**Supplementary Materials for “Sociodemographic** **Characteristics and Health Status of Mindfulness Users in the United States”**

**Appendix 1 – Full question wording and coding**

**Dependent Variable**

Question asked to sample adults aged 18+ years: *During the past 12 months, did you use Mindfulness meditation, including Vipassana (vih-PAS-sah-nah), Zen Buddhist meditation, Mindfulness-based Stress Reduction, and Mindfulness-based Cognitive Therapy?*

The responses were displayed as follows in the publicly available data file: (1) *Yes*; (2) *No*; (3) *Refused*; (4) *Not ascertained*; (5) *Don’t know*. The answers were coded into two variables: 1 was coded as 1 (‘Use Reported’); 2-5 were coded as 0 (‘Use Not Reported’).

**Independent Variables**

**Age**

Sample adults aged 18+ years were asked to report: *Age*

The respondents gave a numerical response. The answers were coded into six variables: 70+ were coded as 1; 18-29 years were coded as 2; 30-39 years were coded as 3; 40-49 years were coded as 4; 50-59 years were coded as 5; 60-69 years were coded as 6.

**Region**

Sample adults aged 18+ years were asked to report: *Region*

The responses were displayed as follows in the publicly available data file: (1) ‘Northeast’; (2) ‘Midwest’; (3) ‘South’; (4) ‘West’. The answers were coded into four variables: 4 was coded as 1 (‘West’); 1 was coded as 2 (‘Northeast’); 3 was coded as 3 (‘South’); 2 was coded as 4 (‘Midwest’).

**Race**

Sample adults aged 18+ years were asked to report: *Race*

The responses were displayed as follows in the publicly available data file: (1a) ‘White only’; (2a) ‘Black/African American only’; (3a) ‘AIAN only’ (AIAN = American Indian and Alaska Native); (4a) ‘Asian only’; (5a) ‘Race group not releasable**\***’; (6a) ‘Multiple race’. **\*Data not releasable due to respondent confidentiality or for other reasons.**

Statement presented to sample adults aged 18+ years: *Please give me the number of the group that represents [your/ person's] Hispanic origin or ancestry.*

The responses were displayed as follows in the publicly available data file: (1b) ‘Multiple Hispanic‘; (2b) ‘Puerto Rico’; (3b) ‘Mexican’; (4b) ‘Mexican-American’; (5b) ‘Cuban/Cuban American’; (6b) ‘Dominican (Republic)’; (7b) ‘Central or South American’; (8b) ‘Other Latin American, type not specified’; (9b) ‘Other Spanish’; (10b) ‘Hispanic/Latino/Spanish, non-specific type’; (11b) ‘Hispanic/Latino/Spanish, type refused’; (12b) ‘Hispanic/Latino/Spanish, type not ascertained’; (13b) ‘Not Hispanic/Spanish origin’.

The answers from the two sections were coded into six variables: 1a was coded as 1 (‘White’); 2a was coded as 2 (‘Black/African American’); 3a was coded as 3 (‘AIAN’); 4a was coded as 4 (‘Asian’); 1b-12b were coded as 5 (‘Hispanic’); 5a and 6a were coded as 6 (‘Other’).

**Gender**

Question asked to sample adults aged 18+ years: *[Are/Is] [you/person] male or female?*

The responses were displayed as follows in the publicly available data file: (1) ‘Male’; (2) ‘Female’. The answers were coded into two variables: 1 was coded as 0 (‘Men’); 2 was coded as 1 (‘Women’). There was no third option for non-binary gender identities.

**Sexual Orientation**

Question asked to male sample adults aged 18+ years: *Which of the following best represents how you think of yourself?*

The responses were displayed as follows in the publicly available data file: (1a) ‘Gay’; (2a) ‘Straight, that is, not gay’; (3a) ‘Bisexual’; ‘Something else’; (4a) ‘I don’t know the answer’; (5a) ‘Refused’; (6a) ‘Not ascertained’.

Question asked to female sample adults aged 18+ years: *Which of the following best represents how you think of yourself?*

The responses were displayed as follows in the publicly available data file: (1b) ‘Lesbian or gay’; (2b) ‘Straight, that is, not lesbian or gay’; (3b) ‘Bisexual’; ‘Something else’; (4b) ‘I don’t know the answer’; (5b) ‘Refused’; (6b) ‘Not ascertained’.

The answers from the two sections were coded into two variables: 2a and 2b were coded as 0 (‘Heterosexual’); 1a-b, 3a-b, 4a-b, 5a-b, and 6a-b were coded as 1 (‘Sexual Minority’).

**Marital Status**

Question asked to all persons aged 14 or older: *[Are/Is][you/person] now married, widowed, divorced, separated, never married, or living with a partner?*

The responses were displayed as follows in the publicly available data file: (0) ‘Under 14 years’; (1) ‘Married – spouse in household’; (2) ‘Married – spouse not in household’; (3) ‘Married – spouse in household unknown’; (4) ‘Widowed’; (5) ‘Divorced’; (6) ‘Separated’; (7) ‘Never married’; (8) ‘Living with partner’; (9) ‘Unknown marital status’.

The answers were coded into two variables: 1-3 were coded as 1 (‘Married’) and 4-9 were coded as 0 (‘Not Married’).

**Family Composition**

Statement presented to sample adults aged 18+ years: *Sample adult is parent to 1+ minor child(ren) in the family.*

The responses were displayed as follows in the publicly available data file: (1) ‘Yes, the Sample Adult is a parent of a child residing in the family’; (2) ‘There are minor children residing in the family but the Sample Adult is not their parent’; (3) ‘There are no minor children residing in the family’; (4) ‘Unknown’. The answers were coded into two variables: 1 and 2 were coded as 1 (‘Children’); 3 and 4 were coded as 0 (‘No Children’).

**Employment Status**

Question asked to sample adults aged 18+ years: *Did you have a job or business at any time in the PAST 12 MONTHS?*

The responses were displayed as follows in the publicly available data file: (1) ‘Had job last week’; (2) ‘No job last week, had job past 12 months’; (3) ‘No job last week, no job past 12 months’; (4) ‘Never worked’; (5) ‘Refused’; (6) ‘Not ascertained’; (7) ‘Don’t know’. The answers were coded into two variables: 1 was coded as 1 (‘Employed’); 2-7 were coded as 0 (‘Not Working’).

**Access Barriers**

Question asked to sample adults aged 18+ years: *There are many reasons people delay getting medical care. Have you delayed getting care for any of the following reasons in the PAST 12 MONTHS?*

*You couldn't get through on the telephone.*

The responses were displayed as follows in the publicly available data file: (1a) ‘Yes’; (2a) ‘No’; (3a) ‘Refused’; (4a) ‘Not ascertained’; (5a) ‘Don’t know’.

*You couldn't get an appointment soon enough.*

The responses were displayed as follows in the publicly available data file: (1b) ‘Yes’; (2b) ‘No’; (3b) ‘Refused’; (4b) ‘Not ascertained’; (5b) ‘Don’t know’.

*Once you get there, you have to wait too long to see the doctor.*

The responses were displayed as follows in the publicly available data file: (1c) ‘Yes’; (2c) ‘No’; (3c) ‘Refused’; (4c) ‘Not ascertained’; (5c) ‘Don’t know’.

*The clinic/doctor's office wasn't open when you could get there.*

The responses were displayed as follows in the publicly available data file: (1d) ‘Yes’; (2d) ‘No’; (3d) ‘Refused’; (4d) ‘Not ascertained’; (5d) ‘Don’t know’.

*You didn't have transportation.*

The responses were displayed as follows in the publicly available data file: (1e) ‘Yes’; (2e) ‘No’; (3e) ‘Refused’; (4e) ‘Not ascertained’; (5e) ‘Don’t know’.

The answers were coded into two variables: 1a-e were coded as 1 (‘Reported’); 2a-e, 3a-e, 4a-e, 5a-e and all missing values were coded as 0 (‘Not Reported’).

**Cost Barriers**

Question asked to sample adults aged 18+ years: *DURING THE PAST 12 MONTHS, was there any time when you needed any of the following, but didn't get it because you couldn't afford it?*

*Prescription medicines*

The responses were displayed as follows in the publicly available data file: (1a) ‘Yes’; (2a) ‘No’; (3a) ‘Refused’; (4a) ‘Not ascertained’; (5a) ‘Don’t know’.

*Mental health care or counseling*

The responses were displayed as follows in the publicly available data file: (1b) ‘Yes’; (2b) ‘No’; (3b) ‘Refused’; (4b) ‘Not ascertained’; (5b) ‘Don’t know’.

*Dental care (including check-ups)*

The responses were displayed as follows in the publicly available data file: (1c) ‘Yes’; (2c) ‘No’; (3c) ‘Refused’; (4c) ‘Not ascertained’; (5c) ‘Don’t know’.

*Eyeglasses*

The responses were displayed as follows in the publicly available data file: (1d) ‘Yes’; (2d) ‘No’; (3d) ‘Refused’; (4d) ‘Not ascertained’; (5d) ‘Don’t know’.

*To see a specialist*

The responses were displayed as follows in the publicly available data file: (1e) ‘Yes’; (2e) ‘No’; (3e) ‘Refused’; (4e) ‘Not ascertained’; (5e) ‘Don’t know’.

*Follow-up care*

The responses were displayed as follows in the publicly available data file: (1f) ‘Yes’; (2f) ‘No’; (3f) ‘Refused’; (4f) ‘Not ascertained’; (5f) ‘Don’t know’.

The answers were coded into two variables: 1a-f were coded as 1 (‘Reported’); 2a-f, 3a-f, 4a-f, 5a-f and all missing values were coded as 0 (‘Not Reported’).

**Mental Illness**

Question asked to sample adults aged 18+ years with difficulty due to depression/anxiety/emotional problem: *How long have you had depression, anxiety, or an emotional problem?*

The responses were displayed as follows in the publicly available data file: (1) ‘Less than 3 months’; (2) ‘3-5 months’; (3) ‘6-12 months’; (4) ‘More than 1 year’; (7) ‘Refused’; (8) ‘Not ascertained’; (9) ‘Don’t know’. The answers were coded into two variables: 1-4 were coded as 1 (‘Reported’); 7-9 and missing values were coded as 0 (‘Not Reported’).

**Physical Pain**

Question asked to sample adults aged 18+ years: *The following questions are about pain you may have experienced in the PAST THREE MONTHS. Please refer to pain that LASTED A WHOLE DAY OR MORE. Do not report aches and pains that are fleeting or minor.*

*During the PAST THREE MONTHS, did you have ...Neck pain?*

The responses were displayed as follows in the publicly available data file: (1a) ‘Yes’; (2a) ‘No’; (3a) ‘Refused’; (4a) ‘Not ascertained’; (5a) ‘Don’t know’.

*During the PAST THREE MONTHS, did you have ...Low back pain?*

The responses were displayed as follows in the publicly available data file: (1b) ‘Yes’; (2b) ‘No’; (3b) ‘Refused’; (4b) ‘Not ascertained’; (5b) ‘Don’t know’.

*During the PAST THREE MONTHS, did you have ... Facial ache or pain in the jaw muscles or the joint in front of the ear?*

The responses were displayed as follows in the publicly available data file: (1c) ‘Yes’; (2c) ‘No’; (3c) ‘Refused’; (4c) ‘Not ascertained’; (5c) ‘Don’t know’.

*During the PAST THREE MONTHS, did you have ... Severe headache or migraine?*

The responses were displayed as follows in the publicly available data file: (1d) ‘Yes’; (2d) ‘No’; (3d) ‘Refused’; (4d) ‘Not ascertained’; (5d) ‘Don’t know’.

The answers were coded into two variables: 1a-d were coded as 1 (‘Reported’); 2a-d, 3a-d, 4a-d, 5a-d and all missing values were coded as 0 (‘Not Reported’).

**Appendix 2** **– Original Survey Responses for the Dependent Variable**

|  |
| --- |
| Table A1: Percentage of Self-Reported Mindfulness Users in the United States |
| Responses | % [95% CI] | Observations | Population Estimates |
| *Yes* | 5.3 [4.9, 5.7] | 1,525 | 13,072,835 |
| *No* | 91.5 [91.0, 92.0] | 24,366 | 225,691,403 |
| *Refused* | 0.1 [0.1, 0.2] | 41 | 246,658 |
| *Not Ascertained* | 3.0 [2.7, 3.4] | 786 | 7,399,718 |
| *Don’t Know* | 0.1 [0.0, 0.1] | 24 | 246,657 |
| Total | 100 | 26,742 | 246,657,271 |
| Note: Estimates calculated using weights for national representativeness provided by the NHIS. The responses from the original survey are not recoded. |

**Appendix 3 – ‘Refused’, ‘Not Ascertained’, and ’Don’t Know’ Coded as Missing Values for the Dependent Variable instead of “Use Not Reported”**

|  |
| --- |
| Table A2. Percentage of Self-Reported Mindfulness Users in the United States Across Groups |
| Variables | Mindfulness Use Reported |
|  | (%) | (N) |
| *Age* |
| 70+ years | 2.2 | 104 |
| 18-29 years | 6.7 | 348 |
| 30-39 years  | 6.8 | 315 |
| 40-49 years  | 5.5 | 221 |
| 50-59 years  | 5.4 | 291 |
| 60-69 years | 4.9 | 246 |
|  |  |  |
| *Region* |
| West | 8.0 | 527 |
| Northeast | 6.0 | 294 |
| South | 3.4 | 362 |
| Midwest | 5.5 | 342 |
|  |  |  |
| *Race* |
| White | 6.5 | 1220 |
| Black/African American | 3.2 | 78 |
| AIAN | 2.6 | 8 |
| Asian | 4.7 | 73 |
| Hispanic | 2.6 | 100 |
| Other | 9.9 | 46 |
|  |  |  |
| *Gender* |
| Men | 4.3 | 566 |
| Women | 6.5 | 959 |
|  |  |  |
| *Sexual Orientation* |
| Heterosexual | 5.0 | 1325 |
| Sexual Minority | 14.4 | 200 |
|  |  |  |
| *Marital Status* |
| Not Married | 6.4 | 987 |
| Married | 4.6 | 538 |
|  |  |  |
| *Family Composition* |
| No Children | 6.1 | 1222 |
| Children | 4.2 | 303 |
|  |  |  |
| *Employment Status* |
| Not Working | 4.0 | 459 |
| Employed | 6.3 | 1066 |
|  |  |  |
| *Access Barriers to Healthcare* |
| Not Reported | 4.7 | 1163 |
| Reported | 10.4 | 362 |
|  |  |  |
| *Cost Barriers to Healthcare* |
| Not Reported | 4.8 | 1109 |
| Reported | 8.9 | 416 |
|  |  |  |
| *Mental Illness* |
| Not Reported | 5.2 | 1414 |
| Reported | 15.2 | 111 |
|  |  |  |
| *Physical Pain* |
| Not Reported | 4.3 | 702 |
| Reported | 7.2 | 823 |
|  |  |  |
| Note: The number of observations was 25,891. Estimates calculated using weights for national representativeness provided by the NHIS. ‘Refused’, ‘Not Ascertained’, and ’Don’t Know’ are coded as missing values for the dependent variable. (N) refers to the unweighted counts of self-reported mindfulness users on each row. AIAN refers to American Indian and Alaska Native. |

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| Table A3. Variables Associated with Self-Reported Mindfulness Use in the United States |
| Variables | Model 1 | Model 2 | Model 3 |
|  | aOR | (95% CI) | aOR | (95% CI) | aOR | (95% CI) |
| **Predisposing Factors** |
|  |
| *Age* |
| 70+ years (Reference) |
| 18-29 years | 3.44\*\*\* | (2.55, 4.65) | 3.11\*\*\* | (2.31, 4.18) | 2.99\*\*\* | (2.21, 4.05) |
| 30-39 years  | 4.29\*\*\* | (3.11, 5.93) | 3.79\*\*\* | (2.75, 5.21) | 3.56\*\*\* | (2.58, 4.91) |
| 40-49 years  | 3.44\*\*\* | (2.46, 4.82) | 3.03\*\*\* | (2.17, 4.23) | 2.79\*\*\* | (2.00, 3.89) |
| 50-59 years  | 2.74\*\*\* | (1.99, 3.79) | 2.35\*\*\* | (1.71, 3.23) | 2.21\*\*\* | (1.60, 3.04) |
| 60-69 years | 2.37\*\*\* | (1.76, 3.20) | 2.16\*\*\* | (1.60, 2.90) | 2.09\*\*\* | (1.55, 2.81) |
|  |  |  |  |  |  |  |
| *Region* |
| West (Reference) |
| Northeast | 0.65\*\*\* | (0.52, 0.82) | 0.69\*\*\* | (0.55, 0.86) | 0.69\*\*\* | (0.55, 0.87) |
| South | 0.40\*\*\* | (0.32, 0.49) | 0.40\*\*\* | (0.33, 0.50) | 0.40\*\*\* | (0.33, 0.50) |
| Midwest | 0.55\*\*\* | (0.44, 0.69) | 0.55\*\*\* | (0.45, 0.69) | 0.56\*\*\* | (0.44, 0.69) |
|  |  |  |  |  |  |  |
| *Race* |
| White (Reference) |
| Black/African American | 0.50\*\*\* | (0.36, 0.71) | 0.50\*\*\* | (0.36, 0.71) | 0.53\*\*\* | (0.37, 0.74) |
| AIAN | 0.30\* | (0.11, 0.85) | 0.30\* | (0.10, 0.84) | 0.31\* | (0.11, 0.87) |
| Asian | 0.58\*\*\* | (0.44, 0.78) | 0.61\*\*\* | (0.46, 0.82) | 0.66\*\* | (0.49, 0.88) |
| Hispanic | 0.31\*\*\* | (0.24, 0.41) | 0.30\*\*\* | (0.23, 0.39) | 0.31\*\*\* | (0.24, 0.41) |
| Other | 1.14 | (0.71, 1.84) | 1.07 | (0.67, 1.72) | 1.07 | (0.67, 1.70) |
|  |  |  |  |  |  |  |
| *Gender* |
| Men (Reference) |
| Women | 1.70\*\*\* | (1.48, 1.94) | 1.58\*\*\* | (1.39, 1.81) | 1.54\*\*\* | (1.34, 1.76) |
|  |  |  |  |  |  |  |
| *Sexual Orientation* |
| Heterosexual (Reference) |
| Sexual Minority | 2.50\*\*\* | (2.03, 3.07) | 2.35\*\*\* | (1.90, 2.90) | 2.26\*\*\* | (1.82, 2.81) |
|  |  |  |  |  |  |  |
| *Marital Status* |
| Not Married (Reference) |  |  |  |  |  |  |
| Married | 0.81\*\* | (0.70, 0.94) | 0.85\* | (0.74, 0.99) | 0.86\* | (0.74, 1.00) |
|  |  |  |  |  |  |  |
| *Family Composition* |
| No Children (Reference) |
| Children | 0.59\*\*\* | (0.50, 0.71) | 0.62\*\*\* | (0.52, 0.74) | 0.62\*\*\* | (0.52, 0.74) |
|  |  |  |  |  |  |  |
| *Employment Status* |
| Not Working (Reference) |
| Employed | 1.28\*\* | (1.10, 1.50) | 1.38\*\*\* | (1.18, 1.62) | 1.48\*\*\* | (1.26, 1.74) |
|  |  |  |  |  |  |  |
| **Enabling Factors** |
|  |  |  |  |  |  |  |
| *Access Barriers to Healthcare* |
| Not Reported (Reference) |
| Reported | ….. | ….. | 1.86\*\*\* | (1.57, 2.20) | 1.72\*\*\* | (1.45, 2.05) |
|  |  |  |  |  |  |  |
| *Cost Barriers to Healthcare* |
| Not Reported (Reference) |
| Reported | ….. | ….. | 1.59\*\*\* | (1.36, 1.86) | 1.43\*\*\* | (1.21, 1.69) |
|  |  |  |  |  |  |  |
| **Health Needs** |
|  |
| *Mental Illness* |
| Not Reported (Reference) |
| Reported | ….. | ….. | ….. | ….. | 1.88\*\*\* | (1.39, 2.53) |
|  |  |  |  |  |  |  |
| *Physical Pain* |
| Not Reported (Reference) |
| Reported | ….. | ….. | ….. | ….. | 1.42\*\*\* | (1.25, 1.63) |
|  |  |  |  |  |  |  |
| Observations | 25,891 |  | 25,891 |  | 25,891 |  |
| Robust standard errors in parentheses; \*\*\* p≤0.001 \*\* p≤0.01, \* p≤0.05Note: Estimates calculated using weights for national representativeness provided by the NHIS. aOR = adjusted (or conditional) Odds Ratio. ‘Refused’, ‘Not Ascertained’, and ’Don’t Know’ are coded as missing values for the dependent variable. AIAN refers to American Indian and Alaska Native. |