

SUPPLEMENTARY MATERIALS

Table A

Sociodemographic Characteristics of Both Samples

		Study 1		Study 2	
		N	%	N	%
Monthly net income (Euro)	Less than 500	38	9.2	14	1.9
	501 – 1,000	73	17.6	59	8.1
	1,001 – 1,500	72	17.4	56	7.7
	1,501 – 2,000	71	17.1	55	7.5
	2,001 – 2,500	35	8.5	43	5.9
	2,501 – 3,000	21	5.1	41	5.6
	3,001 – 3,500	18	4.3	25	3.4
	3,501 – 4,000	8	1.9	43	5.9
	More than 4,000	19	4.6	78	10.7
	Not specified	59	14.3	317	43.3
Gender	Female	345	83.3	617	84.4
	Male	69	16.7	114	15.6
Education	no degree (or none as yet)	2	0.5	0	
	Elementary school	2	0.5	0	
	Main school	16	4.0	12	1.7
	Middle school	91	22.0	101	13.8
	Higher education entrance qualification	133	32.2	295	40.4
	University Degree	153	37.0	311	42.5
	Other	17	4.1	12	1.6
Occupation	Pupil	6	1.5	7	1.0
	Vocational training	7	1.7	20	2.7
	Undergraduate student	72	17.4	172	23.5
	Full-time employee	147	35.5	250	34.2
	Part-time employee	102	24.5	147	20.1
	Unemployed	26	6.3	56	7.7
	Other	54	13.1	79	10.8
Place of birth	Germany	363	87.7	667	91.3
	Other	22	5.3	41	5.6
	Living in different Country	29	7.0	20	2.7
	Not specified			3	0.4
Population in place of residence	Up to 5,000 (village)	92	22.3	155	21.2
	5,001 – 20,000 (small town)	67	16.2	105	14.4
	20,001 – 100,000 (medium-sized town)	83	20.0	115	15.7
	100,000 and up (city)	172	41.5	356	48.7
Meditation experience					

SUPPLEMENTARY MATERIALS

	Meditation-naïve ("I have not yet had any experience with meditation and/or meditative bodywork.")	136	32.9	183	25.0
	Meditation- experienced ("I have had experiences with meditation and/or meditative bodywork, but I do not practise regularly or less than once a week.")	201	48.5	396	54.2
	Regular Meditators ("I regularly practise meditation and/or meditative bodywork (i.e. at least 1x per week).")	77	18.6	152	20.8
		Mean (SD)		Mean (SD)	
Age		39.1 (12.7)		37.1 (12.3)	

SUPPLEMENTARY MATERIALS

Table B

Descriptive Statistics and Correlations for Variables of Study 1

		<i>M</i>	<i>SD</i>	α	1	2	3	4	5	6
1	Mindfulness (CHIME) ^a	3.98	0.62	-	1					
2	Life of Pleasure (OTH)	3.34	0.71	.74	.28**	1				
3	Life of Meaning (OTH)	3.19	0.79	.74	.31**	.28**	1			
4	Life of Engagement (OTH)	2.98	0.61	.91	.31**	.42**	.40**	1		
5	Search for Meaning	3.94	1.64	.62	-.26**	.02	.15**	-.07	1	
6	Life Satisfaction (SWLS)	4.64	1.40	.89	.45**	.28**	.17**	.29**	-.31**	1
7	Age	39.11	12.73	-	.16**	-.16**	.01	.08	-.09	.00

Note. * <.05; ** <.01, N=414, ^a McDonalds (total and hierarchical) for CHIME were $\omega_{\text{total}} = .93$ and $\omega_{\text{H}} = .81$

SUPPLEMENTARY MATERIALS

Table C

Final Numbers of Participants in Study 2 in the named Online Communities

Online Communities	N	Group	N
Yoga/Meditation/Mindfulness	85	Facebook: Yogalichter - Austausch für Yogalehrer und Yogalehrerinnen	20
		Facebook: Yoga Vidya	16
		Yoga Vidya internal mail distributor	10
		Facebook: Kundalini Yoga Deutschland	21
		Facebook: Yoga Deutschland	11
		Facebook: Achtsamkeit leben	6
		Facebook: Achtsam leben und Erleben NRW	1
Undergraduate Networks	48	Survey Circle	37
		Facebook: FH Dortmund FB Informatik	1
		Facebook: FH Dortmund Fachbereich Informations- und Elektrotechnik	1
		Facebook: FH Dortmund Fachbereich Sozialwissenschaften	1
		German Armed Forces Students	2
		Facebook: SurveyCircle	1
		Facebook: Umfragen für Studienarbeiten	5
Neighbourhood Platforms	88	nextdoor.de: Bochum Langendreer	1
		Nebenan.de: Dortmund	54
		nebenan.de: Essen	9
		Facebook: Essen packt an	4
		Facebook: Langendreer hats e.V.	3
		Nebenan.de - Bochum Langendreer	11
		Facebook: Langendreer ist nett	6
Sustainability/Happiness/Health	111	Facebook: Minimalismus & Achtsamkeit	43
		Naturkost.de	9
		Facebook: Ayurveda Lifedesign	23
		Facebook: Utopia.de	4
		Facebook: Mein Ayurveda Lifestyle Community	3
		Facebook: Hochsensibilität	13
		Facebook: Ayurveda Deutschland	2
		Facebook: Utopia.de: Familie	4
		Facebook: Utopia.de: Selbermachen	6
Non-specific	70	Facebook: Minimalismus - mit wenigen Dingen glücklich	4
		First authors Facebook chronic	1
		Ebay Kleinanzeigen	34
		Interested Participants from previous a study (Topic: „Mindfulness and Food Consumption)	35
Employed people	165	Foundation for the Promotion of Gifted Persons in Vocational Education (Stiftung Begabtenförderung berufliche Bildung (SBB))	165
Psychology	80	Psychologie Heute	80
Sharing/ Second Hand	84	Kleiderkreisel	84
Sum	731		731

SUPPLEMENTARY MATERIALS

Table D

Descriptive Data, Reliability, and Zero-Order Correlations of the Scales of Study 2

		<i>M</i>	<i>SD</i>	α	1	2	3	4	5	6	7	8	9	10	11	12	13
1	Mindfulness (CHIME)	3.93	0.58	-	1												
2	Life of Pleasure (OTH)	3.38	0.67	.74	.25**	1											
3	Life of Meaning (OTH)	3.30	0.79	.78	.34**	.16**	1										
4	Life of Engagement (OTH)	3.11	0.55	.57	.36**	.27**	.36**	1									
5	Search for Meaning (MLQ)	3.65	1.68	.93	-.32**	.01	.13**	-.10*	1								
6	Life Satisfaction (SWLS)	4.63	1.33	.90	.45**	.22**	.22**	.29**	-.41**	1							
7	Hedonia (HEMA)	4.97	0.92	.77	.35**	.58**	.07	.14**	-.08*	.29**	1						
8	Eudaimonia (HEMA)	5.25	0.98	.72	.29**	.16**	.58**	.39**	.03	.22**	.16**	1					
9	Flow Orientation (mod. FSS)	5.04	0.81	.81	-.03	.17**	.17**	.20**	.20**	-.05	.11**	.29**	1				
10	Positive Affect (SPANE)	3.60	0.78	.93	.51**	.34**	.25**	.30**	-.35**	.69**	.41**	.25**	-.05	1			
11	Negative Affect (SPANE)	2.61	0.80	.86	-.52**	-.21**	-.11**	-.23**	.45**	-.60**	-.29**	-.12**	.13**	-.70**	1		
12	PWB (RPWB)	4.51	0.60	.80	.59**	.25**	.36**	.32**	-.36**	.66**	.30***	.40	.03	.62**	-.58**	1	
13	Engagement	3.58	0.73	.79	.46**	.27**	.30**	.56**	-.25**	.48**	.32**	.39***	.16**	.53**	-.42**	.54***	1
14	Age	37.1	12.3	-	.23**	-.12**	.08*	.15**	-.19**	.10*	-.09*	.01	-.13**	.06	-.16**	.10*	.14*

Note. * $<.05$; ** $<.01$; PWB= Psychological Well-Being; N = 723 – 731 (pairwise exclusion of cases), ^a McDonalds (total and hierarchical) for CHIME were $\omega_{\text{total}} = .91$ and $\omega_{\text{H}} = .78$