Table S1. Correlation matrix for all the unit-weighted composites used in the linear-structural equation models.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 1. Age | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. Education | .29 | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. IPIP extraversion | -.08 | -.03 | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. IPIP agreeableness | .04 | -.01 | .26 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 5. IPIP conscientiousness | .24 | .08 | -.07 | .13 | 1 |  |  |  |  |  |  |  |  |  |  |
| 6. IPIP neuroticism | -.24 | -.16 | -.20 | -.09 | -.29 | 1 |  |  |  |  |  |  |  |  |  |
| 7. IPIP intellect/imagination | .11 | .07 | .16 | .29 | .00 | -.22 | 1 |  |  |  |  |  |  |  |  |
| 8. Religious interest | -.20 | -.15 | .12 | .14 | .00 | .03 | -.07 | 1 |  |  |  |  |  |  |  |
| 9. Meditation practice | -.07 | -.04 | .09 | .13 | -.10 | .03 | .13 | .38 | 1 |  |  |  |  |  |  |
| 10. Reflective awareness | .02 | .03 | .12 | .42 | .16 | -.08 | .46 | .12 | .26 | 1 |   |  |  |  |  |
| 11. Controlled sense-of-self in the moment  | .39 | .19 | .26 | .19 | .43 | -.63 | .26 | -.06 | -.06 | .14 | 1 |  |  |  |  |
| 12. Self-preoccupation | -.23 | -.15 | -.29 | -.11 | -.21 | .71 | -.19 | -.01 | -.01 | .01 | -.70 | 1 |   |  |  |
| 13. Self-compassion | .20 | .13 | .25 | .28 | .29 | -.66 | .31 | .04 | .10 | .43 | .63 | -.64 | 1 |  |  |
| 14. Self-transcendence | .05 | .06 | .39 | .45 | .32 | -.53 | .31 | .20 | .17 | .46 | .56 | -.53 | .72 | 1 |   |
| 15. Negative emotional states | -.18 | -.13 | -.13 | -.16 | -.26 | .60 | -.21 | -.01 | .00 | -.07 | -.60 | .61 | -.50 | -.52 | 1 |
| 16. Psychological well-being | .05 | .09 | .43 | .43 | .28 | -.49 | .34 | .20 | .15 | .40 | .57 | -.58 | .66 | .82 | -.49 |

Note. *N* = 670. Correlations of .09 or higher are significant at *p* < .05, two-tailed. IPIP = International Personality Item Pool.