Appendix 1.

Mindfulness Study Data Collection Forms

Form 1: Informed Consent

This activity is a part of Ph.D. dissertation entitled "Effects of short-term vipassana (mindfulness) course on cognitive functions." As a participant in the study you will be randomly assigned to different groups, and based on the schedule of the group you have to participate in maximum 30 minutes of mindfulness training (based on a particular technique of vipassana) over six consecutive days. People of any faith and belief system can practice. Throughout the half-an-hour training, you will observe your breath and sensation on the body.

Undertaking of the researcher

Anyone, above 18 years, can voluntarily participate in this study. All information collected during the study will remain confidential and will only be used for research purpose without any identifying data. This study will require you to participate in 6 consecutive days (half an hour per day) of mindfulness training. All participants are required to take two questionnaire based tests, and a battery of cognitive tests at the beginning and the end of the training. You will be put together in a group of people ranging from 5-20 in numbers, and the training will be facilitated Mr. Kishor Adhikari.

Yours sincerely,

Kishor Adhikari Ph.D. Scholar

Center for Research, Christ University Hosur Road, Bangalore, 560029
Undertaking by the participant

I have read and understood the purpose of the study. I have understood that my participation is voluntary and the information obtained will be used only for the research. I am also informed that information will remain confidential and that the researcher will not use any identifying information in the report.

I have read all the details of the study, and Mr. Kishor Adhikari has explained to me my rights, including my right to exit from the study at any time. I agree and consent to be a part of the research.

Please write your FULL NAME to give consent

..............................................................

Place: ......................................................
Form 2: Demographic information

1. Email ID: .........................................................

(This email ID will best used to send the result if you request.)

2. Phone no: ............... 

4. Age: ................. 

5. Sex: (Check the correct answer)

Male    Female    Others 

6. Level of Education/Class 

7. Test session

(Check the right answer) 

Pre-test (Baseline) 

Post-test 

8. Group

(Check the right answer) 

Experimental 

Active control 

10. Remarks (if any):

........................................................................................................................................
Form 3: PANAS

**Instruction:** This scale consists of some words that describe different feelings and emotions. Read each item and then list the number from the scale below next to each word. Indicate to what extent you feel this way right now, that is, at the present moment OR indicate the extent you have felt this way over the past few days.

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Feelings/ Emoting describing words</th>
<th>Please rate in a scale of 5, one being very slightly or not at all and 5 being extreme.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1 (very slightly or not at all) 2 3 4 5 (Extremely)</td>
</tr>
<tr>
<td>1</td>
<td>Interested</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Distressed</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Excited</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Upset</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>-------</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Strong</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Guilty</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Scared</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Hostile</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Enthusiastic</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Proud</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Irritable</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Alert</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Ashamed</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Inspired</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Nervous</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Determined</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Attentive</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Jittery</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Active</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>--------</td>
<td>-------</td>
</tr>
<tr>
<td>19</td>
<td>Active</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Afraid</td>
<td></td>
</tr>
</tbody>
</table>
**Form 4: MAAS-State**

**Instructions:** Using the 0-6 scale shown, please indicate to what degree were you having each experience described below when you were paged (when you just started this page). Please answer according to what actually reflected your experience rather than what you think your experience should have been.

<table>
<thead>
<tr>
<th>S.N</th>
<th>Experience</th>
<th>Please rate on a scale of zero to six, zero being ‘not at all’ and 6 being ‘very much.’</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>0 (Not at all) 1 2 3 4 5 6 (Very much)</td>
</tr>
<tr>
<td>1</td>
<td>I was finding it difficult to stay focused on what was happening</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>I was doing something without paying attention.</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>I was preoccupied with the future or the past</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>I was doing something</td>
<td></td>
</tr>
<tr>
<td></td>
<td>automatically, without being aware of what I was doing.</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>I was rushing through something without being really attentive to it.</td>
<td></td>
</tr>
</tbody>
</table>

Thank you so much for your participation
Contact Address:
Kishor Adhikari
kishor.adhik@gmail.com, Mobile: +91-9620621844
Appendix 2.

Scripts of Cognitive Tests

INTRODUCTION

These are the instructions that every Test Supervisor should use when supervising a subject performing the CogState test battery. Read the following instructions out loud to the subject as you move through the test battery. Comments surrounded by brackets provide instructions to you, the test supervisor, and should not be read aloud. Scripts for the five cognitive tasks that were used in the study are included here. The entire script in this appendix is directly adopted from CogState-Research manual with permission from CogState, Inc, Australia.

SETTING UP THE TEST SITUATION

You should seat the subject in front of the computer. You should sit beside the subject. Make sure they can see the screen and can reach the buttons with their hands. Some tasks require the supervisor to respond. Others need the subject to respond using the YES or NO buttons. It is important that the subject understands which button is for YES and which is for NO. Gentle reminders may be required. If subjects appear to be responding slowly, they should be reminded to respond as quickly and accurately as they can, without responding too soon.

If subjects seem unsure, remind them of the task rules and to keep their hands near the response buttons.
THE COGSTATE BATTERY

When you are ready to start say:

"Before each test I will give you a short instruction. Please do not press any buttons until I tell you to."

DETECTION TASK: Practice

HAS THE CARD TURNED OVER?

You are now going to do a practice. You will only need to use the YES button for this task. In this task, a playing card will appear in the center of the screen. Press the YES button when the card turns face-up as fast as you can. If you make a mistake you will hear an error sound. This means you have responded too soon. Try to make your responses as accurate and fast as possible after a card turns face-up. Are you ready to start?

(Press ENTER to begin.)

(If they need help, indicate the YES button. As the cards start showing, remind the subject to press YES as soon as they see each card turn face-up.)

(When the practice is completed, the task will stop.)

DETECTION TASK: Real

HAS THE CARD TURNED OVER?

You are now going to do the real test. In this task, a playing card will appear in the center of the screen. Press the YES button when the card turns face-up as fast as you
can. If you make a mistake you will hear an error sound. This means you have responded too soon. Try to make your responses as accurate and fast as possible after a card turns face-up. Are you ready to start?

(Press ENTER to begin.)

(When the task is completed it will stop.)

IDENTIFICATION TASK: Practice

IS THE CARD RED?

You are now going to do a practice. You will need to use both the YES and NO buttons for this task. In this task, a playing card will appear in the center of the screen. As soon as it turns face-up you must decide: is the color of the card red? If it is red, press the YES button. If it is not red, press the NO button. If you make a mistake you will hear an error sound. Try to make your responses as accurate and fast as possible after a card turns face-up. Are you ready to start?

(Press ENTER to begin.)

(If they need help, indicate the YES and NO buttons. As the cards start showing, remind the subject to respond as soon as they see each card turn face-up.)

(When the practice is completed, the task will stop.)

IDENTIFICATION TASK: Real

IS THE CARD RED?
You are now going to do the real test. In this task, a playing card will appear in the center of the screen. As soon as it turns face-up you must decide: is the color of the card red? If it is red, press the YES button. If it is not red, press the NO button. If you make a mistake you will hear an error sound. Try to make your responses as accurate and fast as possible after a card turns face-up. Are you ready to start?
(Press ENTER to begin.)
(When the task is completed it will stop.)

ONE CARD LEARNING TASK: Practice

HAVE YOU SEEN THIS CARD BEFORE IN THIS TASK?

You are now going to do a practice. You will need to use both the YES and NO buttons for this task. In this task, a playing card will appear face-down in the center of the screen and then turn face-up. As soon as a card turns face-up decide if you have seen it before in this task. Only a few of the face-up cards will repeat during the task. If you have seen the card before in this task, press the YES button. If you have not seen the card before in this task, press the NO button. If you make a mistake you will hear an error sound.

Try to make your responses as accurate and fast as possible after the card turns face-up.

(Press ENTER to begin.)
(If they need help, indicate the YES and NO buttons. As the cards start showing, remind the subject to respond as soon as they see the card turn face-up.)
(When the practice is completed, the task will stop.)

**ONE CARD LEARNING TASK: Real**

**HAVE YOU SEEN THIS CARD BEFORE IN THIS TASK?**

Cards seen in the practice are not used again. You are now going to do the real test. In this task, a playing card will appear face-down in the center of the screen and then turn face-up. As soon as a card turns face-up decide if you have seen it before in this task. Only a few of the face-up cards will repeat during the task.

If you have seen the card before in this task, press the YES button. If you have not seen the card before in this task, press the NO button. If you make a mistake you will hear an error sound. Try to make your responses as accurate and fast as possible after the card turns face-up.

(Press ENTER to begin.)

(If the subject is having some difficulty prompt them with the task question again.)

(When the task is completed it will stop.)

**ONE BACK WORKING MEMORY TASK: Real**

**IS THE PREVIOUS CARD THE SAME?**

You are now going to do the real test. In this task, a playing card will appear in the center of the screen.

As soon as it turns face-up you must decide: is the card exactly the same as the previous card? If it is exactly the same as the previous card, press the YES button. If it is
not exactly the same as the previous card, press the NO button. If you make a mistake you will hear an error sound. Try to make your responses as accurate and fast as possible after the card turns face-up.

(Press ENTER to begin.)

SOCIAL-EMOTIONAL COGNITION TASK: Practice

TAP THE ODD ONE OUT

You are now going to do a practice. In this task, you will see a number of pictures on the screen. One of these pictures will be different to the others in some way. Decide which one you think is different, then tap it as quickly as you can. Try to make your responses as accurate and fast as possible after each set of pictures appears.

(Press ENTER to begin.)

(If they need help, indicate how to tap the screen. As the pictures start showing, remind the subject to respond as soon as they know which picture is different from the others.)

(When the practice is completed, the task will stop.)

SOCIAL-EMOTIONAL COGNITION TASK: Real

TAP THE ODD ONE OUT

You are now going to do the real test. In this task, you will see a number of pictures on the screen. One of these pictures will be different to the others in some way. Decide which one you think is different, and then tap it as quickly as you can. Try to make your responses as accurate and fast as possible after each set of pictures appear.
(Press ENTER to begin.)

(When the task is completed it will stop.)

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Appendix 3.

**Body Scan Instruction Used in the Study**

Let’s sit down whatever way you feel comfortable. You can sit cross legged in lotus position, semi-lotus position, or whatever way you feel comfortable. It has to be comfortable and sustainable to you for next 25 minutes. But you are advised to keep the spine- (your back) straight all the time unless you have any problem doing that. If you have any problem keeping the spine erect then you can adjust accordingly. …….Now slowly and gently closes your eyes. ………Try to keep your mind calm and peaceful. Refrain from planning about future or thinking about the past. Try to be present in the moment. Here and now. You have decided to give 20-30 minutes of your time for this activity. So let’s try to utilize that.

Now, let’s begin the mindfulness of breath. Try to be aware of every breath that goes in and ever breath that goes out. You can focus at the top of the nostril or any other place near nostril where you can observe the breath. It could be at a place just below the nostril. Once you notice, then try to be aware of every breath that goes in touching that place and every breath goes out again touching that place. Your goal is to be aware of every breath that goes in and comes out. Just be aware objectively. It is okay if you don’t notice. Don’t feel bad about it. Or don’t feel happy if you could maintain continuous focus for some time. You have to be neutral and objective. Breathe-in ...............Breathe-out. .........................Breathe-in …Breathe-out. Do not change the pace of the breath
intentionally. Breathe naturally and normally. Is aware if the breath is deep or shallow…..

Just a normal breathing.

After 5 minutes…..Now we will move to next step.

Stop mindfulness of breath and focus on sensation at a small area just below the nostril.

Try to focus for some time. You will feel the sensation. Warm, cold, sweat, touch of air, itching, numbness, etc........... It could be anything. Just focus at that place...........

You will feel the sensation. It could be any sensation. ......Now let’s move the focus to the top of the head. Small area with 1 or 2 centimeter in diameter at the top of the head.... And, observe the sensation. Any sensation..... Numbness, itching, tingling etc.

Or you may just feel the muscle tension at that area. .................Now slowly move down to the remaining part of the head above the ear and forehead.... Observe the sensation objectively. You may not feel any sensation. It’s okay. But remember there is always some, ever parts of the body. Somewhere it could be a mild sensation; it could be a gross sensation or deep sensation. Better your concentration, better you can feel sensations. It takes some more practice..... May be your mind starts planning or thinking something else. If you are planning and thinking, then gently examine it, put aside and come back to the sensation. You do this whenever you realize that you are distracted by your thoughts. Don’t feel bad. We are maintaining objectivity. It means neither liking nor disliking any experience. Now keep moving down. Try to focus a small area.... May be few centimeter in diameter at a time. And observe the sensation with equanimity....Keep moving down to facial parts............ Then slowly move to ears
and back of the neck and front of the neck………..then to left shoulder and right shoulder……..left hand …..Slowly from top – then to biceps and triceps….and the joint…and wrist and palm and figures…. Then to right hand. Same way from top part to figures…. Then chest area and, and the back ….then to trunk ……left thigh……..then move towards knee. Try to scan ever parts and be aware of the sensation. Don’t stay for more than a second or few seconds at one place. Keep scanning. ……move towards toe. Then come to right leg. And repeat the same thing. Scanning….observation of sensation and moving forward. This body scanning training can be considered as a main technique used in vipassana tradition. There is not a single rule which says that you must scan in certain direction or certain body parts must be scanned at first. Main objective is to scan the whole body. But to avoid confusion we are following head to toe direction. Scan a small area, stay there for some time, observe the sensation and move to next area. Please repeat this process as many times as you can…. From head to toe….Scanning----observation of sensation……..any sensation………..

After 25 minutes

We are coming to the end of the session. You can slowly open the open the eyes. When you are ready you can slowly get up or change the posture.