Potential negative consequences of mindfulness in the moral domain (#10832)

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1) Have any data been collected for this study already?
No, no data have been collected for this study yet.

2) What's the main question being asked or hypothesis being tested in this study?
Mindfulness is a state of paying conscious and nonjudgmental attention to present-moment experiences. Previous research relates this state to more effective emotion regulation and less emotion reactivity. We therefore hypothesized an attenuating effect of a mindfulness exercise on moral reactions that usually results from a bad conscience when having caused harm.

3) Describe the key dependent variable(s) specifying how they will be measured.
To measure harm based moral behavior, participants play a dictator game in which they have the option to give some of their money to the harmed person. They answer on a scale ranging from 0 to 3 euros.

4) How many and which conditions will participants be assigned to?
Participants will be randomly assigned to the experimental conditions in a 2 (Mindfulness exercise vs. control group) x 2 (Caused harm: yes vs. no) between-subjects factorial design. According to our research idea, participants in the harm condition are hypothesized to give a lower amount of money in the mindfulness condition compared to the control condition.

5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.
We will apply an ANOVA to test the interaction and post-hoc tests to test the simple effects.

6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.
Participants indicating the precise research question will be excluded.

7) How many observations will be collected or what will determine sample size? No need to justify decision, but be precise about exactly how the number will be determined.
We calculated sample size to detect at least a small-to-medium interaction effect (d = 0.4). Power was set to .80. Using G*Power, a power analysis revealed a minimum required sample size of N = 199 to detect a significant effect (alpha level of .05, two-tailed) given there is a true effect. We will offer the study until 250 participants have agreed to participate or until May 30, 2018 (whichever comes first).

8) Anything else you would like to pre-register? (e.g., secondary analyses, variables collected for exploratory purposes, unusual analyses planned?)
After the dependent variable, we assess state mindfulness by using a translated version of the State Mindfulness Scale (Tanay & Bernstein, 2013).