

NONDUAL MINDFULNESS - a survey of users of the Waking Up meditation app (#79361)

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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?

We are investigating the prevalence of participants who have used the Waking Up meditation application by Sam Harris and successfully learnt 'nondual' mindfulness as opposed to conventional 'dualistic' mindfulness. Conventional/dualistic mindfulness involves paying attention to the contents of consciousness (e.g., sights, sounds, physical sensations) with an attitude of acceptance. In contrast, 'nondual' mindfulness involves mindfulness specifically of the absence of a small sense of self, such that the feeling of separation between subject and object (or self and world) temporarily collapses or falls away. We will investigate this question by surveying people who have done at least some of the Introductory Course in the Waking Up app.

We hypothesize that between 15 and 35% of participants will report having learnt nondual mindfulness using the minimum criterion (defined below), and between 0 and 20% will report having learnt nondual mindfulness using the maximum criteria (also defined below).

3) Describe the key dependent variable(s) specifying how they will be measured.

The key dependent variable is 'successful learning of nondual mindfulness'. This will be a categorical variable whereby the minimum criterion for success involves at least self-reporting the ability to do nondual mindfulness sometimes, and the maximum criteria for success involve a) self-reporting an ability to do nondual mindfulness at will, b) an average of at least 1 (somewhat agree) on the nondual ability scale that we created, c) an average of at least 1 on the wellbeing factor of the nondual ability scale, and d) at least one month of successfully knowing how to practice nondual mindfulness.

4) How many and which conditions will participants be assigned to?

N/A

5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.

Simple frequency statistics will be used in the form of percentages of the relevant sample.

6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.

We will exclude observations that we qualitatively determine to be inauthentic (e.g., there are no serious answers in the text boxes or participants are clearly not responding to the questions).

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.

Given that we are predicting a very low percentage of people who have successfully learnt nondual mindfulness, we will recruit as many participants as possible within the timeframe of one month from social media, such as subreddits and Facebook pages related to Sam Harris and the Waking Up app.

8) Anything else you would like to pre-register? (e.g., secondary analyses, variables collected for exploratory purposes, unusual analyses planned?)

For participants who report some ability to do nondual mindfulness, we will ask some follow up questions (e.g., benefits and costs of learning nondual mindfulness, other meditation experience prior to using the app). For participants who report failing to learn nondual mindfulness, we will ask some follow-up questions (e.g., why it was difficult to learn nondual mindfulness, whether some meditation techniques were better than others, how the app could improve its teaching of nondual mindfulness). We will also perform other secondary analyses.