Where the Diverse Mind Grows: Demographic Variables as Predictors of Response to Mindfulness Practice and Spiritual Diversity Films Jonah McManus, Nnamdi Uzoaru, Neil Patel, Paola Ricardo, Donald Marks, Psy.D., & Jennifer Block-Lerner, Ph.D. Participants who identified as Black reported lower satisfaction with life following a

mindfulness practice and film as compared to other participants. If such findings are upheld with larger samples, mindfulness practices and spiritual diversity films should be modified and/or better represent Black individuals to augment their effects.

Background

Mindfulness is the practice of willingly paying attention to stimuli without trying to change our experience of it(Bishop et al., 2004). Mindfulness-based therapies are not used as much with individuals who are from underserved groups, living with lower socio-economic status (SES), and males(Waldron et al., 2018). It is important to explore the extent to which related variables predict responses to these interventions to know whether they should be tailored and/or implemented more broadly.

Research Questions

Are gender, race/ethnicity, and/or current religious affiliation associated with responses, as measured by satisfaction with life and selfcompassion, to two different films following a brief mindfulness practice? Does film condition moderate these associations?

Measures

• Self-Compassion Scale Short Form (SCS-SF; Raes et al., 2011) - Higher scores represent higher levels of self-compassion

• Satisfaction with Life Scale (SWLS; Diener et al., 1985) - Higher scores represent higher levels of satisfaction with life

• Demographics were assessed via self-report • OTH = One Track Heart, DIV = Diversity Panel

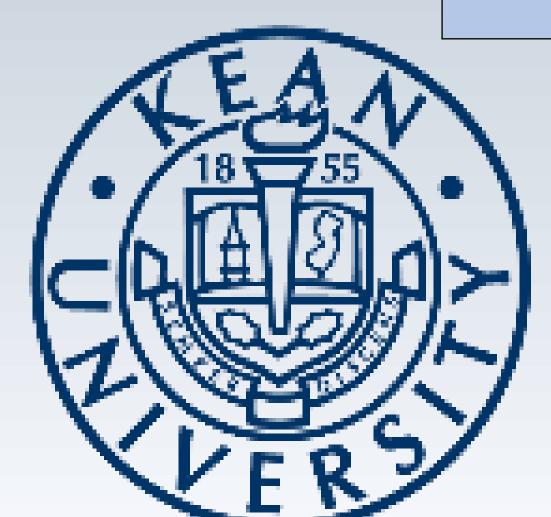
Demographics (n=77)					
Film: OTH = 38, DIV = 39					
Gender: Male = 34, Female = 40,					
Missing =	= 3				
Race/Ethr	nicity:	Black	= 29,		
White = 8	3, Latir	n Ameri	ican =	39,	
Missing =	= 1				
Religion	Christ	cianity	$\chi = 49,$		
Other $= 2$	28				
Factor	Predicting SWLS (<i>n</i> =65)				
Pre-SWLS	R^2	df	F	p	
	.607	(1, 64)	98.89	< 0.001	
Race/Ethnicity	ΔR^2	df	F	p	
	.048	(2, 62)	4.30	.018	
	β	SE	t	p	
Black	-3.671	1.45	-2.54	.014	
Latin American	-1.495	1.40	-1.07	.291	
	For	more			

\mathbf{D} - \mathbf{D} - \mathbf{D} - \mathbf{D} - \mathbf{D}



SWL Black (n=25)White (n=8)Latin American (n=33)

SWLS ($n=66, R^2=.679$)				
Factor	df	F	Sig.	
Pre-SWLS	1	107.262	< 0.001	
Film	1	0.108	0.744	
Race/Ethnicity	2	4.811	0.012	
Film * Race/Ethnicity	2	1.903	0.158	
Error	59			



LS	Mean Difference	SE	Sig.
White	-3.901	1.444	0.009
Latin American	-2.35	0.958	0.017
Black	3.901	1.444	0.009
Latin American	1.550	1.390	0.269
Black	2.35	0.958	0.017
White	-1.550	1.390	0.269

Significant at p < 0.05
Significant at p < 0.001