

*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.

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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: 23

1.3 Level of Education: 4th Year (final) at University

1.4 Occupation (specify: for example "student", "housewife", "dentist"): Student (BSc Nursing)

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: ENGLAND

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?
Inconsistently for 2 years
Unknowingly, before, in less specific ways

1.3 Do you meditate formally on a regular basis? Yes No

How long per day? 10 min - 1/2 hour

How many sittings? 1 (occasionally more)

Started this month (i.e. not missing days)

1.4 What type(s) of meditation do you practice?

ZEN (I think)

1.5 Have you practiced other types of meditation in the past?

If yes, which ones and for how long?

I've tried to concentrate on various things but have never followed any rules, so I don't really know.

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?

Yes, sometimes for a few months. I tend to do things in spurts, but I am presently determined not to break my one a day routine.

1.8 When you don't meditate on a given day, what do you say to yourself?

I generally do a 1/2 hearted meditate while going to sleep.

2.1 Why did you begin meditating? Please list as many specific reasons as possible. 1) Greater self awareness 2) Interest

3) I like the physical sensation of not being able to perceive my body as it is

4) Most of all the results I hear meditating gives you comply with my theoretical desires from life by the goal of no goals.

5) I like the refreshing qualities

2.2 What do you believe, in general, to be the personal qualities of a truly gifted meditator?

I think that 'gifted' does not apply, but that people are either. As a religion quality

2.3 When you sit down to meditate, what do you think/feel right before the session? *I think, right, now I must relax, let my body sink into the floor, and concentrate on my breathing. I often exercise or breathe deeply before I commence, as it seems to help me to relax.*

2.4 How do you believe that meditation has influenced your life.

Please mention both personal and interpersonal changes.

Positive Influences *I don't think I have presented long enough in one stretch to gain knowledge of changes. I tend to be a relaxed positive and euphoric person anyway.*

Adverse Influences *This ~~is~~ from my whole life. I think meditation has always been incorporated within my life in less obvious ways, or maybe that is why I am nearly always very happy.*

General Changes *I haven't noticed any adverse influences. I have found that God has become more real, though I don't practice 'a religion'. I feel like I've found my own religion, of a personal nature which I can begin to understand in the context of my own life. It's almost as if God is 'being aware of being' and being able to enjoy being without commensurates. Meditation to me is like a bridge between my physical self and God, and in it I feel like I merge. It helps me to understand the saying 'Being one with God'.*

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

MEA:

A woman who filled out the MEA Motivation, Expectation, Adherence Questionnaire... very interesting powerful sharing, at first I thought it was universal /particular, but this is universal, but "god/atheist" divide in her view; (atheists won't be able to persevere). (Leaves out Buddhists!?) but her sharing of what it does for her beautiful.

23 year old female, student (nursing); single, white, protestant; two year (inconsistent meditator);

1.3 Meditates 10 minutes to ½ hour a day; one sitting;

1.4 does "Zen, I think"

1.5 other techniques? *Tried to concentrate on various things; but have never followed any rules.*

1.7 Have you stopped for periods of time: *Yes, a few months; I tend to do things in spurts but I am presently determined not to break my once a day this time.*

1.8 When you don't meditate what you say to yourself: *I generally do a ½ hearted meditation while going to sleep*

2.1 Why did you begin meditating.....

Greater self-awareness; interest; I like the physical sensation of not being able to perceive my body as it is; *all the results I hear meditation gives you...and my theoretical desires from life: the goal of no goals; *the refreshing qualities

2.2. what do you believe to be the qualities of a gifted meditator.

People are of religious or non-religious quality and meditation seems part of religion...being with your God, whoever he/it may be; I cannot see an atheist being able to persevere with meditation

2.3 when you sit down to meditate, what do you think/feel right before the session :relax" let my body sink into the floor concentrate on=on my breathing; I often exercise of breathe deeply before I begin

2.4 how had mediation influenced your life.

I tend to be a relaxed, positive and euphoric person anyway....I'm always very happy. I have found that god has become more real even though I don't practice a religion. I feel I've found my own religion of a personal nature; it's almost as if God is being aware of being and being able to enjoy being without tomorrows; Meditation to me is like a bridge between my physical self and God and it I feel like I merge; It helps me to understand the saying being one with God.