

Research Space

Journal article

Secular and spiritual “myths” of mindfulness-based programs: the effects of role inductions on a brief mindfulness-based intervention.

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Online Supplementary Material

Participant demographic characteristics for the overall sample (N=194) and the integrated (n=60), secular (n=59) and spiritual (n=60) groups. Note that there was attrition of 15 participants between provision of demographics and randomization.

Demographic	Overall n (%)	Integrated n (%)	Secular n (%)	Spiritual n (%)	Group Comparison¹
Gender					
Female	160 (82.5)	50 (83.3)	53 (89.8)	44 (73.3)	$\chi^2(2)=7.43$, adj. p=0.14
Male	31 (16.0)	8 (13.3)	5 (8.5)	16 (26.7)	
Another gender	3 (1.5)	2 (3.3)	1 (1.7)	0 (0)	
Ethnicity					
Asian / Asian British	48 (24.7)	16 (26.7)	15 (25.4)	14 (23.3)	$\chi^2(4)=0.73$, adj. p=1
Black / African / Caribbean / Black British	5 (2.6)	3 (5.0)	1 (1.7)	1 (1.7)	
Mixed / Multiple ethnic groups	10 (5.2)	2 (3.3)	3 (5.1)	5 (8.3)	
White	126 (64.9)	36 (60.0)	38 (64.4)	40 (66.7)	
Other	5 (2.6)	3 (5.0)	2 (3.4)	0 (0.0)	
Highest level of academic achievement					
GCSE / equivalent	5 (2.6)	3 (5.0)	0 (0.0)	0 (0.0)	$\chi^2(4)=3.45$, adj. p=1
A level / equivalent	113 (58.2)	30 (50.0)	38 (64.4)	37 (61.7)	
Bachelor's degree	41 (21.1)	16 (26.7)	8 (13.6)	13 (21.7)	
Master's degree	31 (16.0)	10 (16.7)	12 (20.3)	8 (13.3)	
Doctoral degree	4 (2.1)	1 (1.7)	1 (1.7)	2 (3.3)	
Employment status					
Employee - part time	18 (9.3)	5 (8.3)	8 (13.6)	3 (5.0)	$\chi^2(2)=1.04$, adj. p=1
Employee - full time	31 (16.0)	13 (21.7)	8 (13.6)	8 (13.3)	
Self-employed	5 (2.6)	0 (0.0)	1 (1.7)	2 (3.3)	
Unemployed	7 (3.6)	1 (1.7)	2 (3.4)	3 (5.0)	
Full-time student	133 (68.6)	41 (68.3)	40 (67.8)	44 (73.3)	
Religion²					
Atheist (no religion)	65 (33.5)	17 (28.3)	21 (35.6)	22 (36.7)	$\chi^2(6)=5.21$, adj. p=1
Agnostic (not sure)	51 (26.3)	15 (25.0)	15 (25.4)	20 (33.3)	
Church of England / Anglican	11 (5.7)	2 (3.3)	3 (5.1)	2 (3.3)	
Roman Catholic	5 (2.6)	3 (5.0)	1 (1.7)	1 (1.7)	
Protestant	6 (3.1)	2 (3.3)	2 (3.4)	1 (1.7)	
Other Christian	7 (3.6)	3 (5.0)	0 (0.0)	4 (6.7)	
Shi'ite Muslim	1 (0.5)	0 (0.0)	1 (1.7)	0 (0.0)	
Sunni Muslim	12 (6.2)	5 (8.3)	3 (5.1)	3 (5.0)	
Jew	17 (8.8)	9 (15.0)	3 (5.1)	2 (3.3)	
Hindu	3 (1.5)	1 (1.7)	2 (3.4)	0 (0.0)	

Sikh	2 (1.0)	0 (0.0)	2 (3.4)	0 (0.0)
Buddhist	9 (4.6)	2 (3.3)	4 (6.8)	3 (5.0)
Other	5 (2.6)	1 (1.7)	2 (3.4)	2 (3.3)

¹The adj. p-values are Bonferroni corrected for multiple comparisons, and the sub-groups with very low counts that violated the χ^2 tests' requirements were omitted or collapsed in order to make it possible to conduct the tests. ²Categories for religion were based on the Royal Free Interview for Spiritual and Religious Beliefs (King et al. 2001).