

# Where the Diverse Mind Grows: Demographic Variables as Predictors of Response to Mindfulness Practice and Spiritual Diversity Films

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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 self-compassion, 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/Ethnicity:** Black = 29, White = 8, Latin American = 39, Missing = 1  
**Religion:** Christianity = 49, Other = 28

Factor	Predicting SWLS (n=65)			
	R <sup>2</sup>	df	F	p
Pre-SWLS	.607	(1, 64)	98.89	< 0.001
Race/Ethnicity	ΔR <sup>2</sup>	df	F	p
	.048	(2, 62)	4.30	.018
Black	β	SE	t	p
	-3.671	1.45	-2.54	.014
Latin American	-1.495	1.40	-1.07	.291

SWLS		Mean Difference	SE	Sig.
Black (n=25)	White	-3.901	1.444	0.009
	Latin American	-2.35	0.958	0.017
White (n=8)	Black	3.901	1.444	0.009
	Latin American	1.550	1.390	0.269
Latin American (n=33)	Black	2.35	0.958	0.017
	White	-1.550	1.390	0.269

SWLS (n=66, R <sup>2</sup> =.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		

For more information:



Significant at p < 0.05

Significant at p < 0.001