

Mindfulness Attenuates OA-SA relationship (#13530)

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Created: 08/23/2018 08:50 AM (PT)

Public: 04/08/2019 07:07 AM (PT)

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?

To examine whether trait mindfulness, especially acceptance, attenuates the effect of an ambivalence manipulation on subjective ambivalence (SA).

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

Subjective ambivalence is defined as the conscious experience of conflicted evaluation. It is measured by three items asking the extent to which participants feel indecisive, conflicted, and torn between two sides of the issue.

Participants will also complete measures of mindfulness, which will be used as predictor variables. To capture the full breadth of mindfulness, measures will be the Five Facet Mindfulness Questionnaire (FFMQ; Baer et al., 2006), Philadelphia Mindfulness Scale (PMS; Cardaciotto et al., 2008), and an in-development measure of Meta-awareness (Naragon-Gainey & DeMarree, 2018).

In addition, participants will complete a measure of objective ambivalence (based on 3-items each assessing positivity and negativity toward the focal topic) as a manipulation check and the Need for Cognition scale (Cacioppo, Petty, & Kao, 1984) to examine the effectiveness of the manipulation across this variable.

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

Participants will be randomly assigned into either ambivalent or univalent condition in which they will be reading information about Moro bars, which is described as a snack food from New Zealand that will be introduced to the US. In the ambivalent condition, participants will read strong pro-Moro bar information, following by strong anti-Moro bars information. In univalent condition, participants will read the same strong pro-Moro bars information, then read weak anti-Moro bars information.

After the manipulation, they will report their attitudes toward Moro bars, including objective ambivalence (OA; as manipulation check), subjective ambivalence (as dependent variable), and negative emotions (exploratory DV).

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

We will conduct a t-test to determine whether the manipulation works by examining whether people in ambivalent condition showed higher objective ambivalence than those in control condition.

The primary analyses will be regression analyses predicting subjective ambivalence from condition, mindfulness, and their interaction. Separate analyses will be conducted for each full scale (e.g., FFMQ, PMS), all subscales within a scale (e.g., both PMS subscales), as well an analysis consisting of a priori composite indices of acceptance (average responses to PMS-acceptance, FFMQ-nonjudging, and FFMQ-nonreactivity) and awareness (PMS-awareness, FFMQ-observe, FFMQ-describe, meta-awareness). Support for hypotheses will be indicated by stronger effect of the manipulation on subjective ambivalence as mindfulness, and in particular acceptance aspects of mindfulness, decreases.

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

We won't exclude any observations.

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 will target a sample size of 500 participants, but we will cease data collection on September 21 as long as we have at least 380 participants. A simulation power analyses in Mplus using parameters obtained from an earlier study (interaction effect: $b=-0.427$, $SE=0.183$, $\beta=-0.28$, $t=-2.339$, $p=.02$) indicated that 380 participants would be sufficient for 80% power, but because, we suspect the initial study may be an optimistic estimate, we aimed for 500 participants, which would provide 80% power to detect an effect 25% smaller than the original effect.

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

We will examine whether mindfulness moderates the effect of ambivalent manipulation on OA. We want to make sure the manipulation was equally effective across levels of mindfulness.

If the manipulation is not equally effective in producing objective ambivalence across levels of need for cognition (i.e., if there's a significant Manip x NFC

interaction on OA), we will include NFC as an additional factor in the primary design, and would expect the mindfulness x manipulation interaction to emerge only among people for whom the manipulation was effective (most likely high NFC participants).

We will also measure negative emotions as an exploratory dependent variable. Negative emotion toward the issue is measured by the extent to which participants felt tense, fearful, angry, anxious, agitated, regret, uncomfortable, uneasy, and bothered toward the issue.