

Supplement

Less Frequent but Equally Useful: Social and Temporal Comparisons in Light of Mindfulness and Self-Compassion.

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Table S1*Deviations from the Preregistration*

Preregistration	Deviation	Reasoning
Order of hypotheses		
H1: Higher mindfulness is associated with less frequent use of comparisons overall and less frequent use of social comparisons compared to temporal comparisons, both cross-sectionally and longitudinally.	H1: Higher mindfulness is associated with less frequent use of comparisons overall and less frequent use of social comparisons compared with temporal comparisons, both cross-sectionally and longitudinally.	We did not the change content of any hypothesis. We changed the order of hypotheses two and three. This served readability and understandability of the derivation of our hypotheses.
H2: Higher mindfulness is associated with less perceived utility of comparisons, both cross-sectionally and longitudinally.	H2: Higher self-compassion is associated with less frequent use of comparisons overall and less frequent use of social comparisons compared with temporal comparisons, both cross-sectionally and longitudinally.	Moreover, we slightly revised the wording of hypotheses one and two (formerly three) to ensure grammatical correctness.
H3: Higher self-compassion is associated with less frequent use of comparisons overall and less frequent use of social comparisons compared to temporal comparisons, both cross-sectionally and longitudinally.	H3: Higher mindfulness is associated with less perceived utility of comparisons, both cross-sectionally and longitudinally.	
H4: Higher self-compassion is associated with less perceived utility of comparisons, both cross-sectionally and longitudinally.	H4: Higher self-compassion is associated with less perceived utility of comparisons, both cross-sectionally and longitudinally.	
Secondary analyses		
We will analyze how different subscales of mindfulness relate to the frequency, perceived utility, and direction of comparisons, and if	We did not conduct and therefore not include the secondary analyses.	We wanted to keep the focus of this paper concise and therefore did not include any secondary analyses.

there is a distinct pattern for social or temporal comparisons or specific domains.

Furthermore, we will scrutinize the associations between mindfulness and self-compassion with regard to comparisons, and whether the variables are independent predictors of comparison or act as moderators or mediators in the relationship with one another.

No further analyses will be conducted or otherwise will be marked as explorative.

Table S2*Bivariate Correlations of Study Variables at T2*

Variables	$M_{T2}(SD)$	ω	FFMQ	SCS	Frequency			Utility			Outcome	
					Overall	Social	Temporal	Overall	Social	Temporal	Overall	Social
FFMQ	3.34 (0.49)	0.91										
SCS	3.08 (0.65)	0.84	0.66									
Frequency	3.51 (1.02)	0.89	−0.42	−0.53								
Social	3.49 (1.15)	0.84	−0.43	−0.56	0.94							
Temporal	3.52 (1.03)	0.78	−0.35	−0.41	0.92	0.74						
Utility	3.03 (1.17)	0.90	−0.27	−0.25	0.69	0.62	0.67					
Social	2.84 (1.24)	0.84	−0.26	−0.27	0.67	0.66	0.57	0.94				
Temporal	3.22 (1.25)	0.81	−0.25	−0.20	0.64	0.51	0.70	0.94	0.78			
Outcome	2.88 (0.50)	0.78	0.21	0.37	−0.16	−0.21	−0.08	0.16	0.09	0.21		
Social	2.78 (0.54)	0.66	0.34	0.47	−0.21	−0.28	−0.10	0.11	0.06	0.14	0.88	
Temporal	2.98 (0.60)	0.67	0.06	0.21	−0.09	−0.10	−0.06	0.16	0.09	0.21	0.90	0.58

Note. $N = 310$. FFMQ = Facet Mindfulness Questionnaire; SCS = Short Self-Compassion Scale; Frequency = comparison frequency; Utility = perceived comparison utility; Outcome = perceived comparison outcome. All $r \geq |0.16|$ are significant at $p < 0.05$.

Table S3*Comparison Item Statistics*

Variable	T1 (<i>N</i> = 615)		T2 (<i>N</i> = 310)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Social Comparison Frequency^a				
Extraversion	3.67	1.55	3.56	1.56
Emotional Stability	3.28	1.52	3.12	1.40
Appearance ^c	3.95	1.48	3.63	1.43
Professional Success	4.30	1.53	3.85	1.49
Private Life	3.46	1.58	3.30	1.55
Temporal Comparison Frequency^a				
Extraversion	3.53	1.54	3.41	1.46
Emotional Stability	3.25	1.59	3.22	1.41
Appearance ^c	4.13	1.49	3.90	1.35
Professional Success	3.92	1.57	3.52	1.44
Private Life	3.71	1.55	3.55	1.45
Perceived Social Comparison Utility^a				
Extraversion	2.91	1.69	2.75	1.59
Emotional Stability	3.19	1.79	2.97	1.67
Appearance ^c	2.82	1.69	2.71	1.49
Professional Success	3.36	1.70	3.17	1.66
Private Life	2.63	1.57	2.59	1.52
Perceived Temporal Comparison Utility^a				
Extraversion	3.33	1.82	3.05	1.68
Emotional Stability	3.41	1.83	3.28	1.69
Appearance ^c	3.45	1.82	3.37	1.62
Professional Success	3.59	1.76	3.30	1.65
Private Life	3.34	1.80	3.07	1.68
Perceived Social Comparison Outcome^b				
Extraversion	2.44	1.01	2.35	0.89
Emotional Stability	3.23	0.99	3.16	0.86
Appearance ^c	2.90	0.79	2.92	0.70
Professional Success	2.52	0.95	2.57	0.90
Private Life	2.99	0.90	2.88	0.84
Perceived Temporal Comparison Outcome^b				
Extraversion	2.85	1.02	2.78	0.98
Emotional Stability	3.25	1.01	3.30	0.87
Appearance ^c	2.88	0.99	2.72	0.91
Professional Success	2.98	1.02	2.99	0.93
Private Life	3.17	0.96	3.10	0.94

Note. ^a7-point bipolar scales. ^b5-point bipolar scale. ^c*N* = 596 due to a technical error during data collection.

Table S4*Model Indices and Factor Loadings for Confirmatory Factor Analyses on Comparison Items*

Model / Items	Factor Loadings	χ^2 (p value)	CFI	TLI	RMSEA	SRMR
Social Comparison Frequency		729.17 (< 0.001)	0.97	0.94	0.08	0.03
Extraversion	0.72					
Emotional Stability	0.49					
Appearance	0.64					
Professional Success	0.68					
Private Life	0.69					
Temporal Comparison Frequency		593.01 (< 0.001)	0.98	0.96	0.06	0.03
Extraversion	0.72					
Emotional Stability	0.63					
Appearance	0.53					
Professional Success	0.57					
Private Life	0.59					
Perceived Social Comparison Utility		744.56 (< 0.001)	0.97	0.94	0.09	0.03
Extraversion	0.69					
Emotional Stability	0.67					
Appearance	0.65					
Professional Success	0.58					
Private Life	0.64					

Table S4 (contd.)*Model Indices and Factor Loadings for Confirmatory Factor Analyses on Comparison Items*

Perceived Temporal Comparison Utility		718.87 (< 0.001)	0.97	0.95	0.08	0.03
Extraversion	0.74					
Emotional Stability	0.71					
Appearance	0.57					
Professional Success	0.60					
Private Life	0.58					
Perceived Social Comparison Outcome		261.35 (< 0.001)	0.99	0.97	0.04	0.03
Extraversion	0.52					
Emotional Stability	0.32					
Appearance	0.58					
Professional Success	0.55					
Private Life	0.44					
Perceived Temporal Comparison Outcome		251.03 (< 0.001)	0.99	0.99	0.03	0.02
Extraversion	0.52					
Emotional Stability	0.36					
Appearance	0.45					
Professional Success	0.54					
Private Life	0.53					

Note. Factor Loadings are standardized.

Table S5*Mean Differences in German and U.S. sample*

Variables <i>M(SD)</i>	T1				T2			
	Germany (<i>N</i> = 313)	USA (<i>N</i> = 302)	Welch <i>t(df)</i> or <i>Chi</i> ²	<i>p</i>	Germany (<i>N</i> = 229)	USA (<i>N</i> = 81)	Welch <i>t(df)</i> or <i>Chi</i> ²	<i>p</i>
FFMQ	3.36 (0.49)	3.19 (0.53)	3.99 (604.61)	< 0.001	3.38 (0.49)	3.23 (0.45)	2.41 (152.45)	0.017
SCS	3.09 (0.62)	2.94 (0.76)	2.68 (582.56)	0.008	3.18 (0.61)	2.83 (0.68)	4.04 (127.60)	< 0.001
Frequency	3.63 (0.99)	3.80 (1.04)	−2.06 (608.66)	0.040	3.40 (0.99)	3.79 (1.05)	−2.89 (133.25)	0.005
Utility	3.10 (1.10)	3.32 (1.26)	−2.31 (595.72)	0.021	2.95 (1.09)	3.24 (1.37)	−1.73 (117.39)	0.086
Outcome	2.89 (0.49)	2.95 (0.55)	−1.59 (598.11)	0.113	2.89 (0.48)	2.85 (0.55)	0.50 (126.67)	0.618
Prior meditation experience			2.75 (1)	0.097				
Experience in hours			6.22 (4)	0.183				
Mindfulness practice			14.40 (7)	0.045				

Note. FFMQ = Facet Mindfulness Questionnaire; SCS = Short Self-Compassion Scale; Frequency = comparison frequency; Utility = perceived comparison utility; Outcome = perceived comparison outcome. Information on general meditation experience was only collected at T1.

Table S6*Dropout Analyses*

Variables <i>M(SD)</i>	Completers (<i>N</i> = 320)	Non-Completers (<i>N</i> = 295)	<i>t(df)</i> or <i>Chi</i> ²	<i>p</i>
FFMQ	3.34 (0.50)	3.21 (0.52)	−3.28 (602.84)	0.001
SCS	3.06 (0.65)	2.97 (0.74)	−1.73 (585.34)	0.085
Frequency	3.64 (1.03)	3.80 (1.01)	1.98 (610.75)	0.048
Utility	3.05 (1.20)	3.37 (1.15)	3.35 (612.34)	0.001
Outcome	2.86 (0.51)	2.99 (0.52)	3.06 (606.73)	0.002
Age	44.61 (14.15)	39.87 (14.43)	−4.11 (606.82)	< 0.001
Gender			0.89 (1)	0.344
Household income			9.86 (7)	0.197
Ethnicity ^a			3.45 (4)	0.485
Prior meditation experience			3.63 (1)	0.057
Experience in hours			9.04 (4)	0.060
Mindfulness practice			12.00 (7)	0.100

Note. FFMQ = Facet Mindfulness Questionnaire; SCS = Short Self-Compassion Scale; Frequency = comparison frequency; Utility = perceived comparison utility; Outcome = perceived comparison outcome. ^aOnly U.S. sample: *N*_{completers} = 84; *N*_{Non-Completers} = 218.

Table S7*Prediction of Comparison Frequency by Mindfulness (FFMQ) (with Covariates)*

Measure	<i>b</i> (SE)	<i>p</i>	95% CI for <i>b</i>	<i>R</i> ²
Overall Comparison Frequency T1				0.16
Intercept	3.62 (0.05)	< 0.001		
Mindfulness	−0.35 (0.04)	< 0.001	[−0.43, −0.27]	
Age	−0.09 (0.04)	0.022	[−0.17, −0.01]	
Little ME	0.21 (0.08)	0.009	[0.05, 0.37]	
Some ME	0.10 (0.13)	0.449	[−0.15, 0.34]	
Social Comparison Frequency T1				0.20
Intercept	3.65 (0.06)	< 0.001		
Mindfulness	−0.41 (0.04)	< 0.001	[−0.50, −0.33]	
Age	−0.13 (0.04)	0.003	[−0.21, −0.04]	
Little ME	0.23 (0.09)	0.010	[0.05, 0.40]	
Some ME	−0.03 (0.14)	0.843	[−0.29, 0.23]	
Temporal Comparison Frequency T1				0.09
Intercept	3.60 (0.06)	< 0.001		
Mindfulness	−0.28 (0.04)	< 0.001	[−0.37, −0.19]	
Age	−0.06 (0.04)	0.203	[−0.15, 0.03]	
Little ME	0.20 (0.09)	0.028	[0.02, 0.38]	
Some ME	0.22 (0.14)	0.121	[−0.06, 0.50]	
Overall Comparison Frequency T2				0.16
Intercept	3.40 (0.07)	< 0.001		
Mindfulness	−0.32 (0.06)	< 0.001	[−0.44, −0.21]	
Age	−0.11 (0.06)	0.050	[−0.23, −0.00]	
Little ME	0.27 (0.12)	0.023	[0.04, 0.50]	
Some ME	0.12 (0.18)	0.499	[−0.23, 0.48]	
Social Comparison Frequency T2				0.19
Intercept	3.37 (0.08)	< 0.001		
Mindfulness	−0.39 (0.06)	< 0.001	[−0.52, −0.27]	
Age	−0.14 (0.06)	0.029	[−0.27, −0.01]	
Little ME	0.34 (0.13)	0.010	[0.08, 0.59]	
Some ME	0.01 (0.20)	0.964	[−0.39, 0.40]	
Temporal Comparison Frequency T2				0.09
Intercept	3.43 (0.08)	< 0.001		
Mindfulness	−0.25 (0.06)	< 0.001	[−0.37, −0.13]	
Age	−0.09 (0.06)	0.153	[−0.21, 0.03]	
Little ME	0.19 (0.12)	0.113	[−0.05, 0.44]	
Some ME	0.24 (0.19)	0.217	[−0.14, 0.61]	

Note. Mindfulness measured with the FFMQ at T1. Mindfulness and age z-standardized. Little ME = no versus little meditation experience (<10 - 50 hours). Some ME = no versus some meditation experience (50 - >100 hours).

Table S8*Prediction of Comparison Frequency by Self-Compassion (SCS) (with Covariates)*

Measure	<i>b</i> (SE)	<i>p</i>	95% CI	<i>R</i> ²
Overall Comparison Frequency T1				0.16
Intercept	3.63 (0.05)	< 0.001		
Self-Compassion	−0.34 (0.04)	< 0.001	[−0.42, −0.27]	
Age	−0.13 (0.04)	< 0.001	[−0.21, −0.06]	
Little ME	0.20 (0.08)	0.012	[0.04, 0.36]	
Some ME	0.07 (0.13)	0.571	[−0.18, 0.32]	
Social Comparison Frequency T1				0.21
Intercept	3.65 (0.06)	< 0.001		
Self-Compassion	−0.41 (0.04)	< 0.001	[−0.50, −0.33]	
Age	−0.18 (0.04)	< 0.001	[−0.26, −0.10]	
Little ME	0.22 (0.09)	0.013	[0.05, 0.39]	
Some ME	−0.06 (0.13)	0.680	[−0.32, 0.21]	
Temporal Comparison Frequency T1				0.09
Intercept	3.61 (0.06)	< 0.001		
Self-Compassion	−0.27 (0.04)	< 0.001	[−0.36, −0.19]	
Age	−0.09 (0.04)	0.036	[−0.18, −0.01]	
Little ME	0.19 (0.09)	0.033	[0.02, 0.37]	
Some ME	0.20 (0.14)	0.159	[−0.08, 0.47]	
Overall Comparison Frequency T2				0.21
Intercept	3.40 (0.07)	< 0.001		
Self-Compassion	−0.40 (0.05)	< 0.001	[−0.51, −0.29]	
Age	−0.12 (0.05)	0.025	[−0.23, −0.02]	
Little ME	0.25 (0.11)	0.024	[0.03, 0.48]	
Some ME	0.10 (0.17)	0.560	[−0.24, 0.44]	
Social Comparison Frequency T2				0.27
Intercept	3.38 (0.08)	< 0.001		
Self-Compassion	−0.51 (0.06)	< 0.001	[−0.63, −0.39]	
Age	−0.14 (0.06)	0.016	[−0.26, −0.03]	
Little ME	0.32 (0.12)	0.009	[0.08, 0.56]	
Some ME	−0.01 (0.19)	0.947	[−0.39, 0.36]	
Temporal Comparison Frequency T2				0.11
Intercept	3.43 (0.08)	< 0.001		
Self-Compassion	−0.29 (0.06)	< 0.001	[−0.41, −0.18]	
Age	−0.10 (0.06)	0.089	[−0.22, 0.02]	
Little ME	0.19 (0.12)	0.125	[−0.05, 0.42]	
Some ME	0.22 (0.19)	0.251	[−0.15, 0.58]	

Note. Self-Compassion measured with the SCS at T1. Self-Compassion and age *z*-standardized. Little ME = no versus little meditation experience (<10 - 50 hours). Some ME = no versus some meditation experience (50 - >100 hours).

Table S9*Prediction of Perceived Comparison Utility by Mindfulness (FFMQ) (with Covariates)*

Measure	<i>b</i> (SE)	<i>p</i>	95% CI	<i>R</i> ²
Overall Comparison Utility T1				0.05
Intercept	3.18 (0.07)	< 0.001		
Mindfulness	−0.12 (0.05)	0.021	[−0.21, −0.02]	
Age	−0.19 (0.05)	< 0.001	[−0.29, −0.09]	
Little ME	0.10 (0.10)	0.323	[−0.10, 0.30]	
Some ME	−0.10 (0.16)	0.518	[−0.41, 0.21]	
Social Comparison Utility T1				0.05
Intercept	2.95 (0.07)	< 0.001		
Mindfulness	−0.14 (0.05)	0.008	[−0.24, −0.04]	
Age	−0.15 (0.05)	0.004	[−0.25, −0.05]	
Little ME	0.14 (0.10)	0.178	[−0.06, 0.35]	
Some ME	−0.17 (0.16)	0.292	[−0.49, 0.15]	
Temporal Comparison Utility T1				0.05
Intercept	3.41 (0.07)	< 0.001		
Mindfulness	−0.09 (0.06)	0.096	[−0.20, 0.02]	
Age	−0.23 (0.06)	< 0.001	[−0.34, −0.12]	
Little ME	0.06 (0.11)	0.608	[−0.16, 0.28]	
Some ME	−0.03 (0.17)	0.862	[−0.37, 0.31]	
Overall Comparison Utility T2				0.08
Intercept	2.94 (0.09)	< 0.001		
Mindfulness	−0.09 (0.07)	0.175	[−0.23, 0.04]	
Age	−0.24 (0.07)	< 0.001	[−0.38, −0.10]	
Little ME	0.28 (0.14)	0.049	[0.00, 0.55]	
Some ME	−0.10 (0.22)	0.641	[−0.53, 0.33]	
Social Comparison Utility T2				0.08
Intercept	2.73 (0.09)	< 0.001		
Mindfulness	−0.11 (0.07)	0.154	[−0.25, 0.04]	
Age	−0.23 (0.07)	0.002	[−0.37, −0.08]	
Little ME	0.35 (0.15)	0.018	[0.06, 0.64]	
Some ME	−0.22 (0.23)	0.329	[−0.68, 0.23]	
Temporal Comparison Utility T2				0.07
Intercept	3.14 (0.09)	< 0.001		
Mindfulness	−0.08 (0.07)	0.261	[−0.23, 0.06]	
Age	−0.26 (0.07)	< 0.001	[−0.40, −0.11]	
Little ME	0.20 (0.15)	0.181	[−0.09, 0.50]	
Some ME	0.02 (0.23)	0.926	[−0.44, 0.48]	

Note. Mindfulness measured with the FFMQ at T1. Mindfulness and age z-standardized. Little ME = no versus little meditation experience (<10 - 50 hours). Some ME = no versus some meditation experience (50 - >100 hours).

Table S10*Prediction of Perceived Comparison Utility by Self-Compassion (SCS) (with Covariates)*

Measure	<i>b</i> (SE)	<i>p</i>	95% CI	<i>R</i> ²
Overall Comparison Utility T1				0.04
Intercept	3.18 (0.07)	< 0.001		
Self-Compassion	−0.05 (0.05)	0.269	[−0.15, 0.04]	
Age	−0.22 (0.05)	< 0.001	[−0.31, −0.12]	
Little ME	0.10 (0.10)	0.324	[−0.10, 0.30]	
Some ME	−0.12 (0.16)	0.436	[−0.43, 0.19]	
Social Comparison Utility T1				0.04
Intercept	2.95 (0.07)	< 0.001		
Self-Compassion	−0.07 (0.05)	0.185	[−0.17, 0.03]	
Age	−0.18 (0.05)	< 0.001	[−0.28, −0.08]	
Little ME	0.14 (0.11)	0.180	[−0.07, 0.35]	
Some ME	−0.20 (0.16)	0.230	[−0.52, 0.12]	
Temporal Comparison Utility T1				0.04
Intercept	3.41 (0.07)	< 0.001		
Self-Compassion	−0.04 (0.05)	0.458	[−0.14, 0.07]	
Age	−0.25 (0.05)	< 0.001	[−0.36, −0.15]	
Little ME	0.06 (0.11)	0.607	[−0.16, 0.28]	
Some ME	−0.05 (0.17)	0.784	[−0.39, 0.29]	
Overall Comparison Utility T2				0.08
Intercept	2.94 (0.09)	< 0.001		
Self-Compassion	−0.09 (0.07)	0.206	[−0.22, 0.05]	
Age	−0.25 (0.07)	< 0.001	[−0.39, −0.12]	
Little ME	0.27 (0.14)	0.052	[−0.00, 0.55]	
Some ME	−0.11 (0.22)	0.605	[−0.54, 0.31]	
Social Comparison Utility T2				0.09
Intercept	2.74 (0.09)	< 0.001		
Self-Compassion	−0.12 (0.07)	0.107	[−0.26, 0.03]	
Age	−0.23 (0.07)	0.001	[−0.37, −0.09]	
Little ME	0.35 (0.15)	0.019	[−0.06, 0.64]	
Some ME	−0.23 (0.23)	0.308	[−0.68, 0.22]	
Temporal Comparison Utility T2				0.06
Intercept	3.14 (0.09)	< 0.001		
Self-Compassion	−0.06 (0.07)	0.439	[−0.20, 0.09]	
Age	−0.27 (0.07)	< 0.001	[−0.41, −0.13]	
Little ME	0.20 (0.15)	0.187	[−0.10, 0.49]	
Some ME	0.01 (0.23)	0.970	[−0.45, 0.47]	

Note. Self-Compassion measured with the SCS at T1. Self-Compassion and age *z*-standardized. Little ME = no versus little meditation experience (<10 - 50 hours). Some ME = no versus some meditation experience (50 - >100 hours).

Table S11*Prediction of Perceived Comparison Outcome by Mindfulness (FFMQ) (with Covariates)*

Measure	<i>b</i> (SE)	<i>p</i>	95% CI	<i>R</i> ²
Overall Comparison Outcome T1				0.11
Intercept	2.90 (0.03)	< 0.001		
Mindfulness	0.17 (0.02)	< 0.001	[0.13, 0.21]	
Age	-0.10 (0.02)	< 0.001	[-0.14, -0.06]	
Little ME	0.02 (0.04)	0.595	[-0.06, 0.11]	
Some ME	0.12 (0.07)	0.079	[-0.01, 0.25]	
Social Comparison Outcome T1				0.14
Intercept	2.78 (0.03)	< 0.001		
Mindfulness	0.21 (0.02)	< 0.001	[0.16, 0.25]	
Age	-0.05 (0.02)	0.048	[-0.09, -0.00]	
Little ME	0.04 (0.05)	0.347	[-0.05, 0.13]	
Some ME	0.19 (0.07)	0.010	[0.05, 0.33]	
Temporal Comparison Outcome T1				0.08
Intercept	3.02 (0.03)	< 0.001		
Mindfulness	0.14 (0.03)	< 0.001	[0.09, 0.19]	
Age	-0.15 (0.03)	< 0.001	[-0.20, -0.10]	
Little ME	-0.00 (0.05)	0.992	[-0.10, 0.10]	
Some ME	0.05 (0.08)	0.538	[-0.11, 0.21]	
Overall Comparison Outcome T2				0.10
Intercept	2.89 (0.04)	< 0.001		
Mindfulness	0.17 (0.03)	< 0.001	[0.11, 0.23]	
Age	-0.10 (0.03)	0.001	[-0.16, -0.04]	
Little ME	-0.02 (0.06)	0.713	[-0.14, 0.10]	
Some ME	-0.09 (0.09)	0.313	[-0.28, 0.09]	
Social Comparison Outcome T2				0.14
Intercept	2.80 (0.04)	< 0.001		
Mindfulness	0.21 (0.03)	< 0.001	[0.15, 0.27]	
Age	-0.03 (0.03)	0.355	[-0.09, 0.03]	
Little ME	-0.05 (0.06)	0.439	[-0.17, 0.07]	
Some ME	-0.08 (0.10)	0.395	[-0.27, 0.11]	
Temporal Comparison Outcome T2				0.08
Intercept	2.99 (0.05)	< 0.001		
Mindfulness	0.13 (0.04)	< 0.001	[0.06, 0.20]	
Age	-0.16 (0.04)	< 0.001	[-0.23, -0.09]	
Little ME	0.00 (0.07)	0.952	[-0.14, 0.15]	
Some ME	-0.11 (0.11)	0.343	[-0.33, 0.11]	

Note. Mindfulness measured with the FFMQ at T1. Mindfulness and age z-standardized. Little ME = no versus little meditation experience (<10 - 50 hours). Some ME = no versus some meditation experience (50 - >100 hours).

Table S12*Prediction of Perceived Comparison Outcome by Self-Compassion (SCS) (with Covariates)*

Measure	<i>b</i> (SE)	<i>p</i>	95% CI	<i>R</i> ²
Overall Comparison Outcome T1				0.21
Intercept	2.90 (0.03)	< 0.001		
Self-Compassion	0.24 (0.02)	< 0.001	[0.20, 0.27]	
Age	-0.09 (0.02)	< 0.001	[-0.13, -0.05]	
Little ME	0.03 (0.04)	0.465	[-0.05, 0.11]	
Some ME	0.11 (0.06)	0.065	[-0.01, 0.24]	
Social Comparison Outcome T1				0.25
Intercept	2.77 (0.03)	< 0.001		
Self-Compassion	0.28 (0.02)	< 0.001	[0.24, 0.32]	
Age	-0.04 (0.02)	0.080	[-0.08, 0.00]	
Little ME	0.05 (0.04)	0.231	[-0.03, 0.14]	
Some ME	0.18 (0.07)	0.006	[0.05, 0.31]	
Temporal Comparison Outcome T1				0.12
Intercept	3.02 (0.03)	< 0.001		
Self-Compassion	0.19 (0.02)	< 0.001	[0.14, 0.24]	
Age	-0.15 (0.02)	< 0.001	[-0.19, -0.10]	
Little ME	0.00 (0.05)	0.925	[-0.09, 0.10]	
Some ME	0.05 (0.08)	0.541	[-0.11, 0.20]	
Overall Comparison Outcome T2				0.22
Intercept	2.89 (0.04)	< 0.001		
Self-Compassion	0.25 (0.03)	< 0.001	[0.19, 0.30]	
Age	-0.10 (0.03)	< 0.001	[-0.16, -0.05]	
Little ME	-0.02 (0.06)	0.776	[-0.13, 0.09]	
Some ME	-0.09 (0.09)	0.306	[-0.26, 0.08]	
Social Comparison Outcome T2				0.25
Intercept	2.80 (0.04)	< 0.001		
Self-Compassion	0.28 (0.03)	< 0.001	[0.22, 0.33]	
Age	-0.03 (0.03)	0.325	[-0.08, 0.03]	
Little ME	-0.04 (0.06)	0.482	[-0.16, 0.07]	
Some ME	-0.07 (0.09)	0.431	[-0.25, 0.11]	
Temporal Comparison Outcome T2				0.16
Intercept	2.98 (0.04)	< 0.001		
Self-Compassion	0.21 (0.03)	< 0.001	[0.15, 0.28]	
Age	-0.18 (0.03)	< 0.001	[-0.24, -0.11]	
Little ME	0.01 (0.07)	0.893	[-0.13, 0.14]	
Some ME	-0.11 (0.11)	0.318	[-0.32, 0.10]	

Note. Self-Compassion measured with the SCS at T1. Self-Compassion and age *z*-standardized. Little ME = no versus little meditation experience (<10 - 50 hours). Some ME = no versus some meditation experience (50 - >100 hours).

Results for the CHIME Subscales

Some aspects of mindfulness were additionally measured with two subscales of the Comprehensive Inventory of Mindfulness Experiences (CHIME; Bergomi et al., 2014; Wilkinson et al., 2023), namely *Awareness of thoughts' Relativity* and *Openness to Experience*. We included these two subscales (each consists of 4 items) to the measurement of mindfulness because in our opinion the Five Facet Mindfulness Questionnaire (FFMQ) does not fully cover these two important aspects of mindfulness. Items were answered on a 6-point Likert scale that ranged from *almost never* to *almost always*. Descriptive statistics and correlation of study variables are depicted in Table S13.

Overall result patterns for the main hypotheses on comparison frequency and perceived comparison utility as found for mindfulness as measured by the FFMQ replicated for the openness subscale of the CHIME but not for the relativity subscale (see Table S14 and S15). This is an interesting finding which suggests that the relativity subscale may measure something different from other mindfulness subscales or the FFMQ. In line with this, the total score of mindfulness as measured by the FFMQ and the CHIME relativity subscale were not correlated ($r = -0.04$ at T1 and T2, respectively).

The relativity subscale measures the individuals' understanding that thoughts and evaluations of situations or people easily change, are subjective, and not necessarily a true representation of reality; a facet that is arguably lacking in the FFMQ. According to Djikic and Langer's (2007) differentiation between mindful vs. mindless comparison, we would have expected that it is this understanding that enables individuals to place a comparison outcome in the bigger, less ego-focused context, and thus be correlated with fewer comparisons and less perceived comparison utility. Yet, our results suggest that understanding own thoughts as relative is not associated with neither comparison frequency nor perceived comparison utility. As we only included these two subscales of the CHIME we cannot draw conclusions on how the results for comparison frequency, perceived comparison utility, and perceived comparison

outcome would differ if mindfulness was measured by the full CHIME instead of the FFMQ. Future research may look into the associations of mindfulness, and the respective factors and subscales, measured by the CHIME compared the FFMQ, with other concepts more closely to discern whether there are notable differences.

Table S13*Bivariate Correlations of Relativity and Openness Subscales with Study Variables at T1 and T2*

Study variables at T1	$M_{T1} (SD)$	ω_{T1}	CHIME REL at T1	CHIME NOAV at T1	Study variables at T2	$M_{T2} (SD)$	ω_{T2}	CHIME REL at T2	CHIME NOAV at T2
CHIME REL	3.93 (0.83)	0.72				3.78 (0.82)	0.78	0.58 ^a	
CHIME NOAV	3.22 (0.98)	0.73	−0.26			3.41 (0.95)	0.74	−0.32	0.61 ^a
FFMQ			−0.03	0.40	FFMQ			−0.02	0.49
SCS			0.02	0.41	SCS			−0.03	0.46
Frequency			0.17	−0.35	Frequency			0.17	−0.45
Social			0.15	−0.35	Social			0.12	−0.44
Temporal			0.16	−0.30	Temporal			0.20	−0.39
Utility			0.16	−0.19	Utility			0.11	−0.26
Social			0.15	−0.19	Social			0.08	−0.24
Temporal			0.16	−0.18	Temporal			0.12	−0.25
Outcome			0.05	0.13	Outcome			0.02	0.16
Social			0.07	0.17	Social			0.03	0.24
Temporal			0.01	0.07	Temporal			0.01	0.06

Note. $N_{T1} = 615$, $N_{T2} = 310$. CHIME REL = Relativity Subscale of the Comprehensive Inventory of Mindfulness Experiences, CHIME NOAV = Openness to Experience Subscale of the Comprehensive Inventory of Mindfulness Experiences, FFMQ = Five-Facet Mindfulness Questionnaire, SCS = Short Self-Compassion Scale; Frequency = comparison frequency; Utility = perceived comparison utility; Outcome = perceived comparison outcome. ^aRetest-reliability. All $r \geq |0.11|$ are significant at $p < 0.05$

Table S14*Prediction of Comparison Frequency by Mindfulness (CHIME) (with Covariates)*

Measure	<i>b</i> (SE)	<i>p</i>	95% CI	<i>R</i> ²
Overall Comparison Frequency T1				0.12
Intercept	3.64 (0.06)	< 0.001		
Relativity	0.03 (0.04)	0.535	[-0.06, 0.11]	
Openness	-0.25 (0.04)	< 0.001	[-0.33, -0.17]	
Age	-0.15 (0.04)	< 0.001	[-0.23, -0.07]	
Little ME	0.21 (0.08)	0.014	[0.04, 0.37]	
Some ME	0.00 (0.13)	0.975	[-0.25, 0.26]	
Social Comparison Frequency T1				0.13
Intercept	3.66 (0.06)	< 0.001		
Relativity	0.02 (0.04)	0.615	[-0.07, 0.11]	
Openness	-0.26 (0.05)	< 0.001	[-0.35, -0.17]	
Age	-0.21 (0.04)	< 0.001	[-0.29, -0.12]	
Little ME	0.22 (0.09)	0.015	[0.04, 0.40]	
Some ME	-0.14 (0.14)	0.334	[-0.41, 0.14]	
Temporal Comparison Frequency T1				0.08
Intercept	3.61 (0.06)	< 0.001		
Relativity	0.03 (0.04)	0.523	[-0.06, 0.12]	
Openness	-0.24 (0.05)	< 0.001	[-0.32, -0.15]	
Age	-0.10 (0.04)	0.025	[-0.18, -0.01]	
Little ME	0.19 (0.09)	0.036	[0.01, 0.37]	
Some ME	0.14 (0.14)	0.310	[-0.13, 0.42]	
Overall Comparison Frequency T2				0.17
Intercept	3.41 (0.07)	< 0.001		
Relativity	0.05 (0.06)	0.370	[-0.06, 0.16]	
Openness	-0.31 (0.06)	< 0.001	[-0.42, -0.20]	
Age	-0.17 (0.05)	0.003	[-0.27, -0.06]	
Little ME	0.25 (0.12)	0.029	[0.03, 0.48]	
Some ME	0.09 (0.18)	0.627	[-0.27, 0.44]	
Social Comparison Frequency T2				0.18
Intercept	3.38 (0.08)	< 0.001		
Relativity	0.05 (0.06)	0.432	[-0.07, 0.17]	
Openness	-0.35 (0.06)	< 0.001	[-0.47, -0.22]	
Age	-0.21 (0.06)	< 0.001	[-0.33, -0.09]	
Little ME	0.32 (0.13)	0.013	[0.07, 0.58]	
Some ME	-0.04 (0.20)	0.856	[-0.43, 0.36]	
Temporal Comparison Frequency T2				0.12
Intercept	3.43 (0.08)	< 0.001		
Relativity	0.05 (0.06)	0.384	[-0.06, 0.16]	
Openness	-0.28 (0.06)	< 0.001	[-0.39, -0.16]	
Age	-0.12 (0.06)	0.037	[-0.23, -0.01]	
Little ME	0.18 (0.12)	0.128	[-0.05, 0.42]	
Some ME	0.21 (0.19)	0.261	[-0.15, 0.58]	

Note. Mindfulness measured with subscales Relativity and Openness of the CHIME at T1. Subscales and age z-standardized. Little ME = no versus little meditation experience (<10 - 50 hours). Some ME = no versus some meditation experience (50 - >100 hours).

Table S15*Prediction of Perceived Comparison Utility by Mindfulness (CHIME) (with Covariates)*

Measure	<i>b</i> (SE)	<i>p</i>	95% CI	<i>R</i> ²
Overall Comparison Utility T1				0.07
Intercept	3.19 (0.07)	< 0.001		
Relativity	0.08 (0.05)	0.124	[-0.02, 0.17]	
Openness	-0.15 (0.05)	0.002	[-0.25, -0.06]	
Age	-0.19 (0.05)	< 0.001	[-0.28, -0.10]	
Little ME	0.09 (0.10)	0.380	[-0.11, 0.28]	
Some ME	-0.15 (0.15)	0.347	[-0.45, 0.16]	
Social Comparison Utility T1				0.06
Intercept	2.96 (0.07)	< 0.001		
Relativity	0.05 (0.05)	0.317	[-0.05, 0.15]	
Openness	-0.16 (0.05)	0.002	[-0.26, -0.06]	
Age	-0.16 (0.05)	0.002	[-0.26, -0.06]	
Little ME	0.13 (0.10)	0.206	[-0.07, 0.34]	
Some ME	-0.22 (0.16)	0.183	[-0.53, 0.10]	
Temporal Comparison Utility T1				0.06
Intercept	3.42 (0.07)	< 0.001		
Relativity	0.10 (0.05)	0.069	[-0.01, 0.21]	
Openness	-0.14 (0.06)	0.009	[-0.25, -0.04]	
Age	-0.22 (0.05)	< 0.001	[-0.33, -0.12]	
Little ME	0.04 (0.11)	0.699	[-0.17, 0.26]	
Some ME	-0.07 (0.17)	0.663	[-0.41, 0.26]	
Overall Comparison Utility T2				0.10
Intercept	2.94 (0.09)	< 0.001		
Relativity	0.04 (0.07)	0.539	[-0.09, 0.17]	
Openness	-0.17 (0.07)	0.014	[-0.30, -0.03]	
Age	-0.24 (0.07)	< 0.001	[-0.37, -0.11]	
Little ME	0.27 (0.14)	0.051	[-0.00, 0.54]	
Some ME	-0.10 (0.22)	0.635	[-0.53, 0.32]	
Social Comparison Utility T2				0.10
Intercept	2.74 (0.09)	< 0.001		
Relativity	0.05 (0.07)	0.463	[-0.09, 0.19]	
Openness	-0.17 (0.07)	0.017	[-0.31, -0.03]	
Age	-0.23 (0.07)	0.001	[-0.36, -0.09]	
Little ME	0.35 (0.15)	0.019	[0.06, 0.64]	
Some ME	-0.23 (0.23)	0.316	[-0.68, 0.22]	
Temporal Comparison Utility T2				0.08
Intercept	3.14 (0.09)	< 0.001		
Relativity	0.03 (0.07)	0.674	[-0.11, 0.17]	
Openness	-0.16 (0.07)	0.028	[-0.31, -0.02]	
Age	-0.25 (0.07)	< 0.001	[-0.39, -0.11]	
Little ME	0.20 (0.15)	0.188	[-0.10, 0.49]	
Some ME	0.02 (0.23)	0.917	[-0.43, 0.48]	

Note. Mindfulness measured with the scales Relativity and Openness of the CHIME at T1. Subscales and age z-standardized. Little ME = no versus little meditation experience (<10 - 50 hours). Some ME = no versus some meditation experience (50 - >100 hours).

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