Study Hypotheses

Outcomes	Variable	Measure		Hypothesis	Analysis
Primary	Mindfulness	Five Facet Mindfulness Questionnaire	1	Mindfulness will increase more for the mindfulness meditation (MM) group than for the sham meditation (SM) group from t_1 to t_4 *(a)* and t_5 *(b)*	Mixed ANOVA
	Critical Thinking	Halpern Critical Thinking Assessment[1], Heuristic and Biases items[2]	2	Critical thinking will increase more for the MM group than for the SM group from t_1 to t_4 *($a^{1,2}$)* and t_5 *($b^{1,2}$)* and this effect will be moderated by baseline endorsement of thinking dispositions *(c)*	Mixed ANOVA, ANCOVA
	Thinking Dispositions	Actively Open-minded Thinking[1], Need for Cognition[2]	3	Endorsement of critical thinking dispositions will increase more for the MM group than for the SM group from t_1 to t_4 *($a^{1,2}$)* and t_5 *($b^{1,2}$)*	Mixed ANOVA
	Executive Control	Sternberg Working Memory Task	4	Executive control dispositions will increase more for the MM group than for the SM group from t_1 to t_4 *(a)* and t_5 *(b)* and this increase will mediate the relationship between levels of mindfulness and critical thinking performance following the intervention *(c)*	Mixed ANOVA, SEM
Secondary	Wellbeing	Warwick-Edinburgh Mental Wellbeing Scale	5	Wellbeing will increase and negative affect will decrease more for the MM group than for the SM group from t_1 to t_4 *(a)* and t_5 *(b)*	Mixed ANOVA
	Positive Affect and Negative Affect	Positive Affect and Negative Affect Schedule subscale	6	Positive affect will increase more for the MM group than for the SM group from t_1 to t_4 *(a)* and t_5 *(b)*	Mixed ANOVA
	Real-world Outcomes	Real-world Outcomes Inventory	7	Negative real-world outcomes will decrease more for the MM group than for SM group from t_1 to t_4 *(a)* and t_5 *(b)*	Mixed ANOVA
Manipulation Checks	Meditation Quality	Practice Quality-Meditation	8	Meditation quality will be positively associated with increases in mindfulness *(a)*, executive control *(b)* and critical thinking *($c^{1,2}$)* and meditation quantity *(d)*, task enjoyment *(e)* and task difficulty *(f)* and it will be higher in the MM group and across time.	Correlation, Mixed ANOVA
	Meditation Quantity	Total Minutes Spent Meditating	9	Meditation quantity will be positively associated with increases in mindfulness *(a)*, executive control *(b)* and critical thinking *($c^{1,2}$)* and meditation quality *(d)*, task enjoyment *(e)* and task	Correlation, Mixed ANOVA

				difficulty *(f)* and will not differ across time or groups.	
	Task Enjoyment	Technology Acceptance Model Questionnaire subscale	10	Task enjoyment will be positively associated with increases in mindfulness *(a)*, executive control *(b)* and critical thinking *(c 1,2*) and meditation quality *(d)*, meditation quantity *(e)* and task difficulty *(f)* and will not differ across time or groups.	Correlation, Mixed ANOVA
	Task Difficulty	Technology Acceptance Model Questionnaire subscale	11	Task difficulty will be positively associated with increases in mindfulness *(a)*, executive control *(b)* and critical thinking *(c 1,2*) and meditation quality *(d)*, meditation quantity *(e)* and task difficulty *(f)* and will not differ across time or groups.	Correlation, Mixed ANOVA
	Intervention Acceptability	Items from Kirkpatrick et al. (2013)	12	Intervention acceptability will be positively associated with increases in mindfulness *(a)*, executive control *(b)* and critical thinking *(c ^{1,2})* and meditation quantity *(d)*, task enjoyment *(e)* and task difficulty *(f)* and it will be higher in the MM group but will not differ across time.	Correlation, Mixed ANOVA
	Attrition	No. of participants lost from baseline to t_4	13	Attrition will be negatively associated with meditation quality *(a)*, meditation quantity *(b)*, task enjoyment *(c)* and task difficulty *(d)* and will not differ across time or groups.	Correlation, Mixed ANOVA