

Appendices

- A. Motivation/Expectation/Adherence
Questionnaire
- B. Notes
- C. References

*Background Note to Motivation,
Expectation, Adherence Questionnaire (MEA)*

MY COLLEAGUES and I are currently involved in a seven-nation study of self-control. One part of this study looks at why people begin to practice different types of self-control techniques, what their motivation is, their hopes, and why they either continue or stop the practice of those techniques.

The MEA is a sub-form of the Shapiro Self-Control Inventory (SSCI) and consists mainly of open-ended questions about an individual's experience with the practice of self-control techniques. Below is a version of the MEA Questionnaire applied to meditation.

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SSCI (MEA subform):
Meditation

The following questionnaire is being given as part of a seven-nation, cross-cultural study designed to help us gather information about self-control. We appreciate your taking the time to take this survey. Please be as honest and precise as you can, and answer every question. Your responses will be kept confidential.

Thank you for your cooperation.

Please circle the correct answer, or fill in the blank where appropriate.

—Last six digits of social security number _____

1. *Background Information*

1.1 Sex: Male
Female

1.2 Age: _____

1.3 Level of Education: _____

1.4 Occupation (specify: for example "student", "housewife", "dentist"): _____

1.5 Marital Status: Single ____ Married ____ Separated ____
Divorced ____ Widowed ____

1.6 Race or Ethnic Background: 1. white
2. black
3. oriental
4. Spanish speaking
5. other (specify) _____

1.7 Country of Birth: _____

1.8 Religion: 1. none, atheist or agnostic
2. Protestant
3. Catholic
4. Jewish
5. Buddhist
6. other (specify) _____

1.1. Have you ever meditated before? Yes No

If yes, go to question 1.2

If no, go to question 1.1a

1.1a Would you like to learn to meditate? Yes No

If yes, please go to question 1.1c.

If no, please go to question 1.1b.

1.1b Could you please put down in a sentence or two some of the reasons why you don't wish to learn to meditate. (After answering 1.1b, you are now finished with the questionnaire: Thank you.)

1.1c Could you please put down in a sentence or two some of the reasons why you want to learn to meditate.

1.1d What do you believe, in general, to be the qualities of a truly gifted meditator? (After answering 1.1d you are now finished with the questionnaire: Thank you.)

1.2 How long have you been meditating?

- 1.3 Do you meditate formally on a regular basis? Yes No
 How long per day?
 How many sittings?
- 1.4 What type(s) of meditation do you practice?
- 1.5 Have you practiced other types of meditation in the past?
 If yes, which ones and for how long?
- 1.6 Why did you stop practicing the other meditation techniques?
- 1.7 Have you ever stopped meditating for a period of time?
 How long; how often? For what reasons?
- 1.8 When you don't meditate on a given day, what do you say to yourself?
- 2.1 Why did you begin meditating? Please list as many specific reasons as possible.
- 2.2 What do you believe, in general, to be the personal qualities of a truly gifted meditator?

- 2.3 When you sit down to meditate, what do you think/feel right before the session?
- 2.4 How do you believe that meditation has influenced your life. Please mention both personal and interpersonal changes.

Positive Influences

Adverse Influences

General Changes

Thank you again for your cooperation in completing this questionnaire.

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NOTE TO READERS:

If you are interested in filling out the above questionnaire, and would like the results of the study, please send the completed questionnaire, with your name and address to:

Deane H. Shapiro, Jr., Ph.D.
 Box 2084, Stanford, CA. 94305