

Facets of Mindfulness in the Stages of Action toward Organic Food Consumption

Supplementary Materials

Appendix 1. Used scales and items in English

Scale	Item code	Item	Scale
Mindfulness			5 Point scale from 1 (never or very rarely true) to 5 (very often or always true)
Observing	FFMQ_1beo	When I'm walking, I deliberately notice the sensations of my body moving.	
	FFMQ_15beo	I pay attention to sensations, such as the wind in my hair or sun on my face.	
	FFMQ_26beo	I notice the smells and aromas of things.	
	FFMQ_31beo	I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.	
Describing	FFMQ_2bes	I'm good at finding words to describe my feelings.	
	FFMQ_12besU	It's hard for me to find the words to describe what I'm thinking.	(r)
	FFMQ_16besU	I have trouble thinking of the right words to express how I feel about things.	(r)
	FFMQ_37bes	I can usually describe how I feel at the moment in considerable detail.	
Acting with awareness	FFMQ_5mahU	When I do things, my mind wanders off and I'm easily distracted.	(r)
	FFMQ_8mahU	I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.	(r)
	FFMQ_13mahU	I am easily distracted.	(r)
	FFMQ_18mahU	I find it difficult to stay focused on what's happening in the present.	(r)
Non-judging	FFMQ_14aobU	I believe some of my thoughts are abnormal or bad and I shouldn't think that way.	(r)
	FFMQ_17aobU	I make judgments about whether my thoughts are good or bad.	(r)
	FFMQ_25aobU	I tell myself that I shouldn't be thinking the way I'm thinking.	(r)
	FFMQ_30aobU	I think some of my emotions are bad or inappropriate and I shouldn't feel them.	(r)
Nonreactivity	FFMQ_19nr	When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it.	
	FFMQ_24nr	When I have distressing thoughts or images, I feel calm soon after.	
	FFMQ_29nr	When I have distressing thoughts or images I am able just to notice them without reacting.	

FFMQ_33nr		When I have distressing thoughts or images, I just notice them and let them go.	
Stage Model			5 point scale from 1 (does not apply) to 5 (fully applies)
Goal Intention	ZielInt_1	In general, my goal is to buy organic food instead of conventional food.	
	ZielInt_2	In general, I intent to buy organically grown food instead of conventionally grown food.	
Behavior Intention	VHInt_1	In the next four weeks I intent to buy certified organic food instead of conventional.	
	VHInt_2	In the next four weeks I intent to buy products from organic farming during the purchase of food.	
Implementation Intention	Implnt_1	I have already informed myself for my next purchase where I can get food in organic quality instead of conventional quality.	
	Implnt_2	For my next purchase, I have already planned specifically which conventional products I replace with organic food.	
Personal Norm	PNorm_1	Regardless of the behavior of others, I personally feel obliged to buy organic food as often as possible.	
	PNorm_2	My personal values oblige me to choose organic food as often as possible.	
Social Norm	SNorm_1	Many of the people who are important for me, think I should buy organic instead of conventional foods as often as possible.	
	SNorm_2	People who are important to me find it good if I prefer organic food.	
Perceived behaviour control	WVK_1	For me, to buy organically grown food is... [5 point scale ranging from 1 (very easy) to 5 (very hard)]	
	WVK_2	The goal, to buy organically grown food instead of conventional food, I find [5 point scale ranging from 1 (very easy) to 5 (very hard)]	
attitude	Einst_1	I think it's good to buy organic food instead of conventional food.	
	Einst_2	There are no benefits for me if I buy certified organic products instead of conventional foods. (r)	
maintenance self-efficacy	CopingSE_1	I am sure that, despite some obstacles, I can buy organic food.	
	CopingSE_2	I know how to deal with difficulties, when buying organic food.	
recovery self-efficacy	RecovSE_1	Even when sometimes I am not able to buy organic food, I will not give up that goal.	
	RecovSE_2	Even when I do not buy organic food sometimes, I am committed to maintain this goal.	
Stage membership			
Predecision		Currently, I mostly buy conventionally produced food and do not intend to change this in the future.	categorical answer, participants were asked to choose one statement
Preaction		Currently, I am thinking about more frequently buying organically produced food instead of conventionally produced food, but I am not yet sure how I can realize it.	
Action		I intend to buy organically produced food more frequently, and I have already informed myself about how I can realize it.	

Postaction		I already prefer buying organically produced food as often as possible instead of conventionally produced food, and I intend to maintain this in the future.	
		For me, none of the statements applies, as in my household I am not responsible for buying food.	
organic food consumption			5 point scale ranging from 1 (never) to 5 (always), alternative option: "I generally do not buy this"
		Please indicate how often you are currently buying organic food in the following food sectors:	
	VH_1	Vegetables and Fruits	
	VH_2	Baked goods (for example bread, cakes)	
	VH_3	Dairy products (for example butter, yoghurt, cream)	
	VH_4	Meat and fish (for example schnitzel, sausage, cold cuts)	
	VH_5	Drinks (for example juices, coffee, wine)	
	VH_6	Sweets (for example chocolate)	
	VH_7	Staple foods (e.g., flour, sugar)	
Quality check items	Qualität1	Quality check: please choose the option "often applies"	
	Qualität2	Die following question aims to ensure a high quality of our data. Please indicate whether you have read the questions attentively and answered reliable. The answer "no" will not have any negative consequences (for example regarding the raffle) for you.	<p>categorical answers: „Yes I have read the questions attentively and answered reliable.“ or “No, my answers should not be used.”</p>

Note. The mindfulness items are taken from the FFMQ (Baer et al., 2008; German version: Michalak et al., 2016). The numeration is equal to the original Questionnaire. All other items are directly translated from German. Recoded Items are marked in the last column. (r) = reversed item.

Appendix 2. Summary of the specific hypotheses

Overview Hypotheses Research Question 1: Mindfulness dimensions as predictors for intentions and organic food consumption

Which mindfulness dimensions show a relationship with the intentions (goal intention, behavior intention, implementation intention) and self-reported OFC?

independent variables	dependent variables				theoretical assumptions/ mechanisms
	goal intention	behavior intention	implementation intention	organic food consumption	
Observing	+	+	+	+	basic perceptive function of observing of internal and external stimuli, precondition for reflective processes regarding ecological behavior and conscious action
Describing	+	+	+	/	ability to describe experiences is crucial for reflective processes and to build up intentions
Acting with awareness	/	/	/	+	consciousness regarding one's actions is relevant to carry out the intended behavior
Non-Judging	/	/	/	/	without any evaluation of ones thoughts and feeling, reflective processes or building up intentions is unlikely
Nonreactivity	/	/	+	+	a strong impulse control might help to build up an concrete implementation intention and to carry out the intended behavior

Overview Hypotheses Research Question 2: Mindfulness dimensions and stage-specific variables

Do relationships between the mindfulness dimensions and the stage-specific variables exist?

Independent variables	Dependent variables				Theoretical assumptions
	Social norm	Personal norm	Attitude	Perceived behavior control	
Observing	+	+	+	+	basic perceptive fuction of observing of internal and external stimuli, social norms are clearly observed, observing as precondition for reflective processes regarding personal norms and attitude, helps to plan concrete behavior and therefore connected to perceived behavior control
Describing	/	+	+	+	Ability to put thoughts and feelings into words is helpful to engage in reflective processes to build up an personal norm and attitude, helps to build up an intention and therefore , helps to make concrete implementation plans and therefore to build up positive perceived behavior control
Acting with awareness	/	/	/	+	Situational awareness toward acting might help to achieve higher subjective control over one's behavior
Non-Judging	/	/	/	/	without any evaluation of thoughts and feelings, reflective processes or building up intentions is unlikely
Nonreactivity	/	/	/	+	The ability to not directly react on upcoming thoughts and feelings might help to gain higher perceived behavior control (e.g. in buying situations)
Related Stage	Precontemplaton	Precontemplaton	Precontemplaton, Contemplation	Contemplation, Preparation/Test	

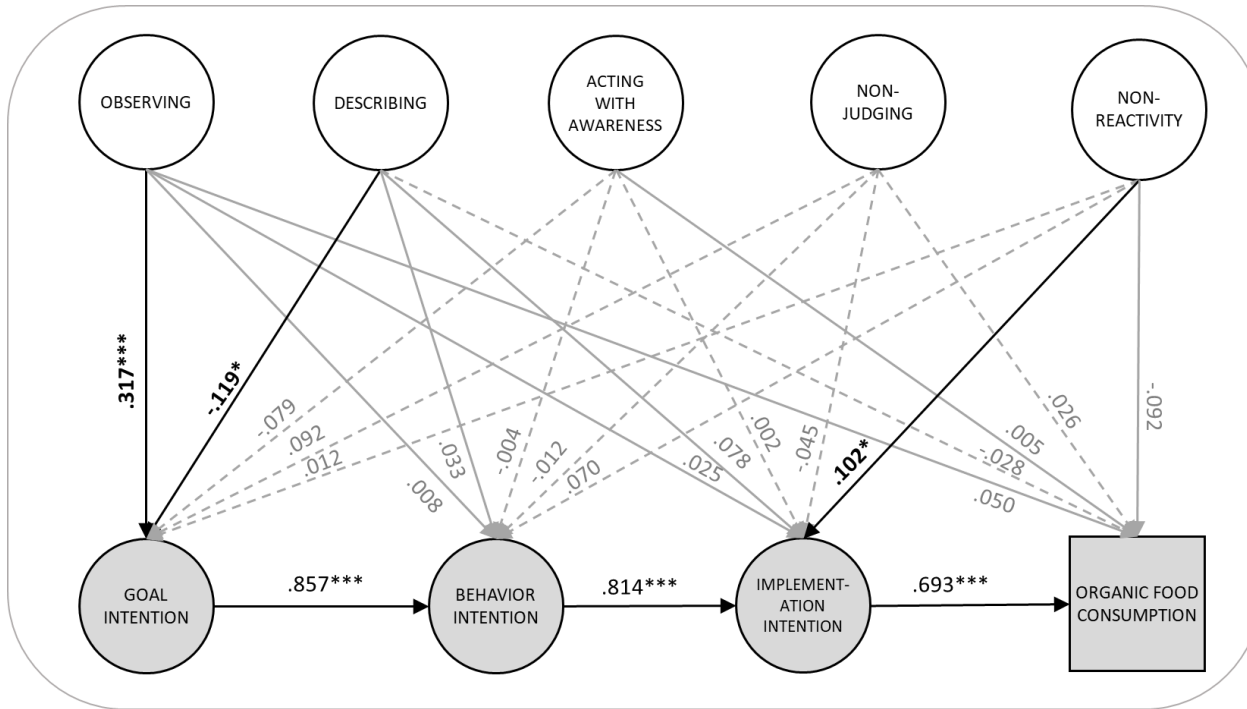
Overview and Hypotheses Q3: Mean differences on mindfulness between Stages

Are there differences between the people in the stages of behavior change regarding the five mindfulness dimensions of the FFMQ?

	Precontemplation	Contemplation	Preparation/ Test	Maintenance	Theoretical assumption
Observing	↘	↘	↘	↗	Due to its basic perceptive function, that helps to transit through preactional and actional stages, observing is higher in people that achieved the stage of maintenance
Describing	↘	↘	↗	↗	The ability to describe thoughts and feelings can help to plan the implementation and the maintenance of a new behavior
Acting with awareness	↘	↘	↗	↗	High awareness regarding actions helps to test and carry out the planned behavior, therefore higher in the post-actional stages
Non-Judging	↔	↔	↔	↔	without any evaluation of thoughts and feelings, reflective processes or building up intentions is unlikely
Non-Reactivity	↘	↘	↗	↗	The ability to not directly react on upcoming thoughts and feelings might help to gain greater self-regulation toward the intended behavior, therefore nonreactivity is higher in the postactional stages

Note. Expected pattern of the mindfulness dimensions in different stages; ↘ = mean lower than in higher stages; ↗ = mean **significantly** higher than in lower stages; ↔ = no differences between stages expected

Appendix 4. Figure of Model 2



Model 2: Reduced stage model with mindfulness facets as predictors of intentions and behavior

Note. Completely standardized coefficients. Dashed arrows = relationship was expected to be non-significant; Continuous arrows = relationship was expected to be significant; Bold lines = significant relationships;

* $p < .05$; ** $p < .01$; *** $p < .001$; $N = 560$; Model fit (Sattora-Bentler Correction): $\chi^2(502) = 969.028$, $p < .000$; CFI = .952, TLI = .944, RMSEA = .043, SRMR = .051

Appendix 5. R-Outputs of the structural equation models (Parameter Estimates)

Confirmatory Factor Analysis with shortened version of the FFMQ

	lhs	op	rhs	est	se	z	pvalue	ci.lower	ci.upper	std.lv	std.all	std.noxx
1	Beo	==	FFMQ_1beo.z	1.000	0.000	NA	NA	1.000	1.000	0.591	0.569	0.569
2	Beo	==	FFMQ_15beo.z	1.219	0.114	10.669	0.000	0.995	1.443	0.720	0.710	0.710
3	Beo	==	FFMQ_26beo.z	0.943	0.109	8.613	0.000	0.728	1.157	0.557	0.567	0.567
4	Beo	==	FFMQ_31beo.z	1.231	0.121	10.210	0.000	0.995	1.468	0.728	0.668	0.668
5	Bes	==	FFMQ_2bes.z	1.000	0.000	NA	NA	1.000	1.000	0.832	0.812	0.812
6	Bes	==	FFMQ_12besU.z	0.964	0.047	20.619	0.000	0.872	1.056	0.802	0.801	0.801
7	Bes	==	FFMQ_16besU.z	1.095	0.044	24.722	0.000	1.008	1.182	0.911	0.903	0.903
8	Bes	==	FFMQ_37bes.z	0.831	0.044	18.936	0.000	0.745	0.917	0.691	0.711	0.711
9	Mah	==	FFMQ_5mahU.z	1.000	0.000	NA	NA	1.000	1.000	0.803	0.835	0.835
10	Mah	==	FFMQ_8mahU.z	0.909	0.050	18.074	0.000	0.810	1.007	0.730	0.705	0.705
11	Mah	==	FFMQ_13mahU.z	1.091	0.045	24.492	0.000	1.004	1.178	0.876	0.864	0.864
12	Mah	==	FFMQ_18mahU.z	0.974	0.050	19.531	0.000	0.876	1.072	0.782	0.779	0.779
13	Aob	==	FFMQ_14aobU.z	1.000	0.000	NA	NA	1.000	1.000	0.858	0.724	0.724
14	Aob	==	FFMQ_17aobU.z	0.741	0.062	12.042	0.000	0.621	0.862	0.636	0.553	0.553
15	Aob	==	FFMQ_25aobU.z	0.833	0.055	15.070	0.000	0.724	0.941	0.715	0.694	0.694
16	Aob	==	FFMQ_30aobU.z	1.123	0.061	18.369	0.000	1.003	1.242	0.964	0.866	0.866
17	Nr	==	FFMQ_19nr.z	1.000	0.000	NA	NA	1.000	1.000	0.786	0.783	0.783
18	Nr	==	FFMQ_24nr.z	0.867	0.053	16.420	0.000	0.764	0.971	0.681	0.745	0.745
19	Nr	==	FFMQ_29nr.z	0.724	0.058	12.527	0.000	0.611	0.837	0.569	0.608	0.608
20	Nr	==	FFMQ_33nr.z	0.881	0.059	14.955	0.000	0.765	0.996	0.692	0.738	0.738
21	FFMQ_1beo.z	~~	FFMQ_1beo.z	0.729	0.052	13.912	0.000	0.627	0.832	0.729	0.676	0.676
22	FFMQ_15beo.z	~~	FFMQ_15beo.z	0.510	0.056	9.071	0.000	0.399	0.620	0.510	0.496	0.496
23	FFMQ_26beo.z	~~	FFMQ_26beo.z	0.656	0.067	9.827	0.000	0.525	0.786	0.656	0.679	0.679
24	FFMQ_31beo.z	~~	FFMQ_31beo.z	0.657	0.062	10.602	0.000	0.536	0.778	0.657	0.554	0.554
25	FFMQ_2bes.z	~~	FFMQ_2bes.z	0.357	0.040	8.880	0.000	0.278	0.436	0.357	0.340	0.340
26	FFMQ_12besU.z	~~	FFMQ_12besU.z	0.359	0.036	9.973	0.000	0.288	0.429	0.359	0.358	0.358
27	FFMQ_16besU.z	~~	FFMQ_16besU.z	0.188	0.031	6.167	0.000	0.129	0.248	0.188	0.185	0.185
28	FFMQ_37bes.z	~~	FFMQ_37bes.z	0.466	0.041	11.429	0.000	0.386	0.546	0.466	0.494	0.494
29	FFMQ_5mahU.z	~~	FFMQ_5mahU.z	0.279	0.026	10.660	0.000	0.228	0.330	0.279	0.302	0.302
30	FFMQ_8mahU.z	~~	FFMQ_8mahU.z	0.540	0.040	13.360	0.000	0.461	0.619	0.540	0.504	0.504
31	FFMQ_13mahU.z	~~	FFMQ_13mahU.z	0.261	0.030	8.606	0.000	0.202	0.320	0.261	0.254	0.254
32	FFMQ_18mahU.z	~~	FFMQ_18mahU.z	0.396	0.033	11.962	0.000	0.331	0.461	0.396	0.393	0.393
33	FFMQ_14aobU.z	~~	FFMQ_14aobU.z	0.669	0.058	11.556	0.000	0.555	0.782	0.669	0.476	0.476
34	FFMQ_17aobU.z	~~	FFMQ_17aobU.z	0.918	0.056	16.451	0.000	0.809	1.028	0.918	0.694	0.694
35	FFMQ_25aobU.z	~~	FFMQ_25aobU.z	0.551	0.044	12.613	0.000	0.466	0.637	0.551	0.519	0.519
36	FFMQ_30aobU.z	~~	FFMQ_30aobU.z	0.311	0.040	7.754	0.000	0.232	0.389	0.311	0.251	0.251
37	FFMQ_19nr.z	~~	FFMQ_19nr.z	0.390	0.049	8.000	0.000	0.295	0.486	0.390	0.387	0.387
38	FFMQ_24nr.z	~~	FFMQ_24nr.z	0.371	0.035	10.481	0.000	0.302	0.441	0.371	0.444	0.444
39	FFMQ_29nr.z	~~	FFMQ_29nr.z	0.553	0.043	12.940	0.000	0.469	0.636	0.553	0.631	0.631
40	FFMQ_33nr.z	~~	FFMQ_33nr.z	0.400	0.045	8.949	0.000	0.312	0.488	0.400	0.455	0.455
41	Beo	~~	Beo	0.349	0.054	6.460	0.000	0.243	0.455	1.000	1.000	1.000
42	Bes	~~	Bes	0.692	0.058	11.936	0.000	0.578	0.805	1.000	1.000	1.000

43	Mah	~~	Mah	0.645	0.049	13.153	0.000	0.549	0.741	1.000	1.000	1.000
44	Aob	~~	Aob	0.737	0.077	9.536	0.000	0.585	0.888	1.000	1.000	1.000
45	Nr	~~	Nr	0.618	0.060	10.227	0.000	0.499	0.736	1.000	1.000	1.000
46	Beo	~~	Bes	0.128	0.032	4.048	0.000	0.066	0.190	0.261	0.261	0.261
47	Beo	~~	Mah	0.085	0.029	2.936	0.003	0.028	0.141	0.178	0.178	0.178
48	Beo	~~	Aob	0.043	0.029	1.473	0.141	-0.014	0.099	0.084	0.084	0.084
49	Beo	~~	Nr	0.114	0.030	3.749	0.000	0.054	0.173	0.245	0.245	0.245
50	Bes	~~	Mah	0.280	0.035	8.085	0.000	0.212	0.348	0.419	0.419	0.419
51	Bes	~~	Aob	0.273	0.041	6.721	0.000	0.193	0.353	0.382	0.382	0.382
52	Bes	~~	Nr	0.177	0.035	5.126	0.000	0.110	0.245	0.271	0.271	0.271
53	Mah	~~	Aob	0.378	0.044	8.639	0.000	0.293	0.464	0.549	0.549	0.549
54	Mah	~~	Nr	0.257	0.034	7.472	0.000	0.189	0.324	0.407	0.407	0.407
55	Aob	~~	Nr	0.315	0.043	7.352	0.000	0.231	0.398	0.466	0.466	0.466

Model 1: Basic Stage Model

	lhs	op	rhs	est	se	z	pvalue	ci.lower	ci.upper	std.lv	std.all	std.nox
1	ZielInt	==	ZielInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.081	0.934	0.934
2	ZielInt	==	ZielInt_2.z	0.999	0.022	45.248	0.000	0.956	1.043	1.080	0.928	0.928
3	VhInt	==	VHInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.198	0.939	0.939
4	VhInt	==	VHInt_2.z	0.951	0.022	43.735	0.000	0.908	0.993	1.139	0.915	0.915
5	ImpInt	==	ImpInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.209	0.799	0.799
6	ImpInt	==	ImpInt_2.z	0.865	0.041	20.979	0.000	0.785	0.946	1.046	0.761	0.761
7	PNorm	==	PNorm_1.z	1.000	0.000	NA	NA	1.000	1.000	1.175	0.884	0.884
8	PNorm	==	PNorm_2.z	1.008	0.026	38.304	0.000	0.956	1.059	1.184	0.918	0.918
9	SNorm	==	SNorm_1.z	1.000	0.000	NA	NA	1.000	1.000	0.802	0.692	0.692
10	SNorm	==	SNorm_2.z	1.371	0.121	11.362	0.000	1.135	1.608	1.099	0.954	0.954
11	Einst	==	Einst_1.z	1.000	0.000	NA	NA	1.000	1.000	0.896	0.873	0.873
12	Einst	==	Einst_2U.z	0.841	0.062	13.603	0.000	0.720	0.963	0.754	0.693	0.693
13	WVK	==	WVK_1U.z	1.000	0.000	NA	NA	1.000	1.000	0.703	0.694	0.694
14	WVK	==	WVK_2U.z	1.326	0.153	8.686	0.000	1.027	1.625	0.932	0.911	0.911
15	Verh.z	~	ImpInt	0.502	0.031	16.003	0.000	0.440	0.563	0.606	0.694	0.694
16	ImpInt	~	VhInt	0.806	0.038	21.049	0.000	0.731	0.881	0.799	0.799	0.799
17	ImpInt	~	WVK	0.183	0.069	2.654	0.008	0.048	0.319	0.107	0.107	0.107
18	VhInt	~	ZielInt	0.758	0.071	10.739	0.000	0.620	0.896	0.684	0.684	0.684
19	VhInt	~	WVK	0.237	0.055	4.340	0.000	0.130	0.344	0.139	0.139	0.139
20	VhInt	~	PNorm	0.166	0.069	2.387	0.017	0.030	0.302	0.162	0.162	0.162
21	ZielInt	~	PNorm	0.474	0.067	7.024	0.000	0.342	0.606	0.515	0.515	0.515
22	ZielInt	~	Einst	0.491	0.093	5.287	0.000	0.309	0.673	0.407	0.407	0.407
23	PNorm	~	SNorm	0.708	0.068	10.362	0.000	0.574	0.842	0.483	0.483	0.483
24	Einst	~~	WVK	0.165	0.039	4.190	0.000	0.088	0.243	0.262	0.262	0.262
25	PNorm	~~	Einst	0.591	0.060	9.848	0.000	0.474	0.709	0.641	0.641	0.641
26	SNorm	~~	Einst	0.341	0.048	7.111	0.000	0.247	0.435	0.475	0.475	0.475
27	PNorm	~~	WVK	0.169	0.042	4.068	0.000	0.088	0.251	0.234	0.234	0.234
28	SNorm	~~	WVK	0.125	0.033	3.846	0.000	0.061	0.189	0.222	0.222	0.222
29	ZielInt_1.z	~~	ZielInt_1.z	0.172	0.022	7.690	0.000	0.128	0.215	0.172	0.128	0.128
30	ZielInt_2.z	~~	ZielInt_2.z	0.188	0.035	5.369	0.000	0.119	0.256	0.188	0.139	0.139
31	VHInt_1.z	~~	VHInt_1.z	0.193	0.030	6.381	0.000	0.134	0.252	0.193	0.118	0.118
32	VHInt_2.z	~~	VHInt_2.z	0.252	0.034	7.511	0.000	0.186	0.318	0.252	0.163	0.163
33	ImpInt_1.z	~~	ImpInt_1.z	0.825	0.069	12.024	0.000	0.691	0.960	0.825	0.361	0.361
34	ImpInt_2.z	~~	ImpInt_2.z	0.794	0.083	9.506	0.000	0.630	0.957	0.794	0.420	0.420
35	PNorm_1.z	~~	PNorm_1.z	0.384	0.048	7.991	0.000	0.290	0.479	0.384	0.218	0.218
36	PNorm_2.z	~~	PNorm_2.z	0.261	0.036	7.239	0.000	0.190	0.331	0.261	0.157	0.157
37	SNorm_1.z	~~	SNorm_1.z	0.700	0.064	10.965	0.000	0.575	0.825	0.700	0.521	0.521
38	SNorm_2.z	~~	SNorm_2.z	0.118	0.109	1.086	0.278	-0.095	0.332	0.118	0.089	0.089
39	Einst_1.z	~~	Einst_1.z	0.250	0.041	6.045	0.000	0.169	0.331	0.250	0.238	0.238
40	Einst_2U.z	~~	Einst_2U.z	0.614	0.065	9.390	0.000	0.486	0.742	0.614	0.520	0.520
41	WVK_1U.z	~~	WVK_1U.z	0.533	0.071	7.532	0.000	0.395	0.672	0.533	0.519	0.519
42	WVK_2U.z	~~	WVK_2U.z	0.178	0.089	1.986	0.047	0.002	0.353	0.178	0.170	0.170
43	Verh.z	~~	Verh.z	0.396	0.030	13.057	0.000	0.337	0.456	0.396	0.519	0.519
44	ZielInt	~~	ZielInt	0.278	0.032	8.653	0.000	0.215	0.340	0.238	0.238	0.238
45	VhInt	~~	VhInt	0.339	0.036	9.343	0.000	0.268	0.410	0.236	0.236	0.236

46	ImpInt	~~	ImpInt	0.419	0.052	8.050	0.000	0.317	0.521	0.287	0.287	0.287
47	PNorm	~~	PNorm	1.059	0.076	13.994	0.000	0.911	1.208	0.767	0.767	0.767
48	SNorm	~~	SNorm	0.643	0.078	8.253	0.000	0.490	0.795	1.000	1.000	1.000
49	Einst	~~	Einst	0.802	0.080	10.055	0.000	0.646	0.959	1.000	1.000	1.000
50	WVK	~~	WVK	0.495	0.077	6.410	0.000	0.343	0.646	1.000	1.000	1.000

Model 2: Reduced stage model with mindfulness facets as predictors of intentions and behavior

	lhs	op	rhs	est	se	z	pvalue	ci.lower	ci.upper	std.lv	std.all	std.nox
1	ZielInt	==	ZielInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.070	0.924	0.924
2	ZielInt	==	ZielInt_2.z	1.018	0.025	40.063	0.000	0.969	1.068	1.090	0.936	0.936
3	VhInt	==	VHInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.203	0.940	0.940
4	VhInt	==	VHInt_2.z	0.950	0.022	42.688	0.000	0.906	0.994	1.143	0.915	0.915
5	ImpInt	==	ImpInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.218	0.803	0.803
6	ImpInt	==	ImpInt_2.z	0.869	0.040	21.526	0.000	0.790	0.949	1.059	0.769	0.769
7	Beo	==	FFMQ_1beo.z	1.000	0.000	NA	NA	1.000	1.000	0.589	0.568	0.568
8	Beo	==	FFMQ_15beo.z	1.226	0.114	10.801	0.000	1.004	1.449	0.723	0.713	0.713
9	Beo	==	FFMQ_26beo.z	0.944	0.108	8.727	0.000	0.732	1.156	0.557	0.566	0.566
10	Beo	==	FFMQ_31beo.z	1.230	0.119	10.368	0.000	0.998	1.463	0.725	0.666	0.666
11	Bes	==	FFMQ_2bes.z	1.000	0.000	NA	NA	1.000	1.000	0.832	0.812	0.812
12	Bes	==	FFMQ_12besU.z	0.964	0.047	20.598	0.000	0.872	1.056	0.802	0.801	0.801
13	Bes	==	FFMQ_16besU.z	1.095	0.045	24.558	0.000	1.008	1.183	0.911	0.903	0.903
14	Bes	==	FFMQ_37bes.z	0.832	0.044	18.976	0.000	0.746	0.918	0.692	0.712	0.712
15	Mah	==	FFMQ_5mahU.z	1.000	0.000	NA	NA	1.000	1.000	0.803	0.835	0.835
16	Mah	==	FFMQ_8mahU.z	0.910	0.050	18.086	0.000	0.811	1.008	0.730	0.705	0.705
17	Mah	==	FFMQ_13mahU.z	1.092	0.045	24.510	0.000	1.004	1.179	0.876	0.864	0.864
18	Mah	==	FFMQ_18mahU.z	0.975	0.050	19.556	0.000	0.877	1.072	0.782	0.779	0.779
19	Aob	==	FFMQ_14aobU.z	1.000	0.000	NA	NA	1.000	1.000	0.858	0.724	0.724
20	Aob	==	FFMQ_17aobU.z	0.740	0.062	12.014	0.000	0.619	0.861	0.635	0.552	0.552
21	Aob	==	FFMQ_25aobU.z	0.832	0.055	15.048	0.000	0.724	0.941	0.714	0.693	0.693
22	Aob	==	FFMQ_30aobU.z	1.123	0.061	18.329	0.000	1.003	1.243	0.964	0.866	0.866
23	Nr	==	FFMQ_19nr.z	1.000	0.000	NA	NA	1.000	1.000	0.783	0.780	0.780
24	Nr	==	FFMQ_24nr.z	0.871	0.053	16.491	0.000	0.767	0.974	0.682	0.746	0.746
25	Nr	==	FFMQ_29nr.z	0.726	0.058	12.534	0.000	0.613	0.840	0.569	0.608	0.608
26	Nr	==	FFMQ_33nr.z	0.885	0.059	15.109	0.000	0.770	1.000	0.693	0.740	0.740
27	Verh.z	~	Beo	0.074	0.072	1.025	0.305	-0.068	0.216	0.044	0.050	0.050
28	Verh.z	~	Bes	-0.029	0.046	-0.633	0.527	-0.120	0.061	-0.024	-0.028	-0.028
29	Verh.z	~	Mah	0.005	0.059	0.089	0.929	-0.110	0.121	0.004	0.005	0.005
30	Verh.z	~	Aob	0.027	0.061	0.439	0.661	-0.093	0.146	0.023	0.026	0.026
31	Verh.z	~	Nr	-0.102	0.059	-1.725	0.084	-0.219	0.014	-0.080	-0.092	-0.092
32	ImpInt	~	Beo	0.053	0.099	0.531	0.595	-0.142	0.247	0.025	0.025	0.025
33	ImpInt	~	Bes	0.115	0.065	1.757	0.079	-0.013	0.242	0.078	0.078	0.078
34	ImpInt	~	Mah	0.002	0.083	0.029	0.977	-0.160	0.165	0.002	0.002	0.002
35	ImpInt	~	Aob	-0.064	0.086	-0.744	0.457	-0.232	0.105	-0.045	-0.045	-0.045
36	ImpInt	~	Nr	0.158	0.080	1.965	0.049	0.000	0.315	0.102	0.102	0.102
37	VhInt	~	Beo	0.017	0.073	0.236	0.814	-0.126	0.161	0.008	0.008	0.008
38	VhInt	~	Bes	0.048	0.055	0.884	0.377	-0.059	0.155	0.033	0.033	0.033
39	VhInt	~	Mah	-0.006	0.056	-0.112	0.911	-0.115	0.103	-0.004	-0.004	-0.004
40	VhInt	~	Aob	-0.017	0.060	-0.276	0.783	-0.135	0.101	-0.012	-0.012	-0.012
41	VhInt	~	Nr	0.108	0.055	1.978	0.048	0.001	0.216	0.070	0.070	0.070
42	ZielInt	~	Beo	0.576	0.106	5.419	0.000	0.367	0.784	0.317	0.317	0.317
43	ZielInt	~	Bes	-0.153	0.067	-2.263	0.024	-0.285	-0.020	-0.119	-0.119	-0.119
44	ZielInt	~	Mah	-0.101	0.084	-1.198	0.231	-0.266	0.064	-0.076	-0.076	-0.076
45	ZielInt	~	Aob	0.115	0.080	1.428	0.153	-0.043	0.272	0.092	0.092	0.092

46	ZielInt	~	Nr	0.016	0.081	0.203	0.839	-0.142	0.175	0.012	0.012	0.012
47	Verh.z	~	ImpInt	0.498	0.033	14.933	0.000	0.433	0.564	0.607	0.693	0.693
48	ImpInt	~	VhInt	0.824	0.037	22.147	0.000	0.751	0.897	0.814	0.814	0.814
49	VhInt	~	ZielInt	0.963	0.033	29.046	0.000	0.898	1.029	0.857	0.857	0.857
50	ZielInt_1.z	~~	ZielInt_1.z	0.195	0.028	6.908	0.000	0.140	0.250	0.195	0.146	0.146
51	ZielInt_2.z	~~	ZielInt_2.z	0.167	0.035	4.814	0.000	0.099	0.235	0.167	0.123	0.123
52	VHInt_1.z	~~	VHInt_1.z	0.191	0.031	6.143	0.000	0.130	0.251	0.191	0.116	0.116
53	VHInt_2.z	~~	VHInt_2.z	0.252	0.035	7.205	0.000	0.184	0.321	0.252	0.162	0.162
54	ImpInt_1.z	~~	ImpInt_1.z	0.815	0.070	11.626	0.000	0.678	0.953	0.815	0.355	0.355
55	ImpInt_2.z	~~	ImpInt_2.z	0.776	0.082	9.412	0.000	0.614	0.937	0.776	0.409	0.409
56	FFMQ_1beo.z	~~	FFMQ_1beo.z	0.731	0.052	13.962	0.000	0.628	0.834	0.731	0.678	0.678
57	FFMQ_15beo.z	~~	FFMQ_15beo.z	0.506	0.056	9.015	0.000	0.396	0.616	0.506	0.492	0.492
58	FFMQ_26beo.z	~~	FFMQ_26beo.z	0.656	0.067	9.854	0.000	0.526	0.787	0.656	0.679	0.679
59	FFMQ_31beo.z	~~	FFMQ_31beo.z	0.661	0.061	10.812	0.000	0.541	0.780	0.661	0.557	0.557
60	FFMQ_2bes.z	~~	FFMQ_2bes.z	0.357	0.040	8.825	0.000	0.278	0.437	0.357	0.341	0.341
61	FFMQ_12besU.z	~~	FFMQ_12besU.z	0.359	0.036	9.983	0.000	0.289	0.430	0.359	0.359	0.359
62	FFMQ_16besU.z	~~	FFMQ_16besU.z	0.189	0.031	6.112	0.000	0.128	0.249	0.189	0.185	0.185
63	FFMQ_37bes.z	~~	FFMQ_37bes.z	0.465	0.041	11.418	0.000	0.385	0.545	0.465	0.493	0.493
64	FFMQ_5mahU.z	~~	FFMQ_5mahU.z	0.280	0.026	10.698	0.000	0.228	0.331	0.280	0.303	0.303
65	FFMQ_8mahU.z	~~	FFMQ_8mahU.z	0.540	0.040	13.337	0.000	0.461	0.619	0.540	0.503	0.503
66	FFMQ_13mahU.z	~~	FFMQ_13mahU.z	0.261	0.030	8.604	0.000	0.201	0.320	0.261	0.254	0.254
67	FFMQ_18mahU.z	~~	FFMQ_18mahU.z	0.396	0.033	11.989	0.000	0.331	0.461	0.396	0.393	0.393
68	FFMQ_14aobU.z	~~	FFMQ_14aobU.z	0.669	0.058	11.565	0.000	0.555	0.782	0.669	0.476	0.476
69	FFMQ_17aobU.z	~~	FFMQ_17aobU.z	0.920	0.056	16.484	0.000	0.810	1.029	0.920	0.695	0.695
70	FFMQ_25aobU.z	~~	FFMQ_25aobU.z	0.552	0.044	12.594	0.000	0.466	0.638	0.552	0.519	0.519
71	FFMQ_30aobU.z	~~	FFMQ_30aobU.z	0.309	0.040	7.681	0.000	0.230	0.388	0.309	0.250	0.250
72	FFMQ_19nr.z	~~	FFMQ_19nr.z	0.394	0.049	8.108	0.000	0.299	0.489	0.394	0.391	0.391
73	FFMQ_24nr.z	~~	FFMQ_24nr.z	0.370	0.035	10.607	0.000	0.302	0.439	0.370	0.443	0.443
74	FFMQ_29nr.z	~~	FFMQ_29nr.z	0.553	0.042	13.013	0.000	0.469	0.636	0.553	0.631	0.631
75	FFMQ_33nr.z	~~	FFMQ_33nr.z	0.398	0.044	9.014	0.000	0.312	0.485	0.398	0.453	0.453
76	Verh.z	~~	Verh.z	0.399	0.030	13.121	0.000	0.339	0.458	0.399	0.520	0.520
77	ZielInt	~~	ZielInt	1.032	0.075	13.774	0.000	0.885	1.178	0.901	0.901	0.901
78	VhInt	~~	VhInt	0.360	0.040	9.109	0.000	0.283	0.437	0.249	0.249	0.249
79	ImpInt	~~	ImpInt	0.425	0.055	7.737	0.000	0.317	0.533	0.287	0.287	0.287
80	Beo	~~	Beo	0.347	0.054	6.468	0.000	0.242	0.453	1.000	1.000	1.000
81	Bes	~~	Bes	0.692	0.058	11.896	0.000	0.578	0.805	1.000	1.000	1.000
82	Mah	~~	Mah	0.644	0.049	13.151	0.000	0.548	0.740	1.000	1.000	1.000
83	Aob	~~	Aob	0.737	0.077	9.532	0.000	0.585	0.888	1.000	1.000	1.000
84	Nr	~~	Nr	0.614	0.060	10.197	0.000	0.496	0.731	1.000	1.000	1.000
85	Beo	~~	Bes	0.128	0.032	4.046	0.000	0.066	0.190	0.261	0.261	0.261
86	Beo	~~	Mah	0.084	0.029	2.934	0.003	0.028	0.140	0.178	0.178	0.178
87	Beo	~~	Aob	0.042	0.029	1.467	0.142	-0.014	0.099	0.084	0.084	0.084
88	Beo	~~	Nr	0.113	0.030	3.761	0.000	0.054	0.172	0.245	0.245	0.245
89	Bes	~~	Mah	0.280	0.035	8.080	0.000	0.212	0.348	0.420	0.420	0.420
90	Bes	~~	Aob	0.273	0.041	6.719	0.000	0.193	0.353	0.382	0.382	0.382
91	Bes	~~	Nr	0.177	0.035	5.127	0.000	0.109	0.245	0.272	0.272	0.272
92	Mah	~~	Aob	0.378	0.044	8.634	0.000	0.292	0.464	0.549	0.549	0.549
93	Mah	~~	Nr	0.256	0.034	7.465	0.000	0.189	0.323	0.407	0.407	0.407

94

Aob ~~

Nr 0.314 0.043 7.338 0.000 0.230 0.397 0.466 0.466 0.466

Model 3: Extended stage model with mindfulness facets as predictors of intentions and behavior

	lhs	op	rhs	est	se	z	pvalue	ci.lower	ci.upper	std.lv	std.all	std.noxx
1	ZielInt	==	ZielInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.072	0.932	0.932
2	ZielInt	==	ZielInt_2.z	1.001	0.023	44.221	0.000	0.956	1.045	1.072	0.928	0.928
3	VhInt	==	VHInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.191	0.938	0.938
4	VhInt	==	VHInt_2.z	0.950	0.022	43.254	0.000	0.907	0.993	1.131	0.914	0.914
5	ImpInt	==	ImpInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.195	0.795	0.795
6	ImpInt	==	ImpInt_2.z	0.867	0.042	20.833	0.000	0.785	0.948	1.036	0.758	0.758
7	PNorm	==	PNorm_1.z	1.000	0.000	NA	NA	1.000	1.000	1.174	0.884	0.884
8	PNorm	==	PNorm_2.z	1.010	0.026	38.350	0.000	0.959	1.062	1.186	0.920	0.920
9	SNorm	==	SNorm_1.z	1.000	0.000	NA	NA	1.000	1.000	0.811	0.700	0.700
10	SNorm	==	SNorm_2.z	1.336	0.114	11.760	0.000	1.113	1.559	1.084	0.941	0.941
11	Einst	==	Einst_1.z	1.000	0.000	NA	NA	1.000	1.000	0.886	0.864	0.864
12	Einst	==	Einst_2U.z	0.856	0.061	13.954	0.000	0.736	0.977	0.758	0.698	0.698
13	WVK	==	WVK_1U.z	1.000	0.000	NA	NA	1.000	1.000	0.719	0.710	0.710
14	WVK	==	WVK_2U.z	1.264	0.139	9.098	0.000	0.992	1.537	0.909	0.890	0.890
15	Beo	==	FFMQ_1beo.z	1.000	0.000	NA	NA	1.000	1.000	0.596	0.574	0.574
16	Beo	==	FFMQ_15beo.z	1.201	0.112	10.683	0.000	0.981	1.422	0.716	0.706	0.706
17	Beo	==	FFMQ_26beo.z	0.931	0.108	8.586	0.000	0.718	1.143	0.555	0.564	0.564
18	Beo	==	FFMQ_31beo.z	1.222	0.118	10.315	0.000	0.990	1.454	0.729	0.669	0.669
19	Bes	==	FFMQ_2bes.z	1.000	0.000	NA	NA	1.000	1.000	0.831	0.812	0.812
20	Bes	==	FFMQ_12besU.z	0.965	0.047	20.573	0.000	0.873	1.057	0.802	0.801	0.801
21	Bes	==	FFMQ_16besU.z	1.096	0.045	24.490	0.000	1.009	1.184	0.911	0.903	0.903
22	Bes	==	FFMQ_37bes.z	0.832	0.044	18.951	0.000	0.746	0.918	0.691	0.712	0.712
23	Mah	==	FFMQ_5mahU.z	1.000	0.000	NA	NA	1.000	1.000	0.802	0.835	0.835
24	Mah	==	FFMQ_8mahU.z	0.910	0.050	18.074	0.000	0.811	1.009	0.730	0.705	0.705
25	Mah	==	FFMQ_13mahU.z	1.092	0.045	24.439	0.000	1.005	1.180	0.876	0.864	0.864
26	Mah	==	FFMQ_18mahU.z	0.976	0.050	19.548	0.000	0.878	1.074	0.783	0.780	0.780
27	Aob	==	FFMQ_14aobU.z	1.000	0.000	NA	NA	1.000	1.000	0.859	0.725	0.725
28	Aob	==	FFMQ_17aobU.z	0.739	0.061	12.027	0.000	0.619	0.860	0.635	0.552	0.552
29	Aob	==	FFMQ_25aobU.z	0.832	0.055	15.129	0.000	0.724	0.940	0.715	0.694	0.694
30	Aob	==	FFMQ_30aobU.z	1.121	0.060	18.564	0.000	1.003	1.239	0.963	0.865	0.865
31	Nr	==	FFMQ_19nr.z	1.000	0.000	NA	NA	1.000	1.000	0.777	0.774	0.774
32	Nr	==	FFMQ_24nr.z	0.867	0.053	16.370	0.000	0.763	0.971	0.674	0.737	0.737
33	Nr	==	FFMQ_29nr.z	0.742	0.058	12.702	0.000	0.627	0.856	0.576	0.616	0.616
34	Nr	==	FFMQ_33nr.z	0.905	0.058	15.490	0.000	0.791	1.020	0.703	0.750	0.750
35	Verh.z	~	ImpInt	0.509	0.032	15.692	0.000	0.445	0.572	0.608	0.700	0.700
36	Verh.z	~	Beo	0.055	0.068	0.815	0.415	-0.077	0.187	0.033	0.038	0.038
37	Verh.z	~	Bes	-0.028	0.047	-0.607	0.544	-0.120	0.063	-0.024	-0.027	-0.027
38	Verh.z	~	Mah	0.006	0.059	0.108	0.914	-0.110	0.123	0.005	0.006	0.006
39	Verh.z	~	Aob	0.019	0.062	0.313	0.754	-0.102	0.141	0.017	0.019	0.019
40	Verh.z	~	Nr	-0.093	0.060	-1.543	0.123	-0.211	0.025	-0.072	-0.083	-0.083
41	ImpInt	~	VhInt	0.788	0.038	20.476	0.000	0.713	0.864	0.785	0.785	0.785
42	ImpInt	~	WVK	0.168	0.069	2.441	0.015	0.033	0.304	0.101	0.101	0.101
43	ImpInt	~	Beo	0.060	0.093	0.645	0.519	-0.123	0.243	0.030	0.030	0.030
44	ImpInt	~	Bes	0.110	0.064	1.721	0.085	-0.015	0.236	0.077	0.077	0.077
45	ImpInt	~	Mah	0.001	0.083	0.018	0.986	-0.161	0.164	0.001	0.001	0.001

46	ImpInt	~	Aob	-0.063	0.085	-0.745	0.456	-0.230	0.103	-0.046	-0.046	-0.046
47	ImpInt	~	Nr	0.142	0.081	1.751	0.080	-0.017	0.300	0.092	0.092	0.092
48	VhInt	~	ZielInt	0.761	0.070	10.847	0.000	0.623	0.898	0.685	0.685	0.685
49	VhInt	~	WVK	0.226	0.055	4.117	0.000	0.118	0.333	0.136	0.136	0.136
50	VhInt	~	PNorm	0.164	0.067	2.431	0.015	0.032	0.295	0.161	0.161	0.161
51	VhInt	~	Beo	-0.009	0.063	-0.144	0.886	-0.133	0.115	-0.005	-0.005	-0.005
52	VhInt	~	Bes	0.033	0.051	0.640	0.522	-0.068	0.133	0.023	0.023	0.023
53	VhInt	~	Mah	0.009	0.053	0.163	0.870	-0.095	0.112	0.006	0.006	0.006
54	VhInt	~	Aob	-0.043	0.056	-0.757	0.449	-0.153	0.068	-0.031	-0.031	-0.031
55	VhInt	~	Nr	0.107	0.052	2.078	0.038	0.006	0.208	0.070	0.070	0.070
56	ZielInt	~	PNorm	0.429	0.071	6.069	0.000	0.290	0.567	0.470	0.470	0.470
57	ZielInt	~	Einst	0.546	0.101	5.426	0.000	0.349	0.743	0.451	0.451	0.451
58	ZielInt	~	Beo	0.086	0.064	1.335	0.182	-0.040	0.211	0.048	0.048	0.048
59	ZielInt	~	Bes	-0.078	0.043	-1.809	0.070	-0.163	0.007	-0.061	-0.061	-0.061
60	ZielInt	~	Mah	0.000	0.045	0.002	0.998	-0.089	0.089	0.000	0.000	0.000
61	ZielInt	~	Aob	-0.050	0.048	-1.037	0.300	-0.144	0.044	-0.040	-0.040	-0.040
62	ZielInt	~	Nr	0.118	0.053	2.221	0.026	0.014	0.223	0.086	0.086	0.086
63	PNorm	~	SNorm	0.710	0.068	10.391	0.000	0.576	0.844	0.491	0.491	0.491
64	Einst	~~	WVK	0.167	0.040	4.189	0.000	0.089	0.245	0.263	0.263	0.263
65	PNorm	~~	Einst	0.578	0.059	9.852	0.000	0.463	0.693	0.638	0.638	0.638
66	SNorm	~~	Einst	0.348	0.048	7.292	0.000	0.254	0.441	0.484	0.484	0.484
67	PNorm	~~	WVK	0.159	0.041	3.876	0.000	0.079	0.240	0.217	0.217	0.217
68	SNorm	~~	WVK	0.135	0.034	3.969	0.000	0.068	0.201	0.231	0.231	0.231
69	ZielInt_1.z	~~	ZielInt_1.z	0.173	0.023	7.637	0.000	0.129	0.218	0.173	0.131	0.131
70	ZielInt_2.z	~~	ZielInt_2.z	0.187	0.035	5.330	0.000	0.118	0.255	0.187	0.140	0.140
71	VHInt_1.z	~~	VHInt_1.z	0.192	0.030	6.450	0.000	0.134	0.251	0.192	0.119	0.119
72	VHInt_2.z	~~	VHInt_2.z	0.254	0.034	7.558	0.000	0.188	0.319	0.254	0.165	0.165
73	ImpInt_1.z	~~	ImpInt_1.z	0.830	0.069	11.975	0.000	0.694	0.966	0.830	0.367	0.367
74	ImpInt_2.z	~~	ImpInt_2.z	0.794	0.082	9.668	0.000	0.633	0.955	0.794	0.425	0.425
75	PNorm_1.z	~~	PNorm_1.z	0.387	0.048	8.012	0.000	0.293	0.482	0.387	0.219	0.219
76	PNorm_2.z	~~	PNorm_2.z	0.257	0.036	7.096	0.000	0.186	0.328	0.257	0.154	0.154
77	SNorm_1.z	~~	SNorm_1.z	0.685	0.064	10.642	0.000	0.559	0.811	0.685	0.510	0.510
78	SNorm_2.z	~~	SNorm_2.z	0.152	0.102	1.481	0.139	-0.049	0.352	0.152	0.114	0.114
79	Einst_1.z	~~	Einst_1.z	0.265	0.040	6.595	0.000	0.187	0.344	0.265	0.253	0.253
80	Einst_2U.z	~~	Einst_2U.z	0.605	0.065	9.338	0.000	0.478	0.732	0.605	0.513	0.513
81	WVK_1U.z	~~	WVK_1U.z	0.509	0.070	7.247	0.000	0.372	0.647	0.509	0.497	0.497
82	WVK_2U.z	~~	WVK_2U.z	0.218	0.081	2.675	0.007	0.058	0.378	0.218	0.209	0.209
83	FFMQ_1beo.z	~~	FFMQ_1beo.z	0.723	0.053	13.729	0.000	0.620	0.826	0.723	0.671	0.671
84	FFMQ_15beo.z	~~	FFMQ_15beo.z	0.516	0.057	9.110	0.000	0.405	0.627	0.516	0.501	0.501
85	FFMQ_26beo.z	~~	FFMQ_26beo.z	0.658	0.067	9.808	0.000	0.527	0.790	0.658	0.681	0.681
86	FFMQ_31beo.z	~~	FFMQ_31beo.z	0.656	0.061	10.702	0.000	0.536	0.776	0.656	0.553	0.553
87	FFMQ_2bes.z	~~	FFMQ_2bes.z	0.358	0.041	8.805	0.000	0.278	0.438	0.358	0.341	0.341
88	FFMQ_12besU.z	~~	FFMQ_12besU.z	0.359	0.036	9.960	0.000	0.288	0.429	0.359	0.358	0.358
89	FFMQ_16besU.z	~~	FFMQ_16besU.z	0.188	0.031	6.086	0.000	0.127	0.248	0.188	0.185	0.185
90	FFMQ_37bes.z	~~	FFMQ_37bes.z	0.466	0.041	11.419	0.000	0.386	0.546	0.466	0.494	0.494
91	FFMQ_5mahU.z	~~	FFMQ_5mahU.z	0.280	0.026	10.679	0.000	0.229	0.332	0.280	0.304	0.304
92	FFMQ_8mahU.z	~~	FFMQ_8mahU.z	0.540	0.040	13.355	0.000	0.461	0.619	0.540	0.503	0.503
93	FFMQ_13mahU.z	~~	FFMQ_13mahU.z	0.261	0.030	8.575	0.000	0.201	0.321	0.261	0.254	0.254

94	FFMQ_18mahU.z	FFMQ_18mahU.z	0.395	0.033	11.956	0.000	0.330	0.460	0.395	0.392	0.392
95	FFMQ_14aobU.z	FFMQ_14aobU.z	0.667	0.057	11.643	0.000	0.555	0.780	0.667	0.475	0.475
96	FFMQ_17aobU.z	FFMQ_17aobU.z	0.920	0.056	16.518	0.000	0.811	1.029	0.920	0.695	0.695
97	FFMQ_25aobU.z	FFMQ_25aobU.z	0.551	0.044	12.661	0.000	0.466	0.636	0.551	0.519	0.519
98	FFMQ_30aobU.z	FFMQ_30aobU.z	0.311	0.040	7.797	0.000	0.233	0.389	0.311	0.251	0.251
99	FFMQ_19nr.z	FFMQ_19nr.z	0.404	0.047	8.517	0.000	0.311	0.497	0.404	0.401	0.401
100	FFMQ_24nr.z	FFMQ_24nr.z	0.382	0.036	10.710	0.000	0.312	0.452	0.382	0.457	0.457
101	FFMQ_29nr.z	FFMQ_29nr.z	0.544	0.042	12.890	0.000	0.461	0.627	0.544	0.621	0.621
102	FFMQ_33nr.z	FFMQ_33nr.z	0.384	0.043	8.853	0.000	0.299	0.469	0.384	0.437	0.437
103	Verh.z	Verh.z	0.392	0.030	12.935	0.000	0.333	0.452	0.392	0.520	0.520
104	ZielInt	ZielInt	0.264	0.032	8.369	0.000	0.202	0.326	0.230	0.230	0.230
105	VhInt	VhInt	0.328	0.036	9.207	0.000	0.258	0.398	0.232	0.232	0.232
106	ImpInt	ImpInt	0.392	0.051	7.695	0.000	0.292	0.492	0.274	0.274	0.274
107	PNorm	PNorm	1.047	0.075	13.920	0.000	0.899	1.194	0.759	0.759	0.759
108	SNorm	SNorm	0.658	0.078	8.469	0.000	0.506	0.810	1.000	1.000	1.000
109	Einst	Einst	0.784	0.078	10.008	0.000	0.631	0.938	1.000	1.000	1.000
110	WVK	WVK	0.516	0.078	6.653	0.000	0.364	0.669	1.000	1.000	1.000
111	Beo	Beo	0.355	0.055	6.508	0.000	0.248	0.462	1.000	1.000	1.000
112	Bes	Bes	0.691	0.058	11.879	0.000	0.577	0.805	1.000	1.000	1.000
113	Mah	Mah	0.643	0.049	13.121	0.000	0.547	0.739	1.000	1.000	1.000
114	Aob	Aob	0.738	0.077	9.582	0.000	0.587	0.889	1.000	1.000	1.000
115	Nr	Nr	0.604	0.059	10.175	0.000	0.487	0.720	1.000	1.000	1.000
116	SNorm	Beo	0.058	0.026	2.247	0.025	0.007	0.109	0.121	0.121	0.121
117	SNorm	Bes	-0.007	0.033	-0.214	0.831	-0.071	0.057	-0.010	-0.010	-0.010
118	SNorm	Mah	-0.016	0.033	-0.499	0.618	-0.080	0.048	-0.025	-0.025	-0.025
119	SNorm	Aob	0.037	0.034	1.066	0.287	-0.031	0.104	0.053	0.053	0.053
120	SNorm	Nr	0.027	0.032	0.828	0.408	-0.036	0.090	0.042	0.042	0.042
121	Einst	Beo	0.035	0.025	1.383	0.167	-0.015	0.085	0.067	0.067	0.067
122	Einst	Bes	0.000	0.031	-0.014	0.989	-0.062	0.061	-0.001	-0.001	-0.001
123	Einst	Mah	-0.001	0.031	-0.044	0.965	-0.063	0.060	-0.002	-0.002	-0.002
124	Einst	Aob	0.042	0.035	1.177	0.239	-0.028	0.111	0.055	0.055	0.055
125	Einst	Nr	-0.046	0.031	-1.465	0.143	-0.107	0.015	-0.067	-0.067	-0.067
126	WVK	Beo	0.035	0.022	1.575	0.115	-0.009	0.078	0.081	0.081	0.081
127	WVK	Bes	0.035	0.030	1.151	0.250	-0.024	0.094	0.058	0.058	0.058
128	WVK	Mah	0.033	0.029	1.117	0.264	-0.025	0.090	0.057	0.057	0.057
129	WVK	Aob	0.059	0.033	1.779	0.075	-0.006	0.125	0.096	0.096	0.096
130	WVK	Nr	0.068	0.032	2.151	0.031	0.006	0.130	0.122	0.122	0.122
131	Beo	Bes	0.129	0.032	4.061	0.000	0.067	0.192	0.261	0.261	0.261
132	Beo	Mah	0.086	0.029	2.953	0.003	0.029	0.142	0.179	0.179	0.179
133	Beo	Aob	0.043	0.029	1.477	0.140	-0.014	0.101	0.084	0.084	0.084
134	Beo	Nr	0.115	0.030	3.796	0.000	0.056	0.174	0.248	0.248	0.248
135	Bes	Mah	0.280	0.035	8.083	0.000	0.212	0.348	0.420	0.420	0.420
136	Bes	Aob	0.273	0.041	6.726	0.000	0.194	0.353	0.383	0.383	0.383
137	Bes	Nr	0.175	0.034	5.118	0.000	0.108	0.242	0.272	0.272	0.272
138	Mah	Aob	0.379	0.044	8.653	0.000	0.293	0.464	0.549	0.549	0.549
139	Mah	Nr	0.254	0.034	7.470	0.000	0.187	0.321	0.408	0.408	0.408
140	Aob	Nr	0.310	0.042	7.310	0.000	0.227	0.394	0.465	0.465	0.465

Model 4: Mindfulness and stage-specific predictors

	lhs	op	rhs	est	se	z	pvalue	ci.lower	ci.upper	std.lv	std.all	std.nox
1	ZielInt	==	ZielInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.081	0.934	0.934
2	ZielInt	==	ZielInt_2.z	0.999	0.022	45.293	0.000	0.956	1.043	1.080	0.928	0.928
3	VhInt	==	VHInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.198	0.939	0.939
4	VhInt	==	VHInt_2.z	0.951	0.022	43.772	0.000	0.908	0.993	1.139	0.915	0.915
5	ImpInt	==	ImpInt_1.z	1.000	0.000	NA	NA	1.000	1.000	1.208	0.799	0.799
6	ImpInt	==	ImpInt_2.z	0.865	0.041	20.962	0.000	0.784	0.946	1.046	0.761	0.761
7	PNorm	==	PNorm_1.z	1.000	0.000	NA	NA	1.000	1.000	1.176	0.885	0.885
8	PNorm	==	PNorm_2.z	1.004	0.026	38.677	0.000	0.953	1.055	1.181	0.916	0.916
9	SNorm	==	SNorm_1.z	1.000	0.000	NA	NA	1.000	1.000	0.806	0.696	0.696
10	SNorm	==	SNorm_2.z	1.355	0.117	11.613	0.000	1.126	1.584	1.093	0.949	0.949
11	Einst	==	Einst_1.z	1.000	0.000	NA	NA	1.000	1.000	0.897	0.874	0.874
12	Einst	==	Einst_2U.z	0.844	0.061	13.775	0.000	0.724	0.964	0.757	0.696	0.696
13	WVK	==	WVK_1U.z	1.000	0.000	NA	NA	1.000	1.000	0.737	0.727	0.727
14	WVK	==	WVK_2U.z	1.206	0.124	9.723	0.000	0.963	1.449	0.889	0.868	0.868
15	Beo	==	FFMQ_1beo.z	1.000	0.000	NA	NA	1.000	1.000	0.580	0.559	0.559
16	Beo	==	FFMQ_15beo.z	1.265	0.118	10.760	0.000	1.035	1.496	0.734	0.724	0.724
17	Beo	==	FFMQ_26beo.z	0.954	0.109	8.768	0.000	0.741	1.168	0.554	0.563	0.563
18	Beo	==	FFMQ_31beo.z	1.250	0.122	10.283	0.000	1.011	1.488	0.725	0.665	0.665
19	Bes	==	FFMQ_2bes.z	1.000	0.000	NA	NA	1.000	1.000	0.832	0.812	0.812
20	Bes	==	FFMQ_12besU.z	0.964	0.047	20.608	0.000	0.872	1.056	0.802	0.801	0.801
21	Bes	==	FFMQ_16besU.z	1.095	0.044	24.680	0.000	1.008	1.182	0.911	0.903	0.903
22	Bes	==	FFMQ_37bes.z	0.831	0.044	18.942	0.000	0.745	0.917	0.691	0.712	0.712
23	Mah	==	FFMQ_5mahU.z	1.000	0.000	NA	NA	1.000	1.000	0.802	0.835	0.835
24	Mah	==	FFMQ_8mahU.z	0.911	0.050	18.085	0.000	0.812	1.010	0.731	0.705	0.705
25	Mah	==	FFMQ_13mahU.z	1.092	0.045	24.452	0.000	1.004	1.179	0.876	0.863	0.863
26	Mah	==	FFMQ_18mahU.z	0.976	0.050	19.583	0.000	0.878	1.074	0.783	0.780	0.780
27	Aob	==	FFMQ_14aobU.z	1.000	0.000	NA	NA	1.000	1.000	0.862	0.727	0.727
28	Aob	==	FFMQ_17aobU.z	0.737	0.061	12.051	0.000	0.617	0.857	0.635	0.552	0.552
29	Aob	==	FFMQ_25aobU.z	0.828	0.055	15.128	0.000	0.721	0.935	0.713	0.692	0.692
30	Aob	==	FFMQ_30aobU.z	1.117	0.060	18.580	0.000	0.999	1.235	0.963	0.865	0.865
31	Nr	==	FFMQ_19nr.z	1.000	0.000	NA	NA	1.000	1.000	0.781	0.778	0.778
32	Nr	==	FFMQ_24nr.z	0.865	0.053	16.344	0.000	0.762	0.969	0.676	0.739	0.739
33	Nr	==	FFMQ_29nr.z	0.735	0.058	12.649	0.000	0.621	0.849	0.574	0.613	0.613
34	Nr	==	FFMQ_33nr.z	0.896	0.059	15.205	0.000	0.780	1.011	0.699	0.746	0.746
35	Verh.z	~	ImpInt	0.502	0.031	16.010	0.000	0.440	0.563	0.607	0.694	0.694
36	ImpInt	~	VhInt	0.802	0.039	20.774	0.000	0.727	0.878	0.795	0.795	0.795
37	ImpInt	~	WVK	0.187	0.068	2.735	0.006	0.053	0.322	0.114	0.114	0.114
38	VhInt	~	ZielInt	0.751	0.071	10.542	0.000	0.611	0.891	0.678	0.678	0.678
39	VhInt	~	WVK	0.242	0.054	4.510	0.000	0.137	0.347	0.149	0.149	0.149
40	VhInt	~	PNorm	0.169	0.070	2.414	0.016	0.032	0.306	0.166	0.166	0.166
41	ZielInt	~	PNorm	0.490	0.066	7.414	0.000	0.361	0.620	0.533	0.533	0.533
42	ZielInt	~	Einst	0.467	0.090	5.166	0.000	0.290	0.644	0.388	0.388	0.388
43	WVK	~	Beo	0.140	0.072	1.941	0.052	-0.001	0.281	0.110	0.110	0.110
44	WVK	~	Bes	0.005	0.054	0.098	0.922	-0.100	0.111	0.006	0.006	0.006
45	WVK	~	Mah	-0.039	0.065	-0.600	0.548	-0.166	0.088	-0.042	-0.042	-0.042

46	WVK	~	Aob	0.064	0.065	0.996	0.319	-0.062	0.191	0.075	0.075	0.075
47	WVK	~	Nr	0.097	0.065	1.483	0.138	-0.031	0.224	0.102	0.102	0.102
48	PNorm	~	SNorm	0.658	0.068	9.704	0.000	0.525	0.791	0.451	0.451	0.451
49	PNorm	~	Beo	0.610	0.118	5.170	0.000	0.378	0.841	0.301	0.301	0.301
50	PNorm	~	Bes	-0.082	0.070	-1.176	0.239	-0.218	0.055	-0.058	-0.058	-0.058
51	PNorm	~	Mah	-0.103	0.082	-1.250	0.211	-0.264	0.058	-0.070	-0.070	-0.070
52	PNorm	~	Aob	0.098	0.082	1.196	0.232	-0.063	0.259	0.072	0.072	0.072
53	PNorm	~	Nr	-0.006	0.079	-0.077	0.939	-0.160	0.148	-0.004	-0.004	-0.004
54	Einst	~	Beo	0.437	0.100	4.356	0.000	0.240	0.634	0.283	0.283	0.283
55	Einst	~	Bes	-0.078	0.061	-1.268	0.205	-0.198	0.042	-0.072	-0.072	-0.072
56	Einst	~	Mah	-0.072	0.074	-0.976	0.329	-0.216	0.073	-0.064	-0.064	-0.064
57	Einst	~	Aob	0.172	0.076	2.253	0.024	0.022	0.321	0.165	0.165	0.165
58	Einst	~	Nr	-0.139	0.074	-1.871	0.061	-0.285	0.007	-0.121	-0.121	-0.121
59	SNorm	~	Beo	0.157	0.079	1.997	0.046	0.003	0.312	0.113	0.113	0.113
60	SNorm	~	Bes	-0.045	0.054	-0.833	0.405	-0.150	0.061	-0.046	-0.046	-0.046
61	SNorm	~	Mah	-0.087	0.067	-1.288	0.198	-0.219	0.045	-0.086	-0.086	-0.086
62	SNorm	~	Aob	0.095	0.062	1.540	0.124	-0.026	0.216	0.101	0.101	0.101
63	SNorm	~	Nr	0.012	0.063	0.195	0.845	-0.112	0.136	0.012	0.012	0.012
64	Einst	~~	WVK	0.155	0.039	3.979	0.000	0.079	0.231	0.249	0.249	0.249
65	PNorm	~~	Einst	0.527	0.056	9.362	0.000	0.417	0.637	0.632	0.632	0.632
66	SNorm	~~	Einst	0.319	0.047	6.780	0.000	0.227	0.411	0.465	0.465	0.465
67	PNorm	~~	WVK	0.149	0.040	3.686	0.000	0.070	0.228	0.212	0.212	0.212
68	SNorm	~~	WVK	0.123	0.034	3.654	0.000	0.057	0.189	0.213	0.213	0.213
69	ZielInt_1.z	~~	ZielInt_1.z	0.172	0.022	7.669	0.000	0.128	0.216	0.172	0.128	0.128
70	ZielInt_2.z	~~	ZielInt_2.z	0.188	0.035	5.372	0.000	0.119	0.256	0.188	0.139	0.139
71	VHInt_1.z	~~	VHInt_1.z	0.193	0.030	6.382	0.000	0.134	0.253	0.193	0.119	0.119
72	VHInt_2.z	~~	VHInt_2.z	0.252	0.033	7.526	0.000	0.186	0.318	0.252	0.163	0.163
73	ImpInt_1.z	~~	ImpInt_1.z	0.826	0.069	12.027	0.000	0.691	0.961	0.826	0.361	0.361
74	ImpInt_2.z	~~	ImpInt_2.z	0.795	0.084	9.510	0.000	0.631	0.958	0.795	0.421	0.421
75	PNorm_1.z	~~	PNorm_1.z	0.382	0.047	8.142	0.000	0.290	0.474	0.382	0.216	0.216
76	PNorm_2.z	~~	PNorm_2.z	0.268	0.036	7.519	0.000	0.198	0.338	0.268	0.161	0.161
77	SNorm_1.z	~~	SNorm_1.z	0.692	0.063	10.957	0.000	0.569	0.816	0.692	0.516	0.516
78	SNorm_2.z	~~	SNorm_2.z	0.133	0.107	1.245	0.213	-0.076	0.342	0.133	0.100	0.100
79	Einst_1.z	~~	Einst_1.z	0.248	0.041	6.004	0.000	0.167	0.329	0.248	0.235	0.235
80	Einst_2U.z	~~	Einst_2U.z	0.609	0.065	9.372	0.000	0.482	0.736	0.609	0.515	0.515
81	WVK_1U.z	~~	WVK_1U.z	0.485	0.069	7.009	0.000	0.350	0.621	0.485	0.472	0.472
82	WVK_2U.z	~~	WVK_2U.z	0.257	0.075	3.450	0.001	0.111	0.404	0.257	0.246	0.246
83	FFMQ_1beo.z	~~	FFMQ_1beo.z	0.742	0.052	14.237	0.000	0.640	0.844	0.742	0.688	0.688
84	FFMQ_15beo.z	~~	FFMQ_15beo.z	0.490	0.055	8.830	0.000	0.381	0.598	0.490	0.476	0.476
85	FFMQ_26beo.z	~~	FFMQ_26beo.z	0.659	0.066	10.060	0.000	0.531	0.788	0.659	0.683	0.683
86	FFMQ_31beo.z	~~	FFMQ_31beo.z	0.661	0.060	10.928	0.000	0.542	0.780	0.661	0.557	0.557
87	FFMQ_2bes.z	~~	FFMQ_2bes.z	0.357	0.040	8.883	0.000	0.278	0.436	0.357	0.340	0.340
88	FFMQ_12besU.z	~~	FFMQ_12besU.z	0.359	0.036	9.979	0.000	0.288	0.429	0.359	0.358	0.358
89	FFMQ_16besU.z	~~	FFMQ_16besU.z	0.189	0.031	6.142	0.000	0.128	0.249	0.189	0.185	0.185
90	FFMQ_37bes.z	~~	FFMQ_37bes.z	0.466	0.041	11.441	0.000	0.386	0.546	0.466	0.494	0.494
91	FFMQ_5mahU.z	~~	FFMQ_5mahU.z	0.280	0.026	10.712	0.000	0.229	0.332	0.280	0.304	0.304
92	FFMQ_8mahU.z	~~	FFMQ_8mahU.z	0.539	0.040	13.333	0.000	0.460	0.618	0.539	0.502	0.502
93	FFMQ_13mahU.z	~~	FFMQ_13mahU.z	0.262	0.030	8.599	0.000	0.202	0.322	0.262	0.255	0.255

94	FFMQ_18mahU.z	~~	FFMQ_18mahU.z	0.395	0.033	11.989	0.000	0.330	0.459	0.395	0.392	0.392
95	FFMQ_14aobU.z	~~	FFMQ_14aobU.z	0.663	0.057	11.613	0.000	0.551	0.775	0.663	0.472	0.472
96	FFMQ_17aobU.z	~~	FFMQ_17aobU.z	0.920	0.056	16.504	0.000	0.811	1.029	0.920	0.695	0.695
97	FFMQ_25aobU.z	~~	FFMQ_25aobU.z	0.553	0.044	12.628	0.000	0.467	0.639	0.553	0.521	0.521
98	FFMQ_30aobU.z	~~	FFMQ_30aobU.z	0.313	0.040	7.769	0.000	0.234	0.391	0.313	0.252	0.252
99	FFMQ_19nr.z	~~	FFMQ_19nr.z	0.398	0.048	8.287	0.000	0.304	0.492	0.398	0.395	0.395
100	FFMQ_24nr.z	~~	FFMQ_24nr.z	0.379	0.036	10.595	0.000	0.309	0.449	0.379	0.453	0.453
101	FFMQ_29nr.z	~~	FFMQ_29nr.z	0.547	0.042	12.878	0.000	0.464	0.630	0.547	0.624	0.624
102	FFMQ_33nr.z	~~	FFMQ_33nr.z	0.390	0.044	8.816	0.000	0.303	0.477	0.390	0.443	0.443
103	Verh.z	~~	Verh.z	0.396	0.030	13.059	0.000	0.337	0.455	0.396	0.518	0.518
104	ZielInt	~~	ZielInt	0.278	0.032	8.709	0.000	0.216	0.341	0.238	0.238	0.238
105	VhInt	~~	VhInt	0.335	0.036	9.216	0.000	0.263	0.406	0.233	0.233	0.233
106	ImpInt	~~	ImpInt	0.416	0.052	8.020	0.000	0.314	0.518	0.285	0.285	0.285
107	PNorm	~~	PNorm	0.940	0.072	13.113	0.000	0.800	1.081	0.679	0.679	0.679
108	SNorm	~~	SNorm	0.638	0.076	8.372	0.000	0.488	0.787	0.981	0.981	0.981
109	Einst	~~	Einst	0.739	0.077	9.623	0.000	0.589	0.890	0.919	0.919	0.919
110	WVK	~~	WVK	0.523	0.074	7.033	0.000	0.377	0.669	0.964	0.964	0.964
111	Beo	~~	Beo	0.337	0.053	6.355	0.000	0.233	0.440	1.000	1.000	1.000
112	Bes	~~	Bes	0.692	0.058	11.926	0.000	0.578	0.806	1.000	1.000	1.000
113	Mah	~~	Mah	0.643	0.049	13.126	0.000	0.547	0.739	1.000	1.000	1.000
114	Aob	~~	Aob	0.743	0.077	9.630	0.000	0.591	0.894	1.000	1.000	1.000
115	Nr	~~	Nr	0.610	0.060	10.194	0.000	0.493	0.727	1.000	1.000	1.000
116	Beo	~~	Bes	0.125	0.031	4.003	0.000	0.064	0.186	0.258	0.258	0.258
117	Beo	~~	Mah	0.082	0.028	2.889	0.004	0.026	0.137	0.175	0.175	0.175
118	Beo	~~	Aob	0.042	0.028	1.463	0.143	-0.014	0.097	0.083	0.083	0.083
119	Beo	~~	Nr	0.110	0.030	3.729	0.000	0.052	0.168	0.244	0.244	0.244
120	Bes	~~	Mah	0.280	0.035	8.083	0.000	0.212	0.348	0.420	0.420	0.420
121	Bes	~~	Aob	0.274	0.041	6.734	0.000	0.194	0.354	0.383	0.383	0.383
122	Bes	~~	Nr	0.176	0.034	5.123	0.000	0.109	0.244	0.271	0.271	0.271
123	Mah	~~	Aob	0.380	0.044	8.670	0.000	0.294	0.466	0.550	0.550	0.550
124	Mah	~~	Nr	0.255	0.034	7.478	0.000	0.188	0.322	0.408	0.408	0.408
125	Aob	~~	Nr	0.313	0.043	7.347	0.000	0.230	0.397	0.466	0.466	0.466