

# Are Mindfulness and Mind-Wandering Opposite Constructs?: It depends on how Mindfulness is Conceptualised

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## Abstract

Participants ( $N = 552$ ) were recruited by Qualtrics®, mainly from the USA (%), India (%), and Australia (%), with ages ranging from 18-94 years ( $M = 54.06$  years,  $SD = 15.87$ ). All participants were either non-meditators or had less than one year's experience at meditation. They comprised 330 (60%) females and 222 (40%) males. Participants were presented with an anonymous online questionnaire. By clicking on the questionnaire URL were presented with a Participant Information Sheet and an Online Implied Consent form. Those who continued to the questionnaire were asked to provide demographic information and complete the scales that measured mindfulness and mind-wandering.

## Hosted file

Mindfulness MW SART- 110222-not blinded.docx available at <https://authorea.com/users/719906/articles/704802-are-mindfulness-and-mind-wandering-opposite-constructs-it-depends-on-how-mindfulness-is-conceptualised>