Consent Form

Welcome to our study!

We are a group of researchers from the Massachusetts Institute of Technology (M.I.T.), Department of Economics. Our goal is to learn how meditation can help people cope and improve their well-being, in particular in these difficult and stressful times.

Please read the information below before consenting to begin the study.

Your participation in this study is completely voluntary and you are free to choose whether to be in or not. If you choose to be in this study, you may subsequently withdraw from it at any time without penalty or consequences of any kind.

Today’s survey starts with a short questionnaire to ask basic information about who you are. We will then present the requirements to enter the full study, explain how the study will unfold, and ask you whether you want to take part in the full study. If yes, we will then ask you to enter some contact information.

We expect that this initial survey will take about 10 minutes. There is no compensation for taking this initial survey. However, if you choose to enter the full 2-months study and complete all activities, you will earn Amazon gift cards and a free Headspace Premium license.

Please note that Headspace is not funding or designing this research, and will not have access to your responses to our surveys. Headspace is only providing us with free licenses for research purposes.

The investigators may withdraw you from this research after this initial survey, but not after subsequent surveys, if they can demonstrate that you were not paying close attention to the instructions or if your answers demonstrate that you are not part of the demographic target for this study (for instance, high income respondents are not the
primary target for this study). If you complete today’s survey but are not eligible to continue the study, you will be notified by email.

Note that your answers have no influence over your chances of receiving the Headspace license sooner or later. **We may, however, discontinue participants after the first 2 surveys if the responses provided and the time spent answering show inattention or inconsistencies.**

**Data Protection Policy:**
The data we collect will be encrypted and stored on M.I.T. servers. It will be kept confidential. We will never ask for your name or physical address; however, some of the contact information that we will ask you to enter might identify you. We will store contact information in a separate data file from any other data we collect. We will destroy contact information data once the study is complete, or anytime by request from you by email to mitwellnessstudy@gmail.com. Results may include summary data, but you will never be identified. The anonymous data without contact information may be made available to other researchers for replication purposes.

You are encouraged to print or take a screenshot of this page for your records. If you have any question about this study, you may contact us at mitwellnessstudy@gmail.com. If you have questions regarding your rights as a research subject, you may contact the Chairman of the Committee on the Use of Humans as Experimental Subjects, M.I.T., Room E25-143b, 77 Massachusetts Ave, Cambridge, MA 02139, phone 1-617-253-6787.

- Yes, I would like to take part in this initial survey, and confirm that I LIVE IN THE U.S., and I am 18 or older.
- No, I would not like to participate.

**Demographics**

We will now ask you some questions to better understand who you are.

What is your age?

What is your gender?
Are you of Hispanic, Latino, or Spanish origin?

- Yes
- No
- Prefer not to say

What is your race?

- White
- Black or African American
- Native American or Alaska Native
- Asian
- Pacific Islander
- Some Other Race
- Prefer not to say

There are four statements below. Please read each item and tell us whether it applies to you.

<table>
<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
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</thead>
<tbody>
<tr>
<td>On a few occasions, I have given up doing something because I thought too little of my ability.</td>
<td></td>
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<tr>
<td>There have been times when I felt like rebelling against people in authority even though I thought they were right.</td>
<td></td>
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<tr>
<td>I sometimes feel resentful when I don't get my way</td>
<td></td>
</tr>
</tbody>
</table>

Sometimes it is hard for me to go on with my work if I am not encouraged.

What is your zip code?

What is your current annual household income before taxes?

- Less than $14,999
- $15,000 to $24,999
- $25,000 to $34,999
- $35,000 to $44,999
- $45,000 to $54,999
- $55,000 to $64,999
- $65,000 to $74,999
- $75,000 to $84,999
- $85,000 to $94,999
- $95,000 to $124,999
- $125,000 to $149,999
- $150,000 to $174,999
- $175,000 to $199,999
- $200,000 to $249,999
- $250,000 and above
- Prefer not to answer

There are five statements below. Please read each item and tell us whether it applies to you.

I am always courteous, even to people who are disagreeable.

No matter who I'm talking to, I'm always a good listener.
Please choose the options that best describe your household:

- I am pregnant/expecting a child within the next 9 months
- I have one or more children under the age of 18 living in my household
- I have one or more children aged 18 or older living in my household
- I have no children living in my household and I am not pregnant/expecting a child within the next 9 months

How many children do you have under the age of 18?

[ ] 1 person
[ ] 2 persons
[ ] 3 persons
[ ] 4 persons
[ ] 5 persons
[ ] More than 5 persons

How many people live in your household including yourself?

- 1 person
- 2 persons
- 3 persons
- 4 persons
- 5 persons
- More than 5 persons

What is the highest level of education you have completed?

- Some high school or less
- High school graduate
- Other post high school vocational training
- Completed some college, but no degree
There are four statements below. Please read each item and tell us whether it applies to you.

I have never been annoyed when people expressed ideas very different from my own.

There have been times when I was quite jealous of the good fortune of others.

I am sometimes irritated when people ask me for favors.

I have deliberately said something that hurt someone's feelings.

In politics today, do you consider yourself a Democrat, Republican, or Independent?

- Democrat
- Republican
- Independent
- Prefer not to answer

Financial Fragility

Thinking about your life and the kinds of things that could happen, what do you think is the percent chance that you might need to come up with $2,000 for an unexpected expense in the next month?

0 10 20 30 40 50 60 70 80 90 100
What do you think is the percent chance that you could come up with $2,000 if an unexpected need arose within the next month?

Previous Meditation Experience

Have you tried meditation before?
- Yes, I consistently practice meditation.
- Yes, I have practiced meditation consistently in the past, but am not currently.
- Yes, I have practiced meditation a few times.
- No, I have never tried meditation.

When did you first try meditation?
- Less than a month ago
- Between 1 and 3 months ago
- Between 3 and 12 months ago
- Between 1 and 3 years ago
- More than 3 years ago

Do you regularly practice any of the following activities?
- Yoga
- Breath Awareness
- Mindfulness Meditation
- None of the above

Have you used any of the following applications before?
- Headspace
Are you currently using any of the following applications?

- [ ] Headspace
- [ ] Calm
- [ ] 10 percent happier
- [ ] Insight Timer
- [ ] Another meditation app:
- [ ] None of the above

If you are currently practicing some form of meditation, which of the options below best describe the frequency of your practice?

- [ ] Once a month
- [ ] Once every other week
- [ ] Once a week
- [ ] Twice a week
- [ ] Three to four times a week
- [ ] Five to six times a week
- [ ] Seven times a week or more
- [ ] Less than once a month
- [ ] I never practice meditation

**Study Presentation - Interest**

Thank you for providing this information about you. We will now tell you more about the full study. You will then have the option to continue with the full study and provide your contact information, or decline.

The study will take approximately 4 weeks.
We will conduct a lottery that will determine, randomly, if you obtain your free 3-months Headspace Premium account at the beginning or at the end of the study. If you are assigned to receive the account at the end, we ask that you refrain from creating a Headspace account until the end of the 4 weeks, and that you do not practice meditation more than usual. This is important for the scientific validity of our results, and we greatly appreciate your patience.

**STEP 1: Two Initial Surveys** (one survey this coming Friday and one survey during the following Weekend)

If you choose to enter the study and are selected, you will be invited to complete initial surveys. You will receive the first link on Friday (next Friday if today is Friday) by text message early in the day and will be asked to complete the survey at any time during that day. You will then receive the second survey by e-mail on Saturday and will be asked to complete it before Monday, end of day, to take it and stay enrolled in the study. These surveys will collect some information about who you are, and ask you a few psychology standard questionnaires to understand how you think and how you are doing. We will give you the Headspace license code at that point if the lottery determined you should obtain it now. If not, we will let you know, and you will receive your license code upon completing the last survey, 4 weeks later. You will get 3 months of free Headspace Premium starting when you activate your code.

**STEP 2: Short Surveys, Meditation Practice** (three short surveys over 2 weeks)

During the next 2 weeks, if you received the Headspace license, you will be encouraged to practice using the app as much as you find convenient. Headspace will share with us data about when and how you use the app. We will not give any data about you to Headspace. We will also send you quick surveys twice a week, which should take you about 5 minutes each time. We will send you such questions whether or not you received the Headspace license yet.

**STEP 3: Longer Survey with $10-$50 Gift Card** (in 2 to 3 weeks)
At the end of the 2 weeks, we will ask you to complete the last survey. It may take up to 40 minutes, and you will have a week to complete it at a convenient time. Upon completing the survey, **you will receive an Amazon gift card of at least $10, and up to $50.** There will be questions allowing you to earn a larger amount based on your decisions: this will be explained clearly.

**STEP 4: Final 5-min Survey** (in 4 weeks)
You may earn another gift card upon completing this survey.
You will also receive the Headspace Premium license during this Final Survey if you had not received it yet.

We may also contact you at later dates during up to 6 months for additional, separately compensated surveys, that will be optional.

Are you interested in participating in the full study?

- Yes
- No

**Confirming Interest in Study**

Just to confirm...

Do you have a smartphone and are you willing and able to install the Headspace app? (Please only install it when you receive your free license).

- Yes
- No

If you receive the license soon, will you have time to use the app regularly, for at least 10 minutes on most days during the next 4 weeks?

- Yes
- No
Did you note that you will only receive the gift card (of at least $10) once you complete the long survey (up to 40 minutes) in about 2-3 weeks?

- Yes
- No

Do you have a phone number that we can send text messages to, and will you be able to answer the (few) questions by text in a timely manner?

- Yes
- No

Headspace Consent

Headspace Research Usage Agreement

By participating in the study, you will earn a free 3-months Headspace premium membership. Headspace is a meditation app that can be downloaded onto your smartphone. Headspace has partnered with our research team to study meditation.

Note that Headspace is not funding this research, nor conducting it. Headspace is only providing us with licenses for research purposes, along with the usage data associated with each license. Note that Headspace will obtain no data from us. In particular, we will never share your name, contact information or survey answers with Headspace.

Below, we ask you to give consent for Headspace to share your usage data with us.

I am a participant in research activities conducted by the Massachusetts Institute of Technology (MIT). The research conducted will include data collection and analysis regarding my use of the Headspace Application. Such data will not include personal or financial information. I hereby authorize Headspace to furnish MIT with data regarding my use of the Headspace Application.

- I agree.
- I do not agree.
Contact Information Intro

We are very glad that you are willing to take part in this study. Thank you!

We are now going to collect contact information from you. We will ask you to enter an email address, and to enter a phone number where we can send you text messages (we will never call you). **They both need to be correct since if you are selected to continue, you will need to answers a survey from each of them to stay in the study.**

All the contact information will be stored separately from the data on your other answers, and we will destroy contact information once the study is complete (or per your request by email at vautrey@mit.edu).

Email Adress

Please enter your email address. Note, it does not have to be the same as the email address associated with your Facebook account.

*We will send a survey and compensations to this email. Thus, entering an invalid email will automatically result in dropping you from the study.*

[Email Address]

When you click Next, we will send a verification code to this email, and we will ask you to enter it on the next page. If you cannot access your email account now, we suggest that you come back to the survey later to complete this step. This survey session will stay active for 24 hours with no activity from you (you can come back to the same link).

Verify

We have sent a verification code to the address you provided. Please enter your code here:

[Verification Code]

If you have not received the code, select this option, click next, and you will be able to enter your email again.

☐ I need to re-enter my email
Re-enter Email

Your code was incorrect. Please try again.

Please re-enter a correct email.

If you have changed your mind or cannot access your email, select this option and click next to leave the study:

☐ I do not want to or cannot enter a verifiable email

Re-verify

We have sent a verification code to the address you provided. Please enter your new code here:

If you have changed your mind or cannot access your email, select this option and click next to leave the study:

☐ I do not want to or cannot enter a verifiable email

Phone Number

Last step for today: please enter a phone number at which we can send you short questions by text messages (SMS) (we will never call you).

We will verify the phone number by sending the first survey to it if you are selected.

End of Survey - Success

Today's survey is complete!
If you are selected to continue, we will send you the link for the next survey by text message this Friday, and look forward to interacting with you in the next steps of this study. If you do not hear from us right away, you may be put on a waitlist based on your demographics. In that case we may contact you in a few weeks of time when a slot becomes available.

Thank you for agreeing to participate!

--- The MIT research team

PS: At the end of the study you will be offered to opt in to receive the results, which are expected to be available by the end of 2021.

**PPS: Do you have any questions? We will do our best to respond to your question by email.**

Feel free to leave us any feedback about this survey here:
Welcome

Welcome back to our study!

Thanks for verifying your phone number.

Please complete this survey, which should take you no more than 10 minutes.

Note that as usual, none of your answers will affect your chances of getting the Headspace license right away or later, which will be decided randomly by the computer in the next survey.

GAD-7

First, we will ask a few questions about how you have been feeling lately.

There are no right or wrong answers. Some people will feel better, some will not. We are simply interested in how you feel.

Over the last 2 weeks, how often have you been bothered by the following problem?

Feeling nervous, anxious or on edge

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the last 2 weeks, how often have you been bothered by the following problem?

Not being able to stop or control worrying

- Not at all
- Several days
- More than half the days
Over the last 2 weeks, how often have you been bothered by the following problem?

**Worrying too much about different things**
- [ ] Not at all
- [ ] Several days
- [ ] More than half the days
- [x] Nearly every day

Over the last 2 weeks, how often have you been bothered by the following problem?

**Trouble relaxing**
- [ ] Not at all
- [ ] Several days
- [ ] More than half the days
- [ ] Nearly every day

Over the last 2 weeks, how often have you been bothered by the following problem?

**Being so restless that it's hard to sit still**
- [ ] Not at all
- [ ] Several days
- [ ] More than half the days
- [ ] Nearly every day

Over the last 2 weeks, how often have you been bothered by the following problem?

**Becoming easily annoyed or irritable**
- [ ] Not at all
- [ ] Several days
Over the last 2 weeks, how often have you been bothered by the following problem?

**Feeling afraid as if something awful might happen**

- [ ] Not at all
- [ ] Several days
- [ ] More than half the days
- [x] Nearly every day

**PHQ-2**

Over the last 2 weeks, how often have you been bothered by the following problem?

**Little interest or pleasure in doing things**

- [ ] Not at all
- [ ] Several days
- [ ] More than half the days
- [ ] Nearly every day

**Feeling down, depressed or hopeless**

- [ ] Not at all
- [ ] Several days
- [ ] More than half the days
- [ ] Nearly every day

**Life Satisfaction**
On a scale from 0 to 10, where 0 is "the least satisfied" and 10 is "the most satisfied", how satisfied are you with the following aspects of your life right now?

- My relationships
- My ability to reach my goals, my skills and my productivity
- My life in general

**Headspace Questions Intro**

In the rest of this survey, you will answer some questions about how much you value Headspace and what you think meditating with Headspace might do.

These questions are meant for us to understand how people start meditating and form meditation habits, depending on their initial and subsequent views about the benefits of the practice.

**We know that you are probably not familiar with Headspace.** This may make it difficult to answer these questions with confidence, but that’s OK! Just try to give your best guesses according to what you think meditation in general may do. **Headspace is mainly an app that makes the process of learning and practicing mindfulness meditation easy.**

You will answer these questions today and again later on in the study, after you have some experience with the app. We just want to get a sense of your initial views, and later, how they evolve.

**WTP for license extensions**

In this study, you will receive a 3-months Headspace Premium license.

You could get an additional 3 months of Headspace Premium for free.
How much do you value an additional 3 months of Headspace Premium for yourself?

You will answer this question today and a few other times. We will select a few participants and 1 of their answers, randomly: it could be you.

If one of your answers is selected, the computer will draw a "Prize value" randomly between $0 and $100.

If the "Prize value" is less than how much you said you value Headspace, you will receive another 3 months of Headspace Premium. If the "Prize value" is more than how much you said you value Headspace, you will receive a gift card worth the "Prize value".

If the Prizes value is below $1, you will receive a Headspace Premium 3 months extension. If the Prizes value is above $1, you will receive a gift card worth the Prize value.

Note: This question helps us understand how much you value having a tool for mindfulness meditation, and thus practicing it. We want to know how much you value it at the beginning of the study, and then understand how this evolves as some participants learn more about it (and some only start trying it later). None of this study is done for marketing purposes (we are not Headspace), we just want to learn more about how people form the habit of meditating.

How much do you value an additional 3 months of Headspace Premium for another study participant?

We will randomly pick another participant. If selected, based on your answer below, we will award them either a Headspace Premium 3 months extension, or a gift card.

It works just as in the previous question, except that this participant will get the prize based on your answer.
If the Prize value is below $0, they will receive a Headspace Premium 3 months extension. If the Prize value is above $0, they will receive a gift card worth the Prize value.

Beliefs About Effects

Last group of questions for today:

What do you think using Headspace does?

Some participants will receive a Headspace license at the beginning of the study (in the next few days), some will receive it at the end.

We will now ask you to predict how other participants will be doing in 3 weeks, depending on whether they will have been using Headspace or not.

In a few weeks, we will compare your predictions to what truly happens to other participants. If your predictions are close to correct, you will be more likely to receive an additional $5 bonus to your final gift card.

Of course it may be difficult for you to think about Headspace if you are not familiar with it. In that case, just try to answer your best guesses that represent what you think meditation may do. Later in the study we will ask these questions again and we are interested to understand how your views on meditation may evolve.

Please confirm that you are ready for this task.

☐ I understand that making accurate predictions may increase my bonus.

Effects of Headspace 1/3: Anxiety
Today we asked questions allowing us to diagnose that some participants are likely to have **anxiety**.

Please think about 10 random **other** participants who **have anxiety today**.

If these 10 participants **do not receive a Headspace** license for now, how many of them do you think **will still have anxiety** 3 weeks from now?

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<tr>
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<th>10</th>
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</thead>
<tbody>
<tr>
<td>Participants still anxious without Headspace</td>
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</table>

If these 10 participants **do receive a Headspace** license right away and **use it at least 5 days per week**, how many of them do you think **will still have anxiety** 3 weeks from now?

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<tbody>
<tr>
<td>Participants still anxious after using Headspace</td>
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**Effects of Headspace 2/3: Life Satisfaction**

Second, we asked you today to rate your satisfaction with your life.

Let’s think about 10 **other** random participants.

If these 10 participants **do not receive a Headspace** license for now, how many of them do you think will report a **greater life satisfaction 3 weeks from now than today**?

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<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants without Headspace more satisfied than today</td>
<td></td>
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</table>

If these 10 participants **do receive a Headspace** license right away and **use it at least 5 days a week**, how many of them do you think will report a **greater life satisfaction 3 weeks from now than today**?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
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<th>9</th>
<th>10</th>
</tr>
</thead>
</table>
Effects of Headspace 3/3: Focus

This weekend, before anyone receives a Headspace license, participants will complete a **simple work task that requires focus**. They will be scored based on timing and accuracy.

Participants will complete this task again 3 weeks from now. Let's think about how many of them will do better, in 3 weeks, than the average score of everyone this weekend.

If 10 participants **do not receive a Headspace** license, 3 weeks from now, how many of them do you think will **score better than the average initial score** of everyone in the study?

If 10 participants **do receive a Headspace license** right away and **use it at least 5 days a week**, 3 weeks from now, how many of them do you think will **score better than the average initial score** of everyone in the study?

**End of Survey**

You have completed this survey. Thank you!

We will be in touch **by email** tomorrow with the next survey for you to complete before Monday.
Make sure to check your spam box as the survey email sometimes ends up in there!

The MIT research team

P.S.: Our primary goal is to understand the benefits of mindfulness meditation. Headspace is just a tool to learn and practice meditation.

But we also want to understand how your perceptions of meditation using this specific tool relate to your formation of a meditation habit. This is the goal of all these questions about Headspace. We are not pursuing any marketing goal. **Headspace is not funding the study, and will not get access to your answers.**

Do you have any questions about the rest of the study? Please enter them below. We will do our best to answer them promptly by email.

Powered by Qualtrics
Welcome

Welcome back to our study!

Thanks for coming back.

Today’s survey should take you no more than 20 minutes.

At the end of the survey, you will know whether you have been elected to receive a free Headspace Premium license now or in 4 weeks.

Remember that we will send you short surveys twice a week for the next 2 weeks, and we will ask you to come back and complete another longer survey (45 minutes) at the end of the 2 weeks. After completing that survey, you will earn an Amazon gift card of at least $10.

There will be a final short survey in about 4 weeks, with another opportunity to earn a separate gift card.

If you think you will not be able to complete the short surveys or the final survey, we kindly ask that you let us know now. This is important for the scientific validity of our research.

Do you anticipate to be able to complete 3 short surveys in the next 14 days, a longer survey in about 2 weeks, and a short survey in about 4 weeks?

☐ Yes

☐ No

Explanation for No

Optional: can you let us know what could have made it easier for you to say in the study?
If you mis-clicked and meant to say that you will be able to complete the final survey, please select yes:

- Yes
- No

**Introduction to survey**

Great! We are excited to have you in the study.

Today's survey contains 2 short questionnaires and 2 tasks requiring focus.

After answering them, you will learn whether you have been selected to receive your free Headspace license today or in 4 weeks.

Your answers to the questionnaires have no impact on your chances to receive the license now or later, which is determined by a computerized lottery.

**FFMQ-15**

Thank you for answering those questions! There are 2 questionnaires and 2 tasks left in this survey.

In this section, we will show you three groups of statements. Please read each statement carefully and indicate how true it is for you.

In your general opinion, how true is each statement about you?

<table>
<thead>
<tr>
<th>I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.</th>
<th>Never or very rarely true</th>
<th>Rarely true</th>
<th>Sometimes true</th>
<th>Often true</th>
<th>Very often or always true</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td>I'm good at finding words to describe my feelings</td>
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<tr>
<td>Statement</td>
<td>Never or very rarely true</td>
<td>Rarely True</td>
<td>Sometimes True</td>
<td>Often True</td>
<td>Very often or always true</td>
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<tr>
<td>When I have distressing thoughts or images, I &quot;step back&quot; and am aware of the thought or image without getting taken over by it.</td>
<td>○</td>
<td>○</td>
<td>○</td>
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<tr>
<td>When I take a shower or a bath, I stay alert to the sensations of water on my body.</td>
<td>○</td>
<td>○</td>
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<tr>
<td>I believe some of my thoughts are abnormal or bad and I shouldn't think that way.</td>
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<td>○</td>
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</tbody>
</table>

In your general opinion, how true is each statement about you?

<table>
<thead>
<tr>
<th>Statement</th>
<th>Never or very rarely true</th>
<th>Rarely True</th>
<th>Sometimes True</th>
<th>Often True</th>
<th>Very often or always true</th>
</tr>
</thead>
<tbody>
<tr>
<td>I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>When I have distressing thoughts or images I am able to just notice them without reacting.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I have trouble thinking of the right words to express how I feel about things.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I do jobs or tasks automatically without being aware of what I'm doing.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I think some of my emotions are bad or inappropriate and I shouldn't feel them.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
### Falk et al. preferences

Thank you for answering those questions! There is 1 more questionnaire and 2 tasks left in this survey.

In this section, we will ask you to tell us how you would think, act, and feel in different situations.

Please tell us, in general, how willing or unwilling you are to take risks, using a scale from 0 to 10.

- 0 means you are “completely unwilling to take risks”
- 10 means you are “very willing to take risks.”
- You can also use any number between 0 and 10 to indicate where you fall on the scale.

<table>
<thead>
<tr>
<th>Never or very rarely true</th>
<th>Rarely true</th>
<th>Sometimes true</th>
<th>Often true</th>
<th>Very often or always true</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>When I have distressing thoughts or images I just notice them and let them go.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Even when I’m feeling terribly upset I can find a way to put it into words.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I tell myself I shouldn’t be feeling the way I’m feeling.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I find myself doing things without paying attention.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>I pay attention to sensations, such as the wind in my hair or sun on my face.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

How willing are you to take risks?

0 1 2 3 4 5 6 7 8 9 10
We now ask you for your willingness to act in certain way. Please again indicate your answer on a scale from 0 to 10.

- A 0 means “completely unwilling to do so.”
- 10 means “very willing to do so.”
- You can also use any number between 0 and 10 to indicate where you fall on the scale.

How willing are you to give up something that is beneficial for you today in order to benefit more from that in the future?

How willing are you to punish someone who treats you unfairly, even if there may be costs for you?

How willing are you to punish someone who treats others unfairly, even if there may be costs for you?

How willing are you to give to good causes without expecting anything in return?

How well does each of the following statements describe you as a person? Please indicate your answer on a scale from 0 to 10.

- A 0 means “does not describe me at all.”
- A 10 means “describes me perfectly.”
- You can use any number between 0 and 10 to indicate where you fall on the scale.
When someone does me a favor, I am willing to return it.

If I am treated very unjustly, I will take revenge at the first occasion, even if there is a cost to do so.

I assume that people have only the best intentions.

I am good at math.

I tend to postpone tasks even if I know it would be better to do them right away.

### Stroop

Thank you for finishing those questions! There are now 2 tasks we would like you to do.

**You can earn bonus rewards on each task, so please read the instructions carefully.**

Bonus rewards will be added to your final gift card given at the end of the study.

First, we will ask you to play a color game. Please **read these instructions** carefully to learn how you can win a **bonus reward**.

- The color game will take between 1 and 2 minutes, and lasts for 40 quick rounds.
- Each round, we will print a word in the middle of the screen in one of these colors: **red**, **black**, **purple**, **blue**, or **yellow**.
- Your task is to **name the color the word is printed in**.

For example, if we show you: **red**
you should answer "blue", because the word is printed in the color blue.

- red
- black
- purple
- blue
- yellow

You will have 3 seconds to choose an answer. Once you choose:

- If you are correct, the bonus increases by **one cent for each second left** on the timer. For example, if you answer correctly with 2 seconds left, the bonus increases by 2 cents.
- If you are wrong, the bonus decreases by 3 cents ($0.03).

We will then print a new word. If you take longer than 3 seconds, the bonus decreases by 3 cents ($0.03) and we will print a new word.

If this is confusing, just remember: **you can earn a bonus of up to $1.50 by answering quickly and correctly.** The bonus for this task starts at $0.30.

On the next page, you can practice this game with 10 words. The practice game will **not** affect the bonus.

This is practice for the color game. It does not affect your bonus reward.

When a word appears below, please select the color it is printed in:

- 

Your last choice was:

- Seconds left: 
- Prize: $0.30
The prize you earn here will be added to your final reward.

When a word appears below, please select the color it is printed in:

-

Your last choice was:
- Seconds left:
- Bonus: $0.30

Proofreading

We will now ask you to perform a few proofreading tasks to earn a bonus reward. Please read these instructions carefully to learn how to win a bigger reward.

In each task, we will show you a short paragraph that contains some spelling and grammar mistakes.

- Your goal is to click on each mistake that you see. When you click on a word, it will be highlighted.
When you think you have found all the mistakes, move to the next page. You will earn an extra five cents ($0.05) for each mistake you have highlighted. You will lose five cents ($0.05) for each highlighted word that is not a spelling or grammar mistake.

If this is confusing, just remember: you can earn a bonus of up to $0.60 by highlighting spelling and grammar mistakes on the following pages.

Note that for the purpose of this exercise, we are not asking you to highlight what could be considered stylistic errors, such as the absence of an Oxford comma.

You can practice this task once on the next page. Your answers on the practice question will not affect the bonus.

This is a practice round and will not affect your bonus.

There is one paragraph below the line. Please highlight all the spelling and grammar mistakes in the paragraph.

- To highlight a word, click or tap it.
- To un-highlight a word, click or tap it again.

Few people had heard about GameStop before this week, much less about GameStop stock, GME. But two groups had: The members of an online forum on the social media platform Reddit and Wall Street financiers, who had bet heavily on the failure of the company. In the past few days, the two clashed in what amounted to financial warfare. The online youngsters headbutted the traders, drawing financial blood in the process. It was a sight to behold!

In this practice round, you can check your answer by clicking "Show Answer" below. When you do:

- If you correctly highlighted a mistake, we will color it blue.
- If you highlighted something that was not a mistake, we will color it red.
- If there was a mistake you did not highlight, we will color it orange.
There is one paragraph below the line. Please highlight all the spelling and grammar mistakes in the paragraph.

- To highlight a word, click or tap it.
- To un-highlight a word, click or tap it again.

The trailer for “Cats,” the movie adaptation of the long-running Broadway musical, has hit the Internet, and, well, let’s just say the Internet hit back. As the hashtag #CatsMovie trended worldwide, Twitterrr exploded with phrases like “creepy an,d weird,” “car crash” and “nightmare fuel.” It’s a case of the arts ignoring science: There”s a very real psychological phenomenon behind the horrified reactions, which director tom Hooper might well have researched before embracing the film’s admittedly bizarre creative choices!

This was paragraph 1 out of 2 in this task. When you are ready, please continue to the next screen.

There is one paragraph below the line. Please highlight all the spelling and grammar mistakes in the paragraph.

- To highlight a word, click or tap it.
- To un-highlight a word, click or tap it again.

Widespread drouGht is fueling an early ramp-up of wildfire season, with more than haalllf of the U.S. wildland firefighting resources already committed and a growing portion of the Western U.S.—one of the largest swaths in recent years—at above-normal risk for significant wildfires in July. More than. 30,000 fires have already burned nearly 1.5 million
acres this year, mostly across the Southwest and into Colorado, Utah, Wyoming and portions of California. Drought now encompasses more than 90% of the West.

This was the final paragraph in this task. When you are ready, please continue to the next screen for the next part of the survey.

**Treatment Message**

Thank you for completing these questionnaires and tasks!

You have been selected to receive your free Headspace Premium 3-months license **at the end of the 4 weeks**. You will **receive it if you have completed the surveys** (in addition to your gift cards).

It is of **prime importance for the validity of this research** that you refrain from creating your own Headspace account (unless you already have one), and that you refrain from starting or changing your meditation practice. Please **just spend the next 4 weeks just the way you would have in the absence of this study** (besides answering our surveys).

You have been selected to receive your free Headspace Premium 3-months license **at the end of the 4 weeks**. You will **receive it if you have completed the surveys** (in addition to your gift cards).

To make up for the waiting, **you have been selected to receive a bonus $15 gift card**, on top of what you will earn by doing the surveys. You will receive this gift card in the next 5 business days by email.

It is of **prime importance for the validity of this research** that you refrain from creating your own Headspace account (unless you already have one), and that you refrain from starting or changing your meditation practice. Please **just spend the next 4 weeks just the way you would have in the absence of this study** (besides answering our surveys).

**You have been selected to receive your free Headspace Premium 3-months license today!**

It is of **prime importance for the validity of this research** that you **download the app and try using this license on a regular basis** for the next 4 weeks or more. We hope
that you enjoy it!

You will see instructions to redeem your license on the next page. They will also be emailed to you.

**You have been selected to receive your free Headspace Premium 3-months license today!**

It is of **prime importance for the validity of this research** that **you download the app and try using this license on a regular basis** for the next 4 weeks or more. We hope that you enjoy it!

To further encourage you to practice, **when you complete the last survey, you will receive an additional $10 Gift Card if you practiced meditation using your license at least 10 minutes a day on at least 4 separate days in the next 2 weeks.** For example, you could satisfy this by meditating 10 minutes on 4 separate days this week, or 10 minutes on 2 separate days both this week and the next.

You will see instructions to redeem your license on the next page. They will also be emailed to you.

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To further encourage you to practice, **when you complete the last survey, you will receive an additional $10 Gift Card if you practiced meditation using your license at least 10 minutes a day on at least 10 separate days in the next 2 weeks.** For example, you could meditate at least 10 minutes on 5 separate days this week and the next.

You will see instructions to redeem your license on the next page. They will also be emailed to you.

**Headspace Code Delivery**
To redeem your free Headspace membership, follow these steps:

1. Read the note at the bottom of this page if you already had an Headspace account in the past.
2. Copy your personal code: `$e://Field/hscode`
3. Go to: [https://www.headspace.com/code](https://www.headspace.com/code)
4. Enter or paste your personal code: `$e://Field/hscode`
5. Create an account when prompted. The email does not need to match the one you entered for this study.
6. Download Headspace from your respective app store and log-in to the app.

Your Headspace account should be all set!

You should also have received an email containing these instructions.

**Note:** By default, you have to create a new account to use this code. If you already have a Headspace account, please follow these steps to ensure you receive 3 months free and that we correctly receive your usage data:

1. Log out from Headspace if you are logged in.
2. Create a new email address if the one(s) that you own are linked to an existing Headspace account. This can be done easily, for instance, on gmail.com
3. Copy your personal code: `$e://Field/hscode`
4. Follow the link [https://www.headspace.com/code](https://www.headspace.com/code)
5. Enter or paste your personal code: `$e://Field/hscode`
6. Create an account with an email that was not used on Headspace previously.

Please let us know here if you are having any trouble using your code or installing the app. We will do our best to assist you. You can also ask us by email at: mitwellnessstudy@gmail.com

**End of Survey**

You have completed this survey. Thank you!
We will be in touch for 3 short surveys over the next 2 weeks, the long survey 2 weeks from now, and a last short survey 4 weeks from now.

Have a nice day!

The MIT research team

PS: Do you have any questions about the rest of the study? Please enter them below. We will do our best to answer them promptly by email.

[Blank text box]

Powered by Qualtrics
Welcome

Welcome back to our study!

Thanks for coming back.

Please complete this survey, which should take no more than 10 minutes.

We want to first get a sense of how you have been feeling lately. Then, we will ask you some questions that you have answered before about how much you value the Headspace license, and what you think the effects of meditation using Headspace might be. The answers will be pre-filled with your previous answers. We just want to get a sense of how your perceptions of meditations evolve through the study.

GAD-2

First, we would like to ask about how you have been feeling lately.

There are no right or wrong answers. Some people will feel better, some will not. We are simply interested in how you feel.

Over the last 2 weeks, how often have you been bothered by the following problem?

Feeling nervous, anxious or on edge

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the last 2 weeks, how often have you been bothered by the following problem?

Not being able to stop or control worrying
WTP

At the end of the study, you will receive your 3-months Headspace Premium license.

You have already received your 3-months Headspace Premium license.

When it expires, you could get an additional 3 months of Headspace Premium for free.

How much do you value an additional 3 months of Headspace Premium for yourself?

You will answer this question today and a few other times. You can keep the same value as before or update it if you think how much you value Headspace has evolved, for any reason.

If one of your answers is selected, the computer will draw a "Prize value" randomly between $0 and $100.

Below, please tell us how valuable 3 additional months of Headspace Premium would be for you.

0 10 20 30 40 50 60 70 80 90 100

Your valuation (in dollars)

If the Prize value is below $\${e://Field/previous_WTP_self}, you will receive a Headspace Premium 3 months extension.
If the Prize value is above $\${e://Field/previous_WTP_self}, you will receive a gift card worth the Prize value.

Note: This question helps us understand how much you value having a tool for mindfulness meditation, and thus practicing it. We want to know how much you value it at...
the beginning of the study, and then understand how this evolves as some participants learn more about it (and some only start trying it later). None of this study is done for marketing purposes (we are not Headspace), we just want to learn more about how people form the habit of meditating.

Beliefs Intro

What do you think using Headspace does?

In a previous survey, we asked you to make predictions about other participants. Some of these participants are actively using Headspace, and some are not.

In a few weeks, we will compare your predictions to what truly happened with other participants. If your predictions are close to correct, you will be more likely to receive an additional $5 bonus to your final gift card.

Today, we will show you the predictions you made and give you a chance to update your predictions.

We realize that since you have not tried Headspace yet, it is still difficult to answer these questions accurately.

We just want to understand what you think the effects of meditation may be, even if you do not know for sure. Headspace is mainly an app that makes the process of learning and practicing mindfulness meditation easy.

You may choose not to change any of your previous answers unless this general idea has changed.

We realize that as you may just be starting with Headspace, it can be difficult to answer these questions accurately.

We just want to understand what you think the effects of meditation may be, even if you do not know for sure. Headspace is mainly an app that makes the process of learning and practicing mindfulness meditation easy.
You may choose not to change any of your previous answers unless this general idea has changed.

Please confirm that you are ready for this task.

☐ I understand that making accurate predictions may increase my bonus.

Beliefs About Anxiety

Effects of Headspace: Anxiety

In a previous survey, we asked you to make predictions about 10 random participants who likely had anxiety at the start of the study.

You predicted that \(\text{\{e://Field/prior_anxiety_c\}}\) participants would still have anxiety 2 weeks later, out of every 10 anxious participants who did not receive a Headspace license at the start of the study.

You can adjust this prediction now, if you want.

\[
\begin{array}{cccccccccc}
0 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 & 9 & 10 \\
\end{array}
\]

Participants still anxious without Headspace

You also predicted that \(\text{\{e://Field/prior_anxiety_t\}}\) would still have anxiety 2 weeks later, out of every 10 anxious participants who did receive a Headspace license right away and used it at least 5 days per week.

You can adjust this prediction now, if you want.

\[
\begin{array}{cccccccccc}
0 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 & 9 & 10 \\
\end{array}
\]

Participants still anxious after using Headspace

Beliefs About Satisfaction
Effects of Headspace: Life Satisfaction

In a previous survey, we asked you to make predictions about the life satisfaction for 10 other participants, chosen randomly.

First, thinking about the people who did not receive a Headspace license right at the start of the study, you predicted that $e://Field/prior_satisfaction_c$ out of 10 participants would say they are more satisfied with life 2 weeks later.

You can adjust this prediction now, if you want.

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>participants without Headspace more satisfied than today</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Next, thinking about the people who did receive a Headspace license right away and used it at least 5 days per week, you predicted that $e://Field/prior_satisfaction_t$ out of 10 participants would say they are more satisfied with life 2 weeks later.

You can adjust this prediction now, if you want.

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
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<td>participants using Headspace more satisfied than today</td>
<td></td>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>

Beliefs About Focus

Effects of Headspace: Focus

At the beginning of this study, before anyone receives a Headspace license, everyone completed a simple work task that requires focus. They are scored based on speed and accuracy, and we will calculate the average starting score.

Everyone will try this task a second time, 2 weeks later.
We asked you to think about 10 random participants, and predict how many of them will beat the **average starting score** (of everyone at the beginning of the study) when they do it a second time.

First, thinking about the people who **did not receive a Headspace license right at the start** of the study, you predicted that $e://Field/prior_focus_c$ out of 10 participants would **beat the average starting score** when they try a second time, two weeks later.

You can adjust this prediction now, if you want.

![Participants without Headspace scoring better than average](https://mit.co1.qualtrics.com/Q/EditSection/Blocks/Ajax/GetSurveyPrintPreview?ContextSurveyID=SV_d1qfDvDWxWlX566&ContextLibraryID=UR_dcdbqkVOT)

Next, thinking about the people who **did receive a Headspace license** right away and **used it at least 5 days per week**, you predicted that $e://Field/prior_focus_t$ out of 10 participants would **beat the average starting score** when they try a second time, two weeks later.

You can adjust this prediction now, if you want.

![Participants using Headspace, scoring better than average](https://mit.co1.qualtrics.com/Q/EditSection/Blocks/Ajax/GetSurveyPrintPreview?ContextSurveyID=SV_d1qfDvDWxWlX566&ContextLibraryID=UR_dcdbqkVOT)

**Meditation Difficulty**

Last, we would like to ask about your experience with meditation.

There is no right or wrong answer. Meditation is a skill that can take time to develop, and we simply want to hear about your experience.

In your experience so far, how easy or difficult is it to **find a good time and space to meditate**?
Please choose an answer on the scale below, where 0 means "very difficult" and 10 means "very easy".

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
</table>

Ease of finding time and space to meditate

If you had the right time and space, how easy or difficult would it be to focus on meditating for 10 minutes without quitting?

- I don’t know — I have not been meditating
- Very difficult
- Somewhat difficult
- Somewhat easy
- Very easy

End of Survey

You have completed this survey. Thank you!

The MIT research team

**Reminder:** To further encourage you to practice using your license, when you complete the last survey, you will receive **an additional $10 Gift Card if you practiced meditation using your license at least 10 minutes a day on at least 4 separate days** before the 2-weeks mark. For example, you could satisfy this by meditating 10 minutes on 4 separate days this week, or 10 minutes on 2 separate days both this week and the next.

It does not matter which email you used to register on Headspace, as long as you used the code we gave you.

**Reminder:** To further encourage you to practice using your license, when you complete the last survey, you will receive **an additional $10 Gift Card if you practiced meditation using your license at least 10 minutes a day on at least 10 separate days** before the
2-weeks mark. For example, you could satisfy this by meditating 10 minutes on 5 separate days this week and the next.

It does not matter which email you used to register on Headspace, as long as you used the code we gave you.

P.S.: Our primary goal is to understand the benefits of mindfulness meditation. Headspace is just a tool to learn and practice meditation.

But we also want to understand how your perceptions of meditation using this specific tool relate to your formation of a meditation habit. This is the goal of all these questions about Headspace. We are not pursuing any marketing goal. **Headspace is not funding the study, and will not get access to your answers.**

Do you have any questions about the rest of the study? Please enter them below. We will do our best to answer them promptly by email.

Powered by Qualtrics
Welcome

Welcome back to our study!

This is the longest survey of our study. It has 2 parts. Upon completion of both parts you will receive your gift card for the main part of the study.

**Part 1** contains four psychological questionnaires to understand how you have been feeling lately. It should take you no more than 15 minutes.

There are no right or wrong answers. Some people will feel better, some will not. We are simply interested in how you feel, and none of the questions in part 1 affect your payment as long as we observe that you spent enough time on these questions to read them carefully.

After Part 1, you will have the opportunity to take a break and complete Part 2 later. You will be sent a link for Part 2 by SMS or email.

**Part 2** contains decision-making tasks and games with opportunities to increase the amount of your compensation. It takes at most 30 minutes.

**GAD-7**

This is the first questionnaire.

There are no right or wrong answers. Some people will feel better, some will not. We are simply interested in how you feel.

Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling nervous, anxious or on edge**

- [ ] Not at all
- [ ] Several days
Over the past 2 weeks, how often have you been bothered by the following problem?

**Not being able to stop or control worrying**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Worrying too much about different things**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Trouble relaxing**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Being so restless that it's hard to sit still**
- Not at all
Over the past 2 weeks, how often have you been bothered by the following problem?

**Becoming easily annoyed or irritable**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling afraid as if something awful might happen**
- Not at all
- Several days
- More than half the days
- Nearly every day

**PHQ-8**

This is the second questionnaire.

Over the past 2 weeks, how often have you been bothered by the following problem?

**Little interest or pleasure in doing things**
- Not at all
- Several days
- More than half the days
- Nearly every day
Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling down, depressed, or hopeless**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Trouble falling or staying asleep, or sleeping too much**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling tired or having little energy**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Poor appetite or overeating**
- Not at all
- Several days
- More than half the days
- Nearly every day
Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling bad about yourself - or that you are a failure or have let yourself or your family down**

- [ ] Not at all
- [ ] Several days
- [ ] More than half the days
- [ ] Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Trouble concentrating on things, such as reading the newspaper or watching television**

- [ ] Not at all
- [ ] Several days
- [ ] More than half the days
- [ ] Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual**

- [ ] Not at all
- [ ] Several days
- [ ] More than half the days
- [ ] Nearly every day

**FFMQ-15**

Thank you for answering those questions! There are 2 questionnaires left in Part 1.
In this section, we will show you three groups of statements. Please read each statement carefully and indicate how true it is for you.

In your general opinion, how true is each statement about you?

<table>
<thead>
<tr>
<th>Statement</th>
<th>Never or very rarely true</th>
<th>Rarely true</th>
<th>Sometimes true</th>
<th>Often true</th>
<th>Very often or always true</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m good at finding words to describe my feelings</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When I have distressing thoughts or images, I “step back” and am aware of</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>the thought or image without getting taken over by it.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I don’t pay attention to what I’m doing because I’m daydreaming, worrying</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>or otherwise distracted.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When I take a shower or a bath, I stay alert to the sensations of water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>on my body.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I believe some of my thoughts are abnormal or bad and I shouldn’t think</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>that way.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I think some of my emotions are bad or inappropriate and I shouldn’t feel</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>them.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I notice how foods and drinks affect my thoughts, bodily sensations, and</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>emotions.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In your general opinion, how true is each statement about you?

<table>
<thead>
<tr>
<th>Statement</th>
<th>Never or very rarely true</th>
<th>Rarely true</th>
<th>Sometimes true</th>
<th>Often true</th>
<th>Very often or always true</th>
</tr>
</thead>
<tbody>
<tr>
<td>I do jobs or tasks automatically without being aware of what I’m doing.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I have trouble thinking of the right words to express how I feel about things.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>When I have distressing thoughts or images I am able to just notice them without reacting.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

**PSS Perceived Stress Scale**

Thank you! Next is the last questionnaire in Part 1 of the survey.

For each statement, please answer how often it applied to you in the last 2 weeks.
In the last 2 weeks, how often have you **been upset because of something that happened unexpectedly?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **felt that you were unable to control the important things in your life?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **felt nervous and "stressed"?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **felt confident about your ability to handle your personal problems?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

https://mit.co1.qualtrics.com/Q/EditSection/Blocks/Ajax/GetSurveyPrintPreview?ContextSurveyID=SV_aVMIjuw8CdzDD0&ContextLibraryID=UR_dcdbqkVOT
In the last 2 weeks, how often have you **felt that things were going your way?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **found that you could not cope with all the things that you had to do?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **been able to control irritations in your life?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **felt that you were on top of things?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **been angered because of things that were outside of your control?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often
In the last 2 weeks, how often have you felt difficulties were piling up so high that you could not overcome them?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

End of Survey

This is the end of Part 1.

Do you prefer to receive the link for Part 2 by email or SMS? It will be sent up to 5 minutes after you submit this page.

- Email (check your spam folder!)
- SMS

Note that Part 2 should take you up to 30 minutes. You can take it now or in the next few days.

You should take Part 2 in one sitting, if possible in a quiet space where you can concentrate and will not be disturbed.
Welcome

Welcome to Part 2 of our long survey!

You will earn your gift card upon completion of this survey.

The survey consists of a few decision-making games and tasks. In some of them, you can earn additional rewards (this will be mentioned explicitly).

Meditation Treatment

Before we start with the tasks, are you able to meditate using your Headspace license from the code that we provided you, right now, for 10 to 30 minutes? No problem if not! Please do not leave the survey now.

☐ Yes
☐ No

When processing your gift card, we will check whether the Headspace account associated with your code completed a session of at least 10 minutes within the next half hour. If so, we will add $3 to your gift card amount.

You are only eligible for this bonus right now. If you leave, come back later and meditate, this will not result in this bonus being added.

☐ OK, I will complete a session now.
☐ Never mind, I cannot or do not feel like meditating now.

Please complete your Headspace session and come back here to continue the survey.

Note that you can come back here by clicking the same survey link that you used for this survey.
You are also welcome to just leave this page open while you complete your session.

**Mood 1**

What option below best describes how you feel right now?

- Very upset, very stressed
- Upset, stressed
- A little upset, a little stressed
- Okay, handling my stress
- Calm, relaxed
- Very calm, very relaxed

**Information Avoidance Intro**

We will now ask about four topics that are important to some people. If you want to know more about any of these topics, we will give you links to useful websites at the end of today's survey.

Your answers to these questions do not affect your payment, and it's fine to say no if you do not want to see more information.

**Info Avoidance Life Expectancy**

By answering a series of simple questions, it is possible to estimate your life expectancy (the age you are predicted to live to). Do you want to know how long you can expect to live?

- YES, I want a link to calculate my life expectancy.
- NO, I prefer not to calculate my life expectancy.

**Info Avoidance Dementia**

Dementia is a medical condition that affects over 1 in 10 Americans older than 65. People with dementia can lose language skills, the ability to remember life events, and to manage their own lives. Severe dementia patients might depend entirely on others for basic...
activities like eating and bathing. Do you want to know what increases your risk of developing dementia?

- YES, I want a link to information about dementia risks
- NO, I prefer not to know what puts me at risk of dementia

**Info Avoidance Robots**

The rise of artificial intelligence is likely to lead to job losses in many industries, as companies replace human workers with computers and other technology. Do you want to know whether jobs like yours are at risk of being replaced in the next 10 years?

- YES, I want a link to information about jobs being replaced by technology
- NO, I prefer not to know which jobs may be replaced by technology

**Info Avoidance Retirement**

Many Americans have not saved enough money to support themselves after retirement, and struggle to pay for basic needs like food, housing, and medical care. Do you want to know how risky it would be to retire at 65 with your current finances?

- YES, I want a link to a retirement risk calculator
- NO, I prefer not to know if retiring would be risky with my current finances.

**Stroop Test**

Now, we will ask you to play a color game. Please read these instructions carefully to learn how you can win a bonus reward.

- The color game will take between 1 and 2 minutes, and lasts for 40 quick rounds.
- Each round, we will print a word in the middle of the screen in one of these colors: red, black, purple, blue, or yellow.
- Your task is to name the color the word is printed in.

For example, if we show you: red
you should answer "blue", because the word is printed in the color blue.

red    black
○    ○
purple    blue
○    ○
yellow
○

You will have 3 seconds to choose an answer. Once you choose:

- If you are correct, the bonus increases by **one cent for each second left** on the timer. For example, if you answer correctly with 2 seconds left, the bonus increases by 2 cents.
- If you are wrong, the bonus decreases by 3 cents ($0.03).

We will then print a new word. If you take longer than 3 seconds, the bonus decreases by 3 cents ($0.03) and we will print a new word.

If this is confusing, just remember: **you can earn a bonus of up to $1.50 by answering quickly and correctly**. The bonus for this task starts at $0.30.

On the next page, you can practice this game with 10 words. The practice game will not affect the bonus.

This is practice for the color game. It does not affect your bonus reward.

When a word appears below, please select the color it is printed in:

. .

Your last choice was:

Seconds left:

Prize: $0.30
The prize you earn here will be added to your final reward.

When a word appears below, please select the color it is printed in:

Your last choice was:
Seconds left: 
Bonus: $0.30

Information Choice Game

The next decision-making game is a simple "stock purchase" decision. You don't need any knowledge about investing: simply take the decisions that make the most sense to you.

You **have been awarded a "Wallet"**, which **contains either $0 or $1**. This has been decided by the computer with 50% chance. The content of the Wallet will be added to your gift card amount.
You now have the opportunity to purchase a virtual "Stock".

To decide the value of the Stock, we have flipped 3 "digital coins" which have a 50% chance of ending up on Heads or Tails, each.

If **2 or 3 out of the 3 coins came up "Heads"**, the Stock is **Good**. Purchasing it would **add $1** to your gift card amount.

If **2 or 3 coins came up "Tails"**, the Stock is **Bad**. Purchasing it would **subtract $1** from your gift card amount.
On the next page, you will decide whether to purchase the Stock or not.

Which of the three pieces of information below would you like to see the most now? The computer will be more likely to show you the piece of information that you choose now.

- The age of the oldest tree in the world, according to the Guinness World Records
- The starting value of my Wallet ($0 or $1, added to my gift card amount)
- The first of the three "digital coin flips" which determine the value of the Stock

The computer has randomly decided to show you all three pieces of information:

Your Wallet currently contains ${e://Field/wallet_content}.

The first digital coin flip came up as ${e://Field/stock_coin_1_text}.

The oldest living tree is a 5,071 year old bristlecone pine in the White Mountains of California, according to the Guinness World Records.

Do you want to purchase a Stock? Remember: if the Stock is good, it adds $1 to your wallet. If it is bad, it subtracts $1 from your wallet.

- Yes
- No
Risks as Feelings

Would you like to take the following gamble?

With one percent chance (1%), lose $10 (your base gift card amount).
With ninety-nine percent chance (99%), add $1.

If you select 'YES' the computer will execute the gamble when calculating your bonuses.

- YES
- NO

Proofreading Instructions

After the next couple of tasks, we will ask you to perform a few proofreading tasks. You've done similar tasks on a previous survey. This time, you can earn a bonus of up to $1.05 by highlighting spelling and grammar mistakes in these tasks. Below is a reminder of how this works:

Please read these instructions carefully to learn how to win a bigger reward.

In each task, we will show you a short paragraph that contains some spelling and grammar mistakes.

- Your goal is to click on each mistake that you see. When you click on a word, it will be highlighted.
- When you think you have found all the mistakes, move to the next page.
- You will start with a bonus of fifteen cents ($0.15).
- You will earn an extra five cents ($0.05) for each mistake you have highlighted.
- You will lose five cents ($0.05) for each highlighted word that is not a spelling or grammar mistake.

If this is confusing, just remember: you can earn a bonus of up to $1.05 by highlighting spelling and grammar mistakes on the following pages.
Note that for the purpose of this exercise, we are not asking you to highlight what could be considered stylistic errors, such as the absence of an Oxford comma.

You can practice this task once on the next page. Your answers on the practice question will not affect the bonus.

This is a **practice round** and will **not** affect your bonus.

There is one paragraph below the line. Please highlight all the spelling and grammar mistakes in the paragraph.

- To highlight a word, click or tap it.
- To un-highlight a word, click or tap it again.

Nothing is more thrilling than taking a bird to the face.. A teenager riding a thrill ride at a New Jersey amusement park became a viral sensation when a seagull flew into her face mid-ride. The girl deciDed to enjoy a ride that launches riders into the air at a speed of 75 miles per our. Unfortunately, the path of the ride dirrecttly crossed into the flight path of a nearby seagull. Fortunately, the girl mnanaged to pull the bird off and send it away. her friend, seated next to her, did not notice a thing.

In this practice round, you can check your answer by clicking "Show Answer" below. When you do:

- If you correctly highlighted a mistake, we will color it **blue**.
- If you highlighted something that was not a mistake, we will color it **red**.
- If there was a mistake you did not highlight, we will color it **orange**.

**Anxiety or Neutral Prime 1 (Essay)**

Before we move on to the actual proofreading task, we will now ask you to describe an event in your life. Please spend between 2 and 10 minutes on this task.
Your description may be randomly selected for evaluation by an independent reader. If the reader rates your description as highly thoughtful and/or personal, a $5 bonus will be added to your gift card.

Please write a few sentences in the space provided below. Please remember, relive, and vividly recall a negative event that makes you feel extremely anxious. Choose an event that has not been resolved and is still a source of worry for you.

You do not need to focus on spelling or grammar. Instead, please vividly describe the situation and try to describe your feelings.

Please write a few sentences in the space provided below. Please describe in a few sentences what you sometimes do in the beginning of the day to make yourself feel grounded, for instance, a routine.

You do not need to focus on spelling or grammar. Instead, please vividly describe the situation and try to describe your feelings.

Mood 2

What option below best describes how you feel right now?

- Very upset, very stressed
- Upset, stressed
Proofreading

Now is the time to complete the proofreading task. In the next 2 paragraphs, you can earn additional bonus amounts.

There is one paragraph below the line. Please highlight all the spelling and grammar mistakes in the paragraph.

- To highlight a word, click or tap it.
- To un-highlight a word, click or tap it again.

He was tired and nearly out of bullets, alone in the wilderness of Alaska. For several nights in a row, the man had fought off the advances of a grizzly bear that had attacked him a few days earlier at a mining camp. There was no way to phone for help, but luckily help found him. The crew of a Coast Guard helicopter saw the man waving both hands in the air, a widely recognized distress signal. It took about fifteen minutes for the rescuers to fly the man to a nearby city, where he insisted on walking himself to a waiting ambulance.

This was paragraph 1 out of 2 in this task. When you are ready, please continue to the next screen.

There is one paragraph below the line. Please highlight all the spelling and grammar mistakes in the paragraph.

- To highlight a word, click or tap it.
- To un-highlight a word, click or tap it again.
When your car has problems, your instinct is probably to take it to a mechanic. But when something goes wrong with your smartphone, like a broken screen or a dying battery, you may think about buying a new one. Studies have shown that when tech products begin to fail, people usually buy new products instead of fixing old ones. It doesn’t have to be this way. More of us could maintain our tech products, as we do with cars, if it were easier to do so. If we all had more access to the parts, instructions, and tools, repairs would become simpler and less expensive.

This was the final paragraph in this task. When you are ready, please continue to the next screen for the next part of the survey.

**Anxiety or Neutral Prime 2 (Scenario)**

We will now ask you to tell us how you would react in a hypothetical situation.

Your answers may be randomly selected for evaluation by an independent reader. If the reader rates your answers as highly thoughtful and/or personal, a $5 bonus will be added to your gift card. You do not have to worry about spelling or grammar.

Imagine that you are having a medical problem and go to the emergency room for treatment. While you are there, doctors take several scans and tests. Unfortunately, your insurance company refuses to cover the full cost, and you are now responsible for $8,900 in medical bills.

You now need to decide the following:
1) Pay the full $8,900 in cash now. Would this require using your savings? Asking friends or family for support? How would you go about doing it?

2) Take out a loan now, which you must pay back in monthly installments. A typical loan may require you to pay roughly $900 each month for one year, which adds up to a total of about $10,800 over time.

3) Take a chance, ignore the bill for now, and hope you can find a way to pay later. Of course, this carries the risk that the hospital will charge you extra for late payments or
Imagine that you are having a medical problem and require an ambulance ride to the emergency room. Unfortunately, your insurance company refuses to cover the full cost, and you are now responsible for a $100 ambulance bill. Thankfully, the medical problem is completely resolved.

You now need to decide the following:
1) Pay the full $100 in cash now. Would this require using your savings? Asking friends or family for support? How would you go about doing it?

2) Take out a loan now, which you must pay back in monthly installments. A typical loan may require you to pay roughly $10 each month for one year, which adds up to a total of about $120 over time.

3) Take a chance, ignore the bill for now, and hope you can find a way to pay later. Of course, this carries the risk that the ambulance company will charge you extra for late payments or take legal action.

How would you go about making this decision? Would it be an easy or a difficult decision for you to make?
What option below best describes how you feel right now?

- Very upset, very stressed
- Upset, stressed
- A little upset, a little stressed
- Okay, handling my stress
- Calm, relaxed
- Very calm, very relaxed

**Sprenger Certain**

Now, we would like to ask you to make a few choices between two options:

- Option A is to take a gamble that would pay you $30 if you win, but $0 if you lose.
- Option B would pay you $10 for sure.

Each time we ask you to make a choice, Option A will give you a different chance of winning. Option B will stay the same.

We will randomly choose 1 in 10 participants to get payment from these choices. If we choose you, we will then randomly pick one of your decisions and pay you based on that decision.

Each question is equally likely to be chosen for payment. Obviously, you should always tell us which choice you truly prefer, because if that question is chosen for payment you'd end up with the option you like more.

You can make your choices on the next page.

Ok, it's time to make some choices!

We'll assume that if the gamble in Option A has no chance of winning $30, you would rather get $10 for sure. We will also assume that if Option A guarantees that you will win $30, you would rather take it over Option B. To save time, we've already filled in these choices.
For the remaining choices, as your chance of winning in Option A gets bigger, you should tell us whether you would still **prefer to get $10 for sure, or would prefer to take the gamble.**

<table>
<thead>
<tr>
<th>Decision 1</th>
<th>0% chance of $30, 100% chance of $0</th>
<th>100% chance of $10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decision 2</td>
<td>20% chance of $30, 80% chance of $0</td>
<td>100% chance of $10</td>
</tr>
<tr>
<td>Decision 3</td>
<td>40% chance of $30, 60% chance of $0</td>
<td>100% chance of $10</td>
</tr>
<tr>
<td>Decision 4</td>
<td>60% chance of $30, 40% chance of $0</td>
<td>100% chance of $10</td>
</tr>
<tr>
<td>Decision 5</td>
<td>80% chance of $30, 20% chance of $0</td>
<td>100% chance of $10</td>
</tr>
<tr>
<td>Decision 6</td>
<td>100% chance of $30, 0% chance of $0</td>
<td>100% chance of $10</td>
</tr>
</tbody>
</table>

### Sprenger Certain Narrowing Down

Based on the choices you just made, we'd like to ask one more question.

You said you would take the gamble for $30 if it had a % of winning. But, if the chance of winning was only -20%, you would rather take $10 for sure.

What if we offered you a choice in between? We've copied your previous decisions below. Please tell us which option you prefer in Decision 2.

<table>
<thead>
<tr>
<th>Decision 1</th>
<th>-20% chance of $30, 120% chance of $0</th>
<th>$10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decision 2</td>
<td>-10% chance of $30, 110% chance of $0</td>
<td>$10</td>
</tr>
<tr>
<td>Decision 3</td>
<td>${e://Field/switch} % chance of $30, 100% chance of $0</td>
<td>$10</td>
</tr>
</tbody>
</table>

### Sprenger Uncertain

We now have a **different** set of gambles we want to ask you about. This time:

- Option A is a gamble that pays you $30 if you win, and $0 if you lose.
• Option B is a gamble that pays you $30 if you win and $10 if you lose, and always has a 50% chance of winning or losing.

Each time we ask you to make a choice, Option A will give you a different chance of winning. Option B will stay the same.

We will randomly choose 1 in 10 participants to get payment from these choices. If we choose you, we will then randomly pick one of your decisions and pay you based on that decision. Each question is equally likely to be chosen for payment.

Again, you should always tell us which choice you truly prefer, because if that question is chosen for payment you'd end up with the option you like more. You can make your choices on the next page.

Ok, it's time to make some choices!

We'll assume that if the gamble in Option A has no chance of winning $30, you would rather take a gamble that pays you either $30 or $10. We will also assume that if Option A guarantees that you $30, you would rather take it over Option B, where you might win only $10. To save time, we’ve already filled in these choices.

For the remaining choices, as your chance of winning in Option A gets bigger, you should tell us whether you would still prefer a 50-50 gamble between $30 and $10, or would prefer to take the gamble between $30 and $0.

Sprenger Uncertain Narrowing Down

| Decision 1 | 0% chance of $30, 100% chance of $0 | 50% chance of $30, 50% chance of $10 |
| Decision 2 | 20% chance of $30, 80% chance of $0 | 50% chance of $30, 50% chance of $10 |
| Decision 3 | 40% chance of $30, 60% chance of $0 | 50% chance of $30, 50% chance of $10 |
| Decision 4 | 60% chance of $30, 40% chance of $0 | 50% chance of $30, 50% chance of $10 |
| Decision 5 | 80% chance of $30, 20% chance of $0 | 50% chance of $30, 50% chance of $10 |
| Decision 6 | 100% chance of $30, 0% chance of $0 | 50% chance of $30, 50% chance of $10 |
Based on the choices you just made, we'd like to ask one more question.

You said you would take the gamble between $30 and $0 if it had a % of winning. But, if the chance of winning was only -20%, you would rather take a 50-50 bet between $30 and $10.

What if we offered you a choice in between? We've copied your previous decisions below. Please tell us which option you prefer in Decision 2.

<table>
<thead>
<tr>
<th>Decision</th>
<th>-20% chance of $30, 120% chance of $0</th>
<th>50% chance of $30, 50% chance of $10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decision</td>
<td>1</td>
<td>o</td>
</tr>
<tr>
<td>Decision</td>
<td>-10% chance of $30, 110% chance of $0</td>
<td>50% chance of $30, 50% chance of $10</td>
</tr>
<tr>
<td>Decision</td>
<td>2</td>
<td>o</td>
</tr>
<tr>
<td>Decision</td>
<td>${(e://Field/switch)}% chance of $30, 100% chance of $0</td>
<td>50% chance of $30, 50% chance of $10</td>
</tr>
<tr>
<td>Decision</td>
<td>3</td>
<td>o</td>
</tr>
</tbody>
</table>

**Meditation Behavior Questions - Treatment**

A few quick questions on your use of Headspace so far, before we finish.

How many days in the past 2 weeks did you practice some form of meditation **but did not use your Headspace app**?

- o 0
- o 1
- o 2-3
- o 4-6
- o 7-10
- o More than 10

How much time in the past 2 weeks did you practice some form of meditation outside of the Headspace app, in total?

- o None
- o 10 minutes or less
Did you use your Headspace license (using our code) at least 10 minutes on at least 4 separate days since you got the code?

- Yes
- No
- I don't know

Did you use your Headspace license (using our code) at least 10 minutes on at least 10 separate days since you got the code?

- Yes
- No
- I don't know

Which of the following type of courses did you use in Headspace? Please select all that apply as accurately as you can.

- Sleep
- Basics
- Relationships
- Sports
- Managing Anxiety
- Loneliness
- Courses with the NBA
- Finding Focus
- Productivity
- Kindness
- Dealing with Distractions
- Creativity
- Coping with Cravings
Meditation Behavior Questions - Control

A few quick questions on your meditation practice, in case you had any, before we finish.

How many days in the past 2 weeks did you practice some form of meditation?

- 0
- 1
- 2-3
- 4-6
- 7-10
- More than 10

How much time in the past 2 weeks did you practice some form of meditation, in total?

- None
- 10 minutes or less
- 10-30 minutes
- 30 minutes to 1 hour
- 1 to 3 hours
- More than 3 hours

Conclusion

2 weeks from now we will send you another short survey with an opportunity to earn another gift card upon completion.

We will send your gift card over email in the next 10 business days (it will be an email sent by a service called Tango).
Would you like to be added to a mailing list to receive the results of the study when they become available?

This may require us keeping your email address for a little longer (separately from all your other data). If you say 'No' we will destroy your email address and other contact information as soon as the study is complete.

☐ Yes
☐ No

On the next page you will find the link to the information that you expressed interest in, if any.

Powered by Qualtrics
Welcome

Welcome back to our study!

Thanks for coming back.

Please complete this survey, which should take no more than 10 minutes.

It includes three questionnaires similar to what you have answered before. As usual, there is no right or wrong answer. Some people will feel better, some will not. We are simply interested in how you feel.

Then, we will ask you a few other questions that we also asked you in the past.

Once complete, we will process the rest of your gift card (based on your predictions about the effects of meditation, your answers on the descriptive questions in the long survey, and your valuation of an Headspace Premium extension).

Additionally, the computer has just picked a random number between 0 and 20 for you. At the end you will have to pick a number as well. If your number is the same as the computer's, you will earn an additional $20 gift card. You will know this immediately.

The gift card will also include your meditation bonus if you met the target use of Headspace that we gave your at the beginning.

At the end of the survey, you will also receive your Headspace code to redeem Headspace Premium for free.

GAD-7

This is the first questionnaire.

There are no right or wrong answers. Some people will feel better, some will not. We are simply interested in how you feel.
Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling nervous, anxious or on edge**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Not being able to stop or control worrying**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Worrying too much about different things**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Trouble relaxing**
- Not at all
- Several days
- More than half the days
- Nearly every day
Over the past 2 weeks, how often have you been bothered by the following problem?

**Being so restless that it's hard to sit still**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Becoming easily annoyed or irritable**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling afraid as if something awful might happen**
- Not at all
- Several days
- More than half the days
- Nearly every day

**PHQ-8**

This is the second questionnaire.

Over the past 2 weeks, how often have you been bothered by the following problem?

**Little interest or pleasure in doing things**
Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling down, depressed, or hopeless**

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Trouble falling or staying asleep, or sleeping too much**

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling tired or having little energy**

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?
Poor appetite or overeating

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

Feeling bad about yourself - or that you are a failure or have let yourself or your family down

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

Trouble concentrating on things, such as reading the newspaper or watching television

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

- Not at all
- Several days
- More than half the days
Thank you! Next is the last questionnaire of the survey.

For each statement, please answer how often it applied to you in the last 2 weeks.

In the last 2 weeks, how often have you **been upset because of something that happened unexpectedly?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **felt that you were unable to control the important things in your life?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **felt nervous and "stressed"?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often
In the last 2 weeks, how often have you **felt confident about your ability to handle your personal problems?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **felt that things were going your way?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **found that you could not cope with all the things that you had to do?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **been able to control irritations in your life?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **felt that you were on top of things?**
In the last 2 weeks, how often have you **been angered because of things that were outside of your control?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

In the last 2 weeks, how often have you **felt difficulties were piling up so high that you could not overcome them?**

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

**Life Satisfaction**

On a scale from 0 to 10, where 0 is "the least satisfied" and 10 is "the most satisfied", how satisfied are you with the following aspects of your life right now?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
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<td>My relationships</td>
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<td></td>
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<td></td>
<td>My ability to reach my goals, my skills and my productivity</td>
</tr>
</tbody>
</table>
WTP

At the end of the survey, you will receive your 3-months Headspace Premium license.

You have already received your 3-months Headspace Premium license.

When it expires, you could get an additional 3 months of Headspace Premium for free.

How much do you value an additional 3 months of Headspace Premium for yourself?

This is the last time you are answering this question.

If one of your answers is selected, the computer will draw a "Prize value" randomly between $0 and $100.

Below, please tell us how valuable 3 additional months of Headspace Premium would be for you.

If the Prize value is below $$\{e://Field/previous_WTP_self\}$$, you will receive a Headspace Premium 3 months extension.
If the Prize value is above $$\{e://Field/previous_WTP_self\}$$, you will receive a gift card worth the Prize value.

Beliefs Intro

What do you think using Headspace does?

In a previous survey, we asked you to make predictions about other participants. Some of these participants are actively using Headspace, and some are not.
In a few weeks, we will compare your predictions to what truly happened with other participants. **If your predictions are close to correct**, you will be **more likely to receive an additional $5 bonus** to your final gift card.

Today, we **will show you the predictions you made** and give you a last **chance to update your predictions**.

Please confirm that you are ready for this task.

- I understand that making accurate predictions may increase my bonus.

**Beliefs About Anxiety**

**Effects of Headspace: Anxiety**

In a previous survey, we asked you to make predictions about **10 random participants** who likely **had anxiety at the start of the study**.

You predicted that **${e://Field/prior_anxiety_c}$ participants** would **still have anxiety 2 weeks later**, out of every **10 anxious participants who did not receive a Headspace license at the start of the study**.

You can adjust this prediction now, if you want.

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<tr>
<th>0</th>
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<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants still anxious without Headspace</td>
<td>${e://Field/prior_anxiety_c}$</td>
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</table>

You also predicted that **${e://Field/prior_anxiety_t}$ would still have anxiety 2 weeks later, out of every 10 anxious participants who did receive a Headspace license right away and used it at least 5 days per week**.

You can adjust this prediction now, if you want.

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</thead>
</table>
Beliefs About Satisfaction

Effects of Headspace: Life Satisfaction

In a previous survey, we asked you to make predictions about the life satisfaction for 10 other participants, chosen randomly.

First, thinking about the people who **did not** receive a Headspace license right at the **start** of the study, you predicted that $\{e://Field/prior_satisfaction_c\}$ out of 10 **participants** would say they are **more satisfied with life** 2 weeks later.

You can adjust this prediction now, if you want.

Next, thinking about the people who **did receive** a Headspace license right away and **used it at least 5 days per week**, you predicted that $\{e://Field/prior_satisfaction_t\}$ out of 10 **participants** would say they are **more satisfied with life** 2 weeks later.

You can adjust this prediction now, if you want.

Beliefs About Focus

Effects of Headspace: Focus
At the beginning of this study, before anyone receives a Headspace license, everyone completed a **simple work task that requires focus**. They are scored based on speed and accuracy, and we will calculate the average starting score.

Everyone will try this task a second time, 2 weeks later.

We asked you to think about 10 random participants, and predict how many of them will beat the average starting score when they do it a second time.

First, thinking about the people who **did not receive a Headspace license right at the start** of the study, you predicted that $\text{(prior Focus) c}$ out of 10 participants would **beat the average starting score** when they try a second time, two weeks later.

You can adjust this prediction now, if you want.

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<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Participants without Headspace scoring better than average</td>
<td>(\text{(prior Focus) c})</td>
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</tbody>
</table>

Next, thinking about the people who **did receive a Headspace license right away and used it at least 5 days per week**, you predicted that $\text{(prior Focus) t}$ out of 10 participants would **beat the average starting score** when they try a second time, two weeks later.

You can adjust this prediction now, if you want.

<table>
<thead>
<tr>
<th></th>
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<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants using Headspace, scoring better than average</td>
<td>(\text{(prior Focus) t})</td>
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**Meditation Difficulty**

Last, we would like to ask about your experience with meditation.

There is no right or wrong answer. Meditation is a skill that can take time to develop, and we simply want to hear about your experience.
In your experience so far, how easy or difficult is it to **find a good time and space to meditate**?

Please choose an answer on the scale below, where 0 means "very difficult" and 10 means "very easy".

<table>
<thead>
<tr>
<th>Very difficult</th>
<th>Neither easy nor difficult</th>
<th>Very easy</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
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</tbody>
</table>

Ease of finding time and space to meditate

If you had the right time and space, how easy or difficult would it be to **focus on meditating for 10 minutes without quitting**?

- I don't know — I have not been meditating
- Very difficult
- Somewhat difficult
- Somewhat easy
- Very easy

**Bonus_20**

Please select a number. If it matches the number selected by the computer, you will earn an extra $20.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Selected Number

**Win_20**

Congratulations! This was the number picked by the computer. You will have an extra $20 added to your gift card.

**Lose_20**
Unfortunately, the numbers do not match. The computer picked \{e://Field/random_20\} while you picked \{q://QID161/ChoiceNumericEntryValue/1\}.

**End of Survey**

You will receive your Headspace Premium code on the next page. Please do not leave now without clicking Next, or you won't receive your code!

You have completed this final survey. Thank you!

We will process your final gift card in the next 5 business days.

There is no remaining survey in the study. We may contact you for up to 5 months with additional questions, with a separate compensation. After this, we will destroy your contact information.

Thanks again, we hope you enjoyed the study.

The MIT research team

PS: Do you have any feedback about the study? Please enter them below. We will do our best to answer them promptly by email.

Optional: you can share a few word about what trying out meditation (and/or the other activities on the app) did to you. Did it help reduce your stress so far? the way you think about your issues or goals? did it not do much so far? etc.
This is entirely optional but personal feedback or stories can help us understand the results we may or may not see in our quantitative analysis.

**Headspace Code Delivery**

To redeem your free Headspace membership, follow these steps:

1. Go to: [https://www.headspace.com/code](https://www.headspace.com/code)
2. Enter your personal code: ${e://Field/hscod}$
3. Create an account when prompted.
4. Download Headspace from your respective app store and log-in to the app.

Your Headspace account should be all set!

You should also have received an email containing these instructions. Remember to use the app for 5-10 minutes every day for the next week.

Block 15
Welcome

Welcome back to our study!

Thanks for coming back to this quick questionnaire.

Please complete this survey, which should take no more than 5 minutes. It includes a few questions similar to ones you have answered before.

There are no right or wrong answers today. Some people will feel better, some will not. We are simply interested in how you feel.

GAD-7

This is the first questionnaire.

There are no right or wrong answers. Some people will feel better, some will not. We are simply interested in how you feel.

Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling nervous, anxious or on edge**

- [ ] Not at all
- [ ] Several days
- [ ] More than half the days
- [ ] Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Not being able to stop or control worrying**

- [ ] Not at all
- [ ] Several days
Over the past 2 weeks, how often have you been bothered by the following problem?

Worrying too much about different things

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

Trouble relaxing

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

Being so restless that it's hard to sit still

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

Becoming easily annoyed or irritable

- Not at all
Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling afraid as if something awful might happen**

- Not at all
- Several days
- More than half the days
- Nearly every day

**PHQ-8**

This is the second questionnaire.

Over the past 2 weeks, how often have you been bothered by the following problem?

**Little interest or pleasure in doing things**

- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling down, depressed, or hopeless**

- Not at all
- Several days
- More than half the days
- Nearly every day
Over the past 2 weeks, how often have you been bothered by the following problem?

**Trouble falling or staying asleep, or sleeping too much**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling tired or having little energy**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Poor appetite or overeating**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Feeling bad about yourself - or that you are a failure or have let yourself or your family down**
- Not at all
- Several days
- More than half the days
Over the past 2 weeks, how often have you been bothered by the following problem?

**Trouble concentrating on things, such as reading the newspaper or watching television**
- Not at all
- Several days
- More than half the days
- Nearly every day

Over the past 2 weeks, how often have you been bothered by the following problem?

**Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual**
- Not at all
- Several days
- More than half the days
- Nearly every day

**Life Satisfaction**

On a scale from 0 to 10, where 0 is "the least satisfied" and 10 is "the most satisfied", how satisfied are you with the following aspects of your life right now?

- My ability to reach my goals, my skills and my productivity
- My relationships
- My life in general
Mindfulness Behavior

Thank you! To wrap up this survey, we have four questions to help us understand the role of meditation and related skills in your daily life.

There are no wrong answers — some people meditate quite often, and others not at all. We are simply interested in your experience.

In the past month, have you done any of the following? Please choose all that apply.

- [ ] I meditated with Headspace
- [ ] I used another meditation app or guide
- [ ] I meditated without an app or other guide
- [ ] I did not meditate

Reflecting on the last 7 days, have you applied any techniques or skills from Headspace to situations in your life?

- [ ] Yes
- [ ] No

Please briefly tell us how you applied mindfulness techniques in one of those situations.


Please briefly tell us about why techniques from Headspace were not a part of how you approached this last week.


Last, we’d like to ask you about a hypothetical situation.

Imagine that someone makes you two offers:

- **Offer A**: you set a goal for how many days to meditate in the next two weeks. You get $30 if you meet your goal.
- **Offer B**: you get $30 in two weeks, with no strings attached.

If someone gave you these offers, which would you prefer?

- [ ] $30 if you meet your personal meditation goal
- [ ] $30 with no strings attached

**Information Treatment: ATE**

Thank you!

Before we finish, here is a headline result from our study so far:

2,384 participants entered the study. **32%** had **moderate or severe anxiety** when they started.

Out of the 955 study participants who were randomly chosen to **receive access to Headspace at the end of the study**, **26%** had moderate or severe anxiety after 4 weeks.

Out of the 1,429 participants who were randomly chosen to **receive access to Headspace at the beginning of the study**, **13%** had moderate or severe anxiety after 4 weeks.

That is, **the app reduced the proportion of people with moderate or severe anxiety by half**.

**End of Survey**

Please submit this page to avoid receiving unwanted reminders.
Thank you for your time on this extra survey!

Thanks again, we hope you enjoyed the study.

The MIT research team

P.S.: We are still analyzing the results but we will communicate them to you if you have opted to receive them.

PS: Do you have any feedback about this survey? Please enter it below.