001
Simple Slope of EQ within Mindfulness Type								
Undescribed	0.05	0.06	0.86	0.393	0.14	0.08	1.88	0.061
Secular	0.17	0.05	3.00	0.003	0.22	0.08	2.91	0.004
Buddhist	0.30	0.06	5.29	<0.001	0.33	0.08	4.28	<0.001
Spiritual	0.18	0.06	3.10	0.002	0.01	0.08	0.15	0.880
Own tradition	0.01	0.06	0.17	0.866	-0.01	0.08	-0.73	0.465
Covariates								
Prior experience with mindfulness	0.49	0.07	7.57	<0.001	0.24	0.10	2.35	0.020
TIPI Openness	0.07	0.02	2.95	0.003	0.13	0.04	3.07	0.002
Belief: Mindful is Relig	0.07	0.03	2.04	0.042	N/A	N/A	N/A	N/A
Religious Affiliation								
Atheist/Agnostic <sub>b</sub>								
Catholic	0.19	0.11	1.76	0.079	0.15	0.11	1.29	0.199
Protestant	0.20	0.09	2.24	0.026	0.23	0.11	2.19	0.029
Other	0.46	0.10	4.70	<0.001	0.41	0.13	3.18	0.002
Interaction terms for effect of EQ in 2 conditions								
Undescribed v Secular	0.12	0.07	1.77	0.077	0.08	0.09	0.84	0.400
Undescribed v Buddhist	0.25	0.07	3.67	<0.001	0.18	0.09	1.97	0.0497
Undescribed v Spiritual	0.13	0.07	1.85	0.064	-0.13	0.09	-1.42	0.156
Undescribed v Own	-0.04	0.07	-0.57	0.570	0.20	0.09	-2.14	0.032
Secular v Buddhist	0.13	0.07	1.90	0.058	0.10	0.09	1.17	0.242
Secular v Spiritual	0.01	0.07	0.08	0.935	-0.20	0.10	-2.02	0.043
Secular v Own	-0.16	0.07	-2.34	0.019	-0.27	0.11	-2.47	0.014
Buddhist v Spiritual	-0.12	0.07	-1.81	0.070	-0.31	0.09	-3.31	0.001
Buddhist v Own	-0.29	0.07	-4.24	<0.001	-0.37	0.09	-4.05	0.001
Spiritual v Own	-0.17	0.07	-2.42	0.016	-0.06	0.09	-0.74	0.462

Note: These tables refer to the final models presented in main analyses. For analyses and results of Models 0 and 1, see Supplementary Document I, Section V.  
a: Main effect of EQ on willingness was obtained in a multilevel model that tested the effects of EQ and BMI type on willingness without their interaction.

b: denotes reference category

“EQ” = Existential Quest; “Belief: Mindful is Relig” = endorsement of belief that there is a religious component to mindfulness, higher scores mean greater agreement that there is a religious component to mindfulness; “TIPI Openness” = openness subscale of the Ten Item Personality Inventory.

**Table M2. Study 1a Multilevel Models for the effects of TTT, MBI type, and their interaction on Willingness to try mindfulness, with and without covariates.**

	Study 1a, Model 2				Study 2a, Model 2			
	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>
Main Effect of TTT <sub>a</sub>	0.05	0.05	0.05	0.05	.07	.03	2.33	0.021
Main Effects of Mindfulness Type								
Undescribed <sub>b</sub>								
Secular	-.07	-.07	-.07	-.07	-.32	.07	-4.59	<.001
Buddhist	-1.09	-1.09	-1.09	-1.09	-1.09	.07	-15.52	<.001
Spiritual	-.86	-.86	-.86	-.86	-.53	.07	-7.46	<.001
Own Tradition	-.51	-.51	-.51	-.51	-.30	.07	-4.31	<.001
Simple Slope of TTT within each mindfulness type								
Undescribed	-0.02	0.03	-0.74	0.462	0.07	0.04	1.70	0.090
Secular	-0.19	0.03	-5.74	<0.001	-0.18	0.04	-4.43	<0.001
Buddhist	-0.13	0.03	-3.83	<0.001	-0.17	0.04	-4.25	<0.001
Spiritual	0.31	0.03	9.51	<0.001	0.25	0.04	6.21	<0.001
Own tradition	0.30	0.03	9.11	<0.001	0.40	0.04	9.67	<0.001
Covariates								
Prior experience with mindfulness	0.51	0.07	7.73	<0.001	0.26	0.10	2.51	0.013
TIPI Openness	0.08	0.02	3.26	0.001	0.12	0.04	2.98	0.003
Belief: Religion is Mindful	0.04	0.04	0.96	0.337	N/A	N/A	N/A	N/A
Religious Affiliation								
Atheist/Agnostic <sub>b</sub>								
Catholic	0.17	0.11	1.45	0.149	0.01	0.13	0.09	0.926
Protestant	0.07	0.11	0.64	0.521	0.03	0.14	0.24	0.811
Other	0.45	0.10	4.35	<0.001	0.31	0.14	2.19	0.030
Interaction terms for effect of EQ in 2 conditions								
Undescribed v Secular	-0.17	0.03	-5.53	<0.001	-0.25	0.04	-6.04	<0.001
Undescribed v Buddhist	-0.10	0.03	-3.42	<0.001	-0.24	0.04	-5.86	<0.001
Undescribed v Spiritual	0.34	0.03	11.31	<0.001	0.18	0.04	4.44	<0.001
Undescribed v Own	0.32	0.03	10.87	<0.001	0.33	0.04	7.85	<0.001
Secular v Buddhist	0.06	0.03	2.12	0.034	0.01	0.04	0.18	0.855
Secular v Spiritual	0.50	0.03	16.84	<0.001	0.44	0.04	10.48	<0.001
Secular v Own	0.49	0.03	16.40	<0.001	0.58	0.04	13.89	<0.001
Buddhist v Spiritual	0.44	0.03	14.72	<0.001	0.43	0.04	10.30	<0.001
Buddhist v Own	0.43	0.03	14.23	<0.001	0.57	0.04	13.71	<0.001
Spiritual v Own	-0.01	0.03	-0.44	0.659	0.14	0.04	3.41	0.001

Note: These tables refer to the final models presented in main analyses. For analyses and results of Models 0 and 1, see Supplementary Document I, Section V.

a: Main effect of TTT on willingness was obtained in a multilevel model that tested the effects of TTT and BMI type on willingness without their interaction.

b: denotes reference category

“TTT” = Truth of Texts and Teachings subscale of the Religious Schema Scale; “Belief: Mindful is Relig” = endorsement of belief that there is a religious component to mindfulness, higher scores mean greater agreement that there is a religious component to mindfulness; “TIPI Openness” = openness subscale of the Ten Item Personality Inventory.



**Supplementary Document III – Model Outputs for Moderation Analyses in Studies 2a and 2b.**

**Table E1. Study 2a moderation analysis for effect of EQ, condition, and their interaction on acceptability**

Predictor	<i>B</i>	$\beta$	<i>SE</i>	<i>t</i>	<i>p</i>	95% CI [LL, UL]
Intercept	72.72		1.85	39.39	<.0001	69.10, 76.35
Quest	2.85	0.09	1.98	1.44	.150	-1.03, 6.73
Condition						
Secular (reference)						
Buddhist	-2.74	-0.05	2.58	-1.07	.287	-7.80, 2.31
Spiritual	-3.95	-0.07	2.51	-1.57	.116	-8.88, .98
Interactions						
Quest*Buddhist (v Secular)	2.26	0.04	2.83	.80	.426	-3.30, 7.81
Quest*Spiritual (v Secular)	5.78	0.11	2.75	2.10	.036	.37, 11.19
Quest*Buddhist (v Spiritual)	3.52	-0.07	2.79	1.26	.207	-9.01, 1.96
Conditional effect of EQ within study conditions						
Secular	2.85	0.09	1.98	1.44	.150	-1.03, 6.73
Buddhist	5.10	0.17	2.03	2.52	.012	1.12, 9.09
Spiritual	8.63	0.29	1.92	4.50	<.0001	4.86, 12.40

Note: Existential Quest was mean-centered for analyses. Reference category corresponds with the secular condition.

**Table E2. Study 2b moderation analysis for effect of EQ, condition, and their interaction on acceptability**

Predictor	<i>B</i>	$\beta$	<i>SE</i>	<i>t</i>	<i>p</i>	95% CI [LL, UL]
Intercept	63.95		3.59	17.79	<.0001	56.85, 71.06
EQ	-1.11	-0.30	5.00	-.22	.824	-10.99, 8.77
Condition						
Secular (reference)						
Buddhist	-6.49	-0.11	5.28	-1.23	.221	-16.91, 3.94
Spiritual	-9.59	-0.16	5.48	-1.75	.082	-20.43, 1.24
Interactions						
Quest*Buddhist (v Secular)	12.92	0.20	7.18	1.80	.074	-1.28, 27.11
Quest*Spiritual (v Secular)	-1.75	-0.03	7.12	-.25	.807	-15.82, 12.32
Quest*Buddhist (v Spiritual)	14.66	0.23	7.23	2.03	.044	.37, 28.95
Conditional effect of EQ within study conditions						
Secular	-1.11	-0.30	5.00	-.22	.824	-10.99, 8.77
Buddhist	11.80	0.32	5.16	2.29	.024	1.67, 21.99
Spiritual	-2.86	-0.08	5.07	-.56	.573	-12.88, 7.15

Note: EQ was mean-centered for analyses. Reference category corresponds with in the secular condition.

**Table E3. Study 2a moderation analysis for effect of TTT, condition, and their interaction on acceptability**

Predictor	<i>B</i>	$\beta$	<i>SE</i>	<i>t</i>	<i>p</i>	95% CI [LL, UL]
Intercept	72.61		1.87	38.89	<.0001	66.53, 73.66
TTT	1.45	0.10	1.07	1.36	.173	-.64, 3.55
Condition						
Secular (reference)						
Buddhist	-2.52	-0.04	2.60	-.97	.334	-7.63, 2.60,
Spiritual	-3.78	-0.07	2.54	-1.49	.138	-8.76, 1.21
Interactions						
TTT*Buddhist (v Secular)	1.36	0.05	1.46	.93	.353	-1.51, 4.23
TTT*Spiritual (v Secular)	.18	0.01	1.40	.13	.899	-2.58, 2.93
TTT*Buddhist (v Spiritual)	-1.18	0.05	1.35	0.87	.383	-3.83, 1.48
Conditional effect of TTT within study conditions						
Secular	1.45		1.07	1.36	.173	-.64, 3.55
Buddhist	2.81		1.00	2.82	.005	.85, 4.77
Spiritual	1.63		.91	1.79	.074	-.16, 3.42

Note: TTT was mean-centered for analyses. Reference category corresponds with the secular condition.

**Table E4. Study 2b moderation analysis for effect of TTT, condition, and their interaction on acceptability**

Predictor	<i>B</i>	$\beta$	<i>SE</i>	<i>t</i>	<i>p</i>	95% CI [LL, UL]
Intercept	64.16		3.57	17.96	<.0001	57.10, 71.22
TTT	-.24	-0.01	2.30	-.10	.917	-4.79, 4.31
Condition						
Secular (reference)						
Buddhist	-5.84	-0.10	5.28	-1.11	.271	-16.27, 4.59
Spiritual	-9.83	-0.16	5.50	-1.79	.076	-29.69, 1.04
Interactions						
TTT*Buddhist (v Secular)	-2.44	-0.09	3.16	-.77	.440	-8.69, 3.80
TTT*Spiritual (v Secular)	1.89	0.05	3.65	.52	.605	-5.31, 9.11
TTT*Buddhist (v Spiritual)	4.34	-0.16	3.56	1.22	.226	-2.71, 11.39
Conditional effect of TTT within study conditions						
Secular	-.24	-0.01	2.30	-.10	.917	-4.79, 4.31
Buddhist	-2.69	-0.09	2.17	-1.24	.217	-6.97, 1.60
Spiritual	1.65	0.10	2.83	.58	.560	-3.94, 7.25

Note: TTT was mean-centered for analyses. Reference category corresponds with the secular condition.