

Comparing The Control Profiles Of Beginning, Intermediate, Long Term And Very Long Term Meditators

The material below is taken from the SCI Manual, and provides information targeted to data collected from groups of meditators based on length of practice—beginning, intermediate, long term, and very long term (over 20 years).¹ In the manual, these groups are discussed under each of the scales, and compared with other populations researched. It is summarized here just for convenience. The entire SCI Manual, with studies of all the different populations researched, and reliability and validity studies, can be found at

<http://controlresearch.net/shapiro-control-inventory-manual.html>

AS SUMMARY OF THE FINDINGS: the very long term meditators had a significantly less negative sense of control; there was a significant association between length of practice and higher scores on the domain specific positive sense of control scale in general (and the mind item in particular); the very long term meditators had a higher positive assertive and positive yielding (approached significance) and a significantly lower negative yielding; and there were significant differences in desire for control associated with long term practice. The very long term meditators were also significantly more “satisfied” with their “mode of control” style. Finally, for mediators, sense of control from both Self and Other is associated with length of practice. A few examples of interest from specific cases of very long term meditators are also included at the end.

SUMMARY OF MEDITATION GROUPS p62-63

Meditators

Three studies have been undertaken with meditators: one on the East coast with Vipassana meditators in the early 1980's (Shapiro, 1992); one on the West coast with Vipassana meditators (Easterlin, 1992); and one with selected very long term meditators (Shapiro, 1993). Subjects in these studies have been divided into four groups, based on length of practice.

Beginning Meditators

- West Coast: there were 19 beginning meditators, 63.2% female, mean age 39.9 years, with an average of 11 months experience (range of experience was 1 month to 35 months).
- East Coast: there were ten meditators, mean age 35.6 years, with a mean length of practice of 16.7 months (range was from 1 month to two years)

¹ I want to thank all those meditators who participated in these studies. In particular I want to thank my colleagues and friends who were the long term meditators and were willing to share as part of this research (Shinjen Young, Charles Tart, Huston Smith, Jon Kabat Zinn, Alan Wallace. Now (2018) as I'm writing this summary up, it is clear that future research should also include a group of female very long term meditators as well as those of different ethnicity and cultures/countries.

Intermediate Meditators

This group was part of the East Coast sample, and consisted of nine individuals who had practiced from 25 to 72 months (mean=47.1 months).

Long-Term Meditators

- There were 24 meditators in the long term West Coast group, 79.2% women, mean age 41.3 years, length of practice ranged from 37 months to 240 months, and averaged 103 months.
- There were eight meditators in the East Coast group, and their length of practice was greater than 72 months (mean=105 months).

Very Long-Term Meditators

This group of nine individuals was selected for their experience as meditators. There were nine male individuals, age 47.9 (sd 4.2) with a mean experience of meditation of 22.9 years (sd 5.1).

OVERALL SENSE OF CONTROL (SCALES 1-3) P. 71

TABLE 19
Sense of Control, General Domain: Meditators

GROUP	Beginning	Long term	Very long Term	Overall <i>p</i>
Scale 1. Overall Sense of Control				
mean	4.79	5.00	5.20	NS
sd	(.79)	(.78)	(.92)	
Scale 2. Positive Sense of Control				
mean	4.82	5.04	4.98	NS
sd	(.57)	(.68)	(1.02)	
Scale 3. Negative Sense of Control				
mean	3.21	2.99	2.31	.015
sd	(.80)	(.78)	(.044)	

ANOVA revealed significant differences among groups only for the negative sense of control scale $F(2, 49)=4.54; p=.015$.

Item analysis of *positive sense of control*: (see last three columns). (p.73)

TABLE 20
Positive Sense of Control Items: Normal Groups

GROUP	Normal screened	College unscreened	Senior Citizens	Beginning Meditators	Long term Meditators	Very Long Term Meditators
+Species						
1 Positive sense of control						
mean	5.07	5.48	5.83	4.53	4.65	5.44
sd	(.94)	(.93)	(1.07)	(1.02)	(1.40)	(.68)
2 Can get control						
mean	5.78	5.69	5.33	5.05	4.96	5.66
sd	(.70)	(1.02)	(1.18)	(1.03)	(1.07)	(.67)
+Mode						
11 Can accept						
mean	5.21	4.63	5.33	4.16	4.57	4.66
sd	(.97)	(1.25)	(1.55)	(.96)	(1.38)	(1.05)
12 Can change						
mean	5.50	4.91	5.33	4.74	4.70	5.11
sd	(.65)	(1.03)	(1.31)	(.19)	(.23)	(1.29)
Dimensions						
13 Can make decisions						
mean	5.93	5.48	6.00	4.90	5.30	6.00
sd	(.73)	(1.04)	(.91)	(1.20)	(.77)	(.82)
14 Goals						
mean	5.79	5.34	5.66	4.37	4.78	5.66
sd	(.43)	(1.18)	(1.18)	(1.01)	(1.09)	(.47)
15 Awareness						
mean	6.00	5.67	5.91	5.16	5.70	6.22
sd	(.88)	(1.09)	(.95)	(.77)	(.64)	(.42)
16 Responsible						
mean	6.07	5.67	6.16	5.63	5.65	5.88
sd	(1.07)	(.91)	(1.07)	(.83)	(.78)	(.56)
17 Discipline						
mean	5.21	5.13	5.16	4.79	5.04	5.44
sd	(1.25)	(1.10)	(1.40)	(1.18)	(1.07)	(.68)
18 Skills						
mean	5.86	5.64	5.25	5.68	5.35	5.66
sd	(.53)	(1.15)	(1.36)	(.82)	(.98)	(.67)
Self-Control						
33 Enough self-control						
mean	5.57	5.30	4.83	4.11	4.73	4.88
sd	(.94)	(1.08)	(1.86)	(1.20)	(1.08)	(.87)

Item analysis of *negative sense of control*: (see last three columns). (p.75, table 22)

TABLE 22
Negative Sense of Control Items: Normal Groups

GROUP	Normal screened	College unscreened	Senior Citizens	Beginning Meditators	Long Term Meditators	Very Long Term Meditators
7 Lose control of self						
mean	2.21	2.49	2.08	2.90	2.86	2.33
sd	(.58)	(1.05)	(.76)	(1.20)	(1.06)	(.67)
8 Lack control						
mean	3.79	3.43	2.83	4.63	4.30	2.78
sd	(1.25)	(1.35)	(1.68)	(1.38)	(1.87)	(1.23)
9 Too passive						
mean	2.29	2.57	2.25	2.68	2.52	2.33
sd	(.99)	(1.28)	(1.09)	(1.00)	(1.12)	(.82)
26 Others too much control						
mean	2.57	2.70	2.25	2.90	2.57	2.00
sd	(.94)	(1.35)	(1.23)	(.99)	(1.16)	(.47)
29 Losing control once had						
mean	2.14	3.04	3.83	2.95	2.70	2.33
sd	(.77)	(1.26)	(1.46)	(1.18)	(1.46)	(1.25)

DOMAIN SPECIFIC SENSE OF CONTROL. P. 82, TABLE 27

TABLE 27
Domain-Specific Sense of Control Meditators

Group	Beginning	Long term	Very long Term	Overall p
Overall Scale 4 sd	4.38+, z .48	4.50+ .63	5.05 z 0.39	.0019*
Body	sd 4.27 (.74)	4.21 (.51)	4.78 (.52)	.0589 NS
Mind	sd 3.52 z (.83)	4.02 (1.07)	4.69 z (.80)	.0125+
Interpersonal	sd 3.89 (1.26)	4.09 (1.05)	4.67 (1.10)	NS
Self	sd 3.74 (1.19)	4.08 (1.35)	4.56 (1.13)	NS
Career	sd 4.29 (1.31)	4.34 (1.26)	5.14 (.69)	NS
Environment	sd 4.61 (1.19)	4.65 (1.43)	5.67 (.71)	NS
Other	sd 5.37y, z (.35)	5.39+ (.34)	5.74 z (.21)	.016*

+p<.05 ++p<.01 +++p<.001 ++++p<.0001
Subsequent Tukey tests showed significant differences (p=.05) between:
y = beginning and long term meditators
z = beginning and very long term meditators

As can be seen from Table 27, there is a significant association between length of meditation practice and higher scores on the overall specific domain sense of control scale $F(2, 49)=4.86; p=.012$. Specific domains which achieved significance were the mind level $F(2, 48)=4.81; p=.013$; and the *other* domain $F(2, 48)=4.52; p=.016$.

Table 28 gives an item analysis of domain specific control parameters for normal groups (see last three columns for meditators)

TABLE 28
Domain Specific Sense of Control Parameters: Data Summary for Normal Groups

Group	Normal Screened	College Unscreened	Senior Citizens	Beginning Meditators	Long term Meditators	Very Long Term Meditators
Body						
eating	4.79 (1.19)	4.09 (1.36)	4.20 (1.16)	4.42 (1.43)	4.13 (1.18)	5.00 (.94)
exercise	3.93 (1.38)	4.44 (1.14)	3.80 (1.33)	4.05 (1.39)	4.17 (1.07)	4.33 (1.05)
body function	5.00 (.58)	4.93 (1.16)	3.60 (1.36)	4.17 (1.47)	4.13 (1.33)	4.78 (.42)
appearance	5.07 (.92)	5.09 (.83)	4.40 (1.36)	4.69 (1.06)	4.44 (1.27)	4.89 (.57)
weight	4.29 (1.54)	4.52 (1.25)	3.60 (1.74)	4.42 (1.50)	3.96 (1.43)	4.89 (.74)
sexuality	5.15 (.90)	4.96 (1.38)	4.00 (1.90)	3.84 (1.46)	4.46 (1.54)	4.78 (1.03)
Mind						
thoughts	5.36 (.84)	4.75 (1.34)	5.40 (.80)	3.47 (1.17)	3.87 (1.63)	5.0 (.47)
attention	5.00 (1.11)	4.51 (1.11)	5.40 (.80)	3.32 (1.42)	4.13 (1.10)	5.22 (.79)
stress	4.23 (1.02)	3.97 (1.28)	4.0 (1.09)	3.58 (1.34)	3.91 (1.54)	4.55 (1.50)
sadness	4.57 (1.02)	4.18 (1.22)	4.20 (.98)	3.74 (1.41)	4.17 (1.37)	4.56 (1.26)
Interpersonal						
friends	4.79 (.89)	5.01 (.81)	4.60 (.49)	4.11 (1.45)	4.39 (1.50)	4.56 (1.07)
significant other	4.79 (1.19)	4.66 (1.26)	4.80 (.75)	3.47 (1.71)	3.65 (1.53)	5.22 (.92)
children	5.64 (.50)	2.73 (2.64)	5.6 (.49)	3.94 (2.02)	4.32 (1.53)	4.55 (1.17)
family origin	4.79 (1.31)	4.90 (1.18)	4.00 (2.09)	3.95 (1.51)	3.59 (1.56)	4.44 (1.50)
Self						
	5.31 (.75)	4.90 (.91)	4.80 (.75)	3.74 (1.20)	4.09 (1.35)	4.56 (1.07)
Career						
employment	5.21 (1.03)	4.27 (1.96)	5.00 (.63)	3.90 (1.66)	3.83 (1.53)	4.78 (1.23)
spending	4.93 (1.14)	4.72 (1.10)	4.80 (1.47)	4.42 (1.22)	4.83 (1.27)	5.44 (.68)
work habits	5.36 (.74)	4.99 (.77)	4.6 (1.02)	4.58 (1.31)	4.39 (1.27)	5.22 (1.23)
Environment						
	4.78 (1.49)	4.69 (1.25)	4.60 (1.50)	4.61 (1.20)	4.65 (1.43)	5.56 (.68)
Other						
drug use	5.77 (.44)	5.21 (1.66)	6.00 (.00)	5.79 (.71)	5.91 (.29)	5.89 (.31)
alcohol use	5.79 (.43)	5.08 (1.61)	6.00 (.00)	5.90 (.32)	5.74 (.54)	5.56 (.68)
smoking	4.57 (2.10)	4.91 (2.01)	6.00 (.00)	5.74 (1.15)	5.91 (.43)	6.00 (.00)
violent behavior	5.93 (.27)	5.45 (1.17)	6.00 (.00)	5.69 (.95)	5.83 (.39)	6.00 (.00)
gambling	6.00 (.00)	5.52 (1.48)	5.80 (.40)	5.90 (.32)	5.96 (.21)	6.00 (.00)
time management	4.86 (1.41)	4.36 (1.15)	5.2 (.75)	4.00 (1.05)	4.00 (1.48)	5.00 (1.15)

SCALES 5-8 MODES OF CONTROL: (P.96)

TABLE 36
Modes of Control: Meditators

GROUP:	Beginning		East Inter- mediate	Long Term		Very Long Term	Overall p
	East	West		East	West		
Quadrant 1. Positive Assertive							
mean	2.52	2.54	2.54	2.84	2.77	2.94	.060
sd	(.42)	(.39)	(.46)	(.33)	(.47)	(.32)	n.s.
Quadrant 2. Positive Yielding							
mean	2.45	2.61	2.39	2.66	2.70	2.81	n.s.
sd	(.52)	(.44)	(.20)	(.45)	(.51)	(.44)	
Quadrant 3. Negative Assertive							
mean	1.86	1.80	2.22	1.77	1.80	1.61	n.s.
sd	(.42)	(.37)	(.33)	(.16)	(.39)	(.37)	
Quadrant 4. Negative Yielding							
mean	1.77	1.91	2.14	1.63	1.60	1.33	.011
sd	(.50)	(.55)	(.41)	(.40)	(.36)	(.57)	

In this work, composed of three different studies, there were the following significant results:

- Comparing beginning West Coast, long term West Coast, and very long term meditators, Negative Yielding Quadrant 4 ANOVA's were significant $F(2,48)=4.95$; $p=.0111$. A subsequent Tukey test showed group the beginning and long term groups were significantly different at $p<.05$.
- For Quadrant 1, Positive Assertive, the beginning and long term west groups are significantly different (T value = -2.153, $p<.05$). For each quadrant, the very long term meditators' profile is healthier than the beginning, intermediate, and long term meditators. Also, if we look at Quadrant 2, Positive Yielding, with the exception of the intermediate East group, there is an association between length of practice and higher scores on positive yielding. Although the result is not significant, it is in the expected direction.

SCALE 9 DESIRE FOR CONTROL (P.101)

TABLE 41
Desire for Control: Meditators

Group:	Beginning West Coast	Long Term West Coast	Very Long Term	Overall p
Desire for Control:				
mean	4.46	3.88	3.71	.023
sd	(.89)	(.64)	(.82)	

ANOVA revealed that there were overall differences among groups on the Desire for Control Scale $F(2, 48)=4.093$; $p=.0228$. A subsequent Tukey test showed significant differences between the beginning and long term group.

Item analysis for Desire for control Scale (last three columns are meditators) p.103)

Item-Level Refinement

More specific information can be gleaned from items of Scale 9, the Desire for Control Scale, measuring whether the subject:

- 3 I make a great deal of effort in order to try to stay in control of my life
- 4 I have a strong desire to be in control
- 6 I fear losing control
- 24 It is important for me to be in control of myself
- 25 It is important for me to be in control of others: people and situations
- 27 It is important to give the appearance to others that my life is in control
- 30 Achievement is important to me
- 31 I like things around me to be ordered and dislike ambiguity and the unknown
- 32 Before making a difficult decision I like to gather as much information as possible
- 36 Having power is important to me
- 37 I want to control my anger better

Table 42
Desire for Control Scale Items: Normals

Group:	Meditators					
	Normal Screened	College Unscreened	Senior Citizens	Beginning	Long Term	Very Long Term
3 Efforts						
mean	5.57	5.43	5.33	4.90	3.87	4.22
sd	(1.09)	(1.35)	(1.31)	(1.10)	(.92)	(1.31)
4 Desire						
mean	5.42	5.55	5.58	4.79	4.17	4.77
sd	(1.45)	(1.19)	(1.49)	(1.36)	(1.23)	(1.22)
6 Fear Losing						
mean	2.93	3.32	2.50	4.37	3.00	2.55
sd	(1.77)	(1.45)	(1.55)	(1.77)	(1.09)	(1.34)
24 Control Self						
mean	6.21	5.95	6.33	4.72	4.44	5.77
sd	(1.70)	(1.15)	(0.84)	(1.71)	(.99)	(0.78)
25 Control Others						
mean	3.29	3.41	2.91	3.16	3.04	2.66
sd	(1.20)	(1.35)	(2.09)	(1.39)	(.97)	(0.81)
27 Appearance						
mean	4.29	4.88	5.50	4.37	3.65	4.00
sd	(1.49)	(1.51)	(1.84)	(1.71)	(1.34)	(1.33)
30 Achievement						
mean	5.50	6.06	5.33	5.05	4.78	5.66
sd	(1.16)	(.89)	(1.49)	(1.27)	(1.09)	(0.94)
31 Like Order						
mean	5.00	5.17	6.00	4.47	3.96	4.33
sd	(1.24)	(1.35)	(1.29)	(1.50)	(.88)	(0.81)
32 Information						
mean	5.93	5.66	6.25	5.68	5.09	5.44
sd	(.83)	(1.33)	(0.82)	(1.16)	(1.38)	(0.95)
36 Power						
mean	3.79	4.06	3.16	4.05	3.83	3.66
sd	(1.25)	(1.68)	(2.26)	(1.35)	(1.23)	(1.41)
37 Control Anger						
mean	3.00	3.59	4.16	3.53	2.87	3.44
sd	(1.17)	(1.86)	(2.47)	(1.87)	(1.42)	(2.00)

Overcontrol Issues; Desire for Less Control

The following items relate to the issue of "over control" and the desire for less control:

- 5 I wish I could let go of control
- 10 I am too aggressive and over-controlling
- 28 I seek risks, excitement, and adventure
- 34 I have too much self-control
- 35 I hold my anger in even when I want to express it

Mean scores on these items for the normals are presented in the top half of Table 44; and the risk and clinical groups in the bottom half.

SEE TABLE 44, NEXT PAGE

Table 44
Overcontrol Issues; Desire for Less Control

Group	Wish could let go	Too overcontrolling	Seeks Risks	Too much self-control	Too much anger in
Normal Screened					
mean	3.28	2.79	4.35	2.93	3.71
sd	(.99)	(1.05)	(1.00)	(.92)	(1.38)
College Unscreened					
mean	2.51	2.87	4.50	2.98	4.13
sd	(1.20)	(1.33)	(1.25)	(1.45)	(1.70)
Senior Citizens					
mean	2.75	2.50	3.58	3.08	5.17
sd	(1.74)	(1.38)	(2.40)	(1.71)	(1.51)
Meditators, Beginning					
mean	4.58	3.00	4.47	4.17	4.79
sd	(1.68)	(1.16)	(1.26)	(1.54)	(1.44)
Meditators, Long Term					
mean	3.48	3.00	4.44	3.13	3.52
sd	(1.16)	(.85)	(1.65)	(1.01)	(1.41)
Meditators, Very Long Term					
mean	3.11	2.44	4.22	3.55	4.55
sd	(1.19)	(0.68)	(1.13)	(1.70)	(0.83)
Adult Children of Alcoholics					
mean	4.00	3.53	4.53	3.95	4.47
sd	(1.67)	(1.68)	(1.54)	(1.96)	(1.58)
Eating Disorder					
mean	3.70	4.00	4.60	3.80	4.40
sd	(1.06)	(1.00)	(1.43)	(1.14)	(1.58)
Depression					
mean	3.04	3.14	3.65	2.90	4.29
sd	(1.69)	(1.74)	(1.55)	(1.85)	(1.71)
Borderline					
mean	3.79	4.36	4.23	2.97	3.74
sd	(1.69)	(1.53)	(1.27)	(1.25)	(1.67)
Panic Attack					
mean	2.88	2.86	3.14	2.53	4.24
sd	(1.74)	(1.46)	(1.62)	(1.54)	(1.79)
Generalized Anxiety					
mean	3.25	3.94	4.50	3.44	4.06
sd	(1.88)	(1.77)	(1.37)	(1.93)	(1.84)

There are many specific comparisons that can be made regarding issues of overcontrol and desire for less control, depending upon the target populations of interest. Several examples are provided below. As can be seen above, the Adult Children of Alcoholics group and the borderline group both have a higher desire to let go of control than the normal group, while the panic and anxiety groups have a lower desire to let go of control than the normal group. In addition, the ACA group in this study had the highest score when compared to the two normal groups for the following four items: "I have too much self-control" $F(2,92)=3.22$; $p=.0443$; "I want to let go of control" $F(2,92)=10.89$; $p=.0001$; "I am too aggressive and overcontrolling" (n.s.); and "I hold my anger in even when I want to express it" (n.s.).

All groups, except the panic, felt themselves more aggressive and overcontrolling than the normals, with the borderlines the highest. In terms of risks, interestingly the panic attack and depressed groups were lowest, the eating disordered and generalized anxiety groups the highest. All groups except panic disorders were higher than the screened normals on feeling they exercised too much self-control. Finally, all groups were higher than the screened normals on holding anger in.

SELF CONTROL

TABLE 46
Self-control

	Depression	Borderline	Panic Attack	GAD	East Coast Meditators			Mental Health Prof View
					Beg	Inter	Long-term	
Self-control	1.88 (.89)	1.64 (.74)	2.06 (1.04)	2.53 (1.07)	2.50 (.76)	2.50 (.97)	2.71 (.76)	3.42 (.41)

MODE OF CONTROL AND SATISFACTION LEVEL (P 114)

Table 52
Mode of Control Satisfaction: Meditators
Mean Expressed in Percentages

Group:	Beginning		East Inter- mediate	Long Term		Very Long Term	Overall p
	East	West		East	West		
Overall	34.0 (18.9)	35.9 (19.7)	23.4 (17.2)	30.4 (22.3)	39.5 (20.0)	53.4 (28.4)	.07
Stay Same							
Q1: Positive Assertive							
mean	35.9	33.2	29.9	41.1	40.7	56.9	
sd	(23.8)	(21.3)	(25.3)	(23.1)	(21.0)	(30.1)	n.s.
Q2: Positive Yielding							
mean	25.0	35.1	12.7	21.4	37.4	40.2	.08
sd	(21.6)	(18.3)	(15.3)	(28.6)	(27.8)	(32.7)	n.s.
Q3: Negative Assertive							
mean	38.6	41.0	27.8	24.5	39.0	50.4	n.s.
sd	(18.2)	(29.6)	(27.8)	(24.5)	(25.2)	(30.8)	
Q4: Negative Yielding							
mean	40.5	32.6	20.0	37.1	42.4	65.8	.011
sd	(32.4)	(29.9)	(21.4)	(31.5)	(26.9)	(28.9)	

The association between length of practice and overall satisfaction approached significance $F(5,73)=2.16; p=.07$. As can be seen from visual inspection of the Table, the very long term meditators' overall satisfaction level was 53.4%, compared to 34% for beginning East Coast and 35.9% for beginning West Coast meditators. Quadrant 2 also approached significance ($p=.08$); and Quadrant 4, Negative Yielding was significant $F(5,73)=2.65; p=.029$.

**OVERALL SATISFACTION, SPECIFIC DOMAIN PREFERENCES,
GROUP MEANS (note the high percentage for very long term mediators)**

**Table 53
Overall Satisfaction, Specific Domain Parameters: Group Means**

Group:		Number	Percent
Normals	mean	14.40	57.60
	sd	(6.25)	(25.0)
Senior Citizens	mean	10.00	40.00
	sd	(3.74)	(14.4)
College Students	mean	11.04	45.0
	sd	(6.23)	(25.4)
Very Long Term Mediators	mean	15.00	60.00
	sd	(4.21)	(28.0)
Long Term Mediators	mean	10.99	44.00
	sd	(5.60)	(22.6)
Beginning Mediators	mean	8.60	34.4
	sd	(4.38)	(17.8)
Adult Children of Alcoholics	mean	9.35	37.4
	sd	(5.84)	(23.3)
Eating Disorders	mean	14.60	58.4
	sd	(3.7)	(14.6)
Generalized Anxiety	mean	10.30	41.1
	sd	(6.4)	(25.6)
Panic Attack	mean	9.0	36.0
	sd	(5.8)	(23.4)
Depression Group	mean	7.35	29.4
	sd	(5.05)	(20.2)
Borderline Group	mean	7.60	30.4
	sd	(4.25)	(17.2)
Breast Cancer	mean	14.8	59.43
	sd	(5.87)	(23.5)

CHANGE OR ACCEPT IN RESPONSE TO AREAS OF CONCERN:

Table 54
Preferred Response Mode in Parameters of Concern: Group Means

Group:		Change %	Accept %
Normals	mean	79.5	20.5
	sd	(26.8)	(5.8)
Senior Citizens	mean	29.8	80.2
	sd	(8.2)	(21.6)
College Students	mean	65.4	34.6
	sd	(27.1)	(14.3)
Very Long Term Meditators	mean	61.1	38.9
	sd	(31.0)	(19.7)
Long Term Meditators	mean	58.4	41.6
	sd	(30.4)	(29.6)
Beginning Meditators	mean	65.0	35.0
	sd	(27.5)	(14.8)
Adult Children of Alcoholics	mean	74.0	26.0
	sd	(22.9)	(8.1)
Eating Disorders	mean	71.2	28.8
	sd	(24.2)	(9.79)
Generalized Anxiety	mean	75.1	24.9
	sd	(22.4)	(7.43)
Panic Attack	mean	71.9	28.1
	sd	(26.3)	(10.3)
Depression Group	mean	80.1	19.9
	sd	(28.7)	(7.1)
Borderline Group	mean	76.10	23.9
	sd	(24.8)	(7.8)
Breast Cancer	mean	58.3	41.7
	sd	(30.8)	(22.0)

AGENCY OF CONTROL.(PP 121-122)

Table 55
Agency of Control: Normals
Group Means
(sd in parentheses)

Group	Meditators					
	Normal Screened	College Unscreened	Senior Citizens	Beginning	Long Term	Very Long Term
Self vs. Other						
self	6.21 (.70)	5.24 (1.19)	5.41 (1.11)	5.21 (1.44)	5.22 (1.13)	5.33 (.81)
other	3.64 (.84)	3.67 (1.26)	3.66 (1.54)	3.89 (1.33)	4.13 (1.33)	4.33 (1.41)
Specific other:						
Family, friends	3.64 (1.45)	4.12 (1.24)	4.25 (1.63)	2.68 (1.6)	2.78 (1.24)	2.88 (1.09)
Gov't, society	2.14 (1.1)	2.42 (1.10)	3.83 (2.19)	1.74 (.93)	2.14 (1.03)	1.77 (0.41)
God, higher power	4.43 (1.87)	2.92 (1.6)	5.50 (1.83)	4.05 (1.81)	4.61 (1.67)	4.55 (1.06)

Note, for meditators, increases in sense of control from *both* self and other are associated with length of practice. Also, as can be seen with ACA's, people with a high sense of control have agency of self as well as self and higher power.