Presence and Personality: A Factoral Exploration of the Relationship Between Dispositional Mindfulness and Personality.

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2. Abstract

Background

Mindfulness has its origins in Buddhist contemplative practice and is fundamentally a state of consciousness defined as being attentive to and accepting of what is taking place in the present moment. Research coverage and popular interest in Mindfulness has grown dramatically over the past decade, as has its use as a clinical intervention, as numerous studies have suggested a variety of positive psychological, neuropsychological and physiological benefits associated with its cultivation, typically via meditation. More recently, however, the onset of significant psychological problems in some meditators has been reported.

Aim

In light of this emerging narrative suggesting Mindfulness meditation may not be beneficial to all who engage in it, there is a pressing need for psychological research to undertake critical inquiry in this area. One potential explanation for the negative experiences of some meditators may lie in the area of individual personality differences. Research in this area remains relatively limited, particularly at facet level, as previous studies have tended to limit consideration to the 'Big Five' factors of personality and a global measure of dispositional Mindfulness. The purpose of this study, therefore, is to explore the relationship between the discrete facets of personality and dispositional Mindfulness. It is hoped that the results of this study may shed light on why Mindfulness meditation may not be beneficial for everyone or, at least, should be more individually tailored in its application.

Methodology

The study employed a factoral, quantitative design. Specifically, 229 participants were recruited from the University of the West of England's psychology students 'participant pool' and via snowball sampling. Participants completed two online measures: the Five Factor Mindfulness Questionnaire (FFMQ) which identified dispositional Mindfulness

domains of Observing, Describing, Acting with Awareness, Non-Judging of Inner Experience, and Non-Reactivity to Inner Experience; and the NEO-PI-R Personality Questionnaire which measured the 'Big Five' factors of personality (Neuroticism, Extraversion, Openness, Agreeableness and Conscientiousness) and their 30 associated facets. Participant data was analysed via factor analysis utilising scores across all 35 variables; that is, the 5 dispositional Mindfulness domains plus the 30 personality facets.

Results

Analysis of the combined 35 facet-level scores resulted in the emergence of a 5-factor model. Moreover, these 5 'new' factors aligned closely with the 'Big Five' personality factors; hence, dispositional Mindfulness domains were statistically indistinct from factors of personality. Specifically, 3 out of the 5 FFMQ dispositional Mindfulness domains (namely, Non-Judging of Inner Experience, Non-Reactivity to Inner Experience, and Acting with Awareness) loaded inversely on to the 'Neuroticism' factor identified from factoral analysis. Additionally, 2 FFMQ domains (Acting with Awareness and Describing) loaded positively on to 'Conscientiousness', while 1 FFMQ domain (Observe) loaded positively on to 'Openness'. These results align with previous studies conducted at factor level and deepen understanding of the facet-level relationships.

Discussion

The results of this study may suggest that people scoring highly on the Neuroticism personality factor could find Mindfulness meditation practice most challenging. Such individuals tend to be anxious, self-conscious, moody, insecure, and more susceptible to stress and psychological distress. They may also have learned to cope psychologically via the development of certain defence mechanisms, such as the suppression and avoidance of difficult thoughts and feelings. A psychologically defended, avoidant individual may therefore find it distressing to bring awareness and attention to their anxiety, anger, low mood, self-consciousness, impulsivity or vulnerability during meditation. Paradoxically, such people have, typically, represented a key 'target audience' for Mindfulness-based clinical interventions.

Perhaps, rather than clinicians commonly regarding Mindfulness interventions as generic and suitable for all, the results suggest that tailoring them more to the individual may maximise benefit and, more importantly, negate the likelihood of harmful consequences. For example, accentuating self-compassion, perhaps via the utilisation of specific compassionate imagery exercises and 'Loving Kindness' meditations, or setting the work in the context of a richer Compassion Focused Therapy approach, could be beneficial for a heavily defended, highly self-critical client scoring highly on trait Neuroticism as measured by an appropriate psychometric instrument. Merely bringing intensive awareness to painful material and in doing so encouraging abandonment of what may be a key defence, such as avoidance, seems wholly inadequate and potentially dangerous without the deeper work of fostering self-compassion.

It would seem much could potentially also be gained by revisiting the Buddhist tradition from which secular Mindfulness meditation has been extracted. Within Buddhism, it is widely accepted that meditators may experience psychological difficulty as part of their developmental journey towards greater personal insight. Re-setting the work of individual transformation via meditation within the broader context of Buddhism, which works directly with and helps make sense of distressing phenomena as they arise, offers the potential to bring greater understanding, compassion and support to Mindfulness meditation practitioners encountering psychological difficulties.

3. Literature Review

What is Mindfulness?

Mindfulness has its origins in Buddhist contemplative practice (Kabat-Zinn, 2010; 2011). Shonin, Van Gordon & Griffiths (2015, p.28) highlight that Buddhist teaching indicates that:

"Individuals have a tendency to ruminate about the past and/or rush towards the 'ungraspable' future, which never materialises - it is always the present. This behavioural tendency of 'not being fully present' can distort an individual's perception of reality and lessen their ability to consciously participate in the present moment. The non-Mindfulness practitioner is often likened in the Buddhist teachings to a 'walking corpse', or to one who goes through life on 'autopilot'."

While complete consensus on a definition of the construct of Mindfulness does not exist within Western psychology, it is generally accepted that Mindfulness:

- Concerns greater awareness of the present moment;
- Should be practised during routine activities, not just while meditating;
- Is aided by utilisation of a meditative anchor, such as the breath;
- Should feel natural and not forced;
- Requires conscious energy and focus;
- Relates to observing cognitive, affective and sensory experiences; and
- Is perhaps best learned by utilising guided Mindfulness mediations. (Source: Shonin, Van Gordon & Griffiths, 2015).

More succinctly, Mindfulness may be conceptualised as fundamentally a state of consciousness typically defined as being attentive to and aware of what is taking place in the present moment (Brown & Ryan, 2003). Crucially, a non-judgmental and accepting outlook accompanying this intentional focusing of one's attention has been cited as a key element. Jon Kabat-Zinn (2011, p.4), the pioneer of an eight-week Mindfulness-based intervention for stress reduction, emphasises this point when he describes the practice as

"paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally". 'On purpose' reflects that 'metacognition', our awareness of our own cognitive processes (Flavell, 1976), is a key aspect of Mindfulness; the mind is conscious that it is thinking. Such intentional awareness also extends, in the context of Mindfulness, to emotions and feelings. 'In the present moment' refers to being concerned with only what is happening right now; paying attention to those thoughts, emotions and feelings currently being experienced. 'Non-judgmentally' involves bringing an accepting, compassionate quality to whatever personal material arises.

In terms of this latter point, as Shonin, Van Gordon & Griffiths (2015) citing Baer (2003) emphasise, the key mechanism for the beneficial impact of Mindfulness is this perceptual shift in how one relates and responds to cognitive, affective and emotional stimuli. Mindfulness practitioners "objectify their thoughts and feelings and apprehend them as passing phenomena" (Shonin, Van Gordon & Griffiths, 2015, p. 30). This contrasts sharply with rumination over past events or imagining what may happen in the future, while accepting whatever exists in one's present moment awareness non-judgementally requires self-compassion (Gilbert, 2010a; Neff, 2003). Mindfulness is "compromised when individuals behave compulsively or automatically, without awareness of or attention to their behaviour" (Brown & Ryan, 2003, p.823).

According to Shonin, Van Gordon and Griffiths (2015, p.30). other important mechanisms of Mindfulness-based change include:

- "Greater self-awareness and emotional self-regulatory capacity leading to improved psychosocial coping strategies;
- Modification of immune and neuroendocrine system biological pathways;
- Reduced autonomic arousal leading to greater levels of relaxation;
- Transferring the locus of control for stress from external conditions to internal metacognitive and attentional resources;
- Improved regulation of negative mood states and self-disparaging schemas via the cultivation of compassion and self-compassion; and

• Growth in spiritual awareness that broadens perspective and induces reevaluation of life priorities."

Consequently, Mindfulness training as a clinical intervention is now utilised extensively (Shonin, Van Gordon & Griffiths, 2013), often within the context of a broader counselling approach. It is this clinical utilisation of Mindfulness that means the present study is of fundamental importance to Counselling Psychologists, as knowledge of the varying effects upon practitioners due to their individual differences, such as personality, is currently extremely limited. Moreover, many Mindfulness programmes continue to recruit participants without adequate pre-training screening to mitigate the chances of adverse effects manifesting. While awareness of potential Mindfulness-related practitioner difficulties is rising, and ground-breaking work is being done to ensure Mindfulness training as a clinical intervention is safe and beneficial (e.g. Treleaven, 2018; Britton, 2019), research into the underlying causes of risk, such as individual differences, remains in its infancy and a much deeper understanding of the mechanisms of effects is urgently required.

In addition to the debate surrounding the semantics of Mindfulness definitions, there is also a fundamental question regarding the wider framework within which it resides. The Buddhist conceptualisation of Mindfulness incorporates moral, ethical and spiritual dimensions: Mindfulness is traditionally practised in the context of spiritual development, such as transcending suffering and achieving an enlightened state (Harvey, 1990 as cited by Geary, 2016), and in conjunction with other practices. Some Western exponents, such as Kabat-Zinn (e.g. 2016), have firmly positioned Mindfulness within the field of health psychology and conveyed the spiritual dimension in more humanistic terms, with interventions characterised as 'mind-body' in nature, while simultaneously claiming that what is happening culturally via the growth in Mindfulness is the movement of Buddhist teachings (the Dharma) into mainstream society. Yet, how can this position comfortably coexist alongside the fact that secular Mindfulness is essentially a health-promoting, psychological clinical intervention, together with the open admission that the word 'spiritual' is to be consciously avoided so as not to alienate a secular audience? Kabat-Zinn's position on this has been criticised for being confusing, misleading and perhaps even

unethical, in that the underlying spiritual philosophy of the treatment may not be transparent to patients (Van Gordon & Griffiths, 2015).

Certainly, a spiritual dimension is typically lacking in the widespread secular Western definitions, where emphasis is firmly placed instead upon a health paradigm with principles of present-moment attention, awareness and acceptance. Moreover, if Mindfulness meditation is separated in practice from its spiritual underpinnings, such as in the form of Mindfulness-based clinical interventions, surely it becomes arguable whether it should still be termed 'Mindfulness' at all (Monteiro, Musten & Compson, 2015). Taking into account these concerns, Shonin, Van Gordon & Griffiths (2015, p.29) offer an alternative, more spiritual definition:

"Mindfulness is the process of engaging a full, direct, and active awareness of experienced phenomena that is spiritual in aspect and this is maintained from one moment to the next."

Developing Mindfulness

Greater Mindfulness is typically fostered via meditation (also referred to as 'Mindfulness meditation' and 'Mindfulness practice'). It is important here to acknowledge that there is not a single approach to Mindfulness meditation. On the contrary, numerous meditative practices exist, drawn from the range of contemplative Buddhist traditions, such as Zen, Theravada and Tibetan. These include but are not limited to:

- Samatha Mindfulness of breathing;
- Vipassana open monitoring;
- Goenka Vipassana body scanning;
- Zazen breath counting;
- Metta loving kindness or compassion. (Source: Lindahl, Fisher, Cooper, Rosen & Britton, 2017).

Interventions for the development of Mindfulness also vary enormously in terms of intensity, duration and content. Widely regarded as the 'gold standard' are 8-week programmes, based upon Kabat-Zinn's (2010; 2011) pioneering Mindfulness-Based Stress Reduction (MBSR) protocol. They are positioned as non-invasive (versus medication) and secular in nature, so that they are acceptable to the widest range of participants from a variety of religious and cultural backgrounds (Crane & Segal, 2016). Shonin, Van Gordon and Griffiths (2015, p.30) point out that, typically, they are comprised of:

"Weekly sessions of 90-180 minutes duration; a taught psycho-education component; guided group Mindfulness exercises; [recorded] Mindfulness meditations to facilitate daily self-practice; a half day or full-day silent Mindful retreat; and varying degrees of one-to-one discussion-based therapy with the programme instructor."

At the other end of the spectrum are numerous technology-driven, subscription-based 'app' offerings (Lindahl et al, 2017), such as Headspace and Imagine Clarity, which aim to facilitate self-development via structured Mindfulness meditation daily tasks. A myriad of offerings exist in the space between as instructors have sought to satisfy the burgeoning interest in and demand for Mindfulness-based interventions. Notably, the concept of doing anything 'mindfully' is also now widespread (Purser & Loy, 2013).

Dispositional Mindfulness and Its Benefits

Dispositional Mindfulness has been described as a naturally occurring characteristic that shows meaningful variation in non-clinical and non-meditating samples (Brown & Ryan, 2003) and relates to one's habitual thinking patterns and *tendency* to be fully present, attentive to oneself and one's environment, and non-judging in any current moment. Dispositional Mindfulness is hence distinct from the 'mindful state' one may enter when engaged in 'Mindfulness practice', typically in the form of meditation. Importantly, disciplined meditative practice has been shown, however, to produce enduring increases in levels of dispositional Mindfulness (Begley, 2007; Carmody & Baer, 2008; Toneatto & Nguyen, 2007), enabling individuals to become consistently more aware of present moment thoughts, emotions and feelings, and to be able to direct their attention where they would like it placed (Jha & Stanley, 2010).

Increased dispositional Mindfulness is widely recognised as producing a variety of positive outcomes, most notably: Reduced feelings of stress, anxiety and depression (Baer, 2003; Gilbert, 2009a; Grossman, Niemann, Schmidt & Walach, 2004; Kabat-Zinn, 2010; Krasner et al, 2009; Smith et al, 2008); and increased feelings of wellbeing and happiness (Gilbert, 2010a; Haidt, 2006; Seligman, 2008). Two important mediating paths for these positive effects are suggested: Firstly, one's tendency to negatively appraise (cognitively) the stressors faced in daily life is reduced; and secondly, one's ability to adapt and cope with difficult, stressful situations as they are encountered is increased (Weinstein, Brown & Ryan, 2009). It is suggested that the meta-conscious awareness that results from Mindfulness has the effect of reducing one's 'attachment' to present moment experience, creating the potential to reduce cognitive elaboration and rumination (Teasdale et al, 2000), and thereby allowing 're-perceiving' to occur and greater situational flexibility to ensue (Shapiro, Carlson, Astin & Freedman, 2006).

Seemingly compelling evidence from the field of neuroscience supports the claim that cultivating Mindfulness brings a range of neurological benefits. More holistically, experienced meditators brains have also been found to be 'physically' seven years younger in comparison to those of their non-meditating peers (Jarrett, 2016). Disciplined meditative practice and the development of increased dispositional Mindfulness establishes an additional neural pathway for 'being', alongside an individual's existing pathway for 'doing', creating the potential for greater flexibility in how one responds to any given situation (Heaversedge & Halliwell, 2010). In effect, developing Mindfulness enables an individual to de-couple negative emotional reactions from their behaviour, allowing them to make rational, conscious decisions about how to behave, as opposed to reacting more 'automatically' (Kirk, Downar & Montague, 2011). Studies have also indicated that as little as eight weeks Mindfulness practice may lead to significant increases in grey matter concentration in regions of the brain associated with emotion regulation, perspective taking, empathy, learning and memory, and attention (Holzel et al, 2011a; Lazar et al, 2005; Siegel, 2007). Specifically, citing Holzel et al (2011b), Shonin, Van Gordon & Griffiths (2013,

p.29-30) point out that "neuropsychological functional and structural imaging studies have shown that Mindfulness practice can improve self-regulatory efficacy via neuroplastic changes in the anterior cingulate cortex, insula, temporo-parietal junction, fronto-limbic network, and default mode network structures". Greater dispositional Mindfulness has also been associated with fewer cognitive failures, improved efficacy of executive resources, enhanced memory and access to declarative knowledge, increased cognitive flexibility, greater creativity, more effective problem-solving skills, and sharper attentional focus (Heeren, Van Broeck & Philipoot, 2009; Herndon, 2008; Shao & Skarlicki, 2009).

The Exponential Growth of Mindfulness

Mindfulness is a billion-dollar industry exemplified, for example, by the existence of more than 20 different mobile phone apps purporting to support individual, self-directed meditation practice (Lindahl et al, 2017). During 2013, almost 600 papers were published concerning Mindfulness and in 2014 another 700 appeared, which represented a ten-fold increase compared to 2003 (Shonin, Van Gordon & Griffiths, 2013; Kabat-Zinn, 2016). This exponential rise in published Mindfulness research articles (Black, 2014) has resulted in it achieving what some have described as 'cult status' (Brendel, 2015), built upon proclamations of an extensive and rapidly growing evidence base supporting the utilisation of Mindfulness practice (i.e. meditation) to achieve positive outcomes (typically, reduced distress and increased happiness). Objectively, evidence would certainly now appear to support the claim that Mindfulness-based clinical interventions can reduce depression, anxiety and pain (Khoury et al, 2013), while simultaneously increasing positive moods (Eberth & SedImeier, 2012). Indicative of its burgeoning credibility as a treatment option, a 2015 meta-analysis published in the medical journal The Lancet stated that meditation was as powerful as medication in terms of treating patients at risk of depressive relapse (Marchant, 2015).

Consequently, Mindfulness has been adopted across a range of settings including within the NHS since 2004 (Derbyshire, 2014), where Mindfulness has been melded with firmly established Cognitive Behaviour Therapy techniques, by 'third wave' practitioners at the Oxford Mindfulness Centre, to create 'Mindfulness Based Cognitive Therapy' (MBCT), used

particularly in chronic depression cases where it is claimed to have halved relapse rates (Crane & Segal, 2016; Gilbert, 2009a; National Institute for Clinical Excellence (NICE), 2016). In addition to MBSR and MBCT, Cash and Whittingham (2010) point out that 'third-wave' therapies such as Dialectical Behaviour Therapy (DBT; Linehan, 1993) and Acceptance and Commitment Therapy (ACT; Hayes, Strosahl & Wilson, 1999) also contain a Mindfulness component and the development of MBSR, MBCT and DBT were explicitly influenced by the Buddhist Mindfulness tradition (Hayes & Shenk, 2004).

Mindfulness programmes also exist outside of clinical psychological therapy programme settings, including: Within organisations working with clients to alleviate the impact of other psychiatric disorders (e.g. anxiety and ADHD), eating disorders, substance misuse, behavioural addictions (e.g. problem gambling), and physical illness (Arias, Steinberg, Banga & Trestman 2006; Chiesa & Serretti, 2011; Van Son et al, 2013); within families, where Mindful parenting has been promoted as a way to improve the family dynamic and reduce the potential for stress-related conflict (Bogels & Restifo, 2015); within schools, to reduce student anxiety and improve attention and academic performance (Woods, 2014); within the field of sport to enhance performance via situational awareness and task focus (Kaufman, Glass & Arnkoff, 2009); within forensic psychology settings, as an intervention to modulate impulsivity, regulate anger and reduce re-offending (Shonin, Van Gordon, Slade & Griffiths, 2013); within organisations, to reduce employee stress, increase resilience and improve individual and organisational performance (Dane, 2010; Personnel Today, 2013); and within positive psychology application settings to facilitate wisdom acquisition and wellbeing optimisation (Ivtzan & Lomas, 2016). In terms of a key indicator of the pervasiveness of Mindfulness within modern society, one needs to look no further than the existence of an All-Party Parliamentary Group on Mindfulness which aims to present a vision of a 'mindful nation' and to develop Mindfulness-based policies to realise this within the UK (Marchant, 2015).

The pace with which Mindfulness has been assimilated into Western applied psychology, however, has led to concerns being raised about whether the evidence base justifies its growing popularity: Does the quality of empirical evidence genuinely support claims made concerning the wide-ranging utility of Mindfulness-based clinical interventions? While long-

time advocates of Mindfulness such as Kabat-Zinn may profess their astonishment at growing criticism as Mindfulness progresses ever deeper into the mainstream (Marchant, 2015), others such as Shonin, Van Gordon and Griffiths (2013, p.30) argue that:

"The methodological quality of a large number of Mindfulness-based intervention studies remains questionable, [relying] upon self-report measures rather than clinical diagnostic interviews and have an absence of (or poorly implemented) intent-to-treat analysis, along with poorly designed control conditions that do not account for confounding factors such as psycho-education, therapeutic alliance, non-meditative relaxation techniques and group engagement. Some fail to control for fidelity of delivery (i.e. the extent to which [Mindfulness] instructors adhere to the intervention protocol), variations in the experience and competence of [Mindfulness] instructors, and in the way different Mindfulness-based interventions define and operationalise Mindfulness. There is also a scarcity of long-term follow-up studies."

Even more fundamentally, consideration must be given to whether Western approaches to Mindfulness bear any resemblance to the traditional Buddhist model (Sati): Is what is being delivered even worthy of being called Mindfulness and does this matter? Given that Buddhist teaching would indicate that competence in Mindfulness only develops after many years of practice, is it even plausible that dramatic improvements in well-being are reported after only eight weeks; and what of the spiritual dimension? Perhaps the widespread popularity of Mindfulness is actually evoking some kind of "intervention performance bias" in participants (Shonin, Van Gordon & Griffiths, 2015, p.31).

A Dark Side to Mindfulness?

A more critical consideration of the prevalence of Mindfulness raises other primary concerns. At a macro level, the application of Mindfulness is perhaps not always entirely benign. Noteworthy is the increasing prevalence of Mindfulness-based employee training programmes in British workplaces (Personnel Today, 2013), which are often cited as effective in building individual resilience to cope with the pressures of the contemporary Western workplace (Weinstein et al, 2009). Tellingly, Google, a pioneering organisation in terms of their passionate advocacy of employee Mindfulness development programmes, refers openly and explicitly to increased productivity as a key driver behind their extensive employee Mindfulness initiatives (Tan, 2012). Typically stripped of its underlying Buddhist philosophy, a secular version of Mindfulness is arguably being adopted by Western capitalist organisations to increase employees' ability to cope with, perhaps hitherto unmanageable, working demands. Kabat-Zinn referenced the potential for such a tension himself by suggesting that a healthy economy may result in a sick society (Marchant, 2015).

In a more individualistic vein, very little scientific information exists regarding the potential risks of Mindfulness (Baer & Kuyken, 2016) and, further, rarely has consideration been given to its potentially negative consequences. Kabat-Zinn asserts that the clinical use of Mindfulness is governed by the Hippocratic Oath and, hence, the requirement to 'first, do no harm' (Marchant, 2015). Setting aside the fierce criticism that this position has drawn, primarily on the grounds that it is wholly inadequate in comparison to the far richer Buddhist ethical code that accompanies traditional Mindfulness practice (e.g. Chah, 2011), it is true that relatively little information has existed to suggest there may be adverse effects associated with Mindfulness practice. Such information has arguably not been available, however, because the vast majority of meditation studies do not actively assess for it. Rather, studies routinely rely upon practitioners spontaneously reporting any difficulties encountered. However, volunteering such information is perhaps unlikely due to the influence of hierarchical structures that exist in practice settings. Consequently, it is estimated that the prevalence of adverse effects is underestimated twenty-fold (Lindahl et al, 2017). Yet, there is an emerging narrative which suggests some people are experiencing severe psychological problems, such as panic, depression, anxiety, mania (Baer & Kuyken, 2016), psychosis (BBC Radio 4, 2016; Shonin & Van Gordon, 2013), seizures and depersonalisation (Lindahl, et al 2017) following their participation in Mindfulness meditation programmes. It should be noted that the majority of such adverse effects would appear to occur in people meditating over long periods, including participants on multi-day Mindfulness retreats (Hickman, 2017).

Adverse effects that were serious enough to require medical intervention have been reported in clinical literature. Notably, the APA's Diagnostic and Statistical Manual of Mental

Disorders includes descriptions of meditation-induced depersonalisation and other clinically relevant problems (Lindahl et al, 2017). Perhaps this is not surprising when one considers that similar phenomena such as relaxation-induced anxiety have been acknowledged for decades (Heide & Borkovec, 1984). Indeed, as Lindahl et al (2017) highlight, some twenty-six years ago Shapiro (1992) suggested that negative experiences when practising meditation are relatively common, with 63% of meditators on a Vipassana retreat reporting at least one adverse effect, 7.4% reporting negative experiences severe enough to cause them to stop meditating, and one participant being hospitalised for psychosis.

More recently, Farias and Wikholm (2015) have repeated such concerns regarding the seemingly increasing prevalence of evidence of adverse effects. Chillingly, they recount one story of an individual who, having become a committed Mindfulness meditation practitioner, committed an atrocious act of mass murder before being killed himself. Some commentators on this event referred to Buddhism's long-standing history of violence, albeit by a tiny minority who arguably have nothing to do with the real teachings of the Buddha, while others offered a more individualistic interpretation, highlighting the potential for Mindfulness meditation to take one into the darkest corners of one's mind. Farias and Wikholm (2015) also recount the experience of a long-term yoga teacher who, while attending a Mindfulness meditation retreat, felt her sense of self evaporating to the point that she felt nothing but unbridled terror. Encouraged by her instructor to keep going and work through it, her symptoms became more severe and even physical in nature: The day after the retreat ended she could not get out of bed. Shortly after meeting with her GP she was seen by a psychiatrist and for the next 15 years she was treated for psychotic depression, and this included extended periods of hospitalisation together with Electro Convulsive Therapy. Essentially, three days of Mindfulness meditation had resulted in many years of severe health difficulties: The retreat had, it seemed, unleashed emotional material that was completely psychologically overwhelming.

Farias and Wikholm (2015) go further than offering merely (albeit highly arresting) anecdotal, individual cases as the sole cause for concern: They point instead to a far wider, arguably more robust pool of evidence. Referencing that 1992 study by David Shapiro, they note it was apparent that one's level of meditation experience did not account for the

negative effects recorded. Going back even further, Farias and Wikholm (2015) cite a 1976 article by Arnold Lazarus (a co-founder of CBT along with Albert Ellis) in which he stated some of his own patients had experienced serious ill-effects after meditation and claimed that individual differences in practitioners should most certainly be carefully considered when contemplating meditation as a treatment option. Albert Ellis himself also described some of his patients as entering dissociative, semi-trance states as a consequence of meditating and echoed Lazarus' call for caution.

While severe problems as yet appear to be rare, accounts of sustained deterioration and long-term harm mean they are nonetheless important. Foster (2016), for example, similarly describes the negative experience of one participant on a corporate Mindfulness programme who reported symptoms of acute panic being triggered during the course which ultimately escalated into a psychotic breakdown lasting several years. Yet, there is still a lack of systematic investigation into what causes such adverse effects and how to prevent and manage them (Lindahl et al, 2017). In the absence of significant research findings and within the context of Mindfulness being promoted as a clinical intervention which is benign and helpful for all, it is possible that practitioners reporting adverse experiences risk being stigmatised for simply 'not doing it right'.

Strikingly, however, difficult experiences caused by meditation are actually considered relatively common in many spiritual traditions, where they may typically be regarded as key stages in the process of spiritual awakening. Buddhist teachings openly refer to the 'dark side of enlightenment' (Lofthouse, 2014) and 'dark night of the soul' experiences (Rocha, 2014), or 'falling into the pit of the void' (Young, 2009). Proponents of secular Mindfulness practice, however, have typically failed to highlight the potential psychological risks to which some people may be prone or, crucially, to provide a broader framework of individual development within which individuals might make sense of any difficult phenomena. Lindahl et al (2017, p.25) cite Wildman (2011) in arguing that "the intense experiences of non-religious people are sometimes difficult to assimilate for the lack of any conceptual framework or social context for making sense of them". Bereft of spiritual context, it is hardly surprising that newly gained, profound insights into concepts such as suffering, non-self and impermanence might be difficult to integrate into ones emerging consciousness. As

Lindahl et al (2017) suggest, perhaps some adverse responses to Mindfulness practice represent a fundamental lack of fit between practitioner goals and expectations, and the experiential reality of self-transformation which is recognised within the traditional paradigm. Further research is urgently required to gain understanding on a par with that of psychotherapy, a field within which it is commonly accepted that 5-10% of clients get worse with treatment (Crawford et al, 2016). Notably, SedImeier et al (2012) argue that there is a need for randomised controlled trials that seek to determine the short and longer-term psychological effects of Mindfulness mediation.

The important contemporary study by Lindahl et al (2017) involved the researchers interviewing Western Buddhist meditation practitioners and expert teachers and clinicians, all of whom had experienced difficulties when practising. Their findings led to the creation of a detailed taxonomy of 59 meditation-related negative experience categories clustered into 7 higher-order domains, namely: cognitive, perceptual, affective, somatic, conative, sense of self, and social. The median duration of these effects was 1-3 years, and they ranged from a few days to longer than a decade. Alarmingly, 17% reported suicidality and 17% required hospitalisation. Meditators also referred to the fact that experiences that may have felt positive whilst on retreat became problematic when they returned to day-to-day life. The same study also identified 26 categories of factors that influenced practitioners' negative experiences, across the 4 domains of: practitioner-level factors, practice-level factors, relationships, and health behaviours. Of particular relevance to the present study is the fact that within the domain of practitioner-level factors, personality characteristics and temperament were explicitly cited as being potentially either a risk factor or a remedy (to the difficult experience), depending upon the particular characteristics mentioned. Participants often explained difficulties experienced in the context of how meditation practices are thought to affect personality structures. Rather than providing conclusive cause and effect insights, however, the study offers testable hypotheses of what may affect a meditator's experience. For example, while acknowledging the importance of the interaction of multiple factors, could certain personality traits, for instance Neuroticism, be indicative of likely difficulty in engaging successfully in Mindfulness meditation practice?

Support for the view that individual differences may influence how Mindfulness meditation practice affects participants emerged in another study looking at sex-related effects. Rojiani, Santoyo, Rahrig, Roth & Britton (2017) discovered that, compared to men, women showed greater increases in dispositional Mindfulness (as measured via the FFMQ) and self-compassion following completion of a 12-week training programme containing Mindfulness meditation components. Importantly, the researchers hypothesised that, while the mechanisms remain speculative, this difference in effect could be as a consequence of women's stereotypical tendency to ruminate (or engage in self-critical behaviour) and men's stereotypical tendency to confront or turn towards difficult psychological material may find Mindfulness meditation helpful, while those who have hitherto avoided facing up to such difficult material may find suddenly bringing their attention to it problematic and therapeutically counter-productive. In short, Rojiani et al (2017) suggest that divergent effects were caused primarily by mechanistic differences in emotion regulation techniques.

While consideration of sex-related differences specifically is outside of the scope of the present study, Rojiani et al's (2017) findings are nonetheless relevant and worthy of consideration. Crucially, for example, it is entirely conceivable that if sex-related individual differences lead to variations in the effect of Mindfulness meditation then personalityrelated differences may do likewise, as explicitly suggested by Lindahl et al's (2017) 'personality and temperament' practitioner-level factor. Strikingly, ignoring the hypothesised underlying explanation (i.e. sex-related differences) for a moment, Rojiani et al's (2017) key suggestion that people with pre-existing ruminative tendencies may find Mindfulness meditation beneficial raises a fundamental question about the impact of the personality trait Neuroticism, given one of its components is this tendency to worry: It would seem to imply that high train Neuroticism individuals might benefit most from Mindfulness-based clinical interventions. However, it is entirely possible for high trait Neuroticism individuals to know that they have a tendency to ruminate and *also* to utilise distraction as a coping technique, as Rojiani et al (2017) suggest. In which case, bringing a non-judgmental perspective to bear (such as via fostering self-compassion) prior to paying attention to difficult psychological material is perhaps the truly critical point. It is, after all, the development of this non-judgmental, self-compassionate perspective that mediated the beneficial effect of Mindfulness meditation in women (Rojiani et al, 2017). In other words, those who already pay more attention to their difficult, distressing material *and* bring greater compassion and less negative judgement to it benefit most. Hence, a two-factor pathway for how Mindfulness meditation might help has been suggested. Namely, clarity of attention and acceptance of experience result in a 'clarity of experience' (Bishop et al, 2004) and improve negative emotion regulation (Coffey, Hartman & Fredrickson, 2010).

Personality Traits and Dispositional Mindfulness

The purpose of the present study is to explore the relationship between personality traits and dispositional Mindfulness. While studies have been conducted into the relationship between personality and Mindfulness previously, these have been mainly limited to consideration of the 'Big Five' factors of personality and, typically, a unitary, global Mindfulness measure. There is a need, therefore, to provide a more granular understanding of the relationship between these two areas by considering facet-level constructs (Giluk, 2009). The important implications of this study, such as for the discipline of Counselling Psychology, stem from two key points: (1) the increasing adoption of Mindfulness-based clinical interventions to treat human distress, such as, for example, recurrent depression (Gilbert, 2009a); and (2) the emerging narrative that Mindfulness interventions, rather than being entirely benign, rather generic in nature (e.g. the ubiquitous Mindfulness of breath meditation) and applicable to anyone, should be better tailored to the individual practitioner in order to maximise benefit and negate any potentially harmful consequences (Baer & Kuyken, 2016). Exploring dispositional Mindfulness in greater detail by understanding its relationship with individual differences in personality at a facet-level, may offer the possibility of targeting Mindfulness-based interventions more appropriately, or perhaps ruling out their use entirely.

The five-factor model of personality is pervasive within the field of individual differences in personality traits. Its origins lie in both lexical and factor-analytic approaches, with Costa and McCrae (1992) particularly instrumental in the establishment and widespread acceptance of the 'Big Five' model, consisting of global traits of: Openness; Conscientiousness; Extraversion; Agreeableness; and Neuroticism. Each factor also having

more specific personality attributes or facets associated with them. Notably, the 'Big Five' model has been shown to fit well with other measures of personality. For example, Costa and McCrae (1989) factor-analysed scores on the Myers-Briggs Type Indicator and found that it supports a five-factor structure. Boyle (1989), meanwhile, demonstrated that the five-factor model is also broadly compatible with Cattell's fourteen-factor measure and Eysenck's three-factor model.

Costa and McCrae (1992) measure the 'Big Five' factors via their NEO-PI-R personality questionnaire. They state that this instrument has been translated into several other languages and the same factor structure replicated. They have also demonstrated that observed personality differences are stable over time and have a genetic basis. In summary, they argue that the five factors represent the universal, nomothetic aspects and structure of personality based upon all available evidence: The factors are found in different languages, ages of people and races. While it would be incorrect to suggest there is total consensus within the psychological community on this matter, (for example, there still remains the possibility of idiographic personality constructs, such as constellations of defence mechanisms, and certain pathologies that might be important too, such as dissociation, which are not measured by the personality instrument utilised in this research), the fivefactor model is sufficiently robust and extensively used elsewhere so as to provide a clear conceptualisation of individual differences in personality as required by the present study.

If facets of personality are closely related to dispositional Mindfulness, it is conceivable, in light of Lindahl's (2017) findings and hypotheses, that meditation practice is better suited to (and less problematical for) certain individuals than others. In reality, very little is known about why some people are more vulnerable to psychological problems caused by Mindfulness (Baer & Kuyken, 2016). For example, is pre-existing schizotypy triggered? What is known is that mental health disorders are typically linked to maladaptive extremes of the 'Big Five' personality traits. High Conscientiousness predicts Obsessive Compulsive Disorder, while low Conscientiousness predicts impulse control disorders. Low Extraversion predicts avoidant and schizoid personality disorders. Low Agreeableness is related to psychopathy and paranoid personality disorder. High Openness is on a continuum with schizotypy and

schizophrenia. Moreover, twin studies show that the link between traits and mental illness exists at both a behavioural and genetic level (Miller, 2011).

The personality trait Neuroticism is considered to be of most interest in the present study. Those scoring highly on the Neuroticism scale tend to be susceptible to depression and anxiety, bipolar, borderline and histrionic disorders (Miller, 2011). Non-clinically, high trait Neuroticism individuals are generally self-conscious, moody, insecure (Barrick, Mount & Judge, 2001) and more prone to stress and psychological distress (Costa & McCrae, 1992). Given that greater dispositional Mindfulness has been associated with emotional stability, it is perhaps unsurprising that Neuroticism has already been found to correlate significantly (inversely) with dispositional Mindfulness at factor level (Giluk, 2009; Walsh, Balint, Smolira, Frederickson & Madsen, 2009). The same pattern is predicted to emerge in the present study. Psychological distress as a consequence of Mindfulness meditation may be a more likely outcome for those who score highly on the trait of Neuroticism, which is known to predict negative emotional outcomes (Feltman, Robinson & Ode, 2009) and is significantly related to depression (Barnhofer, Duggan and Griffith, 2011). There is clearly something of a paradox evident here. Neurotic individuals are arguably most likely to benefit from the positive effects of Mindfulness, while at the same time perhaps being potentially most vulnerable to its negative consequences. Unravelling this conundrum in such a way so as to be able to predict who is most likely to be at risk and how best to work safely and beneficially using Mindfulness-based interventions is therefore critical.

In terms of the other personality traits, individuals scoring highly on the Conscientiousness scale are characterised as being (among other things) achievement orientated (Barrick et al, 2001) and self-disciplined (Costa & McCrae, 1992), and Conscientiousness has also been found to correlate positively with dispositional Mindfulness (Giluk, 2009). The findings of previous research exploring the relationship between the global personality factors of Extraversion, Openness and Agreeableness and dispositional Mindfulness have been more equivocal. Broadly, however, an individual possessing greater dispositional Mindfulness might be expected to score more highly on each of these three traits (Baer, Smith & Allen, 2004; Giluk, 2009). Perhaps less ambiguously, research into personality and compassion has suggested that individuals scoring highly in Agreeableness also tend to score highly on

measures of compassion (Neff, Rude & Kirkpatrick, 2007), and compassion towards self and others is understood to represent a fundamental element of Mindfulness (Gilbert, 2010a). It is predicted, therefore, that Extraversion, Openness and Agreeableness may also positively correlate with dispositional Mindfulness. Assuming these hypotheses are correct, it is anticipated that factor analysis (utilising personality facet and Mindfulness domain data) will result in the identification of five factors (or 'components') that align with the 'Big Five' factor model of personality. In other words, it is predicted that dispositional Mindfulness and personality are entwined and do not represent orthogonal constructs.

Facet level correlations will provide a more detailed picture of the relationship between dispositional Mindfulness and personality than has been seen to date. For example, the Five Factor Mindfulness Questionnaire (FFMQ) domains of Non-Judging of Inner Experience (i.e. refraining from evaluation of one's thoughts, feelings and emotions) and Non-Reactivity to Inner Experience (i.e. allowing thoughts, feelings and emotions to come and go, without becoming immersed in them) seem likely to correlate inversely with the Anxiety, Angry Hostility, Depression and Self-Consciousness facets of Neuroticism. Furthermore, in a study looking at the relationship between the 'Big Five' factors of personality and mental health, Atari and Yaghoubirad (2016) demonstrated that personality dimensions could significantly predict scores of alexithymia, a personality construct characterised by the subclinical inability to identify emotions in the self, and alexithymia itself proved predictive in terms of mental health difficulties such as depression, anxiety, social functioning and somatic symptoms: It was argued to be the key mediating variable between personality and mental health. Strikingly, the inability to identify and describe emotions is the antithesis of the FFMQ dispositional Mindfulness dimension of 'Observe'. Such facet level detail is therefore likely to be invaluable in terms of better understanding the make up of a mindful (and not mindful) individual, allowing greater targeting of mindfulness-based interventions.

In summary, this study seeks to expand upon previous work on personality and dispositional Mindfulness, by extending the analysis to facet level. This may lead to increased insight into the personality basis of dispositional Mindfulness. In turn, this could have applications to Mindfulness-based clinical interventions, for example, by identifying clients' likely psychological comfort or discomfort with this therapeutic approach, and through the

development of more tailored Mindfulness interventions, such as a greater compassionbased focus for highly self-critical individuals.

Hence, the research question is: How do the constructs of dispositional Mindfulness and personality relate to one another at a facet level, and what are the potential implications for the safe and effective use of Mindfulness-based clinical interventions?

4. Methodology

4.1 Design

The research methodology utilised was a quantitative, factor-analytic design. Specifically, the relationship between 5 domains of dispositional Mindfulness and 30 personality facets was examined via factor analysis (specifically, Principal Components Analysis). A quantitative methodology was most suitable for undertaking this research as measurement of personality dimensions via psychometric instruments is well established (e.g. Costa & McCrae, 1992), while dispositional Mindfulness has also, albeit more recently, been the subject of effective psychometric measurement (e.g. Baer et al, 2008), while Mindfulness training is now used widely by Counselling Psychologists as a clinical intervention, often within the context of a broader therapeutic approach (Shonin, Van Gordon & Griffiths, 2013), to increase participants' dispositional Mindfulness (Baer, 2003). Factor analysis was chosen as the analytical method as the relationship between facets of personality and Mindfulness was under consideration and the aim of the study was to understand the structure of this set of variables (Field, 2009).

Factor analysis itself is derived from correlations. Cohen and Swerdlik (2010) point out that psychological testing and assessment contain inferences about how some things (such as traits) are related to other things (such as other traits). Correlation is an expression of the degree and direction of correspondence between two things. A correlation coefficient (*r*) expresses a linear relationship between two variables, usually continuous in nature (Cooper, 2008). Critically, it does *not* provide any indication of causality (although there is clearly an implication of prediction). "It reflects the degree of concomitant variation between variable *x* and variable *y*. The correlation coefficient is the numerical index that expresses this relationship: It tells us the extent to which *x* and *y* are 'co-related'" (Cohen and Swerdlik, 2010, p.124). In essence, the correlation coefficient itself is also therefore the effect size (Aron, Aron & Coups, 2009).

The most widely used measure of correlation is the Pearson correlation coefficient (or Pearson's *r*). This is regarded by Cohen and Swerdlik (2010, p.126) as the "tool of choice

when the relationship between variables is linear and when the two variables being correlated are continuous", which is the case in the present study. "The formula for the Pearson *r* takes into account the relative position of each test score or measurement with respect to the mean of the distribution" (Cohen and Swerdlik, 2010, p.126). The Pearson correlation coefficient is most appropriate when the nature of the research question is the linear relationship between continuous variables.

According to Field (2009), when measuring several variables, the correlation between each pair of variables can be arranged in an R-matrix (i.e. a table of correlation coefficients between variables). In factor analysis, this R-matrix is reduced down to its underlying dimensions by identifying which variables meaningfully cluster. This data reduction is achieved by looking for variables that correlate highly with a group of other variables, but do not correlate with variables outside of that group. The existence of clusters of large correlation coefficients between variables suggests that they may be measuring aspects of the same underlying dimension. Such dimensions are known as 'factors' (or 'latent variables'). Reducing the data set from a group of interrelated variables to a smaller set of factors via factor analysis explains the maximum amount of common variance in a correlation matrix using the smallest number of explanatory constructs.

Personality trait theorists and, more latterly, researchers exploring dispositional Mindfulness, use factor analysis extensively and, hence, its utilisation in the present study was considered particularly appropriate.

4.2 Measures

Dispositional Mindfulness was assessed using a self-report psychometric instrument: the Five Facet Mindfulness Questionnaire (FFMQ). The FFMQ is a 39-item questionnaire that was derived from exploratory factor analysis that combined five separate Mindfulness questionnaires, each with internal consistency alpha coefficients of between .81 to .87 (Baer, Smith, Hopkins, Krietemeyer & Toney, 2006). Importantly, confirmatory factor analysis with a second sample confirmed the original five-factor solution (Cash and Whittingham, 2010).

The FFMQ measures five domains of dispositional Mindfulness:

- *Observing* attending to or noticing internal and external stimuli, such as thoughts, feelings, emotions, sights, sounds, and smells;
- *Describing* mentally labelling these stimuli with words;
- Acting with Awareness paying attention to one's current actions, rather than acting without attention or automatically;
- Non-Judging of Inner Experience refraining from evaluation of one's thoughts, feelings and emotions;
- *Non-Reactivity to Inner Experience* allowing thoughts, feelings and emotions to come and go, without becoming immersed in them. (Source: Baer et al, 2006).

Participants respond via a 5-point Likert-type scale ('never or very rarely true' to 'very often or always true'). In addition to the five domains, an overall FFMQ global Mindfulness score may also be obtained by aggregating the five domain scores (although this was not relevant to the present study given its focus upon facet-level analysis).

Research findings have indicated that the five Mindfulness domains have shown construct validity (the scales represent related but distinct constructs), with significant intercorrelations of between .32 to .56 and internal consistency ranging from .75 to .91. Incremental validity in predicting psychological symptoms and sensitivity to measure changes in Mindfulness as a consequence of treatment has also been indicated (Baer et al, 2006; Baer et al, 2008; Christopher, Neuser, Michael & Baitmangalkar, 2012). Finally, it is worth also noting that the Spanish (Cebolla et al, 2012) and Dutch (Bohlmeijer, Ten Klooster, Fledderus, Veehof & Baer, 2011; De Bruin, Topper, Muskens, Bogels & Kamphuis, 2012) language versions of the tool have been found to possess similarly good psychometric properties.

Individual differences in personality were assessed using the NEO-PI-R personality questionnaire. This is a 240 item, self-report questionnaire measuring the domains of the

five-factor ('Big Five') model of personality, with 48 items loading discretely on to each factor of Neuroticism, Extraversion, Openness, Agreeableness and Conscientiousness (Costa & McCrae, 1992). Neurotic individuals tend to be anxious, self-conscious, moody, insecure (Barrick et al, 2001) and more susceptible to stress and psychological distress (Costa & McCrae, 1992). Extraverts tend to be talkative, social, gregarious and assertive. Openness indicates a tendency for curiosity, imagination, broad-mindedness, originality (Barrick et al, 2001) and receptivity to one's own inner emotions and feelings (Costa & McCrae, 1992). Agreeable individuals are generally good natured, co-operative, supporting, and display empathy and concern for others. Conscientiousness indicates a tendency to be dependable, responsible, rule-abiding, achievement orientated (Barrack et al, 2001) and self-disciplined (Costa & McCrae, 1992).

The 6 facets measured in respect of each of the 5 higher-order personality factors are as follows (with 8 questionnaire items loading on to each facet):

- Neuroticism:
 - Anxiety worrying about things
 - Angry Hostility getting angry easily
 - o Depression often feeling down and uncomfortable with oneself
 - o Self-Consciousness easily intimidated and often embarrassed
 - o Impulsiveness unable to resist temptations
 - Vulnerability panicking easily and not calm under pressure;
- Extraversion:
 - Warmth makes friends easily and easy to get to know
 - Gregariousness enjoys social gatherings and being with people
 - Assertiveness likes to take the lead
 - Activity enjoys always being busy
 - Excitement-Seeking loves excitement
 - Positive Emotions radiates joy and is often happy;
- Openness:
 - Fantasy has a vivid imagination

- Aesthetics believes in the importance of art
- Feelings experiences emotions intensely
- Actions prefers variety and enjoys change
- o Ideas likes complex problems and philosophical discussions
- Values liberal, open-minded and tolerant;
- Agreeableness:
 - Trust trusts others
 - Straightforwardness easy to satisfy
 - Altruism makes people feel welcome
 - Compliance follows rules and does not 'cheat'
 - o Modesty dislikes being the centre of attention
 - Tender-Mindedness shows sympathy towards others;
- Conscientiousness:
 - Competence completes tasks successfully
 - o Order likes order and tidiness
 - Dutifulness follows rules
 - Achievement Striving works hard
 - Self-Discipline gets necessary things done right away
 - Deliberation avoids mistakes. (Source: Costa & McCrae, 1992.)

Costa and McCrae (1992) set out that the internal consistency information of the NEO presented in the manual was derived from the full job performance sample (n = 1,539) and was high, at: N = .92; E = .89; O = .87; A = .86; C = .90. The internal consistency of the facet scales ranged from .56–.81. The test retest reliability reported in the manual of the NEO PI-R over 6 years was: N = .83; E = .82; O = .83; A = .63; C = .79. They also point out that this not only shows good reliability of the domains, but also that they are stable over a long period of time (past the age of 30), as the scores measured six years apart vary only marginally more than the scores as measured a few months apart. Other research has shown acceptable test-retest reliability. A 2001 study by Kurtz and Parrish on the short-term test-retest reliability yielded coefficients of α = .91–.93 for domains and α =.70–.91 for facets after a one-week interval. A 2006 study by Terracciano, Costa and McCrae on the long-term

test-retest reliability yielded coefficients of α = .78–.85 for domains and α = .57–.82 for facets after a 10-year interval.

Thus, the variables under consideration were operationalized via, arguably, the most appropriate (in terms of construct validity) and well-proven (in terms of validity and reliability) psychometric instruments available.

Test-taker motivation is always a consideration when administering psychometric questionnaires. Given that there was no significant individual participant outcome attached to the results generated (such as, for example, an offer of employment), it is considered unlikely that participants chose to respond in a socially desirable manner and would have in all probability instead answered the questions posed honestly. A more salient concern perhaps could be random responding, where the participant pays little or no attention to the answers offered. This may have occurred in instances where a participant wanted the associated academic 'credit' for their participation but was not motivated sufficiently to respond accurately. While a plausible concern, the impact of which on an individual set of results would be high, it was considered unlikely to happen on a scale that risked invalidating the overall study findings. Additionally, graphical analysis of the correlation results enabled the identification of any such outliers (of which there were none). Finally, it is worth noting also that a participant's failure to follow the instruction regarding the requirement for adequate English language ability could have had a similar impact. Again, the likelihood of this happening was considered to be low and the correlation graph did not indicate the existence of such problem data.

4.3 Participants

A total of 243 participants took part in the study but data from 14 respondents was discounted due to being incomplete. Hence, 229 participant responses were included in the analysis completed. The mean age of participants was 21 years, and ages ranged from 18 to 74 years. Participants were predominantly drawn from the University of the West of England's participant pool, complemented by limited snowball sampling activity. The study was advertised to this group and individuals self-selected in terms of their participation.

Participants were required to have a good understanding of English in order to take part and this was made clear in the study instructions (Appendix 1). Participants each received 1 academic 'credit' for their contribution, on the basis that the questionnaires took approximately 45 minutes to complete.

Both psychometric instruments, the FFMQ and the NEO-PI-R, were administered to participants sequentially, remotely and online via the Qualtrics tool. This is a wellestablished and functionally appropriate questionnaire delivery mechanism that has been effectively utilised previously for numerous similar studies, including those using the NEO-PI-R. The FFMQ questions and response options were added to an existing NEO-PI-R Qualtrics set-up. The introduction page of the online questionnaires included a brief description of the study that was sufficiently general (e.g. looking at the relationship between personality and Mindfulness) so as not to unduly influence the participants' responses (Appendix 1). A slightly more detailed explanation of the study was provided in the debrief screen (Appendix 2). Participants were asked to confirm their consent to participate by reviewing three statements prior to completing the questionnaires (Appendix 3). Participants were advised via the online questionnaire debrief page (Appendix 2) that they could withdraw from the study at any time prior to 30th May 2016, without needing to provide a reason for their withdrawal.

Participants were predominantly recruited from a limited population (those who are members of the UWE Participant Pool) and were not selected based on age, race, sex, or any other demographic dimensions. There was no upper limit applied on participant numbers and it was intended that a minimum of 175 responses would be received, thereby achieving the minimum threshold of 5 participants per variable, given the expectation of fewer than 300 participants in total (Kass and Tinsley, 1979).

4.4 Procedure

Responses to the online questionnaires were anonymised prior to data analysis. Data was stored securely on an encrypted USB drive. No participant names appeared in the

documented research findings, nor were they shared in any subsequent presentation of the study.

Data collected was stored initially via the Qualtrics tool before transfer to the encrypted USB drive, which was analysed utilising SPSS on the researcher's laptop. Once transferred, the Qualtrics data was deleted. The data held on the researcher's encrypted USB drive was anonymous, as was the data in SPSS, and the laptop used for analysis was password protected.

As the participants were asked questions related to aspects of their personality, it was acknowledged that difficult feelings may have emerged in the course of completing the questionnaires and that this could have resulted in some distress. Participants were informed before giving consent as to the nature of the research (Appendix 1) and given the opportunity to ask questions about the research upon completion of the questionnaires, while UWE's counselling service was also signposted for further support if required (Appendix 2).

4.5 Reflexivity

The researcher conducting this study is a Counselling Psychologist in Training and has undertaken clinical training in relational psychodynamic, cognitive behavioural and systemic approaches. In 2010, while in his role as a psychologically-minded Human Resources professional with a long-standing interest in emotional intelligence theory and psychometric measurement, he became interested in Mindfulness as a potential tool for enhanced employee workplace performance and, specifically, the relationship between dispositional Mindfulness and individual differences in personality. While undertaking an MSc in Psychology, he hypothesised that higher dispositional Mindfulness might result in superior performance while also correlating strongly with personality traits of emotional stability (i.e. inverse Neuroticism) and Conscientiousness. He aspired to measure these domains psychometrically both in order to enhance his work-based decision-making around potential new hires, and to grow dispositional Mindfulness in existing employees via the implementation of a meditation-based development programme. His masters research

failed to provide evidence for a relationship between dispositional Mindfulness and performance, but did reveal strong correlations, as predicted, between dispositional Mindfulness and individual differences in personality, particularly Neuroticism (inversely). He identified, however, that there was a need for a far deeper understanding of the relationships at a facet level.

Around the same time, the researcher also engaged personally in a significant number of hours of Mindfulness training, in the form of a variety of daily meditative practices. In 2013, having been meditating regularly for approximately three years, and then in his mid-40's, he experienced a psychotic episode for the first time in his life. This resulted in his hospitalisation for several weeks. A notable feature of this breakdown was paranoid and spiritual delusions, including the belief that he was in purgatory and could only escape and transcend to the afterlife by meditating even more intensively. As he slowly recovered, he became increasingly convinced that his Mindfulness practice had somehow contributed to his psychosis, a belief that was reinforced when he began to investigate significant difficulties encountered by other meditation practitioners. His knowledge converged and a key question began to emerge: Was there something in his individual 'makeup' that meant Mindfulness training had ultimately been harmful to him?

Key assumptions underlying this work, therefore, were the ideas that dispositional Mindfulness and personality were certainly related at a facet level, that this was best examined quantitatively via psychometric instruments, and that the relationships would have significant implications for the experience of individual practitioners. Accordingly, the research question was not "are they related?" but rather, "how are they related and what are the associated implications?" This stemmed from the researcher's previous research findings, his personal adverse experience of Mindfulness training, and a review of the available literature covering dispositional Mindfulness, personality and adverse effects.

It was possible that the participants in the study shared the assumption that dispositional Mindfulness and personality were related, due in part at least to the initial instructions provided to them. Given limited coverage of adverse effects, it is considerably less likely that this would have been in their consciousness.

Administration of the Mindfulness and personality questionnaires was via Qualtrics, an online survey tool and, as such, the researcher established only a very cursory relationship with participants. It was not anticipated, therefore, that intersubjectivity represented a major consideration.
5. Results

5.1 Overview of Analysis

A total of 229 participants responded fully, giving an acceptable ratio in excess of 6 participants per variable (Kass & Tinsley, 1979). Notwithstanding this test, Guadagnoli and Velicer (1988) state that of more importance than sample size is the magnitude of factor loadings and having 4 or more loadings greater than 0.6 per factor: This was the case in the present study (Appendix 4). Finally, it is also worth noting that all communalities were above 0.5 except for 2 of the 35 variables (Appendix 5), providing further comfort that the sample size of 229 was adequate (MacCallum, Widaman, Zhang & Hong, 1999).

A Principal Component Analysis (PCA) was conducted on the 35 items with orthogonal rotation (Varimax). Varimax rotation attempts to maximise the dispersion of loadings within factors: That is, it attempts to load a smaller number of variables highly on to each factor, resulting in more interpretable clusters of factors. Varimax is considered a good general approach that simplifies the interpretation of factors (Field, 2009) and, hence, was deemed appropriate.

5.2 Tests of Adequacy

The reliability of factor analysis is dependent upon an adequate sample size. The Kaiser-Meyer-Olkin measure (Kaiser, 1970) verified the sampling adequacy for the analysis (see Table 1), KMO=.83 (which is 'great' according to Field, 2009), and all KMO values for individual items were >.69 (Appendix 6), which is well above the acceptable limit of .5 (Field, 2009). Bartlett's test of sphericity X²(595) = 4121.46, p<.001, indicated that correlations between items were sufficiently large for PCA (see Table 1.). Additionally, there were more than 6 participants per variable, thereby exceeding the minimum threshold of 5 participants per variable, given there were fewer than 300 participants in total (Kass and Tinsley, 1979).

Table 1. Kaiser-Meyer-Olkin and Bartlett's Test

Kaiser-Meyer-Olkin Measure of		.829
Sampling Adequacy.		
Bartlett's Test of Approx. Chi-		4121 460
Sphericity	Square	4121.400
	df	595
	Sig.	.000

5.3 Principal Components Analysis

An initial analysis was run to obtain eigenvalues for each component in the data. Seven components had eigenvalues over Kaiser's (1960) criterion of 1 and in combination explained 63.79% of the variance (Appendix 7). Kaiser's criterion can be accurate when the number of variables is less than 30 and when sample size exceeds 250. However, given the number of variables exceeded 30 (actually 35) and the sample size was smaller than 250 (actually 229), the scree plot was examined and given deference (see Figure 1.).



Figure 1. Scree Plot of Eigenvalues by Number of Components.

A sample of more than 200, as in the case of the present study, means the scree plot provides a fairly reliable criterion for factor selection (Stevens, 2002). Cattell (1966) instructs that the point of inflexion of the curve represents cut-off for selecting the number of components, and that the component at the point of inflection itself should not be included. The inflexion point (and 'levelling off' of eigenvalues) was apparent at the sixth component and, hence, the decision made to re-run the analysis specifying 5 components. This decision was further supported by the fact that, when examined, initial components six and seven did not lend themselves readily to explanation, while the 5 components clearly aligned with the very well-established "Big Five" factor theoretical model of personality, which was deemed logical given the data under consideration.

In combination, once the analysis was re-run, the 5 specified components explained 57.3% of the variance (Appendix 8).

5.4 Identified Components

All factor loadings after rotation are shown in Appendix 4. The items that cluster on the same components suggest that Component 1 represents 'Neuroticism', with all 6 NEO-PI-R neuroticism facets (that is, Anxiety, Angry Hostility, Depression, Self-Consciousness, Impulsiveness and Vulnerability) loading on to the component. Additionally, the FFMQ Mindfulness domains of Non-Judging of Inner Experience (that is, refraining from evaluation of one's thoughts, feelings and emotions), Non-Reactivity to Inner Experience (that is, allowing thoughts, feelings and emotions to come and go, without becoming immersed in them), and Acting with Awareness (that is, paying attention to one's current actions, rather than acting without attention or automatically) loaded inversely on to this component (see Table 2).

N1_Anxiety	.806	FFMQ Non-Judge	739
N2_Angry	.607	FFMQ Non-React	616
N3_Depression	.816	FFMQ Awareness	509
N4_Self-	.628		
Consciousness			
N5_Impulsive	.554		
N6_Vulnerable	.750		

Table 2. 'Neuroticism' Component Facet Loadings

Component 2 represents 'Conscientiousness', with all 6 NEO-PI-R conscientiousness facets (that is, Competence, Order, Dutifulness, Achievement Striving, Self-Discipline and Deliberation) loading on to the component. Additionally, the FFMQ Mindfulness domains of Acting with Awareness and Describing (that is, mentally labelling stimuli with words) positively loaded on to this component. Finally, the NEO-PI-R extraversion facet of Activity also positively loaded on to the component (see Table 3).

C1_Competence	.734	E4_Activity	.416
C2_Order	.677	FFMQ Awareness	.519
C3_Dutifulness	.742	FFMQ Describe	.463
C4_Achievement	.826		
C5_Self-Disciplined	.818		
C6_Deliberation	.490		

 Table 3. 'Conscientiousness' Component Facet Loadings

Component 3 represents 'Agreeableness', with all 6 NEO-PI-R agreeableness facets (that is, Trust, Straightforwardness, Altruism, Compliance, Modesty and Tender-Mindedness) loading on to the component. Additionally, the NEO-PI-R neuroticism facet of Angry Hostility loaded inversely, while the extraversion facets of Warmth (positively) and Assertiveness (inversely) also loaded on to the component. Notably, no FFMQ Mindfulness domains loaded on to this component (see Table 4).

Table 4. 'Agreeableness' Component Facet Loadings

A1_Trust	.588	E1_Warmth	.460
A2_Straightforwardness	.732	E3_Assertiveness	410
A3_Altruism	.688	N2_Angry	526
A4_Compliance	.703		
A5_Modesty	.648		
A6_Tender-Mindedness	.681		

Component 4 represents ' Extraversion', with all 6 NEO-PI-R extraversion facets (that is, Warmth, Gregariousness, Assertiveness, Activity, Excitement-Seeking and Positive Emotions) loading on to the component. Additionally, the NEO-PI-R conscientiousness facet of Deliberation loaded inversely on to the component. Notably, no FFMQ Mindfulness domains loaded on to this component (see Table 5).

E1_Warmth	.645	C6_Deliberation	527
E2_Gregariousness	.759		
E3_Assertiveness	.583		
E4_Activity	.584		
E5_Excitement	.677		
E6_Positive_Emotions	.646		

Table 5. 'Extraversion' Component Facet Loadings

Component 5 represents 'Openness', with all 6 NEO-PI-R openness facets (that is, Fantasy, Aesthetics, Feelings, Actions, Ideas and Values) loading on to the component. Additionally, the FFMQ Mindfulness domain of Observing (that is, attending to or noticing internal and external stimuli, such as thoughts, feelings, emotions, sights, sounds, and smells) loaded on to the component (see Table 6).

O1_Fantasy	.715	FFMQ Observe	.727
O2_Aesthetics	.746		
O3_Feelings	.621		
O4_Actions	.408		
O5_Ideas	.653		
O6_Values	.423		

Table 6. 'Openness' Component Facet Loadings

5.5 Factoral Results Summary

In summary, the results were predominantly in line with the predicted outcomes.

The relevant six facet scores loaded as expected on to each of the components, thus giving five factors of Neuroticism, Conscientiousness, Agreeableness, Extraversion and Openness. In terms of Mindfulness, 3 domains loaded negatively on to Neuroticism: Non-Judging of Inner Experience (that is, refraining from evaluation of one's thoughts, feelings and emotions); Non-Reactivity to Inner Experience (that is, allowing thoughts, feelings and emotions to come and go, without becoming immersed in them); and Acting with Awareness (that is, paying attention to one's current actions, rather than acting without attention or automatically). Additionally, the FFMQ Mindfulness domains of Acting with Awareness and Describing (that is, mentally labelling stimuli with words) positively loaded on to Conscientiousness, while Observing (that is, attending to or noticing internal and external stimuli, such as thoughts, feelings, emotions, sights, sounds, and smells) loaded on to Openness. No Mindfulness domains loaded on to the Agreeableness or Extraversion factors.

5.6 Correlations

Facet-level correlations are included in Appendix 9 in respect of each of the five identified components. To minimise the risk of Type 1 errors, given the number of correlations under consideration, a p-value of 0.01 was applied. It is notable that the majority of correlations between Mindfulness dimensions and personality facets are large and significant. For example, the correlation between the Neuroticism facet of Vulnerability and the Mindfulness dimension of Non-Judgement was 0.54 (p<0.01). Clearly, high Vulnerability facet individuals tend to judge their inner experience harshly.

The FFMQ dimensions of Describing, Acting with Awareness, Non-Judging of Inner Experience and Non-Reactivity to Inner Experience correlate almost entirely with all 6 Neuroticism facets. Describing and Acting with Awareness are the most significant FFMQ domains in respect of Conscientiousness facets, while Observing correlates strongly with all but one of the facets of Openness. Overall, the correlations reinforce the view that dispositional Mindfulness is comprised of low Neuroticism, high Conscientiousness and high Openness. Extraversion is relatively unimportant and Agreeableness is almost irrelevant.

Full SPSS analytical output, both the initial 7-factor model and the final 5-factor solution, is contained in Appendix 11.

6. Discussion

The present study sought to examine the relationship between facets of personality and domains of dispositional Mindfulness. A five-factor structure was identified following an explanatory factor analysis, specifically, Principal Components Analysis with Varimax rotation. The five factors (or 'components') which emerged aligned with the 'Big Five' factor model of personality: 'Neuroticism' was comprised of all 6 Neuroticism facets measured by the NEO-PI-R personality questionnaire together with, inversely, three domains of the FFMQ dispositional Mindfulness questionnaire, namely, Non-Judging of Inner Experience, Non-Reactivity to Inner Experience and Acting with Awareness; 'Conscientiousness' was comprised of all 6 Conscientiousness facets measured by the NEO-PI-R together with FFMQ domains of Acting with Awareness and Describing; 'Openness' was comprised of all 6 Openness facets measured by the NEO-PI-R together with one FFMQ domain, Observing; 'Extraversion' was predominantly comprised of the 6 Extraversion facets measured by the NEO-PI-R; and 'Agreeableness' was predominantly comprised of the 6 Agreeableness facets measured by the NEO-PI-R. Overall, the results were in line with the predicted outcomes in that they demonstrated a significant relationship between, in particular, the personality traits of Neuroticism (inversely), Conscientiousness and Openness, and domains of dispositional Mindfulness.

Previous research findings, such as those of Cash & Whittingham (2010), have already indicated that specific domains of Mindfulness have particular effects. For example, individuals with a higher degree of the non-judgemental aspect of dispositional Mindfulness (i.e. FFMQ Non-Judging of Inner Experience, which refers to the ability to refrain from judging one's own cognitions, emotions, and bodily sensations) have been shown to be less prone to depression, anxiety and stress-related symptomatology (which are all features of trait Neuroticism). Similarly, a higher degree of the Act with Awareness FFMQ domain (which is the ability to maintain awareness of daily activities) has been found to predict lower depressive symptomatology (again, a trait Neuroticism tendency). Separately, the Non-Judging of Inner Experience domain has been indicated to have the highest correlation with psychological symptoms, neuroticism, thought suppression, difficulty regulating emotion, and experiential avoidance. Hence, Non-Judging of Inner Experience and Acting

with Awareness may be the most important Mindfulness domains in predicting psychological symptoms (with Acting with Awareness being particularly relevant in terms of depression). Accordingly, findings from previous research combined with those from the present study suggest that the relationship between domains of dispositional Mindfulness and trait Neuroticism is critical from a clinical outcome perspective, given that it is known that high-trait Neuroticism individuals are more susceptible to, for example, depression and anxiety (Miller, 2011).

Understanding this relationship is of particular importance to Counselling Psychologists for two fundamental reasons. Firstly, Mindfulness-based clinical interventions are now utilised extensively in the treatment of mental health difficulties (Shonin, Van Gordon & Griffiths, 2013), including depression and anxiety (Baer, 2003; Crane & Segal, 2016; Gilbert, 2009a; Grossman et al, 2004; Kabat-Zinn, 2010; Krasner et al, 2009; NICE, 2016). Secondly, there is an emerging narrative that suggests that, rather than being entirely benign and of benefit to all practitioners, Mindfulness-based clinical interventions can in fact cause significant harm to some people, such as panic, depression, anxiety, mania (Baer & Kuyken, 2016), psychosis (BBC Radio 4, 2016; Shonin & Van Gordon, 2013), seizures and depersonalisation (Lindahl et al, 2017). Such negative effects are also thought to be underestimated perhaps twenty-fold (Lindahl et al, 2017). Evaluating the correlations between individual differences in personality, Mindfulness-based clinical interventions so as to negate the risk of adverse effects and optimise their beneficial impact.

Neuroticism, Self-Compassion and Acceptance

Of particular significance in the present study was the inverse relationship between the personality trait of Neuroticism and the FFMQ domains of Non-Judging of Inner Experience, Non-Reactivity to Inner Experience and Acting with Awareness. Taken together, it could be argued that these dispositional Mindfulness domains constitute conscious awareness, self-compassion (i.e. kindness and humanity directed to one's own private suffering; Hollis-Walker and Colosimo, 2011; Neff,2003) and acceptance, key tenets of Mindfulness in the Buddhist tradition. Moreover, their inverse relationship with the personality trait of

Neuroticism is perhaps indicative of high trait Neuroticism individuals' tendency towards harsh self-judgment, emotional attachment and reactivity, such as in the form of self-critical negative rumination. In this context, one plausible hypothesis (from an individual differences perspective) for the psychological difficulty experienced by some meditators may be that, in the absence of self-compassion and acceptance, bringing greater attention to one's thoughts merely fuels negative rumination and increases distress. This view is consistent with previous research. For example, Cash and Whittingham (2010) cite Baer et al's (2008) investigation into the mediating role of the FFMQ Mindfulness domains in the relationship between meditation experience (i.e. months of regular practice) and wellbeing. Non-Reactivity to Inner Experience and Non-Judging of Inner Experience (together with Observing and Describing) were significantly positively correlated with meditation experience, while these dimensions also completely mediated the relationship between greater meditation experience and improved wellbeing. Developing self-compassion and greater acceptance *first* in highly 'neurotic', self-critical individuals may, therefore, allow potential difficulties arising from meditation (via bringing greater attention to one's difficult material) to be overcome, enabling well-being benefits to emerge.

This idea of bringing attention to hitherto avoided thoughts, feelings and emotions, and the potential for this to cause distress in the absence of accompanying self-compassion, evokes the concept of psychological defence mechanisms. Freud argued that repression (that is, the exclusion from conscious awareness of those impulses or memories too threatening to one's sense of self) is the most basic and important defence mechanism. Suppression, meanwhile, represents a more conscious, deliberate process of self-control, such as in the form of the active exclusion of painful memories (Nolen-Hoeksema, Fredrickson, Loftus & Wagenaar, 2009). Similarly, when reality is too difficult to confront, one may engage in the defence mechanism of denial; a refusal to accept that the undesired state of affairs actually exists. Conceptually, these defence mechanisms are predicated upon psychological avoidance, be that avoidance conscious or unconscious. Mindfulness meditation, however, fundamentally involves bringing present moment awareness to one's thoughts, feelings and emotions: It provides a mechanism via which the unconscious (such as early trauma) may slowly move into conscious awareness, and that which is already conscious may emerge into sharper focus. For individuals who have hitherto successfully deployed avoidance-based

defence mechanisms to enable psychological coping, this experience of bringing greater awareness to difficult material will inevitably feel psychologically challenging. This is a very different view to that of Cognitive Behaviour Therapy, where Negative Automatic Thoughts are considered to be the primary basis of distress, but it is nonetheless supported by the mediating variable of attention highlighted by Rojiani et al's (2017) study, which argued that bringing greater awareness to hitherto avoided difficult material resulted in adverse effects.

In the context of the present study, the inverse relationship between trait Neuroticism and facets of dispositional Mindfulness may be indicative of an increased likelihood of high trait Neuroticism individuals employing avoidance-based coping mechanisms: This is perhaps specifically suggested by the inverse relationship with the FFMQ domain of Acting with Awareness. Bringing attention to difficult, previously avoided material may result in distress, particularly when accompanied by a tendency to judge such negative thoughts, feelings and emotions (the inverse of Non-Judging of Inner Experience), and to become completely and overwhelmingly immersed in them (the inverse of Non-Reactivity to Inner Experience).

Returning to definitions of Mindfulness, accepting whatever difficult material exists in one's present moment awareness 'non-judgementally' clearly requires self-compassion (Gilbert, 2010a; Neff, 2003). Gilbert (2010b), in his description of a Compassion Focused Therapy (CFT) approach to Cognitive Behaviour Therapy, suggests that developing self-compassion might represent a critical first stage *prior to* clients giving consideration to the actual content of their difficult material and this seems directly relevant to paying attention to thoughts via Mindfulness meditation. The rationale for this position is essentially two-fold: Firstly, self-compassion activates one's soothing emotion-regulation system and helps foster a sense of psychological safety; and, secondly, it is this soothing emotion-regulation system that counters the psychological difficulties associated with one's threat-focused emotionregulation system, and this threat-focus system can be activated by bringing attention to difficult material that can be interpreted as dangerous and threatening. Moreover, the more our attention and thinking becomes threat focused, the more threat-linked intrusions may be experienced. In the context of Gilbert's model, Mindfulness practitioners experiencing negative outcomes as a consequence of their meditation practice have likely activated their threat-focused emotion-regulation system by bringing attention to their difficult material

without simultaneously demonstrating self-compassion. Furthermore, high trait Neuroticism Mindfulness meditation practitioners are likely to be more prone to having their threat-focused emotion-regulation system activated in the first place because harsh self-criticism is a known characteristic of the Neuroticism personality trait: It is also the very antithesis of the Non-Judging of Inner Experience domain of the FFMQ. The present study validated this inverse relationship between dispositional Mindfulness and Neuroticism, and the relationship with the FFMQ domain Non-Judging of Inner Experience more specifically certainly suggests that fostering self-compassion may protect against negative meditation outcomes. This view of self-compassion as critical to a richer and more beneficial Mindfulness meditation practice has also been emphasised by writers with a more traditional, spiritual perspective (e.g. Wegela, 2014).

Gilbert (2010b, p.65-66) outlines the following CFT steps that, given the above hypothesis, may also be helpful to Mindfulness meditation practitioners experiencing emotional difficulty:

- "Disengage from the inner stimulators of threat (e.g. self-criticalness) and refocus on compassion insights and feelings"; (This aligns closely with the Non-Judging of Inner Experience FFMQ domain which is inversely related to Neuroticism);
- "Compassionately stand back from one's inner storms of emotion and become more observant and watching of one's thoughts and feelings as they arise rather than caught up in them – having a compassion base helps this process"; (This aligns closely with the Acting with Awareness and Non-Reactivity to Inner Experience FFMQ domains, which are both also inversely related to Neuroticism);
- "Activate the natural threat regulator in the brain the soothing system by switching to compassionate refocusing and imagery";
- 4. "Engage with aversive inner experiences, such as trauma memory or avoided emotions, by first developing an inner compassion base"; (This suggests that high trait Neuroticism individuals, who may be heavily defended in terms of their difficult emotional material, such as via the use of avoidance, would benefit from developing self-compassion before they bring attention to this material and, crucially, cease avoidance).

Regarding point 3, Gilbert (2009b; 2010b) suggests that self-compassion can be developed via a number of exercises. These include, for example:

- Remembering (and perhaps writing about) times when one has been kind to others or others were kind to us;
- Refocusing one's attention on the positive elements of oneself, another person or a situation;
- Especially, utilising compassionate imagery to create an ideal 'compassionate other' or 'perfect nurturer' which, when called to mind, provides access to an alternative internal voice which is characterised by qualities of strength, warmth, wisdom and non-judgment.

Counselling Psychologists may want to consider, therefore, utilising a specific selfcompassion development intervention with high trait Neuroticism clients prior to facilitating their engagement with the content of difficult material. For example, Kristin Neff's (2019) 'Self-Compassion / Loving-Kindness' meditation together with Paul Gilbert's (2009b; 2010a; 2010b) 'Compassionate Other' exercise might form the basis of early therapeutic work. Only when the client consistently conveys a gentler, kinder way of being with themselves would the therapy then progress to more content-related Mindfulness work. Additionally, utilising the Mindfulness guidelines championed recently by Willoughby Brittan (2019) will ensure that Mindfulness-based clinical interventions remain safe, the risk of adverse effects is mitigated and the potential for positive benefits to emerge is optimised.

More generally, high trait Neuroticism individuals may simply find certain Mindfulness meditation practices (e.g. paying mindful attention to one's thoughts and emotions) particularly unhelpful ongoing, where they increase direct contact with material that remains overwhelming. Carefully selecting the *type* of Mindfulness meditation to be undertaken should be a key consideration for such practitioners (Goleman, 2017). Ultimately, however, it should be remembered that the most mindful course of action when faced with a feeling or a memory that is completely unbearable may be to consciously disengage from it, grounding oneself instead by focusing solely upon the breath together with one's surroundings (Hickman, 2017).

The Importance of Intensity

The question of Mindfulness meditation practice intensity is also worthy of particular consideration. Adjusting the intensity of practice may be another way to keep working safely (Britton, 2019; Hickman, 2017) in order to remain within the practitioner's 'window of tolerance' (Treleaven, 2018) in the same way Counselling Psychologists already typically work with trauma. While there is evidence of a 'dose-response' effect, and the more hours that are accumulated result in greater benefits, shorter, less intense sessions may be best suited to some practitioners rather than a deeper practice. For example, as few as seven hours of 'Loving Kindness' practice over the course of two weeks has been shown to increase connections in the brain for empathy and positive feelings, an impact strong enough to show up outside of the meditative state (Goleman, 2017).

Mindfulness practices can helpfully be categorised into low, moderate and high intensity (in a similar manner to the NICE classifications of CBT programmes). Low intensity meditation is typically delivered via self-help books, CDs and apps, and includes increasing sensory-based awareness by bringing attention to sights, sounds, smells, textures and tastes for short periods of time (often 10 - 20 minutes). Contradictory claims exist regarding the potential negative impact of such limited practice. Baer & Kuyken (2016) argue that there is currently no evidence that such programmes cause harm, while Lindahl et al (2017) reported that some participants in their study reporting negative meditative experiences had undertaken as little as less than 1 hour per day, and problems had arisen within the first 50 hours of practice. It is also worth noting that Lindahl et al (2017) reported practitioner difficulty when a range of meditation practices were used, including Mindfulness of breath, which is ubiquitous and often characterised as an 'entry-level' technique.

Moderate intensity practices are delivered in the form of 8-week 'Mindfulness-Based Cognitive Therapy (MBCT)' programmes (and their forerunner, 'Mindfulness-Based Stress Reduction (MBSR)' courses). Participants will sit for 40 minutes per day and pay attention to their thoughts, feelings and bodily sensations, acknowledging pleasant, unpleasant and neutral phenomena. Over time, attention is centred on the problems that brought the individual to treatment, such as chronic pain or recurrent depression. Invariably, difficult material will arise and working carefully with these experiences can lead to improvements in mental health and wellbeing. Crucially, meditative practice is augmented by discussions with the Mindfulness teacher who facilitates meaning making. Qualitative research indicates that participants do experience difficulties and that learning to manage them can be empowering (Malpass et al, 2012). While research on serious adverse effects remains in its infancy, it has been suggested that moderate intensity practice may cause harm in vulnerable individuals (Booth, 2014).

Intensive Mindfulness practice occurs predominantly on meditation retreats, where participants can meditate for many hours each day for a week or more, often in total silence. Teacher contact is occasional and takes place every day or two. The most reputable retreats undertake some form of participant screening, have clear safeguarding procedures and can refer people to clinicians if it proves necessary. Many retreats will also have a clear spiritual orientation (often Buddhist) and convey a deep understanding of the difficulties that can arise when intensive meditation is undertaken, and how these may be handled. That said, the growth in Mindfulness means that there are insufficient qualified teachers to meet demand and there are undoubtedly practitioners delivering programmes who do not adequately screen participants beforehand or possess the experience or theoretical depth to help those encountering problems. To date, the majority of reports of the adverse effects of Mindfulness have arisen from attendees at intensive retreats. While harm is still considered rare, which in itself may imply that risk stems from a quite specific aspect of an individual's makeup, some participants have reported severe psychological problems lasting months or years after the retreat (Baer & Kuyken, 2016; Booth, 2014).

The most prudent course for anyone wishing to develop a new Mindfulness practice, and especially high trait Neuroticism individuals, is to commence with low intensity activities. Perhaps Lindahl et al's (2017) detailed taxonomy of 59 challenging experiences reported by meditators could be used immediately to identify potential practitioners who may need additional support. Similarly, Baer and Kuyken (2016) point out that the risks of Mindfulness

meditation can be substantially reduced if proper consideration is given to the vulnerability of the person before commencement of the programme. Early intervention by simultaneously working with a therapist to facilitate the processing of difficult material as it arises, mirroring as it does the more traditional role of Buddhist teacher, may be a crucial way of mitigating the risk of any negative outcomes. Encouragingly, even highly vulnerable individuals would appear to be able to practice Mindfulness safely if their needs are carefully assessed at the outset and addressed (Chadwick, Newman Taylor & Abba, 2005). It remains crucial to accept, however, that Mindfulness-based interventions may simply remain absolutely contra-indicated for certain individuals (Dobkin, Irving & Amar, 2012), perhaps including those currently experiencing a bout of depression (Halliwell, 2018).

Returning Mindfulness to Its Buddhist Origins

It is worth reflecting further upon the spiritual origins of Mindfulness meditation. Lindahl et al (2017) remind us that, in the context of the Buddhist tradition, Mindfulness was practised to help realise an individual's potential, capacity for unconditional wellbeing and freedom from suffering ('dukkha'). Fundamentally, it was part of an extensive religious path to awakening or 'bodhi'. Mindfulness was most certainly not a clinical intervention for treating psychological distress or illness (Shonin, Van Gordon & Griffiths, 2015) in the way that it has been re-presented within and adapted to psychological and biomedical frameworks. Indeed, positive health-related benefits represent a narrow view of the potential effects noted within the Buddhist tradition. This restricted focus upon the potential benefits of meditation, in terms of health, is a modern, Western paradigm that fundamentally fails to accurately encapsulate the diversity of meditation practices or their potential outcomes. As Lindahl et al (2017) attest, in reality, some of the effects of meditation actually run completely counter to the dominant Western narrative of health and wellbeing.

Furthermore, Lindahl et al (2017) highlight that in Tibetan Buddhism the term 'nyams' refers to an array of meditation experiences that range from blissful visions to intense body pain, physiological disorders, paranoia, sadness, anger and fear, all of which create significant challenges for the practitioner. Similarly, in Zen Buddhist traditions the term 'makyo' refers to largely perceptual side effects that arise and can been deemed indicators of progress.

Strikingly, Zen traditions have also described a long-term illness arising during Mindfulness practice and which they characterise as 'meditation sickness'. Theravada Buddhists, meanwhile, accept that meditative progress commonly leads to transient experiences, referred to as 'corruptions of insight' ('vipassana-upakkilesa'), whereby a practitioner confuses euphoria with genuine insight.

Furthermore, as Geary (2016) points out, the Buddhist tradition acknowledges both 'right' and 'wrong' (Purser & Loy, 2013) or 'skilful' and 'unskilful' applications of mindful attention. The avoidance of wrong actions, and the very real potential for difficulties to arise when this is not the case, is embedded in traditional Buddhist teachings. Moreover, Geary (2016), referencing (Sharf, 2015), emphasises that philosophical and ethical guidelines are an inherent part of Buddhist traditions such as Theravada and Zen, and Mindfulness is only one, albeit very important, element within a far more comprehensive framework. Mindfulness, Geary (2015) reminds us, is practised within the context of the five ethical precepts that are deemed essential to the dissolution of fear (Manjusura, 2004). Inevitably, therefore, questions currently surround the authenticity and construct-validity of Mindfulness in terms of secular, Western Mindfulness-based clinical interventions (e.g. Rosch, 2007).

The potential risks inherent in teaching Mindfulness devoid of the wider context traditionally assumed to underpin the effective development of Mindful awareness surely raises a critical question: Should Mindfulness practise be returned to its spiritual origins? Strikingly, difficult experiences caused by meditation are actually considered relatively common in many spiritual traditions, where they may typically be regarded as key stages in the process of spiritual awakening (Lofthouse, 2014). Advocates of secular Mindfulness practice, however, have typically failed to highlight the potential psychological risks to which some people may be prone or, crucially, to provide a broader framework of individual development within which individuals might make sense of any difficult phenomena. Bereft of spiritual context, it is hardly surprising that newly gained, profound insights into concepts such as suffering, non-self and impermanence might be difficult to integrate into one's emerging consciousness.

Encouragingly, secular interventions that facilitate a broader, more traditionally congruent context for the development of Mindfulness appear to offer more promising outcomes (e.g. Singh et al, 2014; Van Gordon, Shonin, Sumich, Sundin & Griffiths, 2013). Shonin, Van Gordon and Griffiths (2015) suggest that one alternative to a traditional Buddhist approach may be to adopt a mode of practice that, whilst remaining secular, adheres to traditional, 'tried-and-tested' meditational teachings. They argue this represents a prudent approach, especially in the absence of evidence assessing the long-term follow-up effects of Mindfulness training. There are, however, clear implications for those delivering Mindfulness-based clinical interventions in that, within a traditional Buddhist context, a teacher would typically have undergone intensive training, perhaps for many decades (Shonin, Van Gordon & Griffiths, 2015). In contrast, a secular Mindfulness-based clinical intervention instructor may have only completed one eight-week training course (Mental Health Foundation, 2010). The issue of the Mindfulness facilitator's experience and competence therefore becomes critical in terms of the effective delivery of traditional teachings, a point also highlighted by Lindahl et al (2017). The counter argument to this, however, is that secular Mindfulness meditation is a more limited approach, which is generally safe, and therefore capable of being delivered by people with modest training who presumably continue to receive appropriate supervision. This position seems highly unsatisfactory, however, given the emerging awareness of potential adverse effects.

Study Limitations

In terms of potential limitations of the present study, the first to consider arises from the limitations of factor analysis. Inherently, factor analysis seeks to identify latent variables from a plethora of data: Latent variables cannot, by definition, be directly measured. The factors that emerge are therefore inextricably linked to the answers given to the questions posed in the first place. Question selection is therefore of paramount importance. In the case of the present study, the arguably best available questionnaires to measure personality traits and dispositional Mindfulness were utilised. While it is also true that factor analysis can find structure within random data, the fact that the components that emerged in the present study align fully with extensive previous research on personality structure (in particular) provides significant comfort that the findings are indeed meaningful. Specifically,

interpretation of the newly identified factors, both in terms of their number (5) and content, resonates strongly with existing personality structure findings. All of that said, the utilisation of a nomothetic personality measure does raise the possibility of important idiographic dimensions being unaccounted for, and such dimensions could be of particular interest in determining meditation practitioner risk.

Correlation coefficients themselves give no indication of the direction of causality between the two variables. The reason for this is that there may be other measured or unmeasured variables affecting the results. "This is known as the third-variable problem" (Field, 2009, p.173). Correlation coefficients also say nothing about which variable causes the other to change. In terms of the present study, for example, the analysis does not enable one to determine whether certain facets of personality cause increased dispositional Mindfulness. While inevitably restricting the scope of the results, the purpose of the study remained specifically to examine the relationship between Mindfulness and personality facets, not causality. As such, the use of factor analysis was justified.

A second point worthy of consideration is the potential homogeneity of the participant group, particularly in terms of age. Given that participants were largely drawn from the UWE participant pool, which was comprised of students, the age demographic was skewed towards the younger end of the general population and this may limit generalizability. It could also be argued that the sample was unrepresentative of the general population in terms of intelligence and academic achievement. Research suggests that three of the "Big Five" factors of personality decrease with age, namely Neuroticism, Extraversion and Openness, while the remaining two, Agreeableness and Conscientiousness, increase (McCrae et al, 1999). While there could, therefore, be an age-related effect, it was not considered consequential, as any associated impact on personality would likely be reflected also in facets of Mindfulness, given the predicted relationships between the variables. Similarly, research has suggested a relationship between personality and measures of intelligence (e.g. Furnham, Forde & Cotter, 1998), where low Neuroticism and high Conscientiousness have correlated with superior performance. Again, any intelligencerelated effect, as a consequence of the academic nature of the sample group, seems likely to have been reflected in both personality and Mindfulness facets.

Finally, in hindsight, it would have been useful to ask participants whether they had ever engaged in meditation and how many practice hours they had accrued. This dimension could then have been analysed in terms of any relationship with the facets of dispositional Mindfulness and personality.

Future Research

With regards to future directions of related research, a particularly fertile area would appear to be investigation into specific Mindfulness-based clinical intervention treatment protocols that take into account individual differences. Particularly, it is apparent that much needs to be explored in terms of identifying the causal factors that underlie difficulties encountered when meditating. Single-person case studies provide limited insight into the onset of negative meditation-related symptoms; they do not identify patterns that may be helpful in explaining outcomes when certain causal factors are and are not present. Specifically, research in controlled conditions should evaluate whether the 'influencing factors' identified by Lindahl et al (2017) are correlated with a type of experience, the duration of difficult experiences, or the intensity of those experienced.

More specifically, and in light of the present study, measuring the facet-level personality traits (one of the 'practitioner-level influencing factors' identified by Lindahl et al, 2017) of would-be practitioners before they embark upon a programme of meditation, and exploring the relationship between those traits (particularly facets of Neuroticism) and the experience of practitioners, negative or otherwise, would be worthwhile. Additionally, utilising an alternative assessment tool to the nomothetic 'Big Five' oriented NEO-PI-R should be considered, such as the Minnesota Multiphasic Personality Inventory (MMPI), to explore other idiographic dimensions. The MMPI is a test of personality and psychopathology and its scales explore dimensions of:

- Demoralisation anxiety, depression, low self-esteem;
- Somatic Complaints;

- Low Positive Emotions anhedonia, a common feature of depression;
- Cynicism overly critical worldview, hostility, anger, low trust;
- Anti-social Behaviour;
- Ideas of Persecution paranoid delusions, suspiciousness, alienation;
- Dysfunctional Negative Emotions tendency to worry, being fearful, negatively appraising situations, feeling victimised;
- Aberrant Experiences risk of psychosis, unusual thinking and perception; and
- Hypomanic Activation. (Source: Ben-Porath, 2012).

A further study could then seek to enhance any initial findings by controlling the meditation variable itself, by utilising different types of meditative practice (Open Monitoring meditation versus Self-Compassion / Loving Kindness, for example) with participants reporting low, medium or high trait Neuroticism. Research could eventually lead to the tailoring of meditative interventions based upon a facet-level consideration practice might surely be beneficial for a potential practitioner scoring highly on the Neuroticism facet of self-consciousness, while 'Loving-Kindness' could perhaps benefit an individual scoring highly on the angry facet. In terms of the former, this would align with evidence suggesting that particular clinical benefit may be derived by placing emphasis upon the non-judgemental domain of Mindfulness to alleviate negative self-appraisal (Cash and Whittingham, 2010).

Finally, how Buddhist meditation is practised in the West, the provision of support structures needed for the effective handling of meditation-related difficulties, and consideration of clear boundaries governing when Mindfulness meditation should be used, remain critical questions. This is true particularly in light of evidence emerging which suggests some Western Mindfulness practitioners are experiencing severe psychological problems, which remain under-reported (Lindahl et al, 2017), such as: panic, depression, anxiety and mania (Baer & Kuyken, 2016); psychosis (BBC Radio 4, 2016; Shonin & Van Gordon, 2013); and suicidal feelings and even addiction to meditation (Shonin, Van Gordon & Griffiths, 2014). Although as yet relatively rare, accounts of sustained deterioration and long-term harm are nonetheless significant, and further research into this potential 'dark side' of meditation is urgently required.

7. Conclusion

It is hoped that the results of the present study will help inform the emerging debate regarding safe Mindfulness meditation practice by demonstrating clear links between dispositional Mindfulness and individual differences in facet-level personality. It is apparent that the constructs of Mindfulness and clinical symptomatology, and Mindfulness and personality, are intertwined. Notably, high Neuroticism trait individuals may be at most risk given the significant inverse relationship between dispositional Mindfulness and Neuroticism. Specifically, a tendency towards harsh self-judgement that leads to psychological distress when attention is paid to difficult material and it is not regarded with self-compassion seems to be an important dimension. Unravelling causality, in terms of practitioner-level factors such as personality, may help inform individually tailored Mindfulness-based clinical interventions, which in turn are targeted at particular symptoms, and thereby have the potential to maximise positive clinical outcomes. In particular, it is anticipated that the measurement of Neuroticism and its facets presents an opportunity for pre-Mindfulness meditation programme screening, selection of practitioner-appropriate clinical interventions (e.g. initial self-compassion training) and meditation intensity-sensitive streaming. In terms of this latter point, something similar is in fact currently being pioneered in the shape of Mindfulness safe-practice guidelines (Britton, 2019) and a 'Trauma-Sensitive Mindfulness' approach which ensures individuals work safely within their 'window of tolerance' (Treleaven, 2018). Where risk is deemed to be elevated (i.e. in the case of high trait Neuroticism individuals), it may also be appropriate to test for very specific idiographic factors and clinical dimensions such as depersonalisation, paranoia and schizotypy, via an additional, appropriate instrument (e.g. the Minnesota Multiphasic Personality Inventory).

Although much remains unknown and the requirement for further research appears unequivocal, there is broad consensus that, when correctly practised and administered, Mindfulness-based clinical interventions, typically in the form of meditation, can be safe and effective tools for improving mental health and wellbeing. The benefits derived from 'the self' observing 'the self', in terms of the regulation of attentional and emotional processes, and the mobilisation of "as yet uncharted metacognitive processes" (Shonin, Van Gordon

and Griffiths, 2015, p.31), are apparent from existing research findings. Ultimately, if the benefits of Mindfulness are to be optimised and the inherent potential for negative outcomes is to be effectively managed, facilitator-level factors (Lindahl et al, 2017) must be also considered. Extensive teacher training, considered program structures, and clear participant inclusion and exclusion criteria should arguably all be pre-requisites before essential participant-level factors, such as individual differences in personality, even become relevant.

8. References

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9. Appendices

Appendix 1 – Participant Information



The aim of this study is to explore the relationship between aspects of personality and mindfulness.

Participation in the study involves the completion of 2 online questionnaires and should take approximately 45 minutes.

Given the content of the questionnaires, participants are required to be fluent in English in order to proceed.

Each participant will receive 1 credit for taking part.

The personal information collected via this questionnaire will be processed by the University in accordance with the terms and conditions of the 1998 Data Protection Act. We will hold your data securely and not make it available to any third party unless permitted or required to do so by law. Your personal information will be used as follows:

- 1. To enable exploration of the research topic, as described above
- 2. Your data will be known only to the researcher and shared with only their academic supervisors
- 3. Your data will be kept anonymously on an encrypted USB drive which will be locked away when not in use
- Your data will be maintained for the duration of the study and will be destroyed no later than 31st December 2017

I agree to the University processing my personal data as described above (online tick box).

Appendix 2 – Participant Debrief



Thank you for taking the time to participate in this study – you have been awarded 1 credit for your contribution.

The purpose of the study is to explore the relationship between personality traits and dispositional Mindfulness. Mindfulness has been described as paying attention in the present moment, on purpose and without judgement. While previous studies have been conducted into the relationship between personality and mindfulness, these have been limited to consideration of the "big five" factors of personality and, typically, a unitary, global mindfulness indicator. There is a need, therefore, to provide a more granular understanding of the relationship between these two areas by considering facet-level constructs, which this study aims to do.

If you are interested in finding out more about mindfulness, a good starting point is http://www.mindful.org.

Alternatively, please feel free to contact the researcher, Phillip Mather at phillip2.mather@live.uwe.ac.uk should you wish to discuss any aspect of the study.

You may withdraw from the study at any time up until 30th May 2016, by emailing the Phillip Mather on the above address.

Finally, if you have been adversely affected by any of the questions or left with any difficult feelings, then please be aware that you may contact the UWE Counselling Service on <u>wellbeing@uwe.ac.uk</u> or +44 (0)117 32 86268 for support.

Thank you again for taking the time to participate.

Appendix 3 – Participant Consent



By proceeding to complete the questionnaires, you hereby consent to participate in this study and confirm the following:

- 1. You have read and understand the information above
- 2. You understand that you may withdraw from the study at any time during the completion of the questionnaires and that doing so will not affect my own studies in any way, however, should you withdraw you will not be awarded the 1 credit
- 3. You understand that you have until 30th May 2016, to request that your data be removed from the study.

Appendix 4 – Rotated Component Matrix (Five Factor Solution)

	Notateu			t.	
	1	2	3	1	5
	I	Ζ	3	4	5
N3_DEPRESSI	.816				
N1_ANXIETY	.806				
N6_VULNERA BLF	.750				
FFMQ_NON_J UDGE	739				
N4_SELF_CO NSCIOUSNES S	.628				
FFMQ_NON_R EACT	616				
N2_ANGRY	.607		526		
N5_IMPULSIV ENESS	.554				
C4_ACHIEVE MENT		.826			
C5_SELF_DIS CIPLINED		.818			
C3_DUTIFULN ESS		.742			
C1_COMPETE NT		.734			
C2_ORDER		.677			
FFMQ_AWAR ENESS	509	.519			
FFMQ_DESCR		.463			
A2_STRAIGHT FORWARDNE			.732		
SS					
A4_COMPLIAN			.703		
A3_ALTRUISM			.688		
A6_TENDER_			.681		
A5_MODESTY			.648		

Rotated Component Matrix^a

A1_TRUST		.588		
E2_GREGARI OUSNESS			.759	
E5_EXCITEME NT			.677	
E6_POSITIVE_ EMOTIONS			.646	
E1_WARMTH		.460	.645	
E4_ACTIVITY	.416		.584	
E3_ASSERTIV ENESS		410	.583	
C6_DELIBERA TION	.490		527	
O2_AESTHETI CS				.746
FFMQ_OBSER VE				.727
O1_FANTASY				.715
O5_IDEAS				.653
O3_FEELINGS				.621
O6_VALUES				.423
O4 ACTIONS				.408

Extraction Method: Principal Component Analysis.

Rotation Method: Varimax with Kaiser Normalization.^a

a. Rotation converged in 6 iterations.

Appendix 5 – Communalities

Extractio Initial n N1 ANXIETY 1.000 .725 N2 ANGRY 1.000 .652 N3_DEPRESSI .792 1.000 ON N4_SELF_CO NSCIOUSNES 1.000 .607 S N5 IMPULSIV 1.000 .437 ENESS N6 VULNERA .713 1.000 BLE E1 WARMTH 1.000 .660 E2 GREGARI 1.000 .656 OUSNESS E3_ASSERTIV 1.000 .656 ENESS E4 ACTIVITY 1.000 .521 E5_EXCITEME 1.000 .501 NT E6_POSITIVE_ 1.000 .572 EMOTIONS .549 O1 FANTASY 1.000 O2 AESTHETI 1.000 .565 CS **O3 FEELINGS** 1.000 .603 O4_ACTIONS 1.000 .420 O5_IDEAS 1.000 .467 O6_VALUES 1.000 .295 A1_TRUST 1.000 .502 A2 STRAIGHT FORWARDNE 1.000 .572 SS A3 ALTRUISM 1.000 .657 A4 COMPLIAN 1.000 .599 CE A5 MODESTY 1.000 .537 A6_TENDER_ 1.000 .567 MINDEDNESS

Communalities

NT	1.000	.633
C2_ORDER	1.000	.527
C3_DUTIFULN ESS	1.000	.609
C4_ACHIEVE MENT	1.000	.688
C5_SELF_DIS CIPLINED	1.000	.771
C6_DELIBERA TION	1.000	.542
FFMQ_OBSER VE	1.000	.538
FFMQ_DESCR IBE	1.000	.400
FFMQ_AWAR ENESS	1.000	.541
FFMQ_NON_J UDGE	1.000	.568
FFMQ_NON_R EACT	1.000	.413

Extraction Method: Principal Component Analysis.

Appendix 6 – KMO Values (Anti-Image Correlation)

N1_Anxiety	.874	A1_Trust	.901
N2_Angry	.829	A2_Straightforwardness	.807
N3_Depression	.878	A3_Altruism	.833
N4_Self-Consciousness	.871	A4_Compliance	.801
N5_Impulsiveness	.839	A5_Modesty	.760
N6_Vulnerable	.887	A6_Tender-Mindedness	.871
E1_Warmth	.834	C1_Competent	.877
E2_Gregariousness	.737	C2_Order	.803
E3_Assertiveness	.865	C3_Dutifulness	.851
E4_Activity	.811	C4_Achievement	.842
E5_Excitement	.702	C5_Self-Discipline	.862
E6_Positive Emotions	.853	C6_Deliberation	.758
O1_Fantasy	.735	FFMQ_Observe	.693
O2_Aesthetics	.773	FFMQ_Describe	.916
O3_Feelings	.822	FFMQ_Awareness	.872
O4_Actions	.835	FFMQ_Non-Judge	.807
O5_Ideas	.731	FFMQ_Non-React	.752
O6_Values	.706		

Appendix 7 – Initial Principal Components Analysis

		Initial Eigenval	ues	Extraction	Sums of Squar	ed Loadings	Rotation (Sums of Square	∍d Loadings
		% of	Cumulative		% of	Cumulative		% of	Cumulative
Component	Total	Variance	%	Total	Variance	%	Total	Variance	%
1	6.675	19.071	19.071	6.675	19.071	19.071	4.942	14.120	14.120
2	4.698	13.423	32.494	4.698	13.423	32.494	4.220	12.056	26.176
ы	3.427	9.792	42.286	3.427	9.792	42.286	3.820	10.913	37.089
4	2.991	8.546	50.832	2.991	8.546	50.832	3.438	9.824	46.913
5	2.263	6.467	57.299	2.263	6.467	57.299	2.895	8.270	55.184
6	1.244	3.554	60.853	1.244	3.554	60.853	1.616	4.618	59.802
7	1.026	2.932	63.785	1.026	2.932	63.785	1.394	3.983	63.785
8	.990	2.830	66.615						
9	.955	2.730	69.344						
10	.851	2.431	71.775						
11	.747	2.135	73.910						
12	.693	1.979	75.889						
13	.636	1.817	77.706						
14	.606	1.731	79.437						
15	.578	1.650	81.088						
16	.542	1.549	82.636						
17	.529	1.511	84.147						
18	.502	1.434	85.581						
19	.468	1.337	86.919						
20	.449	1.283	88.201						
21	.413	1.181	89.383						
22	.387	1.105	90.487						

Total Variance Explained

	000	100.	.424	.148	35
	576	99.	.462	.162	34
	115	.99	.519	.181	33
	596	98.	.548	.192	32
	048	98.	.608	.213	31
	440	.76	.695	.243	30
	745	96.	.719	.252	29
	026	96.	.784	.274	28
	242	95	.808	.283	27
	434	.94	.899	.315	26
	535	93.	.941	.329	25
	594	92.	1.032	.361	24
	562	91.	1.075	.376	23

Extraction Method: Principal Component Analysis.

Appendix 8 – Five Factor Principal Components Analysis

		1		1) ;]	;	:
	-	Initial Eigenval	ues	Extraction	Sums of Squar	ed Loadings	Rotation S	Sums of Square	ed Loadings
		% of	Cumulative		% of	Cumulative		% of	Cumulative
Component	Total	Variance	%	Total	Variance	%	Total	Variance	%
-	6.675	19.071	19.071	6.675	19.071	19.071	4.739	13.539	13.539
2	4.698	13.423	32.494	4.698	13.423	32.494	4.441	12.689	26.228
ω	3.427	9.792	42.286	3.427	9.792	42.286	3.938	11.252	37.480
4	2.991	8.546	50.832	2.991	8.546	50.832	3.657	10.450	47.929
IJ IJ	2.263	6.467	57.299	2.263	6.467	57.299	3.279	9.370	57.299
0	1.244	3.554	60.853						
7	1.026	2.932	63.785						
8	.990	2.830	66.615						
9	.955	2.730	69.344						
10	.851	2.431	71.775						
11	.747	2.135	73.910						
12	.693	1.979	75.889						
13	.636	1.817	77.706						
14	.606	1.731	79.437						
15	.578	1.650	81.088						
16	.542	1.549	82.636						
17	.529	1.511	84.147						
18	.502	1.434	85.581						
19	.468	1.337	86.919						
20	.449	1.283	88.201						
21	.413	1.181	89.383						

Total Variance Explained

			22	22	227	ר
		9.5/0	ų u	.402	. 102	34 4
			S	200	200	2
		9.110		.0.10		Ċ
			00	л10	101	22
		0.000	Sec.	.040		υ Γ
			20	۵7¥	103	3 3
		8.048	36	809	.213	31
		, , ,)))
		7.440	26	.695	.243	30
		0.740	20		. 2.2.2	67
		3 745	ő	710	070	20
		020.0	96	./84	.274	20
		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	S	101	212	2
		5.242	9	.808	.283	21
			2	000	0000	1
		4.434	76	.899	.315	26
						ļ
		3.535	9	.941	.329	25
		2.594	20	1.032	.00	24
			Ş	2002	505	2
		1.562	9	1.075	.376	23
		0.487	00	1.105	.387	22
_	_		-			

Extraction Method: Principal Component Analysis.

Appendix 9 – Correlations

		M1 -	M2 -	M3 -	M4 -	M5 -
		OBSERVE	DESCRIBE	AWARENESS	NONJUDGE	NONREACT
N1 – ANXIETY	Pearson	.122	195**	411**	583**	460**
	Correlation					
	Sig. (2-	065	003	000	000	000
	N	.005	.005	.000	.000	.000
		229	229	229	229	229
N2 - ANGRY	Pearson	.051	031	267**	318**	323**
	tailed)	.439	.641	.000	.000	.000
	N	229	229	229	229	229
		225	225		223	
N3 -	Pearson	108	- 311**	- 477**	- 670**	- 389**
DEPRESSION	Correlation	.100	.011	,		1005
	Sig. (2-					
	tailed)	.105	.000	.000	.000	.000
	N	229	229	229	229	229
N4 – SELF-	Pearson	.031	312**	402**	488**	203**
CONSCIOUS	Correlation					
	Sig. (2-	636	000	000	000	002
	talled)	.030	.000	.000	.000	.002
		229	229	229	229	229
N5 -	Pearson	.161*	135*	344**	335**	222**
IMPULSIVE						
	tailed)	.015	.041	.000	.000	.001
	N N	220	229	229	229	229
NG	Pearson	040	223	E00**	E 11**	105**
	Correlation	040	353***	508***	541***	485***
VULIVERADLE	Sig. (2-					
	tailed)	.547	.000	.000	.000	.000
	Ν	229	229	229	229	229

Mindfulness and Extraversion

		M1 -	M2 -	M3 -	M4 -	M5 -
		OBSERVE	DESCRIBE	AWARENESS	NONJUDGE	NONREACT
E1 – WARMTH	Pearson	.152**	.122	.079	.024	018
	Correlation					
	Sig. (2-	021	066	236	716	790
	N	229	229	220	229	229
F2 -	Pearson	070	110	0/9	106**	014
GREGARIOUS	Correlation	076	.119	.040	.190	.044
	Sig. (2-					
	tailed)	.242	.072	.473	.003	.506
	N	229	229	229	229	229
E3 - ASSERTIVE	Pearson	.074	.361**	.231**	.165*	.049
	Correlation					
	SIg. (2- tailed)	266	.000	.000	012	457
	N	220	220	229	220	220
	Pearson	100	240**	107*	001	015
L4 – ACHVIII	Correlation	.109	.248***	.10/*	.001	.015
	Sig. (2-					
	tailed)	.099	.000	.011	.992	.823
	N	229	229	229	229	229
E5 -	Pearson	037	.067	049	.112	.125
EXCITEMENT	Correlation					
	Sig. (2-	581	311	460	090	059
	N	220	220	.400	.000	.000
	Boarcon	229	229	229	229	229
ED - PUSITIVE	Correlation	.214**	.155**	.105	.204**	.061
	Sig. (2-					
	tailed)	.001	.019	.114	.002	.355
	Ν	229	229	229	229	229

Mindfulness and Openness

		M1 -	M2 -	M3 -	M4 -	M5 -
		OBSERVE	DESCRIBE	AWARENESS	NONJUDGE	NONREACT
01 -	Pearson	.421**	.094	121	019	.007
FANTASY	Correlation					
	tailed)	.000	.158	.067	.775	.912
	N	229	229	229	229	229
02 -	Pearson	.541**	.125	.038	086	027
AESTHETICS	Correlation					
	Sig. (2-	000	059	564	10/	689
	N	.000	.000	.504	.104	.005
01	Boarson	229	229	229	229	229
	Correlation	.407**	.199**	.018	135*	201**
FEELINGS	Sig. (2-					
	tailed)	.000	.003	.786	.041	.002
	Ν	229	229	229	229	229
04 –	Pearson	.186**	.133*	.125	.203**	.006
ACTIONS	Correlation					
	tailed)	.005	.044	.058	.002	.923
	N	229	229	229	229	229
O5 - IDEAS	Pearson	.331**	.228**	.168*	.006	.014
	Correlation		_			
	Sig. (2-	000	000	011	927	830
	N	220	220	220	220	.000
	Pearson	122	229	229	229	229
00 - VALUES	Correlation	.123	.104	.112	043	063
	Sig. (2-					
	tailed)	.064	.117	.092	.522	.346
	Ν	229	229	229	229	229

Mindfulness and Agreeableness

		M1 -	M2 -	M3 -	M4 -	M5 -
		OBSERVE	DESCRIBE	AWARENESS	NONJUDGE	NONREACT
A1 – TRUST	Pearson	0.74	.060	.141*	.229**	.025
	Correlation					
	tailed)	.267	.365	.033	.000	.702
	N	229	229	229	229	229
A2 – STRAIGHT-	Pearson	056	.073	.161*	.111	117
FORWARNESS	Correlation					
	tailed)	.398	.272	.014	.093	.076
	N	229	229	229	229	229
A3 - ALTRUISM	Pearson	.081	.116	.048	018	112
	Correlation					
	tailed)	.220	.081	.473	.790	.091
	N	229	229	229	229	229
A4 —	Pearson	.022	143*	.029	.031	.086
COMPLIANCE	Correlation	.736				
	tailed)		.031	.668	.644	.196
	N	229	229	229	229	229
A5 - MODESTY	Pearson	.005	058	051	181**	191**
	Correlation	.940	.384			
	tailed)			.443	.006	.004
	Ν	229	229	229	229	229
A6 – TENDER	Pearson	.121	.040	.005	050	112
MINDEDNESS	Correlation	.068	.545			
	tailed)			.940	.453	.090
	N	229	229	229	229	229

		M1 -	M2 -	M3 -	M4 -	M5 -
		OBSERVE	DESCRIBE	AWARENESS	NONJUDGE	NONREACT
C1 –	Pearson	.094	.398**	.468**	.209**	.199**
COMPETENCE	Correlation					
	Sig. (2- tailed)	.155	.000	.000	.001	.003
	N	229	229	229	229	229
C2 - ORDER	Pearson	055	220**	223	040	0.15
CZ ONDEN	Correlation	055	.220	.274	.049	0.15
	Sig. (2-					
	tailed)	.408	.001	.000	.460	.816
	N	229	229	229	229	229
C3 -	Pearson	011	.303**	.357**	.140*	.053
DUTIFULNESS	Correlation					
	Sig. (2-	871	000	000	034	429
	N	220	.000	.000	.004	.725
<u></u>	Deemen	229	229	229	229	229
	Correlation	.061	.332**	.441**	.121	063
ACHIEVEIVIEINI	Sig. (2-					
	tailed)	.355	.000	.000	.067	.342
	Ν	229	229	229	229	229
C5 – SELF-	Pearson	083	.358**	.571**	.269**	.100
DISCIPLINE	Correlation					
	Sig. (2-	212	000	000	000	120
	talled)	.212	.000	.000	.000	.152
	N.	229	229	229	229	229
C6 –	Pearson	.015	.057	.267**	.096	.083
DELIBERATION	Sig (2-					
	tailed)	.819	.388	.000	.147	.213
	N N	229	229	229	229	229
	N	229	229	229	229	229

Mindfulness and Conscientiousness

Appendix 10 – Article

Presence and Personality: A Factoral Exploration of the Relationship Between Facets of Dispositional Mindfulness and Personality.

Abstract

Background / Aims / Objectives

The purpose of this study is to explore the relationship between the discrete facets of personality and dispositional, or trait-like, Mindfulness.

Methodology / Methods

The study employed a factoral quantitative design and 229 participants completed two online measures, the Five Factor Mindfulness Questionnaire (FFMQ) and the NEO-PI-R Personality Questionnaire. The latter measured the 'Big Five' factors of personality (Neuroticism, Extraversion, Openness, Agreeableness and Conscientiousness) and their 30 associated facets. Participant data was analysed via Principal Components Analysis with Varimax rotation utilising scores across all 35 variables, that is, the 5 dispositional Mindfulness domains plus the 30 personality facets.

Results / Findings

Analysis resulted in the emergence of a 5-factor model. These 5 'new' factors aligned closely with the 'Big Five' personality factors. Hence, dispositional Mindfulness domains were statistically indistinct from established factors of personality. Notably, 3 out of the 5 FFMQ dispositional Mindfulness domains (namely, Non-Judging of Inner Experience, Non-Reactivity to Inner Experience, and Acting with Awareness) loaded inversely on to the 'Neuroticism' factor. Additionally, 2 FFMQ domains (Acting with Awareness and Describing) loaded positively on to 'Conscientiousness', while 1 FFMQ domain (Observe) loaded positively on to 'Openness'. These results align with previous studies conducted at factor level while deepening understanding of facet-level relationships.

Discussion / Conclusions

Mindfulness training as a clinical intervention is now utilised extensively, often within the context of a broader therapeutic approach. The results of this study suggest that tailoring such interventions more to the client's particular personality may maximise benefit and negate the possibility of harmful consequences. For example, accentuating self-compassion, perhaps by setting the work in the context of a richer compassion-based approach, could be beneficial for a self-critical client scoring highly on trait Neuroticism.

Introduction

What is Mindfulness?

Mindfulness has its origins in Buddhist contemplative practice (Kabat-Zinn, 2010; 2011). Shonin, Van Gordon & Griffiths (2015, p.28) highlight that Buddhist teaching indicates that:

"Individuals have a tendency to ruminate about the past and/or rush towards the 'ungraspable' future, which never materialises - it is always the present. This behavioural tendency of 'not being fully present' can distort an individual's perception of reality and lessen their ability to consciously participate in the present moment. The non-Mindfulness practitioner is often likened in the Buddhist teachings to a 'walking corpse', or to one who goes through life on 'autopilot'."

Mindfulness may be conceptualised as fundamentally a state of consciousness typically defined as being attentive to and aware of what is taking place in the present moment (Brown & Ryan, 2003), accompanied by a non-judgmental and accepting outlook. Jon Kabat-Zinn (2010, 2011) emphasises this when he describes the practice as paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.

The key mechanism for the beneficial impact of Mindfulness is a perceptual shift in how one relates and responds to cognitive, affective and emotional stimuli (Baer, 2003). Mindfulness practitioners "objectify their thoughts and feelings and apprehend them as passing phenomena" (Shonin et al, 2015, p. 30). This contrasts sharply with rumination over past events or imagining what may happen in the future, while accepting whatever exists in one's present moment awareness non-judgementally requires self-compassion (Gilbert, 2010a).

Dispositional Mindfulness and Its Benefits

Dispositional Mindfulness has been described as a naturally occurring characteristic that shows meaningful variation in non-clinical and non-meditating samples (Brown & Ryan, 2003) and relates to one's habitual thinking patterns and tendency to be fully present, attentive to oneself and one's environment, and non-judging in any current moment. Dispositional Mindfulness is hence trait-like and distinct from the 'mindful state' one may enter when engaged in Mindfulness practice, typically in the form of meditation. Disciplined meditative practice has been shown to produce enduring increases in levels of dispositional Mindfulness (Begley, 2007; Carmody & Baer, 2008; Toneatto & Nguyen, 2007), enabling individuals to become consistently more aware of present moment thoughts, emotions and feelings, and to be able to direct their attention where they would like it placed (Jha & Stanley, 2010).

Increased dispositional Mindfulness is widely recognised as producing a variety of positive outcomes, most notably, reduced feelings of stress, anxiety and depression (Baer, 2003; Gilbert, 2009a; Grossman, Niemann, Schmidt & Walach, 2004; Kabat-Zinn, 2010; Krasner et al, 2009), and increased feelings of wellbeing and happiness (Gilbert, 2010a; Haidt, 2006; Seligman, 2008). Two important mediating paths for these positive effects are suggested. Firstly, one's tendency to negatively appraise the stressors faced in daily life is reduced and, secondly, one's ability to adapt and cope with difficult, stressful situations as they are encountered is increased (Weinstein, Brown & Ryan, 2009).

Studies have indicated that as little as eight weeks Mindfulness practice may lead to significant increases in grey matter concentration in regions of the brain associated with emotion regulation, perspective taking, empathy, learning and memory, and attention (Holzel et al, 2011; Lazar et al, 2005; Siegel, 2007). Greater dispositional Mindfulness has also been associated with both left and right hemisphere activation in the brain, resulting in fewer cognitive failures, improved efficacy of executive resources, enhanced memory and access to declarative knowledge, increased cognitive flexibility, greater creativity, more effective problem-solving skills, and sharper attentional focus (Heeren, Van Broeck & Philipoot, 2009; Herndon, 2008; Shao & Skarlicki, 2009).

Consequently, Mindfulness training as a clinical intervention is now utilised extensively, often within the context of a broader therapeutic approach (Shonin, Van Gordon & Griffiths, 2013). Mindfulness has also been adopted across a range of settings including within the NHS, since 2004 (Derbyshire, 2014), in the shape of 'Mindfulness Based Cognitive Therapy' (MBCT), which is used particularly in the case of people with chronic depression where it is

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claimed to have halved relapse rates (Crane & Segal, 2016; Gilbert, 2009a; National Institute for Clinical Excellence (NICE), 2016). Mindfulness programmes also exist outside of clinical psychological therapy programme settings, including within families (Bogels & Restifo, 2015), schools (Woods, 2014), sport (Kaufman, Glass & Arnkoff, 2009), forensic psychology (Shonin, Van Gordon, Slade & Griffiths, 2013), positive psychology (Ivtzan & Lomas, 2016) and organisations (Dane, 2010; Personnel Today, 2013).

Personality Traits and Dispositional Mindfulness

While studies have been conducted into the relationship between personality and Mindfulness previously, these have been mainly limited to consideration of the 'Big Five' factors of personality and, typically, a unitary, global Mindfulness measure. There is a need, therefore, to provide a more granular understanding of the relationship between these two areas by considering facet-level constructs (Giluk, 2009), because there are important implications for the discipline of Counselling Psychology given the increasing adoption of Mindfulness-based clinical interventions to treat human distress and, critically, the emerging narrative that such interventions, rather than being entirely benign and suitable for anyone, can in fact result in harmful consequences for some practitioners (Baer & Kuyken, 2016). Exploring dispositional Mindfulness in greater detail by understanding its relationship with individual differences in personality at a facet-level, may offer the possibility of targeting Mindfulness-based clinical interventions more appropriately, or perhaps ruling out their use entirely. As a minimum, it will increase our understanding of the relationship between these two areas.

The five-factor model of personality is pervasive within the field of individual differences in personality traits. Costa and McCrae (1992) measure the 'Big Five' factors via their NEO-PI-R personality questionnaire. The personality trait Neuroticism is considered to be of particular interest in the present study given one of its components is a tendency to worry. Those scoring highly on the Neuroticism scale tend to be anxious, self-conscious, moody, insecure (Barrick, Mount & Judge, 2001) and more susceptible to stress and psychological distress (Costa & McCrae, 1992). Greater dispositional Mindfulness has been associated with emotional stability while Neuroticism has already been found to correlate significantly and inversely with dispositional Mindfulness at factor level (Giluk, 2009; Walsh, Balint, Smolira,

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Frederickson & Madsen 2009). The same pattern is predicted to emerge in the present study.

In terms of the other personality traits, individuals scoring highly on the Conscientiousness scale are characterised as being achievement orientated (Barrick et al, 2001) and selfdisciplined (Costa & McCrae, 1992), and Conscientiousness has also been found to correlate positively with dispositional Mindfulness (Giluk, 2009). The findings of previous research exploring the relationship between the global personality factors of Extraversion, Openness and Agreeableness and dispositional Mindfulness have been more equivocal. However, an individual possessing greater dispositional Mindfulness could be expected to score more highly on each of these three traits (Baer, Smith & Allen, 2004; Giluk, 2009). It is predicted, therefore, that Extraversion, Openness and Agreeableness may also positively correlate with dispositional Mindfulness.

Assuming these hypotheses are correct, it is anticipated that factor analysis, utilising personality facet and Mindfulness domain data, will result in the identification of five factors or 'components' that align with the 'Big Five' factor model of personality. In other words, it is predicted that dispositional Mindfulness and personality are entwined and do not represent orthogonal constructs.

In summary, exploring the relationship between personality and dispositional Mindfulness in greater depth, by unpacking the relationship of the facets, particularly those of Neuroticism, will significantly add to the body of knowledge on this topic and will help inform how Mindfulness-based clinical interventions may be better tailored by Counselling Psychologists.

Methodology

Design

The research methodology utilised was a quantitative, factor-analytic design.

Measures

Dispositional Mindfulness was assessed using a self-report psychometric instrument, the Five Facet Mindfulness Questionnaire (FFMQ). The FFMQ is a 39-item questionnaire that was derived from exploratory factor analysis that combined five separate Mindfulness questionnaires, namely, the Mindfulness Attention Awareness Scale, Kentucky Inventory of Mindfulness Skills, Freiburg Mindfulness Inventory, Cognitive and Affective Mindfulness Scale-Revised, and Southampton Mindfulness Questionnaire, each with internal consistency alpha coefficients of between .81 to .87 (Baer, Smith, Hopkins, Krietemeyer & Toney, 2006).

The FFMQ measures five domains of dispositional Mindfulness:

- *Observing* attending to or noticing internal and external stimuli, such as thoughts, feelings, emotions, sights, sounds, and smells;
- *Describing* mentally labelling these stimuli with words;
- Acting with Awareness paying attention to one's current actions, rather than acting without attention or automatically;
- Non-Judging of Inner Experience refraining from evaluation of one's thoughts, feelings and emotions;
- Non-Reactivity to Inner Experience allowing thoughts, feelings and emotions to come and go, without becoming immersed in them.

Participants respond via a 5-point Likert-type scale ('never or very rarely true' to 'very often or always true').

The five Mindfulness domains have shown construct validity (the scales represent related but distinct constructs), with significant intercorrelations of between .32 to .56 and internal consistency ranging from .75 to .91 (Baer et al, 2008).

Individual differences in personality were assessed using the NEO-PI-R personality questionnaire. This is a 240 item, self-report questionnaire measuring the domains of the five-factor ('Big Five') model of personality, with 48 items loading discretely on to each factor of Neuroticism, Extraversion, Openness, Agreeableness and Conscientiousness (Costa & McCrae, 1992).

The 6 facets measured in respect of each of the 5 higher-order personality factors are as follows (with 8 questionnaire items loading on to each facet):

- Neuroticism Anxiety, Angry Hostility, Depression, Self-Consciousness, Impulsiveness, Vulnerability;
- Extraversion Warmth, Gregariousness, Assertiveness, Activity, Excitement-Seeking, Positive Emotions;
- Openness Fantasy, Aesthetics, Feelings, Actions, Ideas, Values;
- Agreeableness Trust, Straightforwardness, Altruism, Compliance, Modesty, Tender-Mindedness; and
- Conscientiousness Competence, Order, Dutifulness, Achievement Striving, Self-Discipline, Deliberation.

The internal consistency information of the NEO is high while the test retest reliability is similarly strong (Kurtz & Parrish, 2001; Terracciano, Costa & McCrae, 2006).

Thus, the variables under consideration were arguably operationalized via the most appropriate (in terms of construct validity) and well-proven (in terms of validity and reliability) psychometric instruments available.

Participants

A total of 243 participants took part in the study but data from 14 respondents was discounted due to being incomplete. Hence, 229 participant responses were included in the analysis, giving an acceptable ratio in excess of 6 participants per variable. The magnitude

of factor loadings and the fact that more than 4 loadings were greater than 0.6 per factor was also noted positively (Guadagnoli & Velicer, 1988). All communalities were also above 0.5 except for 2 of the 35 variables, providing further comfort that the sample size of 229 was adequate (MacCallum, Widaman, Zhang & Hong, 1999). The mean age of participants was 21 years (SD: 6.7 years) and ages ranged from 18 to 74 years. Participants were predominantly drawn from the University of the West of England's participant pool, complemented by limited snowball sampling activity. Participants were required to have a good understanding of English in order to take part but were not selected based upon any demographic dimensions.

Procedure

Both psychometric instruments were administered to participants sequentially, remotely and online via the Qualtrics tool. Data collected was analysed utilising SPSS.

Results

Tests of Adequacy

The Kaiser-Meyer-Olkin measure (Kaiser, 1970) verified the sampling adequacy for the analysis, KMO=.83 (which is 'great' according to Field, 2009), and all KMO values for individual items were >.69, which is well above the acceptable limit of .5 (Field, 2009). Bartlett's test of sphericity $X^2(595) = 4121.46$, p<.001, indicated that correlations between items were sufficiently large for Principal Components Analysis.

Principal Components Analysis

Principal Components Analysis with Varimax rotation provided eigenvalues for each component in the data. Seven components had eigenvalues over Kaiser's (1960) criterion of 1 and in combination explained 63.79% of the variance. Kaiser's criterion can be accurate when the number of variables is less than 30 and when the sample size exceeds 250. However, given the number of variables exceeded 30 (actually 35) and the sample size was smaller than 250 (actually 229), the scree plot was examined and given deference (Figure.1).

INSERT FIG.1 ABOUT HERE

A sample of more than 200, as in the case of the present study, means the scree plot provides a fairly reliable criterion for factor selection (Stevens, 2002). Cattell (1966) instructs that the point of inflexion of the curve represents cut-off for selecting the number of components, and that the component at the point of inflection itself should not be included. The inflexion point (and 'levelling off' of eigenvalues) was apparent at the sixth component and, hence, the decision made to re-run the analysis specifying 5 components. This decision was further supported by the fact that, when examined, initial components six and seven did not lend themselves readily to explanation, while the 5 components clearly aligned with the very well-established 'Big Five' factor theoretical model of personality, which was deemed logical given the data under consideration. In combination, once the analysis was re-run, the 5 specified components explained 57.3% of the variance.

Identified Components

The relevant six facet scores loaded as expected on to each of the components, thus giving five factors of Neuroticism, Conscientiousness, Agreeableness, Extraversion and Openness. In terms of Mindfulness, 3 domains loaded negatively on to Neuroticism: Non-Judging of Inner Experience (that is, refraining from evaluation of one's thoughts, feelings and emotions); Non-Reactivity to Inner Experience (that is, allowing thoughts, feelings and emotions to come and go, without becoming immersed in them); and Acting with Awareness (that is, paying attention to one's current actions, rather than acting without attention or automatically). Additionally, the FFMQ Mindfulness domains of Acting with Awareness and Describing (that is, mentally labelling stimuli with words) positively loaded on to Conscientiousness, while Observing (that is, attending to or noticing internal and external stimuli, such as thoughts, feelings, emotions, sights, sounds, and smells) loaded on to Openness. No Mindfulness domains loaded on to the Agreeableness or Extraversion factors.

A summary of the components identified is included below (Table 1).

INSERT TABLE 1 ABOUT HERE

Correlations

For completeness, facet-level correlations are included below in respect of the identified components Neuroticism (Table 2), Conscientiousness (Table 3) and Openness (Table 4). To minimise the risk of Type 1 errors, given the number of correlations under consideration, a p-value of 0.01 was applied. Overall, the correlations reinforce the view that dispositional Mindfulness is comprised of low Neuroticism, high Conscientiousness and high Openness.

INSERT TABLES 2, 3 & 4 ABOUT HERE

Discussion

The present study sought to examine the relationship between facets of personality and dispositional Mindfulness. A five-factor structure was identified following Principal Components Analysis with Varimax rotation. All of the expected 'Big Five' factors were evident and the corresponding 6 NEO-PI-R facets loaded perfectly on to each. Additionally, 'Neuroticism' inversely included 3 domains of the FFMQ dispositional Mindfulness questionnaire, namely, Non-Judging of Inner Experience, Non-Reactivity to Inner Experience and Acting with Awareness, while 'Conscientiousness' incorporated FFMQ domains of Acting with Awareness and Describing, and 'Openness' included the FFMQ domain, Observing. Overall, the results were in line with the predicted outcomes in that they demonstrated a significant relationship between, in particular, the personality traits of Neuroticism (inversely), Conscientiousness, and Openness, and domains of dispositional Mindfulness.

Previous research findings have already indicated that specific domains of Mindfulness have particular effects. For example, individuals with a higher degree of the non-judgemental aspect of dispositional Mindfulness (i.e. FFMQ Non-Judging of Inner Experience, which refers to the ability to refrain from judging one's own cognitions, emotions, and bodily sensations) have been shown to be less prone to depression, anxiety and stress-related symptomatology (which are all features of trait Neuroticism). Similarly, a higher degree of the Act with Awareness FFMQ domain (which is the ability to maintain awareness of daily activities) has been found to predict lower depressive symptomatology (again, a trait Neuroticism tendency; Cash & Whittingham, 2010). Separately, the Non-Judging of Inner Experience domain has been indicated to have the highest correlation with psychological symptoms, neuroticism, thought suppression, difficulty regulating emotion, and experiential avoidance. Hence, Non-Judging of Inner Experience and Acting with Awareness may be the most important Mindfulness domains in predicting psychological symptoms (with Acting with Awareness being particularly relevant in terms of depression). Accordingly, findings from previous research combined with those from the present study suggest that the relationship between domains of dispositional Mindfulness and trait Neuroticism may be critical from a clinical outcome perspective.

Mindfulness training as a clinical intervention is now utilised extensively, often within the context of a broader therapeutic approach (Shonin, Van Gordon & Griffiths, 2013). A key mechanism for the beneficial clinical impact of Mindfulness is a perceptual shift in how one relates and responds to cognitive, affective and emotional stimuli (Baer, 2003). Fundamentally, this entails accepting whatever exists in one's present moment awareness *non-judgementally*, and such a perspective requires self-compassion (Gilbert, 2010a). In the absence of self-compassion, for example, such as when a high trait Neuroticism individual engages in Mindfulness training, then this mechanism will likely fail to deliver the associated positive benefits. Rather, in such circumstances, engagement with Mindfulness can cause or increase distress.

Neuroticism, Self-Compassion and Acceptance

Improving the efficacy and negating the potential risk of a Mindfulness-based clinical intervention, by tailoring it more closely to a client's particular personality, is an important potential consideration. Of particular significance in the present study was the inverse relationship between the personality trait of Neuroticism and the FFMQ domains of Non-Judging of Inner Experience, Non-Reactivity to Inner Experience and Acting with Awareness. Taken together, it could be argued that these dispositional Mindfulness domains constitute conscious awareness, self-compassion and acceptance, key tenets of Mindfulness in the Buddhist tradition. Moreover, their inverse relationship with the personality trait of Neuroticism is indicative of high trait Neuroticism individuals' tendency towards harsh selfjudgment and reactivity, such as in the form of self-critical negative rumination. In this context, one hypothesis for the psychological difficulty experienced by some meditators is that, in the absence of self-compassion and acceptance, bringing greater attention to one's difficult thoughts and feelings merely fuels negative rumination and increases distress.

Baer et al (2008) investigated the mediating role of the FFMQ Mindfulness domains in the relationship between meditation experience (i.e. months of regular practice) and wellbeing. Non-Reactivity to Inner Experience and Non-Judging of Inner Experience (together with Observing and Describing) were significantly positively correlated with meditation experience, while these dimensions also completely mediated the relationship between greater meditation experience and improved wellbeing. Developing self-compassion and greater acceptance *first* in highly self-critical individuals may, therefore, allow potential difficulties arising from meditation (caused by bringing greater attention to one's difficult material) to be overcome and enable well-being benefits to emerge.

Bringing attention to difficult, previously avoided material may result in distress, particularly when accompanied by a tendency to judge such negative thoughts, feelings and emotions (the inverse of Non-Judging of Inner Experience), and to become completely and overwhelmingly immersed in them (the inverse of Non-Reactivity to Inner Experience). Gilbert (2009b, 2010b), in his description of a compassion-based approach to treatment, suggests that developing self-compassion might represent a critical first stage prior to clients giving consideration to the actual content of their difficult material, and this seems directly relevant to paying attention to one's thoughts and feelings via Mindfulness meditation. The rationale for this position is essentially two-fold. Firstly, self-compassion activates one's soothing emotion-regulation system and helps foster a sense of psychological safety and, secondly, it is this soothing emotion-regulation system that counters the psychological difficulties associated with one's threat-focused emotionregulation system, and this threat-focus system can be activated by bringing attention to difficult material that can be interpreted as dangerous and threatening. High trait Neuroticism Mindfulness practitioners are likely to be more prone to having their threatfocused emotion-regulation system activated in the first place because harsh self-criticism is a known characteristic of the Neuroticism personality trait. It is also the antithesis of the Non-Judging of Inner Experience domain of the FFMQ. The present study validated this inverse relationship between dispositional Mindfulness and Neuroticism, and the

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relationship with the FFMQ domain Non-Judging of Inner Experience more specifically suggests that fostering self-compassion may protect against negative meditation outcomes.

Counselling Psychologists may want to consider, therefore, utilising a specific selfcompassion development intervention with high trait Neuroticism clients prior to facilitating their engagement with the content of difficult material. For example, Kristin Neff's (2019) 'Self-Compassion / Loving-Kindness' meditation together with Paul Gilbert's (2009b, 2010a, 2010b) 'Compassionate Other' exercise might form the basis of early therapeutic work. Only when the client consistently conveys a gentler, kinder way of being with themselves would the therapy then progress to more content-related Mindfulness work. Additionally, utilising the Mindfulness guidelines championed recently by Willoughby Brittan (2019) and David Treleaven (2018), to ensure that all Mindfulness practices are conducted within the client's 'window of tolerance', in the same way Counselling Psychologists already often work with trauma, will ensure that Mindfulness-based clinical interventions remain safe, risk is negated and the potential for positive benefits to emerge is optimised.

Study Limitations

The homogeneity of the participant group means generalizability of the results may be limited. For example, research suggests that three of the 'Big Five' factors of personality decrease with age, namely Neuroticism, Extraversion and Openness, while the remaining two, Agreeableness and Conscientiousness, increase (McCrae et al, 1999). While there could, therefore, be an age-related effect, it was not considered consequential, as any associated impact on personality would likely be reflected also in facets of Mindfulness, given the predicted relationships between the variables.

Future Research

A potentially fertile area for future research would be investigation into specific Mindfulness-based clinical intervention treatment protocols that take into account individual differences in personality. Particularly, much needs to be explored in terms of identifying the causal factors that underlie successful outcomes or difficulties encountered when meditating. Research in controlled conditions should evaluate whether the 'influencing factors' identified in a study by Lindahl, Fisher, Cooper, Rosen & Britton (2017) are correlated with a category of experience. In the context of the present study, measuring the facet-level personality traits (one of the 'practitioner-level influencing factors' identified by Lindahl et al, 2017) of would-be practitioners before they embark upon a programme of meditation, and exploring the relationship between those traits (particularly Neuroticism) and the experience of practitioners, positive or otherwise, might be worthwhile. A further study could then seek to enhance any initial findings by controlling the meditation variable itself, by utilising different types of meditative practice ('Open Monitoring' versus 'Self-Compassion / Loving-Kindness' meditations, for example), in combination with participants reporting low, medium and high-trait Neuroticism. Such research could eventually lead to the tailoring of Mindfulness-based clinical interventions based upon facet-level consideration of trait Neuroticism.

Conclusion

It is hoped that the results of the present study deepen the understanding of the relationship between dispositional Mindfulness and individual differences in facet-level personality and begin to support greater tailoring of Mindfulness-based clinical interventions to a client's particular personality. In particular, it is anticipated that further research may prove fruitful into the potential for Neuroticism to be measured as a key part of an individual's pre-Mindfulness programme screening and for the selection of appropriate complimentary clinical interventions (e.g. initial self-compassion training).

The constructs of Mindfulness and clinical symptomatology, and Mindfulness and personality, are intertwined. Unravelling causality, in terms of practitioner-level factors such as personality, will help inform individually tailored Mindfulness interventions which are ultimately targeted at particular symptoms, thereby maximising positive clinical outcomes and, crucially, negating the potential for harm.

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Figure 1. Scree Plot.

Table 1. Summary of Components Identified by Factor Analysis

Variable	Component 1	Component 2	Component 3	Component 4	Component 5
	Neuroticism	Conscientiousness	Agreeableness	Extraversion	Openness
N1_Anxiety	.806				
N2_Angry	.607		526		
N3_Depression	.816				
N4_Self-	.628				
Consciousness					
N5_Impulsiveness	.554				
N6_Vulnerable	.750				
C1_Competent		.734			
C2_Order		.677			
C3_Dutifulness		.742			
C4_Achievement		.826			
C5_Self-Disciplined		.818			
C6_Deliberation		.490		527	
A1_Trust			.588		
A2_Straightforward			.732		
A3_Altruism			.688		
A4_Compliance			.703		
A5_Modesty			.648		
A6_Tender-Minded			.681		
E1_Warmth			.460	.645	
E2_Gregariousness				.759	
E3_Assertiveness			410	.583	
E4_Activity		.416		.584	
E5_Excitement				.677	
E6_Positive-Emotion				.646	
O1_Fantasy					.715
O2_Aesthetics					.746
O3_Feelings					.621
O4_Actions					.408
O5_Ideas					.653
O6_Values					.423
FFMQ_Non-Judge	739				
FFMQ_Non-React	616				
FFMQ_Awareness	509	.519			
FFMQ_Describe		.463			
FFMQ_Observe					.727

Table 2. Mindfulness and Neuroticism

		M1 -	M2 -	M3 -	M4 -	M5 -
		OBSERVE	DESCRIBE	AWARENESS	NONJUDGE	NONREACT
N1 – ANXIETY	Pearson	.122	195**	411**	583**	460**
	Correlation					
	Sig. (2-	.065	.003	.000	.000	.000
	tailed)	220	229	229	229	229
	N	225	225	225	225	225
NZ - ANGRY	Correlation	.051	031	26/**	318**	323**
	Sig (2-					
	tailed)	.439	.641	.000	.000	.000
	N	229	229	229	229	229
N3 -	Pearson	.108	311**	477**	670**	389**
DEPRESSION	Correlation					
	Sig. (2-	105	000	000	000	000
	tailed)	.105	.000	.000	.000	.000
	Ν	229	229	229	229	229
N4 – SELF-	Pearson	.031	312**	402**	488**	203**
CONSCIOUS	Correlation					
	Sig. (2-	.636	.000	.000	.000	.002
	N	229	229	229	229	229
N5 -	Pearson	161*	- 135*	- 344**	- 335**	- 222**
IMPULSIVE	Correlation	.101	.100		1000	
	Sig. (2-	015	0.44		000	001
	tailed)	.015	.041	.000	.000	.001
	N	229	229	229	229	229
N6 -	Pearson	040	353**	508**	541**	485**
VULNERABLE	Correlation					
	Sig. (2-	.547	.000	.000	.000	.000
	tailed)	229	229	229	229	229
	IN	225	225	223	225	223

Table 3. Mindfulness and Conscientiousness

		M1 -	M2 -	M3 -	M4 -	M5 -
		OBSERVE	DESCRIBE	AWARENESS	NONJUDGE	NONREACT
C1-	Pearson	.094	.398**	.468**	.209**	.199**
COMPETENCE	Correlation					
	Sig. (2-	.155	.000	.000	.001	.003
	talled)	229	229	229	229	229
C2 - ORDER	Pearson	- 055	220**	27/**	0/19	0.15
CZ ONDEN	Correlation	055	.220	.274	.045	0.15
	Sig. (2-	400	001	000	400	010
	tailed)	.408	.001	.000	.460	018.
	N	229	229	229	229	229
C3 -	Pearson	011	.303**	.357**	.140*	.053
DUTIFULNESS	Correlation					
	Sig. (2-	.871	.000	.000	.034	.429
	talled) N	229	229	229	229	229
C4 -	Pearson	061	332**	441**	121	- 063
ACHIEVEMENT	Correlation	.001	.552		. 1 2 1	.005
	Sig. (2-	255	000	000	0.07	242
	tailed)	.355	.000	.000	.067	.342
	Ν	229	229	229	229	229
C5 – SELF-	Pearson	083	.358**	.571**	.269**	.100
DISCIPLINE	Correlation					
	Sig. (2-	.212	.000	.000	.000	.132
	tailed)	220	229	229	229	220
	N	225	223	223	225	223
C6 -	Pearson	.015	.057	.267**	.096	.083
DELIBERATION						
	tailed)	.819	.388	.000	.147	.213
	N	229	229	229	229	229

Table 4. Mindfulness and Openness

		M1 -	M2 -	M3 -	M4 -	M5 -
		OBSERVE	DESCRIBE	AWARENESS	NONJUDGE	NONREACT
01 -	Pearson	.421**	.094	121	019	.007
FANTASY	Correlation					
	Sig. (2- tailed)	.000	.158	.067	.775	.912
	N	229	229	229	229	229
02 -	Pearson	.541**	.125	.038	086	027
AESTHETICS	Correlation					
	Sig. (2- tailed)	.000	.059	.564	.194	.689
	N	229	229	229	229	229
03 -	Pearson	.407**	.199**	.018	135*	201**
FEELINGS	Correlation					
	Sig. (2- tailed)	.000	.003	.786	.041	.002
	N	229	229	229	229	229
04 -	Pearson	.186**	.133*	.125	.203**	.006
ACTIONS	Correlation					
	Sig. (2- tailed)	.005	.044	.058	.002	.923
	N	229	229	229	229	229
O5 - IDEAS	Pearson	.331**	.228**	.168*	.006	.014
	Correlation					
	Sig. (2- tailed)	.000	.000	.011	.927	.830
	N	229	229	229	229	229
O6 – VALUES	Pearson	.123	.104	.112	043	063
	Correlation					
	Sig. (2- tailed)	.064	.117	.092	.522	.346
	N	229	229	229	229	229

Appendix 11 – Full SPSS Results Output

GET

FILE='/Users/phillipmather/Desktop/Thesis Data Analysis FINAL.sav'.
DATASET NAME DataSet1 WINDOW=FRONT.

FACTOR

/VARIABLES N1_ANXIETY N2_ANGRY N3_DEPRESSION N4_SELF_CONSCIOUSNESS N5_IMP ULSIVENESS N6_VULNERABLE

E1_WARMTH E2_GREGARIOUSNESS E3_ASSERTIVENESS E4_ACTIVITY E5_EXCITEMENT E6_POSITIVE_EMOTIONS

01_FANTASY 02_AESTHETICS 03_FEELINGS 04_ACTIONS 05_IDEAS 06_VALUES A1_T RUST A2_STRAIGHTFORWARDNESS

A3_ALTRUISM A4_COMPLIANCE A5_MODESTY A6_TENDER_MINDEDNESS C1_COMPETENT C2_ORDER C3_DUTIFULNESS

C4_ACHIEVEMENT C5_SELF_DISCIPLINED C6_DELIBERATION FFMQ_OBSERVE FFMQ_DE SCRIBE FFMQ_AWARENESS

FFMQ_NON_JUDGE FFMQ_NON_REACT

/MISSING LISTWISE

/ANALYSIS N1_ANXIETY N2_ANGRY N3_DEPRESSION N4_SELF_CONSCIOUSNESS N5_IMPU LSIVENESS N6_VULNERABLE

E1_WARMTH E2_GREGARIOUSNESS E3_ASSERTIVENESS E4_ACTIVITY E5_EXCITEMENT E6_POSITIVE_EMOTIONS

01_FANTASY 02_AESTHETICS 03_FEELINGS 04_ACTIONS 05_IDEAS 06_VALUES A1_T RUST A2_STRAIGHTFORWARDNESS

A3_ALTRUISM A4_COMPLIANCE A5_MODESTY A6_TENDER_MINDEDNESS C1_COMPETENT C2_ORDER C3_DUTIFULNESS

C4_ACHIEVEMENT C5_SELF_DISCIPLINED C6_DELIBERATION FFMQ_OBSERVE FFMQ_DE SCRIBE FFMQ_AWARENESS

FFMQ NON JUDGE FFMQ NON REACT

/PRINT UNIVARIATE INITIAL CORRELATION SIG DET KMO INV REPR AIC EXTRACTION ROTATION FSCORE

/FORMAT SORT BLANK(.4)

/PLOT EIGEN ROTATION

/CRITERIA MINEIGEN(1) ITERATE(25)

/EXTRACTION PC

/CRITERIA ITERATE(25)

/ROTATION VARIMAX /SAVE AR(ALL)

/METHOD=CORRELATION.

SIS ----- FACTOR ANALY

Factor Analysis

[DataSet1] /Users/phillipmather/Desktop/Thesis Data Analysis FINAL.sav

Descriptive Statistics

	Mean	Std. Deviation	Analysis N
N1_ANXIETY	26.45	5.707	229
N2_ANGRY	22.57	5.153	229
N3_DEPRESSION	25.17	6.282	229
N4_SELF_CONSCIO USNESS	24.31	5.551	229
N5_IMPULSIVENESS	25.24	4.395	229
N6_VULNERABLE	22.63	5.502	229
E1_WARMTH	31.05	4.279	229
E2_GREGARIOUSN ESS	26.91	6.055	229
E3_ASSERTIVENESS	23.20	5.484	229
E4_ACTIVITY	24.49	4.358	229
E5_EXCITEMENT	27.66	5.019	229
E6_POSITIVE_EMO TIONS	28.93	5.072	229
O1_FANTASY	28.54	5.460	229
O2 AESTHETICS	26.31	5.757	229
O3 FEELINGS	30.75	4.244	229
04 ACTIONS	24.29	4.214	229
O5 IDEAS	28.69	5.141	229
O6 VALUES	30.83	3.655	229
A1 TRUST	25.63	5.518	229
A2_STRAIGHTFOR WARDNESS	27.80	4.937	229
A3 ALTRUISM	31.21	4.054	229
A4 COMPLIANCE	24.90	5.025	229
A5 MODESTY	29.80	4,773	229
A6_TENDER_MIND EDNESS	28.85	3.744	229
C1 COMPETENT	27.32	4.093	229
C2 ORDER	25.21	4 907	229
C3 DUTIEULNESS	29.05	4.158	229
C4_ACHIEVEMENT	25.87	5.017	229
C5_SELF_DISCIPLIN ED	24.42	5.717	229
C6_DELIBERATION	25.23	4.849	229
FFMO OBSERVE	26.20	5.509	229
FFMO DESCRIBE	27.11	6.266	229
FFMQ_AWARENESS	23.43	5.660	229
FFMQ_NON_JUDGE	23.75	7.207	229
FFMQ_NON_REACT	20.86	4.548	229

Correlation Matrix^a

		N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO N	N4_SELF_CONS CIOUSNESS
Correlation	N1_ANXIETY	1.000	.357	.706	.599
	N2_ANGRY	.357	1.000	.482	.337
	N3_DEPRESSION	.706	.482	1.000	.707
	N4_SELF_CONSCIO USNESS	.599	.337	.707	1.000
	N5_IMPULSIVENESS	.341	.400	.432	.433
	N6_VULNERABLE	.641	.383	.670	.528
	E1_WARMTH	026	228	144	239
	E2_GREGARIOUSN ESS	155	087	255	340
	E3_ASSERTIVENESS	254	.132	283	407
	E4_ACTIVITY	129	006	242	260
	E5_EXCITEMENT	183	.047	184	250
	E6_POSITIVE_EMO TIONS	086	158	245	258
	O1_FANTASY	.196	.035	.154	.080
	O2 AESTHETICS	.184	027	.083	.051
	O3 FEELINGS	.357	.130	.219	.135
	04 ACTIONS	136	181	169	174
	O5 IDEAS	.032	072	020	089
	O6 VALUES	.082	169	020	024
	A1 TRUST	137	334	278	216
	A2_STRAIGHTFOR WARDNESS	.044	282	139	109
	A3_ALTRUISM	.116	286	118	137
	A4_COMPLIANCE	.044	556	079	.025
	A5_MODESTY	.248	129	.217	.135
	A6_TENDER_MIND EDNESS	.132	276	.001	.008
	C1 COMPETENT	217	116	337	333
	C2_ORDER	084	.005	127	136
	C3 DUTIFULNESS	197	160	262	223
	C4_ACHIEVEMENT	128	043	224	236
	C5_SELF_DISCIPLIN ED	317	223	422	390
	C6_DELIBERATION	.031	164	088	.033
	FFMQ_OBSERVE	.122	.051	.108	.031
	FFMQ_DESCRIBE	195	031	311	312
	FFMQ_AWARENESS	411	267	477	402
	FFMQ_NON_JUDGE	583	318	670	448
	FFMQ_NON_REACT	460	323	389	203
				Card and a second se	

		N5_IMPULSIVE NESS	N6_VULNERAB LE	E1_WARMTH	E2_GREGARIO USNESS
Correlation	N1_ANXIETY	.341	.641	026	155
	N2_ANGRY	.400	.383	228	087
	N3_DEPRESSION	.432	.670	144	255
	N4_SELF_CONSCIO USNESS	.433	.528	239	340
	N5_IMPULSIVENESS	1.000	.341	.089	.008
	N6_VULNERABLE	.341	1.000	120	056
	E1 WARMTH	.089	120	1.000	.563
	E2_GREGARIOUSN ESS	.008	056	.563	1.000
	E3_ASSERTIVENESS	022	368	.223	.311
	E4 ACTIVITY	005	259	.336	.304
	E5 EXCITEMENT	.004	092	.346	.539
	E6_POSITIVE_EMO TIONS	.068	215	.568	.439
	O1 FANTASY	.109	.005	.180	055
	O2 AESTHETICS	.108	006	.136	056
	O3 FEELINGS	.199	.100	.265	059
	04 ACTIONS	026	147	.276	.165
	O5 IDEAS	099	153	.100	141
	O6 VALUES	.108	064	.257	064
	A1 TRUST	120	115	.436	.274
	A2_STRAIGHTFOR WARDNESS	152	.015	.300	.164
	A3_ALTRUISM	059	012	.506	.227
	A4_COMPLIANCE	140	.051	.242	.002
	A5_MODESTY	041	.247	.130	087
	A6_TENDER_MIND EDNESS	.063	.091	.384	.121
	C1_COMPETENT	232	445	.165	.004
	C2_ORDER	199	141	078	164
	C3_DUTIFULNESS	236	310	.130	.005
	C4_ACHIEVEMENT	126	278	.081	027
	C5_SELF_DISCIPLIN ED	416	434	.040	046
	C6_DELIBERATION	228	098	131	245
	FFMQ OBSERVE	.161	040	.152	078
	FFMQ DESCRIBE	135	353	.122	.119
	FFMQ_AWARENESS	344	508	.079	.048
	FFMQ_NON_JUDGE	335	541	.024	.196
	FFMQ_NON_REACT	222	485	018	.044

Correlation Matrix^a

		E3_ASSERTIVE NESS	E4_ACTIVITY	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS
Correlation	N1_ANXIETY	254	129	183	086
	N2_ANGRY	.132	006	.047	158
	N3_DEPRESSION	283	242	184	245
	N4_SELF_CONSCIO USNESS	407	260	250	258
,	N5_IMPULSIVENESS	022	005	.004	.068
	N6_VULNERABLE	368	259	092	215
	E1_WARMTH	.223	.336	.346	.568
	E2_GREGARIOUSN ESS	.311	.304	.539	.439
	E3_ASSERTIVENESS	1.000	.419	.342	.218
	E4_ACTIVITY	.419	1.000	.253	.359
	E5 EXCITEMENT	.342	.253	1.000	.358
	E6_POSITIVE_EMO TIONS	.218	.359	.358	1.000
	O1 FANTASY	018	093	.019	.204
	O2 AESTHETICS	.045	.099	002	.155
	O3 FEELINGS	018	.027	077	.223
	04 ACTIONS	.127	.181	.182	.340
	O5 IDEAS	.121	.077	.095	.095
	O6 VALUES	.005	.032	072	.145
	A1 TRUST	020	.127	.086	.402
	A2_STRAIGHTFOR WARDNESS	247	.019	083	.205
	A3_ALTRUISM	.020	.182	.151	.418
	A4_COMPLIANCE	399	122	153	.176
	A5_MODESTY	381	181	226	076
	A6_TENDER_MIND EDNESS	132	.020	047	.255
	C1_COMPETENT	.288	.320	.064	.167
	C2_ORDER	.130	.139	059	124
	C3_DUTIFULNESS	.138	.260	094	.033
	C4_ACHIEVEMENT	.322	.420	121	021
	C5_SELF_DISCIPLIN ED	.248	.352	031	.030
	C6_DELIBERATION	191	179	294	229
	FFMQ OBSERVE	.074	.109	037	.214
	FFMQ DESCRIBE	.361	.248	.067	.155
	FFMQ_AWARENESS	.231	.167	049	.105
	FFMQ_NON_JUDGE	.165	.001	.112	.204
	FFMQ_NON_REACT	.049	.015	.125	.061

Correlation Matrix^a

		O1 FANITASY	02_AESTHETI		
Correlation	NI ANVIETY	01_FAINTAST	194	OS_FEELINGS	04_ACTIONS
Correlation	N2 ANCRY	.190	- 027	130	150
		154	027	210	160
	N4 SELF CONSCIO	.1.74	.005	.215	109
	USNESS	.080	.051	.135	174
	N5_IMPULSIVENESS	.109	.108	.199	026
	N6_VULNERABLE	.005	006	.100	147
	E1_WARMTH	.180	.136	.265	.276
	E2_GREGARIOUSN ESS	055	056	059	.165
	E3_ASSERTIVENESS	018	.045	018	.127
	E4 ACTIVITY	093	.099	.027	.181
	E5 EXCITEMENT	.019	002	077	.182
	E6_POSITIVE_EMO TIONS	.204	.155	.223	.340
	O1 FANTASY	1.000	.443	.418	.191
	O2 AESTHETICS	.443	1.000	.424	.325
	O3 FEELINGS	.418	.424	1.000	.174
	04 ACTIONS	.191	.325	.174	1.000
	O5 IDEAS	.368	.418	.279	.251
	O6_VALUES	.214	.162	.355	.270
	A1_TRUST	.083	.157	.199	.291
	A2_STRAIGHTFOR WARDNESS	136	.028	.175	.163
	A3_ALTRUISM	.147	.143	.347	.261
	A4_COMPLIANCE	.139	.159	.124	.109
	A5_MODESTY	.062	.023	.196	024
	A6_TENDER_MIND EDNESS	.184	.258	.405	.241
	C1_COMPETENT	010	.051	.184	.033
	C2_ORDER	083	100	.044	264
	C3_DUTIFULNESS	183	067	.079	084
	C4_ACHIEVEMENT	136	.060	.103	052
	C5_SELF_DISCIPLIN ED	199	018	012	061
	C6_DELIBERATION	101	039	.021	339
	FFMQ OBSERVE	.421	.541	.407	.186
	FFMQ DESCRIBE	.094	.125	.199	.133
	FFMQ_AWARENESS	121	.038	.018	.125-
	FFMQ_NON_JUDGE	019	086	135	.203
	FFMQ_NON_REACT	.007	027	201	.006

Correlation Matrix^a

			O6 VALUES	A1 TRUST	A2_STRAIGHT
Correlation	N1 ANXIFTY	032	082	- 137	044
correlation	N2 ANGRY	- 072	- 169	- 334	- 282
	N3 DEPRESSION	- 020	- 020	- 278	- 139
	N4_SELF_CONSCIO	089	024	216	109
	N5_IMPULSIVENESS	099	.108	120	152
	N6 VULNERABLE	153	064	115	.015
	E1_WARMTH	.100	.257	.436	.300
	E2_GREGARIOUSN ESS	141	064	.274	.164
	E3_ASSERTIVENESS	.121	.005	020	247
	E4 ACTIVITY	.077	.032	.127	.019
	E5 EXCITEMENT	.095	072	.086	083
	E6_POSITIVE_EMO TIONS	.095	.145	.402	.205
	O1 FANTASY	.368	.214	.083	136
	O2 AESTHETICS	.418	.162	.157	.028
	O3_FEELINGS	.279	.355	.199	.175
	04 ACTIONS	.251	.270	.291	.163
	O5_IDEAS	1.000	.345	.100	.023
	O6_VALUES	.345	1.000	.155	.166
	A1_TRUST	.100	.155	1.000	.395
	A2_STRAIGHTFOR WARDNESS	.023	.166	.395	1.000
	A3_ALTRUISM	.226	.294	.444	.407
	A4 COMPLIANCE	.090	.165	.391	.358
	A5_MODESTY	.093	.292	.160	.487
	A6_TENDER_MIND EDNESS	.187	.288	.404	.374
	C1_COMPETENT	.235	.150	.096	.154
	C2 ORDER	009	090	152	088
	C3_DUTIFULNESS	.143	.012	.060	.252
	C4_ACHIEVEMENT	.139	.017	.063	.086
	C5_SELF_DISCIPLIN ED	.092	023	.108	.156
	C6_DELIBERATION	.048	014	100	.107
	FFMQ OBSERVE	.331	.123	.074	056
	FFMQ_DESCRIBE	.228	.104	.060	.073
	FFMQ_AWARENESS	.168	.112	.141	.161
	FFMQ_NON_JUDGE	.006	043	.229	.111
	FFMQ_NON_REACT	.014	063	.025	117

Correlation Matrix^a

		A2 ALTRUKA	A4_COMPLIAN	AF MODESTY
C. Intin		AS_ALTRUISM		AS_MODESTT
Correlation	NI_ANXIETY	.116	.044	.248
	NZ_ANGRY	286	556	129
	N3_DEPRESSION	118	079	.217
	N4_SELF_CONSCIO USNESS	137	.025	.135
	N5_IMPULSIVENESS	059	140	041
	N6_VULNERABLE	012	.051	.247
	E1_WARMTH	.506	.242	.130
	E2_GREGARIOUSN ESS	.227	.002	087
	E3_ASSERTIVENESS	.020	399	381
	E4 ACTIVITY	.182	122	181
	E5 EXCITEMENT	.151	153	226
	E6_POSITIVE_EMO	.418	.176	076
	O1 FANTASY	147	139	062
	O2 AESTHETICS	143	159	023
	O3 FEELINGS	347	124	196
	04 ACTIONS	261	109	- 024
	OS IDEAS	226	.105	093
		204	165	202
	A1 TRUCT	.294	.105	160
	A1_IRUSI	.444	.591	.100
	WARDNESS	.407	.358	.487
	A3_ALTRUISM	1.000	.367	.376
	A4_COMPLIANCE	.367	1.000	.292
	A5_MODESTY	.376	.292	1.000
	A6_TENDER_MIND EDNESS	.572	.399	.409
	C1_COMPETENT	.255	044	019
	C2_ORDER	118	126	124
	C3_DUTIFULNESS	.276	.043	.088
	C4_ACHIEVEMENT	.145	107	040
	C5_SELF_DISCIPLIN ED	.146	009	006
	C6_DELIBERATION	056	.144	.102
	FFMO OBSERVE	.081	.022	.005
	FEMO DESCRIBE	116	- 143	- 058
	FFMQ_AWARENESS	.048	.029	051
	FFMQ_NON_JUDGE	018	.031	181
	FFMQ_NON_REACT	112	.086	191

Correlation Matrix^a

		A6_TENDER_M INDEDNESS	C1_COMPETE NT	C2_ORDER	C3_DUTIFULNE SS
Correlation	N1_ANXIETY	.132	217	084	197
	N2_ANGRY	276	116	.005	160
	N3_DEPRESSION	.001	337	127	262
	N4_SELF_CONSCIO USNESS	.008	333	136	223
	N5_IMPULSIVENESS	.063	232	199	236
	N6_VULNERABLE	.091	445	141	310
	E1_WARMTH	.384	.165	078	.130
	E2_GREGARIOUSN ESS	.121	.004	164	.005
	E3_ASSERTIVENESS	132	.288	.130	.138
	E4 ACTIVITY	.020	.320	.139	.260
	E5 EXCITEMENT	047	.064	059	094
	E6_POSITIVE_EMO TIONS	.255	.167	124	.033
	O1 FANTASY	.184	010	083	183
	O2 AESTHETICS	.258	.051	100	067
	O3 FEELINGS	.405	.184	.044	.079
	O4 ACTIONS	.241	.033	264	084
	O5 IDEAS	.187	.235	009	.143
	O6 VALUES	.288	.150	090	.012
	A1 TRUST	.404	.096	152	.060
	A2_STRAIGHTFOR WARDNESS	.374	.154	088	.252
	A3_ALTRUISM	.572	.255	118	.276
	A4_COMPLIANCE	.399	044	126	.043
	A5_MODESTY	.409	019	124	.088
	A6_TENDER_MIND EDNESS	1.000	.078	129	.082
	C1_COMPETENT	.078	1.000	.365	.585
	C2 ORDER	129	.365	1.000	.401
	C3 DUTIFULNESS	.082	.585	.401	1.000
	C4_ACHIEVEMENT	.052	.548	.484	.517
	C5_SELF_DISCIPLIN ED	005	.585	.586	.582
	C6_DELIBERATION	075	.356	.409	.398
	FFMO OBSERVE	.121	.094	055	011
	FFMO DESCRIBE	.040	398	.220	.303
	FFMQ_AWARENESS	.005	.468	.274	.357
	FFMQ_NON_JUDGE	050	.209	.049	.140
	FFMQ_NON_REACT	112	.199	.015	.053

Correlation Matrix^a

		C4_ACHIEVEM ENT	C5_SELF_DISCI PLINED	C6_DELIBERAT ION
Correlation	N1_ANXIETY	128	317	.031
	N2_ANGRY	043	223	164
	N3_DEPRESSION	224	422	088
	N4_SELF_CONSCIO USNESS	236	390	.033
	N5_IMPULSIVENESS	126	416	228
	N6_VULNERABLE	278	434	098
	E1_WARMTH	.081	.040	131
	E2_GREGARIOUSN ESS	027	046	245
	E3_ASSERTIVENESS	.322	.248	191
	E4_ACTIVITY	.420	.352	179
	E5_EXCITEMENT	121	031	294
	E6_POSITIVE_EMO TIONS	021	.030	229
	O1_FANTASY	136	199	101
	O2_AESTHETICS	.060	018	039
	O3_FEELINGS	.103	012	.021
	04_ACTIONS	052	061	339
	O5_IDEAS	.139	.092	.048
	O6_VALUES	.017	023	014
	A1_TRUST	.063	.108	100
	A2_STRAIGHTFOR WARDNESS	.086	.156	.107
	A3_ALTRUISM	.145	.146	056
	A4_COMPLIANCE	107	009	.144
	A5 MODESTY	040	006	.102
	A6_TENDER_MIND EDNESS	.052	005	075
	C1 COMPETENT	.548	.585	.356
	C2 ORDER	.484	.586	.409
	C3 DUTIFULNESS	.517	.582	.398
	C4_ACHIEVEMENT	1.000	.691	.315
	C5_SELF_DISCIPLIN ED	.691	1.000	.378
	C6_DELIBERATION	.315	.378	1.000
	FFMQ OBSERVE	.061	083	.015
	FFMQ DESCRIBE	.332	.358	.057
	FFMQ_AWARENESS	.441	.571	.267
	FFMQ_NON_JUDGE	.121	.269	.096
	FFMQ_NON_REACT	063	.100	.083
				and the second structure of the se

Correlation Matrix^a

		FFMQ_OBSERV E	FFMQ_DESCRIB E	FFMQ_AWARE NESS
Correlation	N1_ANXIETY	.122	195	411
	N2_ANGRY	.051	031	267
	N3_DEPRESSION	.108	311	477
	N4_SELF_CONSCIO USNESS	.031	312	402
	N5_IMPULSIVENESS	.161	135	344
	N6_VULNERABLE	040	353	508
	E1_WARMTH	.152	.122	.079
	E2_GREGARIOUSN ESS	078	.119	.048
	E3_ASSERTIVENESS	.074	.361	.231
	E4_ACTIVITY	.109	.248	.167
	E5_EXCITEMENT	037	.067	049
	E6_POSITIVE_EMO TIONS	.214	.155	.105
	O1_FANTASY	.421	.094	121
	O2_AESTHETICS	.541	.125	.038
	O3_FEELINGS	.407	.199	.018
	04_ACTIONS	.186	.133	.125
	O5_IDEAS	.331	.228	.168
	O6_VALUES	.123	.104	.112
	A1_TRUST	.074	.060	.141
	A2_STRAIGHTFOR WARDNESS	056	.073	.161
	A3_ALTRUISM	.081	.116	.048
	A4_COMPLIANCE	.022	143	.029
	A5_MODESTY	.005	058	051
	A6_TENDER_MIND EDNESS	.121	.040	.005
	C1_COMPETENT	.094	.398	.468
	C2_ORDER	055	.220	.274
	C3_DUTIFULNESS	011	.303	.357
	C4_ACHIEVEMENT	.061	.332	.441
	C5_SELF_DISCIPLIN ED	083	.358	.571
	C6_DELIBERATION	.015	.057	.267
	FFMQ_OBSERVE	1.000	.183	.032
	FFMQ DESCRIBE	.183	1.000	.330
	FFMQ_AWARENESS	.032	.330	1.000
	FFMQ_NON_JUDGE	136	.247	.540
	FFMQ_NON_REACT	.122	.130	.136

Correlation Matrix^a

Correlation Matrix^a

		FFMQ_NON_JU DGE	FFMQ_NON_RE ACT
Correlation	N1_ANXIETY	583	460
	N2_ANGRY	318	323
	N3_DEPRESSION	670	389
	N4_SELF_CONSCIO USNESS	448	203
	N5_IMPULSIVENESS	335	222
	N6_VULNERABLE	541	485
	E1_WARMTH	.024	018
	E2_GREGARIOUSN ESS	.196	.044
	E3_ASSERTIVENESS	.165	.049
	E4_ACTIVITY	.001	.015
	E5_EXCITEMENT	.112	.125
	E6_POSITIVE_EMO TIONS	.204	.061
	O1_FANTASY	019	.007
	O2_AESTHETICS	086	027
	O3_FEELINGS	135	201
	04_ACTIONS	.203	.006
	O5_IDEAS	.006	.014
	O6_VALUES	043	063
	A1_TRUST	.229	.025
	A2_STRAIGHTFOR WARDNESS	.111	117
	A3_ALTRUISM	018	112
	A4_COMPLIANCE	.031	.086
	A5_MODESTY	181	191
	A6_TENDER_MIND EDNESS	050	112
	C1_COMPETENT	.209	.199
	C2_ORDER	.049	.015
	C3_DUTIFULNESS	.140	.053
	C4_ACHIEVEMENT	.121	063
	C5_SELF_DISCIPLIN ED	.269	.100
	C6_DELIBERATION	.096	.083
	FFMQ_OBSERVE	136	.122
	FFMQ_DESCRIBE	.247	.130
	FFMQ_AWARENESS	.540	.136
	FFMQ_NON_JUDGE	1.000	.278
	FFMQ_NON_REACT	.278	1.000

		N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO N	N4_SELF_CONS CIOUSNESS
Sig. (1-tailed)	N1_ANXIETY		.000	.000	.000
	N2_ANGRY	.000		.000	.000
	N3_DEPRESSION	.000	.000		.000
	N4_SELF_CONSCIO USNESS	.000	.000	.000	
	N5_IMPULSIVENESS	.000	.000	.000	.000
	N6_VULNERABLE	.000	.000	.000	.000
	E1_WARMTH	.346	.000	.015	.000
	E2_GREGARIOUSN ESS	.009	.094	.000	.000
	E3_ASSERTIVENESS	.000	.023	.000	.000
	E4_ACTIVITY	.025	.465	.000	.000
	E5_EXCITEMENT	.003	.241	.003	.000
	E6_POSITIVE_EMO TIONS	.097	.008	.000	.000
	O1_FANTASY	.001	.297	.010	.113
	02_AESTHETICS	.003	.343	.106	.221
	O3_FEELINGS	.000	.025	.000	.021
	04_ACTIONS	.020	.003	.005	.004
	O5_IDEAS	.316	.140	.380	.090
	O6_VALUES	.108	.005	.380	.360
	A1_TRUST	.019	.000	.000	.000
	A2_STRAIGHTFOR WARDNESS	.255	.000	.018	.050
	A3_ALTRUISM	.040	.000	.038	.019
	A4_COMPLIANCE	.254	.000	.116	.353
	A5_MODESTY	.000	.026	.000	.021
	A6_TENDER_MIND EDNESS	.023	.000	.497	.452
	C1_COMPETENT	.000	.040	.000	.000
	C2_ORDER	.102	.469	.027	.020
	C3_DUTIFULNESS	.001	.008	.000	.000
	C4_ACHIEVEMENT	.027	.258	.000	.000
	C5_SELF_DISCIPLIN ED	.000	.000	.000	.000
	C6_DELIBERATION	.320	.007	.092	.307
	FFMO OBSERVE	.033	.219	.052	.318
	FFMO DESCRIBE	.002	.321	.000	.000
	FFMQ_AWARENESS	.000	.000	.000	.000
	FFMQ_NON_JUDGE	.000	.000	.000	.000
	FFMQ_NON_REACT	.000	.000	.000	.001

Correlation Matrix^a

		N5_IMPULSIVE NESS	N6_VULNERAB LE	E1_WARMTH	E2_GREGARIO USNESS
Sig. (1-tailed)	N1_ANXIETY	.000	.000	.346	.009
	N2_ANGRY	.000	.000	.000	.094
	N3_DEPRESSION	.000	.000	.015	.000
	N4_SELF_CONSCIO USNESS	.000	.000	.000	.000
	N5_IMPULSIVENESS		.000	.090	.453
	N6 VULNERABLE	.000		.035	.199
	E1 WARMTH	.090	.035		.000
	E2_GREGARIOUSN ESS	.453	.199	.000	
	E3_ASSERTIVENESS	.372	.000	.000	.000
	E4 ACTIVITY	.468	.000	.000	.000
	E5 EXCITEMENT	.473	.083	.000	.000
	E6_POSITIVE_EMO TIONS	.151	.001	.000	.000
	O1 FANTASY	.050	.467	.003	.202
	O2 AESTHETICS	.052	.462	.020	.197
	O3_FEELINGS	.001	.065	.000	.186
	04 ACTIONS	.348	.013	.000	.006
	O5_IDEAS	.067	.010	.065	.017
	O6_VALUES	.052	.167	.000	.166
	A1_TRUST	.035	.041	.000	.000
	A2_STRAIGHTFOR WARDNESS	.010	.409	.000	.007
	A3_ALTRUISM	.186	.426	.000	.000
	A4_COMPLIANCE	.017	.223	.000	.487
	A5_MODESTY	.268	.000	.024	.095
	A6_TENDER_MIND EDNESS	.172	.085	.000	.034
	C1_COMPETENT	.000	.000	.006	.473
	C2_ORDER	.001	.017	.120	.007
	C3_DUTIFULNESS	.000	.000	.025	.472
	C4_ACHIEVEMENT	.029	.000	.112	.341
	C5_SELF_DISCIPLIN ED	.000	.000	.274	.243
	C6_DELIBERATION	.000	.070	.023	.000
	FFMQ_OBSERVE	.007	.274	.011	.121
	FFMQ_DESCRIBE	.020	.000	.033	.036
	FFMQ_AWARENESS	.000	.000	.118	.236
	FFMQ_NON_JUDGE	.000	.000	.358	.001
	FFMQ_NON_REACT	.000	.000	.395	.253

Correlation Matrix^a

		E3_ASSERTIVE NESS	E4_ACTIVITY	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS
Sig. (1-tailed)	N1_ANXIETY	.000	.025	.003	.097
	N2_ANGRY	.023	.465	.241	.008
	N3_DEPRESSION	.000	.000	.003	.000
	N4_SELF_CONSCIO USNESS	.000	.000	.000	.000
	N5_IMPULSIVENESS	.372	.468	.473	.151
	N6_VULNERABLE	.000	.000	.083	.001
	E1_WARMTH	.000	.000	.000	.000
	E2_GREGARIOUSN ESS	.000	.000	.000	.000
	E3_ASSERTIVENESS		.000	.000	.000
	E4 ACTIVITY	.000		.000	.000
	E5 EXCITEMENT	.000	.000		.000
	E6_POSITIVE_EMO	.000	.000	.000	
	O1 FANTASY	.391	.081	.386	.001
	O2 AESTHETICS	.249	.069	.490	.009
	O3 FEELINGS	.391	.343	.122	.000
	04 ACTIONS	.028	.003	.003	.000
	O5 IDEAS	.034	.124	.076	.075
	O6_VALUES	.472	.315	.140	.014
	A1_TRUST	.382	.028	.097	.000
	A2_STRAIGHTFOR WARDNESS	.000	.387	.105	.001
	A3 ALTRUISM	.384	.003	.011	.000
	A4_COMPLIANCE	.000	.033	.010	.004
	A5 MODESTY	.000	.003	.000	.126
	A6_TENDER_MIND EDNESS	.023	.384	.238	.000
	C1 COMPETENT	.000	.000	.169	.006
	C2 ORDER	.025	.018	.186	.030
	C3 DUTIFULNESS	.018	.000	.077	.307
	C4_ACHIEVEMENT	.000	.000	.034	.379
	C5_SELF_DISCIPLIN ED	.000	.000	.320	.326
	C6_DELIBERATION	.002	.003	.000	.000
	FFMQ OBSERVE	.133	.050	.290	.001
	FFMQ_DESCRIBE	.000	.000	.156	.009
	FFMQ_AWARENESS	.000	.006	.230	.057
	FFMQ_NON_JUDGE	.006	.496	.045	.001
	FFMQ_NON_REACT	.228	.411	.030	.178

Correlation Matrix^a

		O1_FANTASY	O2_AESTHETI CS	O3_FEELINGS	04_ACTIONS
Sig. (1-tailed)	N1_ANXIETY	.001	.003	.000	.020
	N2_ANGRY	.297	.343	.025	.003
	N3_DEPRESSION	.010	.106	.000	.005
	N4_SELF_CONSCIO USNESS	.113	.221	.021	.004
	N5_IMPULSIVENESS	.050	.052	.001	.348
	N6 VULNERABLE	.467	.462	.065	.013
	E1 WARMTH	.003	.020	.000	.000
	E2_GREGARIOUSN ESS	.202	.197	.186	.006
	E3_ASSERTIVENESS	.391	.249	.391	.028
	E4 ACTIVITY	.081	.069	.343	.003
	E5 EXCITEMENT	.386	.490	.122	.003
	E6_POSITIVE_EMO TIONS	.001	.009	.000	.000
	O1 FANTASY		.000	.000	.002
	O2 AESTHETICS	.000		.000	.000
	O3 FEELINGS	.000	.000		.004
	04 ACTIONS	.002	.000	.004	
	O5 IDEAS	.000	.000	.000	.000
	O6 VALUES	.001	.007	.000	.000
	A1 TRUST	.106	.009	.001	.000
	A2_STRAIGHTFOR WARDNESS	.020	.338	.004	.007
	A3 ALTRUISM	.013	.015	.000	.000
	A4 COMPLIANCE	.018	.008	.030	.050
	A5 MODESTY	.175	.362	.001	.357
	A6_TENDER_MIND EDNESS	.003	.000	.000	.000
	C1 COMPETENT	.442	.221	.003	.310
	C2 ORDER	.106	.066	.253	.000
	C3 DUTIFULNESS	.003	.157	.118	.104
	C4_ACHIEVEMENT	.020	.182	.061	.217
	C5_SELF_DISCIPLIN ED	.001	.395	.430	.181
	C6_DELIBERATION	.063	.279	.378	.000
	FFMQ_OBSERVE	.000	.000	.000	.002
	FFMQ_DESCRIBE	.079	.030	.001	.022
	FFMQ_AWARENESS	.033	.282	.393	.029
	FFMQ_NON_JUDGE	.388	.097	.021	.001
	FFMQ_NON_REACT	.456	.345	.001	.461

Correlation Matrix^a

		O5 IDEAS	O6 VALUES	A1 TRUST	A2_STRAIGHT FORWARDNESS
Sig. (1-tailed)	N1 ANXIETY	.316	.108	.019	.255
0	N2_ANGRY	.140	.005	.000	.000
	N3_DEPRESSION	.380	.380	.000	.018
	N4_SELF_CONSCIO USNESS	.090	.360	.000	.050
	N5_IMPULSIVENESS	.067	.052	.035	.010
	N6_VULNERABLE	.010	.167	.041	.409
	E1_WARMTH	.065	.000	.000	.000
	E2_GREGARIOUSN ESS	.017	.166	.000	.007
	E3_ASSERTIVENESS	.034	.472	.382	.000
	E4_ACTIVITY	.124	.315	.028	.387
	E5_EXCITEMENT	.076	.140	.097	.105
	E6_POSITIVE_EMO TIONS	.075	.014	.000	.001
	O1 FANTASY	.000	.001	.106	.020
	O2 AESTHETICS	.000	.007	.009	.338
	O3_FEELINGS	.000	.000	.001	.004
	04_ACTIONS	.000	.000	.000	.007
	O5_IDEAS		.000	.066	.367
	O6_VALUES	.000		.010	.006
	A1_TRUST	.066	.010		.000
	A2_STRAIGHTFOR WARDNESS	.367	.006	.000	
	A3_ALTRUISM	.000	.000	.000	.000
	A4_COMPLIANCE	.086	.006	.000	.000
	A5_MODESTY	.081	.000	.008	.000
	A6_TENDER_MIND EDNESS	.002	.000	.000	.000
	C1_COMPETENT	.000	.011	.074	.010
	C2_ORDER	.445	.087	.011	.093
	C3_DUTIFULNESS	.015	.430	.181	.000
	C4_ACHIEVEMENT	.018	.398	.171	.096
	C5_SELF_DISCIPLIN ED	.082	.366	.051	.009
	C6_DELIBERATION	.235	.419	.065	.053
	FFMO OBSERVE	.000	.032	.133	.199
	FFMQ DESCRIBE	.000	.058	.183	.136
	FFMQ_AWARENESS	.005	.046	.016	.007
	FFMQ_NON_JUDGE	.464	.261	.000	.047
	FFMQ_NON_REACT	.415	.173	.351	.038

Correlation Matrix^a

		A3_ALTRUISM	A4_COMPLIAN CE	A5_MODESTY
Sig. (1-tailed)	N1_ANXIETY	.040	.254	.000
	N2_ANGRY	.000	.000	.026
	N3_DEPRESSION	.038	.116	.000
	N4_SELF_CONSCIO USNESS	.019	.353	.021
	N5_IMPULSIVENESS	.186	.017	.268
	N6_VULNERABLE	.426	.223	.000
	E1_WARMTH	.000	.000	.024
	E2_GREGARIOUSN ESS	.000	.487	.095
	E3_ASSERTIVENESS	.384	.000	.000
	E4_ACTIVITY	.003	.033	.003
	E5_EXCITEMENT	.011	.010	.000
	E6_POSITIVE_EMO TIONS	.000	.004	.126
	O1_FANTASY	.013	.018	.175
	O2_AESTHETICS	.015	.008	.362
	O3_FEELINGS	.000	.030	.001
	04_ACTIONS	.000	.050	.357
	O5_IDEAS	.000	.086	.081
	O6_VALUES	.000	.006	.000
	A1_TRUST	.000	.000	.008
	A2_STRAIGHTFOR WARDNESS	.000	.000	.000
	A3_ALTRUISM		.000	.000
	A4_COMPLIANCE	.000	1. The spectrum	.000
	A5_MODESTY	.000	.000	
	A6_TENDER_MIND EDNESS	.000	.000	.000
	C1_COMPETENT	.000	.252	.385
	C2_ORDER	.038	.028	.030
	C3 DUTIFULNESS	.000	.256	.092
	C4_ACHIEVEMENT	.014	.053	.271
	C5_SELF_DISCIPLIN ED	.013	.444	.463
	C6_DELIBERATION	.201	.015	.062
	FFMQ_OBSERVE	.110	.368	.470
	FFMO DESCRIBE	.040	.015	.192
	FFMQ_AWARENESS	.237	.334	.222
	FFMQ_NON_JUDGE	.395	.322	.003
	FFMQ_NON_REACT	.046	.098	.002

Correlation Matrix^a

		A6_TENDER_M INDEDNESS	C1_COMPETE NT	C2_ORDER	C3_DUTIFULNE SS
Sig. (1-tailed)	N1_ANXIETY	.023	.000	.102	.001
	N2_ANGRY	.000	.040	.469	.008
	N3_DEPRESSION	.497	.000	.027	.000
	N4_SELF_CONSCIO USNESS	.452	.000	.020	.000
	N5_IMPULSIVENESS	.172	.000	.001	.000
	N6_VULNERABLE	.085	.000	.017	.000
	E1 WARMTH	.000	.006	.120	.025
	E2_GREGARIOUSN ESS	.034	.473	.007	.472
	E3_ASSERTIVENESS	.023	.000	.025	.018
	E4 ACTIVITY	.384	.000	.018	.000
	E5 EXCITEMENT	.238	.169	.186	.077
	E6_POSITIVE_EMO TIONS	.000	.006	.030	.307
	O1 FANTASY	.003	.442	.106	.003
	O2 AESTHETICS	.000	.221	.066	.157
	O3 FEELINGS	.000	.003	.253	.118
	04 ACTIONS	.000	.310	.000	.104
	O5 IDEAS	.002	.000	.445	.015
	O6 VALUES	.000	.011	.087	.430
	A1 TRUST	.000	.074	.011	.181
	A2_STRAIGHTFOR WARDNESS	.000	.010	.093	.000
	A3 ALTRUISM	.000	.000	.038	.000
	A4 COMPLIANCE	.000	.252	.028	.256
	A5 MODESTY	.000	.385	.030	.092
	A6_TENDER_MIND EDNESS		.120	.026	.107
	C1 COMPETENT	.120		.000	.000
	C2 ORDER	.026	.000	100	.000
	C3 DUTIFULNESS	.107	.000	.000	
	C4_ACHIEVEMENT	.218	.000	.000	.000
	C5_SELF_DISCIPLIN ED	.469	.000	.000	.000
	C6_DELIBERATION	.129	.000	.000	.000
	FFMQ OBSERVE	.034	.078	.204	.436
	FFMQ DESCRIBE	.273	.000	.000	.000
	FFMQ_AWARENESS	.470	.000	.000	.000
	FFMQ_NON_JUDGE	.226	.001	.230	.017
	FFMQ_NON_REACT	.045	.001	.408	.214

Correlation Matrix^a

		C4_ACHIEVEM ENT	C5_SELF_DISCI PLINED	C6_DELIBERAT ION
Sig. (1-tailed)	N1_ANXIETY	.027	.000	.320
	N2_ANGRY	.258	.000	.007
	N3_DEPRESSION	.000	.000	.092
	N4_SELF_CONSCIO USNESS	.000	.000	.307
	N5_IMPULSIVENESS	.029	.000	.000
	N6_VULNERABLE	.000	.000	.070
	E1_WARMTH	.112	.274	.023
	E2_GREGARIOUSN ESS	.341	.243	.000
	E3_ASSERTIVENESS	.000	.000	.002
	E4_ACTIVITY	.000	.000	.003
	E5_EXCITEMENT	.034	.320	.000
-	E6_POSITIVE_EMO TIONS	.379	.326	.000
	O1_FANTASY	.020	.001	.063
	O2 AESTHETICS	.182	.395	.279
	O3_FEELINGS	.061	.430	.378
	04 ACTIONS	.217	.181	.000
	O5 IDEAS	.018	.082	.235
	O6 VALUES	.398	.366	.419
	A1 TRUST	.171	.051	.065
	A2_STRAIGHTFOR WARDNESS	.096	.009	.053
	A3 ALTRUISM	.014	.013	.201
	A4 COMPLIANCE	.053	.444	.015
	A5_MODESTY	.271	.463	.062
	A6_TENDER_MIND EDNESS	.218	.469	.129
	C1 COMPETENT	.000	.000	.000
	C2 ORDER	.000	.000	.000
	C3 DUTIFULNESS	.000	.000	.000
	C4_ACHIEVEMENT		.000	.000
	C5_SELF_DISCIPLIN ED	.000		.000
	C6_DELIBERATION	.000	.000	
	FFMQ OBSERVE	.177	.106	.410
	FFMQ DESCRIBE	.000	.000	.194
	FFMQ_AWARENESS	.000	.000	.000
	FFMQ_NON_JUDGE	.034	.000	.074
	FFMQ_NON_REACT	.171	.066	.107

Correlation Matrix^a

		FFMQ_OBSERV E	FFMQ_DESCRIB E	FFMQ_AWARE NESS
Sig. (1-tailed)	N1_ANXIETY	.033	.002	.000
	N2_ANGRY	.219	.321	.000
	N3_DEPRESSION	.052	.000	.000
	N4_SELF_CONSCIO USNESS	.318	.000	.000
	N5_IMPULSIVENESS	.007	.020	.000
	N6_VULNERABLE	.274	.000	.000
	E1 WARMTH	.011	.033	.118
	E2_GREGARIOUSN ESS	.121	.036	.236
	E3_ASSERTIVENESS	.133	.000	.000
	E4_ACTIVITY	.050	.000	.006
	E5_EXCITEMENT	.290	.156	.230
	E6_POSITIVE_EMO TIONS	.001	.009	.057
	O1_FANTASY	.000	.079	.033
	O2_AESTHETICS	.000	.030	.282
	O3_FEELINGS	.000	.001	.393
	04_ACTIONS	.002	.022	.029
	O5_IDEAS	.000	.000	.005
	O6_VALUES	.032	.058	.046
	A1_TRUST	.133	.183	.016
	A2_STRAIGHTFOR WARDNESS	.199	.136	.007
	A3_ALTRUISM	.110	.040	.237
	A4_COMPLIANCE	.368	.015	.334
	A5_MODESTY	.470	.192	.222
	A6_TENDER_MIND EDNESS	.034	.273	.470
	C1 COMPETENT	.078	.000	.000
	C2 ORDER	.204	.000	.000
	C3 DUTIFULNESS	.436	.000	.000
	C4_ACHIEVEMENT	.177	.000	.000
	C5_SELF_DISCIPLIN ED	.106	.000	.000
	C6_DELIBERATION	.410	.194	.000
	FFMQ OBSERVE		.003	.316
	FFMQ DESCRIBE	.003		.000
	FFMQ_AWARENESS	.316	.000	
	FFMQ_NON_JUDGE	.020	.000	.000
	FFMQ_NON_REACT	.033	.025	.020

Correlation Matrix^a

Correlation	Matrix ^a
conclation	Mauix

		FFMQ_NON_JU DGE	FFMQ_NON_RE ACT
Sig. (1-tailed)	N1_ANXIETY	.000	.000
	N2_ANGRY	.000	.000
	N3_DEPRESSION	.000	.000
	N4_SELF_CONSCIO USNESS	.000	.001
	N5_IMPULSIVENESS	.000	.000
	N6_VULNERABLE	.000	.000
	E1 WARMTH	.358	.395
	E2_GREGARIOUSN ESS	.001	.253
	E3_ASSERTIVENESS	.006	.228
	E4_ACTIVITY	.496	.411
	E5_EXCITEMENT	.045	.030
	E6_POSITIVE_EMO TIONS	.001	.178
	O1_FANTASY	.388	.456
	O2_AESTHETICS	.097	.345
	O3_FEELINGS	.021	.001
	04_ACTIONS	.001	.461
	O5_IDEAS	.464	.415
	O6_VALUES	.261	.173
	A1_TRUST	.000	.351
	A2_STRAIGHTFOR WARDNESS	.047	.038
	A3_ALTRUISM	.395	.046
	A4_COMPLIANCE	.322	.098
	A5_MODESTY	.003	.002
2	A6_TENDER_MIND EDNESS	.226	.045
	C1_COMPETENT	.001	.001
	C2_ORDER	.230	.408
	C3_DUTIFULNESS	.017	.214
	C4_ACHIEVEMENT	.034	.171
	C5_SELF_DISCIPLIN ED	.000	.066
	C6_DELIBERATION	.074	.107
	FFMQ_OBSERVE	.020	.033
	FFMQ_DESCRIBE	.000	.025
	FFMQ_AWARENESS	.000	.020
	FFMQ_NON_JUDGE		.000
	FFMQ_NON_REACT	.000	

a. Determinant = 4.944E-9

	N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO N	N4_SELF_CONS CIOUSNESS	N5_IMPULSIVE NESS
N1_ANXIETY	3.354	046	787	771	.191
N2_ANGRY	046	2.661	371	157	401
N3_DEPRESSION	787	371	4.537	-1.367	075
N4_SELF_CONSCIO USNESS	771	157	-1.367	2.899	550
N5_IMPULSIVENESS	.191	401	075	550	1.884
N6_VULNERABLE	671	614	679	003	045
E1 WARMTH	.149	.262	359	.134	299
E2_GREGARIOUSN ESS	238	.016	.078	.502	.033
E3_ASSERTIVENESS	140	228	050	.428	.013
E4_ACTIVITY	201	075	.457	220	.029
E5 EXCITEMENT	.301	121	.060	089	019
E6_POSITIVE_EMO TIONS	261	111	036	.129	261
O1 FANTASY	190	129	227	.050	.118
O2 AESTHETICS	274	.086	.172	048	153
O3 FEELINGS	432	500	339	.065	043
04 ACTIONS	.221	.171	160	037	.153
O5 IDEAS	064	081	221	.145	.267
O6 VALUES	037	.310	.349	028	342
A1 TRUST	.221	013	.255	105	.121
A2_STRAIGHTFOR WARDNESS	317	.019	.287	.062	.098
A3 ALTRUISM	545	.281	.514	022	.117
A4 COMPLIANCE	.022	.987	.051	083	.030
A5_MODESTY	.075	060	577	.183	.162
A6_TENDER_MIND EDNESS	.180	.357	.175	164	174
C1 COMPETENT	122	312	084	.305	.032
C2 ORDER	070	.124	.100	.111	.088
C3 DUTIFULNESS	.469	056	110	222	028
C4_ACHIEVEMENT	012	.022	150	.022	417
C5_SELF_DISCIPLIN ED	.185	.023	.080	.168	.526
C6_DELIBERATION	476	.198	.364	275	.141
FFMQ_OBSERVE	.138	.054	061	.200	139
FFMQ_DESCRIBE	094	069	.261	.017	031
FFMQ_AWARENESS	.173	003	172	044	.141
FFMQ_NON_JUDGE	.500	011	1.243	327	.036
FFMQ_NON_REACT	.469	.265	.218	439	.108

Inverse of Correlation Matrix

	N6_VULNERAB LE	E1_WARMTH	E2_GREGARIO USNESS	E3_ASSERTIVE NESS	E4_ACTIVITY
N1_ANXIETY	671	.149	238	140	201
N2_ANGRY	614	.262	.016	228	075
N3_DEPRESSION	679	359	.078	050	.457
N4_SELF_CONSCIO USNESS	003	.134	.502	.428	220
N5_IMPULSIVENESS	045	299	.033	.013	.029
N6_VULNERABLE	3.331	.380	579	.416	.181
E1_WARMTH	.380	2.818	-1.004	337	270
E2_GREGARIOUSN ESS	579	-1.004	2.688	291	279
E3_ASSERTIVENESS	.416	337	291	2.330	058
E4 ACTIVITY	.181	270	279	058	2.065
E5 EXCITEMENT	223	288	855	133	040
E6_POSITIVE_EMO TIONS	.320	450	189	.020	428
O1 FANTASY	.270	349	015	.133	.239
O2 AESTHETICS	.054	.161	046	110	114
O3 FEELINGS	.225	143	.133	.115	.144
04 ACTIONS	115	110	.134	.048	130
O5 IDEAS	.125	.146	.454	101	016
O6 VALUES	.009	256	.180	134	048
A1_TRUST	171	360	097	.056	.063
A2_STRAIGHTFOR WARDNESS	036	257	174	.449	.115
A3_ALTRUISM	203	311	.163	130	.147
A4_COMPLIANCE	424	212	.093	.447	007
A5_MODESTY	121	137	.017	.403	.083
A6_TENDER_MIND EDNESS	225	158	133	.011	.131
C1 COMPETENT	.297	.104	.307	105	177
C2_ORDER	411	227	.351	.063	.048
C3_DUTIFULNESS	.223	116	257	.004	167
C4_ACHIEVEMENT	012	023	165	367	614
C5_SELF_DISCIPLIN ED	.261	.258	.458	073	436
C6_DELIBERATION	072	280	061	.320	.570
FFMQ OBSERVE	186	080	.245	032	155
FFMQ DESCRIBE	.082	.120	232	281	001
FFMQ_AWARENESS	.306	138	228	065	.151
FFMQ_NON_JUDGE	.291	.458	319	.022	.441
FFMQ_NON_REACT	.665	.087	219	.151	.080

Inverse of Correlation Matrix
	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS	O1_FANTASY	O2_AESTHETI CS	O3_FEELINGS
N1_ANXIETY	.301	261	190	274	432
N2_ANGRY	121	111	129	.086	500
N3_DEPRESSION	.060	036	227	.172	339
N4_SELF_CONSCIO USNESS	089	.129	.050	048	.065
N5_IMPULSIVENESS	019	261	.118	153	043
N6_VULNERABLE	223	.320	.270	.054	.225
E1_WARMTH	288	450	349	.161	143
E2_GREGARIOUSN ESS	855	189	015	046	.133
E3_ASSERTIVENESS	133	.020	.133	110	.115
E4_ACTIVITY	040	428	.239	114	.144
E5_EXCITEMENT	2.105	177	.157	076	.028
E6_POSITIVE_EMO TIONS	177	2.244	140	.172	025
O1_FANTASY	.157	140	1.977	367	291
O2_AESTHETICS	076	.172	367	2.021	326
O3_FEELINGS	.028	025	291	326	2.265
04_ACTIONS	064	095	.020	385	.026
O5_IDEAS	547	.088	380	382	.160
O6_VALUES	.190	.014	037	.191	441
A1_TRUST	.155	196	.081	060	181
A2_STRAIGHTFOR WARDNESS	.102	202	.496	067	163
A3_ALTRUISM	411	429	090	.247	269
A4_COMPLIANCE	.222	226	230	215	057
A5_MODESTY	.134	.346	158	.116	.206
A6_TENDER_MIND EDNESS	.226	029	.052	227	453
C1_COMPETENT	347	179	196	.094	201
C2_ORDER	269	064	244	.210	304
C3_DUTIFULNESS	.391	.145	.291	.155	075
C4_ACHIEVEMENT	.509	.501	.115	004	.056
C5_SELF_DISCIPLIN ED	290	177	.090	369	.078
C6_DELIBERATION	.189	.140	.200	088	.038
FFMQ_OBSERVE	.132	392	331	644	398
FFMQ_DESCRIBE	.139	.031	094	.046	247
FFMQ_AWARENESS	.272	.017	.414	055	051
FFMQ_NON_JUDGE	086	404	529	.161	195
FFMQ_NON_REACT	153	.080	.037	.058	.153

Inverse of Correlation Matrix

					A2 STRAIGHT
	O4_ACTIONS	O5_IDEAS	O6_VALUES	A1_TRUST	FORWARDNESS
N1_ANXIETY	.221	064	037	.221	317
N2_ANGRY	.171	081	.310	013	.019
N3_DEPRESSION	160	221	.349	.255	.287
N4_SELF_CONSCIO USNESS	037	.145	028	105	.062
N5_IMPULSIVENESS	.153	.267	342	.121	.098
N6_VULNERABLE	115	.125	.009	171	036
E1_WARMTH	110	.146	256	360	257
E2_GREGARIOUSN ESS	.134	.454	.180	097	174
E3_ASSERTIVENESS	.048	101	134	.056	.449
E4_ACTIVITY	130	016	048	.063	.115
E5_EXCITEMENT	064	547	.190	.155	.102
E6_POSITIVE_EMO TIONS	095	.088	.014	196	202
O1_FANTASY	.020	380	037	.081	.496
O2_AESTHETICS	385	382	.191	060	067
O3_FEELINGS	.026	.160	441	181	163
04_ACTIONS	1.710	090	294	028	202
O5_IDEAS	090	1.808	435	069	.027
O6_VALUES	294	435	1.672	.052	.077
A1_TRUST	028	069	.052	1.811	249
A2_STRAIGHTFOR WARDNESS	202	.027	.077	249	2.105
A3_ALTRUISM	143	082	022	215	.085
A4_COMPLIANCE	.101	090	.062	291	140
A5_MODESTY	.259	006	437	.069	715
A6_TENDER_MIND EDNESS	062	120	.076	143	026
C1_COMPETENT	053	.029	202	009	176
C2_ORDER	.201	.150	.009	.160	.180
C3_DUTIFULNESS	.068	318	.228	.212	267
C4_ACHIEVEMENT	.032	187	.135	131	017
C5_SELF_DISCIPLIN ED	.065	.268	.146	253	069
C6_DELIBERATION	.448	114	055	.177	.036
FFMQ OBSERVE	080	141	.222	065	.068
FFMQ_DESCRIBE	071	170	.003	.089	120
FFMQ_AWARENESS	069	217	219	.127	024
FFMQ_NON_JUDGE	338	.075	.249	235	139
FFMQ_NON_REACT	.117	.047	.026	.030	.169

Inverse of Correlation Matrix

	A3_ALTRUISM	A4_COMPLIAN CE	A5_MODESTY	A6_TENDER_M INDEDNESS
N1_ANXIETY	545	.022	.075	.180
N2_ANGRY	.281	.987	060	.357
N3_DEPRESSION	.514	.051	577	.175
N4_SELF_CONSCIO USNESS	022	083	.183	164
N5_IMPULSIVENESS	.117	.030	.162	174
N6_VULNERABLE	203	424	121	225
E1_WARMTH	311	212	137	158
E2_GREGARIOUSN ESS	.163	.093	.017	133
E3_ASSERTIVENESS	130	.447	.403	.011
E4_ACTIVITY	.147	007	.083	.131
E5_EXCITEMENT	411	.222	.134	.226
E6_POSITIVE_EMO TIONS	429	226	.346	029
O1_FANTASY	090	230	158	.052
O2_AESTHETICS	.247	215	.116	227
O3_FEELINGS	269	057	.206	453
O4_ACTIONS	143	.101	.259	062
O5_IDEAS	082	090	006	120
O6_VALUES	022	.062	437	.076
A1_TRUST	215	291	.069	143
A2_STRAIGHTFOR WARDNESS	.085	140	715	026
A3_ALTRUISM	2.706	243	485	577
A4_COMPLIANCE	243	2.309	.097	118
A5_MODESTY	485	.097	2.139	390
A6_TENDER_MIND EDNESS	577	118	390	2.057
C1_COMPETENT	260	.149	.102	102
C2_ORDER	.476	.098	.217	081
C3_DUTIFULNESS	586	062	.006	.080
C4_ACHIEVEMENT	245	.118	.127	157
C5_SELF_DISCIPLIN ED	251	030	350	.112
C6_DELIBERATION	.233	202	010	.230
FFMQ OBSERVE	.082	.230	131	.146
FFMO DESCRIBE	.031	.136	093	.010
FFMQ_AWARENESS	.216	159	023	.027
FFMQ_NON_JUDGE	.193	.138	002	.071
FFMQ_NON_REACT	.136	214	.028	.006

Inverse of Correlation Matrix

	C1_COMPETE NT	C2_ORDER	C3_DUTIFULNE SS	C4_ACHIEVEM ENT	C5_SELF_DISCI PLINED
N1_ANXIETY	122	070	.469	012	.185
N2_ANGRY	312	.124	056	.022	.023
N3_DEPRESSION	084	.100	110	150	.080
N4_SELF_CONSCIO USNESS	.305	.111	222	.022	.168
N5_IMPULSIVENESS	.032	.088	028	417	.526
N6 VULNERABLE	.297	411	.223	012	.261
E1 WARMTH	.104	227	116	023	.258
E2_GREGARIOUSN ESS	.307	.351	257	165	.458
E3_ASSERTIVENESS	105	.063	.004	367	073
E4_ACTIVITY	177	.048	167	614	436
E5_EXCITEMENT	347	269	.391	.509	290
E6_POSITIVE_EMO TIONS	179	064	.145	.501	177
O1 FANTASY	196	244	.291	.115	.090
O2 AESTHETICS	.094	.210	.155	004	369
O3 FEELINGS	201	304	075	.056	.078
04 ACTIONS	053	.201	.068	.032	.065
O5 IDEAS	.029	.150	318	187	.268
O6 VALUES	202	.009	.228	.135	.146
A1 TRUST	009	.160	.212	131	253
A2_STRAIGHTFOR WARDNESS	176	.180	267	017	069
A3_ALTRUISM	260	.476	586	245	251
A4_COMPLIANCE	.149	.098	062	.118	030
A5_MODESTY	.102	.217	.006	.127	350
A6_TENDER_MIND EDNESS	102	081	.080	157	.112
C1 COMPETENT	2.603	.054	641	455	149
C2 ORDER	.054	2.163	293	322	-1.000
C3 DUTIFULNESS	641	293	2.317	029	399
C4_ACHIEVEMENT	455	322	029	2.900	-1.198
C5_SELF_DISCIPLIN ED	149	-1.000	399	-1.198	4.057
C6_DELIBERATION	570	288	330	221	255
FFMO OBSERVE	.156	.096	090	211	.471
FFMQ DESCRIBE	135	121	109	006	204
FFMQ_AWARENESS	385	009	.190	137	780
FFMQ_NON_JUDGE	.209	.117	010	181	.279
FFMQ_NON_REACT	488	012	.161	.294	024

Inverse of Correlation Matrix

	C6_DELIBERAT ION	FFMQ_OBSERV E	FFMQ_DESCRIB E	FFMQ_AWARE NESS
N1_ANXIETY	476	.138	094	.173
N2_ANGRY	.198	.054	069	003
N3_DEPRESSION	.364	061	.261	172
N4_SELF_CONSCIO USNESS	275	.200	.017	044
N5_IMPULSIVENESS	.141	139	031	.141
N6_VULNERABLE	072	186	.082	.306
E1_WARMTH	280	080	.120	138
E2_GREGARIOUSN ESS	061	.245	232	228
E3_ASSERTIVENESS	.320	032	281	065
E4_ACTIVITY	.570	155	001	.151
E5_EXCITEMENT	.189	.132	.139	.272
E6_POSITIVE_EMO TIONS	.140	392	.031	.017
O1_FANTASY	.200	331	094	.414
O2_AESTHETICS	088	644	.046	055
O3_FEELINGS	.038	398	247	051
04_ACTIONS	.448	080	071	069
O5_IDEAS	114	141	170	217
O6_VALUES	055	.222	.003	219
A1_TRUST	.177	065	.089	.127
A2_STRAIGHTFOR WARDNESS	.036	.068	120	024
A3_ALTRUISM	.233	.082	.031	.216
A4_COMPLIANCE	202	.230	.136	159
A5_MODESTY	010	131	093	023
A6_TENDER_MIND EDNESS	.230	.146	.010	.027
C1 COMPETENT	570	.156	135	385
C2 ORDER	288	.096	121	009
C3 DUTIFULNESS	330	090	109	.190
C4_ACHIEVEMENT	221	211	006	137
C5_SELF_DISCIPLIN ED	255	.471	204	780
C6_DELIBERATION	2.208	290	.120	022
FFMO OBSERVE	290	2.001	156	310
FFMQ DESCRIBE	.120	156	1.561	013
FFMQ_AWARENESS	022	310	013	2.419
FFMQ_NON_JUDGE	280	.433	110	956
FFMQ_NON_REACT	001	477	113	.276

Inverse of Correlation Matrix

Inverse of	Corre	lation	Matrix
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	FFMQ_NON_JU DGE	FFMQ_NON_RE
N1_ANXIETY	.500	.469
N2_ANGRY	011	.265
N3_DEPRESSION	1.243	.218
N4_SELF_CONSCIO USNESS	327	439
N5_IMPULSIVENESS	.036	.108
N6_VULNERABLE	.291	.665
E1_WARMTH	.458	.087
E2_GREGARIOUSN ESS	319	219
E3_ASSERTIVENESS	.022	.151
E4_ACTIVITY	.441	.080
E5_EXCITEMENT	086	153
E6_POSITIVE_EMO TIONS	404	.080
O1 FANTASY	529	.037
O2 AESTHETICS	.161	.058
O3 FEELINGS	195	.153
04 ACTIONS	338	.117
O5_IDEAS	.075	.047
O6 VALUES	.249	.026
A1_TRUST	235	.030
A2_STRAIGHTFOR WARDNESS	139	.169
A3 ALTRUISM	.193	.136
A4 COMPLIANCE	.138	214
A5 MODESTY	002	.028
A6_TENDER_MIND EDNESS	.071	.006
C1 COMPETENT	.209	488
C2_ORDER	.117	012
C3 DUTIFULNESS	010	.161
C4_ACHIEVEMENT	181	.294
C5_SELF_DISCIPLIN ED	.279	024
C6_DELIBERATION	280	001
FFMO OBSERVE	433	- 477
FEMO DESCRIBE	- 110	- 113
FFMO AWARENESS	.110	.115
	956	.276
	2.925	.054
FFMQ_NON_REACT	.054	1.881

KMO and Bartlett's Test

Kaiser-Meyer-Olki Sampling Adequac	.829	
Bartlett's Test of Sphericity	Approx. Chi– Square	4121.460
	df	595
	Sig.	.000

		N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO N
Anti-image	N1_ANXIETY	.298	005	052
Covariance	N2_ANGRY	005	.376	031
	N3_DEPRESSION	052	031	.220
	N4_SELF_CONSCIO USNESS	079	020	104
	N5_IMPULSIVENESS	.030	080	009
	N6_VULNERABLE	060	069	045
	E1_WARMTH	.016	.035	028
	E2_GREGARIOUSN ESS	026	.002	.006
	E3_ASSERTIVENESS	018	037	005
	E4_ACTIVITY	029	014	.049
	E5_EXCITEMENT	.043	022	.006
	E6_POSITIVE_EMO TIONS	035	019	004
	O1_FANTASY	029	025	025
	O2_AESTHETICS	040	.016	.019
	O3_FEELINGS	057	083	033
	04_ACTIONS	.038	.038	021
	O5_IDEAS	011	017	027
	O6_VALUES	007	.070	.046
	A1_TRUST	.036	003	.031
	A2_STRAIGHTFOR WARDNESS	045	.003	.030
	A3_ALTRUISM	060	.039	.042
	A4_COMPLIANCE	.003	.161	.005
	A5_MODESTY	.010	011	059
	A6_TENDER_MIND EDNESS	.026	.065	.019
	C1_COMPETENT	014	045	007
	C2_ORDER	010	.022	.010
	C3_DUTIFULNESS	.060	009	010
	C4_ACHIEVEMENT	001	.003	011
	C5_SELF_DISCIPLIN ED	.014	.002	.004
	C6_DELIBERATION	064	.034	.036

Anti-image Matrices

Page 31

		1		
		N4_SELF_CONS CIOUSNESS	N5_IMPULSIVE NESS	N6_VULNERAB LE
Anti-image	N1_ANXIETY	079	.030	060
Covariance	N2_ANGRY	020	080	069
	N3_DEPRESSION	104	009	045
	N4_SELF_CONSCIO USNESS	.345	101	.000
	N5_IMPULSIVENESS	101	.531	007
	N6_VULNERABLE	.000	007	.300
	E1_WARMTH	.016	056	.041
	E2_GREGARIOUSN ESS	.064	.006	065
	E3_ASSERTIVENESS	.063	.003	.054
	E4_ACTIVITY	037	.007	.026
	E5_EXCITEMENT	015	005	032
	E6_POSITIVE_EMO TIONS	.020	062	.043
	O1_FANTASY	.009	.032	.041
	O2_AESTHETICS	008	040	.008
	O3_FEELINGS	.010	010	.030
	04_ACTIONS	007	.047	020
	O5_IDEAS	.028	.078	.021
	O6_VALUES	006	108	.002
	A1 TRUST	020	.035	028
	A2_STRAIGHTFOR WARDNESS	.010	.025	005
	A3_ALTRUISM	003	.023	022
	A4_COMPLIANCE	012	.007	055
	A5_MODESTY	.030	.040	017
	A6_TENDER_MIND EDNESS	027	045	033
	C1_COMPETENT	.040	.006	.034
	C2_ORDER	.018	.022	057
	C3 DUTIFULNESS	033	006	.029
	C4_ACHIEVEMENT	.003	076	001
	C5_SELF_DISCIPLIN ED	.014	.069	.019
	C6_DELIBERATION	043	.034	010
		A REAL PROPERTY AND A REAL		

Anti-image Matrices

		E1_WARMTH	E2_GREGARIO USNESS	E3_ASSERTIVE NESS
Anti-image	N1 ANXIETY	.016	026	018
Covariance	N2 ANGRY	.035	.002	037
	N3 DEPRESSION	028	.006	005
	N4_SELF_CONSCIO USNESS	.016	.064	.063
	N5_IMPULSIVENESS	056	.006	.003
	N6_VULNERABLE	.041	065	.054
	E1 WARMTH	.355	133	051
	E2_GREGARIOUSN ESS	133	.372	046
	E3_ASSERTIVENESS	051	046	.429
	E4_ACTIVITY	046	050	012
	E5_EXCITEMENT	048	151	027
	E6_POSITIVE_EMO TIONS	071	031	.004
	O1_FANTASY	063	003	.029
	O2_AESTHETICS	.028	008	023
	O3 FEELINGS	022	.022	.022
	04 ACTIONS	023	.029	.012
Sol strapping S.	O5 IDEAS	.029	.093	024
	O6 VALUES	054	.040	034
	A1 TRUST	070	020	.013
	A2_STRAIGHTFOR WARDNESS	043	031	.092
	A3 ALTRUISM	041	.022	021
	A4_COMPLIANCE	033	.015	.083
	A5 MODESTY	023	.003	.081
	A6_TENDER_MIND EDNESS	027	024	.002
	C1 COMPETENT	.014	.044	017
A CAR STRATE	C2 ORDER	037	.060	.013
	C3 DUTIFULNESS	018	041	.001
	C4_ACHIEVEMENT	003	021	054
	C5_SELF_DISCIPLIN ED	.023	.042	008
	C6_DELIBERATION	045	010	.062

Anti-image Matrices

		E4_ACTIVITY	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS
Anti-image	N1 ANXIETY	029	.043	035
Covariance	N2 ANGRY	014	022	019
	N3 DEPRESSION	.049	.006	004
	N4_SELF_CONSCIO	037	015	.020
	N5_IMPULSIVENESS	.007	005	062
	N6_VULNERABLE	.026	032	.043
	E1 WARMTH	046	048	071
	E2_GREGARIOUSN ESS	050	151	031
	E3_ASSERTIVENESS	012	027	.004
	E4_ACTIVITY	.484	009	092
	E5 EXCITEMENT	009	.475	037
	E6_POSITIVE_EMO TIONS	092	037	.446
	O1 FANTASY	.059	.038	031
	O2 AESTHETICS	027	018	.038
	03 FEELINGS	.031	.006	005
	04 ACTIONS	- 037	- 018	025
	O5 IDEAS	- 004	- 144	022
	O6 VALUES	- 014	054	004
	A1 TRUST	017	.034	- 048
	A2_STRAIGHTFOR WARDNESS	.027	.023	043
	A3 ALTRUISM	.026	072	071
	A4 COMPLIANCE	001	.046	044
	A5 MODESTY	.019	.030	.072
	A6_TENDER_MIND EDNESS	.031	.052	006
	C1 COMPETENT	033	063	031
	C2 ORDER	.011	059	013
	C3 DUTIFULNESS	035	.080	.028
	C4_ACHIEVEMENT	103	.083	.077
	C5_SELF_DISCIPLIN ED	052	034	019
	C6_DELIBERATION	.125	.041	.028

Anti-image Matrices

1			O2_AESTHETI	
		01_FANTASY	CS	O3_FEELINGS
Anti-image	N1_ANXIETY	029	040	057
Covariance	N2_ANGRY	025	.016	083
	N3_DEPRESSION	025	.019	033
	N4_SELF_CONSCIO USNESS	.009	008	.010
	N5_IMPULSIVENESS	.032	040	010
	N6_VULNERABLE	.041	.008	.030
	E1 WARMTH	063	.028	022
	E2_GREGARIOUSN ESS	003	008	.022
	E3_ASSERTIVENESS	.029	023	.022
	E4_ACTIVITY	.059	027	.031
	E5_EXCITEMENT	.038	018	.006
	E6_POSITIVE_EMO TIONS	031	.038	005
	O1 FANTASY	.506	092	065
	O2 AESTHETICS	092	.495	071
	O3_FEFLINGS	065	071	.441
	04 ACTIONS	.006	111	.007
	O5 IDFAS	- 106	- 105	.039
	O6 VALUES	- 011	.056	- 116
	A1 TRUST	023	- 016	- 044
	A2_STRAIGHTFOR WARDNESS	.119	016	034
	A3 ALTRUISM	017	.045	044
	A4 COMPLIANCE	050	046	011
	A5 MODESTY	037	.027	.043
	A6_TENDER_MIND EDNESS	.013	055	097
	C1 COMPETENT	038	.018	034
	C2 ORDER	057	.048	062
	C3 DUTIFULNESS	.063	.033	014
	C4_ACHIEVEMENT	.020	001	.009
	C5_SELF_DISCIPLIN ED	.011	045	.009
	C6_DELIBERATION	.046	020	.008

Anti-image Matrices

		04_ACTIONS	O5_IDEAS	O6_VALUES	A1_TRUST
Anti-image	N1_ANXIETY	.038	011	007	.036
Covariance	N2_ANGRY	.038	017	.070	003
	N3_DEPRESSION	021	027	.046	.031
	N4_SELF_CONSCIO USNESS	007	.028	006	020
	N5_IMPULSIVENESS	.047	.078	108	.035
	N6_VULNERABLE	020	.021	.002	028
	E1_WARMTH	023	.029	054	070
	E2_GREGARIOUSN ESS	.029	.093	.040	020
	E3_ASSERTIVENESS	.012	024	034	.013
	E4_ACTIVITY	037	004	014	.017
	E5_EXCITEMENT	018	144	.054	.041
	E6_POSITIVE_EMO TIONS	025	.022	.004	048
	O1 FANTASY	.006	106	011	.023
	O2_AESTHETICS	111	105	.056	016
	O3 FEELINGS	.007	.039	116	044
	04 ACTIONS	.585	029	103	009
	O5 IDEAS	029	.553	144	021
	O6 VALUES	103	144	.598	.017
	A1 TRUST	009	021	.017	.552
	A2_STRAIGHTFOR WARDNESS	056	.007	.022	065
	A3 ALTRUISM	031	017	005	044
	A4_COMPLIANCE	.026	021	.016	070
	A5_MODESTY	.071	002	122	.018
	A6_TENDER_MIND EDNESS	018	032	.022	038
	C1_COMPETENT	012	.006	046	002
	C2_ORDER	.054	.038	.003	.041
	C3_DUTIFULNESS	.017	076	.059	.050
	C4_ACHIEVEMENT	.007	036	.028	025
	C5_SELF_DISCIPLIN ED	.009	.037	.022	034
	C6_DELIBERATION	.119	028	015	.044

Anti-image Matrices

		1	1	1
		A2_STRAIGHT FORWARDNESS	A3_ALTRUISM	A4_COMPLIAN CE
Anti-image	N1 ANXIETY	045	060	.003
Covariance	N2 ANCRY	003	030	161
		.005	.033	.101
	NA SELE CONSCIO	.050	.042	.005
	USNESS	.010	003	012
	N5_IMPULSIVENESS	.025	.023	.007
	N6_VULNERABLE	005	022	055
	E1 WARMTH	043	041	033
	E2_GREGARIOUSN ESS	031	.022	.015
	E3_ASSERTIVENESS	.092	021	.083
	E4 ACTIVITY	.027	.026	001
	E5 EXCITEMENT	.023	072	.046
	E6_POSITIVE_EMO TIONS	043	071	044
	O1 FANTASY	119	- 017	050
	O2 AESTHETICS	- 016	045	- 046
		- 034	- 044	- 011
		054	021	026
	O4_ACTIONS	030	031	.020
	US_IDEAS	.007	017	021
	O6_VALUES	.022	005	.010
	A1_TRUST A2_STRAIGHTFOR	065 475	044	070
	WARDNESS	, 17 5	.015	.025
	A3_ALTRUISM	.015	.370	039
	A4_COMPLIANCE	029	039	.433
	A5_MODESTY	159	084	.020
	A6_TENDER_MIND EDNESS	006	104	025
	C1_COMPETENT	032	037	.025
	C2 ORDER	.039	.081	.020
	C3 DUTIFULNESS	055	093	012
	C4_ACHIEVEMENT	003	031	.018
	C5_SELF_DISCIPLIN ED	008	023	003
	C6_DELIBERATION	.008	.039	040

Anti-image Matrices

		A5_MODESTY	A6_TENDER_M INDEDNESS	C1_COMPETE NT
Anti-image	N1 ANXIETY	.010	.026	014
Covariance	N2 ANCRY	- 011	065	- 045
		.011	.005	.043
	NA SELE CONSCIO	039	.019	007
	USNESS	.030	027	.040
	N5_IMPULSIVENESS	.040	045	.006
	N6_VULNERABLE	017	033	.034
	E1_WARMTH	023	027	.014
	E2_GREGARIOUSN ESS	.003	024	.044
	E3_ASSERTIVENESS	.081	.002	017
	E4_ACTIVITY	.019	.031	033
	E5 EXCITEMENT	.030	.052	063
	E6_POSITIVE_EMO TIONS	.072	006	031
	O1 FANTASY	037	.013	038
	02 AESTHETICS	.027	055	.018
	O3 FEELINGS	043	- 097	- 034
	04 ACTIONS	071	- 018	- 012
and the second second	OF IDEAS	.071	- 032	.012
	OF VALUES	002	032	.000
	00_VALUES	122	.022	040
	A2_STRAIGHTFOR WARDNESS	.018 159	038	032
	A2 ALTRUISM	- 084	104	- 037
	AJ_ALTRUISM	004	104	025
	A4_COMPLIANCE	.020	023	.025
	A6_TENDER_MIND	089	.486	019
a set and a set of the set of the	C1 COMPETENT	018	- 010	384
		.018	019	.504
	C2_ORDER	.047	010	.010
	C3_DUTIFULNESS	100.	.017	106
	C4_ACHIEVEMENT	.020	026	060
	C5_SELF_DISCIPLIN ED	040	.013	014
	C6_DELIBERATION	002	.051	099

Anti-image Matrices

C2_ORDER C3_DUTIFULNE C4_ACHIEVEM ENT Anti-image Covariance N1_ANXIETY -010 0.600 001 N2_ANGRY 0.022 009 0.033 N3_DEPRESSION 0.010 010 011 N4_SELF_CONSCIO 0.018 033 0.003 N5_IMPULSIVENESS 0.022 006 076 N6_VULNERABLE 057 0.299 001 E1_WARMTH 037 018 003 E2_CREGARIOUSN ESS 0.600 041 021 E3_ASSERTIVENESS 0.013 0.001 054 E4_ACTIVITY 0.011 035 103 E5_EXCITEMENT 059 0.800 0.833 E6_POSITIVE_EMO 013 0.028 077 O1_FANTASY 057 .063 .020 O2_AESTHATICS 0.043 007 .007 O5_IDEAS .038 076 .038 O4_ACTIONS .054 .017 .007					
Anti-image Covariance N1_ANXIETY N2_ANCRY 010 .060 001 N3_DEPRESSION .010 010 .003 N4_SELF_CONSCIO USNESS .010 010 011 N4_SELF_CONSCIO USNESS .022 006 076 N5_IMPULSIVENESS .022 006 076 N6_VULNERABLE 057 .029 001 E1_WARMTH 037 018 003 E2_GREGARIOUSN ESS .060 041 021 E3_ASSERTIVENESS .013 .001 054 E4_ACTIVITY .011 035 103 E5_EXCITEMENT 057 .063 .020 02_AESTHETICS .048 .033 001 03_FEELINGS 062 014 .009 04_ACTIONS .054 .017 .007 05_IDEAS .038 076 036 06_VALUES .039 055 .003 A1_TRUST .041 .050 0220 <			C2_ORDER	C3_DUTIFULNE SS	C4_ACHIEVEM ENT
Covariance N2_ANGRY .022 009 .003 N3_DEPRESSION .010 011 011 N4_SELF_CONSCIO USNESS .018 033 .003 N5_IMPULSIVENESS .022 006 076 N6_VULNERABLE 057 .029 001 E1_WARNTH 037 018 003 E2_GREGARIOUSN .060 041 021 E3_ASSERTIVENESS .013 .001 054 E4_ACTIVITY .011 035 103 E5_EXCITEMENT 059 .080 .083 E6_POSITIVE_EMO 013 .028 .077 O1_FANTASY 057 .063 .020 O2_AESTHETICS .048 .033 001 O3_FEELINCS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 .036 O6_VALUES .003 .059 .028 A1_TRUST </td <td>Anti-image</td> <td>N1_ANXIETY</td> <td>010</td> <td>.060</td> <td>001</td>	Anti-image	N1_ANXIETY	010	.060	001
N3_DEPRESSION .010 010 011 N4_SELF_CONSCIO USNESS .018 033 .003 N5_IMPULSIVENESS .022 006 076 N6_VULNERABLE 057 .029 001 E1_WARMTH 037 018 003 E2_GREGARIOUSN .060 041 021 E3_ASSERTIVENESS .013 .001 054 E4_ACTIVITY .011 035 103 E5_EXCITEMENT 059 .080 .083 E6_POSITIVE_EMO 013 .028 .077 O1_FANTASY 057 .063 .020 O2_AESTHETICS .048 .033 001 O3_FEELINCS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039<	Covariance	N2_ANGRY	.022	009	.003
N4_SELF_CONSCIO USNESS .018 033 .003 N5_IMPULSIVENESS .022 006 076 N6_VULNERABLE 057 .029 001 E1_WARMTH 037 018 003 E2_GREGARIOUSN .660 041 021 E3_ASSERTIVENESS .013 .001 054 E4_ACTIVITY .011 035 103 E5_EXCITEMENT 059 .080 .083 E6_POSITIVE_EMO 013 .028 .077 O1_FANTASY 057 .063 .020 O2_AESTHETICS .048 .033 001 O3_FEELINCS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 =.076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 .003 A5_MODESTY .047		N3_DEPRESSION	.010	010	011
N5_IMPULSIVENESS .022 006 076 N6_VULNERABLE 057 .029 001 E1_WARMTH 037 018 003 E2_GREGARIOUSN .060 041 021 E3_ASSERTIVENESS .013 .001 054 E4_ACTIVITY .011 035 103 E5_EXCITEMENT 059 .080 .083 E6_POSITIVE_EMO 013 .028 .077 O1_FANTASY 057 .063 .020 O2_AESTHETICS .048 .033 001 O3_FEELINGS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 051 .001 WARDNESS .039 055 .003 A4_COMPLIANCE .020 <t< td=""><td></td><td>N4_SELF_CONSCIO USNESS</td><td>.018</td><td>033</td><td>.003</td></t<>		N4_SELF_CONSCIO USNESS	.018	033	.003
N6_VULNERABLE E1_WARMTH 057 .029 001 E1_WARMTH 037 018 003 E2_GREGARIOUSN ESS .060 041 021 E3_ASSERTIVENESS .013 .001 054 E4_ACTIVITY .011 035 103 E5_EXCITEMENT 059 .080 .083 E6_POSITIVE_EMO TIONS 013 .028 .077 01_FANTASY 057 .063 .020 02_AESTHETICS .048 .033 001 03_FEELINGS 062 014 .009 04_ACTIONS .054 .017 .007 05_IDEAS .038 076 036 06_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAICHTFOR .039 055 .003 A3_ALTRUISM .081 .093 .031 A4_COMPLIANCE .020 .012 .018 A5_MODESTY .047 </td <td></td> <td>N5_IMPULSIVENESS</td> <td>.022</td> <td>006</td> <td>076</td>		N5_IMPULSIVENESS	.022	006	076
E1_WARMTH 037 018 003 E2_GREGARIOUSN ESS .060 041 021 E3_ASSERTIVENESS .013 .001 054 E4_ACTIVITY .011 035 103 E5_EXCITEMENT 059 .080 .083 E6_POSITIVE_EMO TIONS 013 .028 .077 O1_FANTASY 057 .063 .020 O2_AESTHETICS .048 .033 010 O3_FEELINGS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 WARDNESS .039 055 003 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 .010 .020 A6_TENDER_MIND EDNESS 018 </td <td></td> <td>N6_VULNERABLE</td> <td>057</td> <td>.029</td> <td>001</td>		N6_VULNERABLE	057	.029	001
E2_GREGARIOUSN ESS .060 041 021 E3_ASSERTIVENESS .013 .001 054 E4_ACTIVITY .011 035 103 E5_EXCITEMENT 059 .080 .083 E6_POSITIVE_EMO 013 .028 .077 O1_FANTASY 057 .063 .020 O2_AESTHETICS .048 .033 001 O3_FEELINGS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 WARDNESS .039 055 003 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND EDNESS 018		E1_WARMTH	037	018	003
E3_ASSERTIVENESS .013 .001 054 E4_ACTIVITY .011 035 103 E5_EXCITEMENT 059 .080 .083 E6_POSITIVE_EMO 013 .028 .077 O1_FANTASY 057 .063 .020 O2_AESTHETICS .048 .033 001 O3_FEELINGS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 MARDNESS .039 055 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 .051 <td></td> <td>E2_GREGARIOUSN ESS</td> <td>.060</td> <td>041</td> <td>021</td>		E2_GREGARIOUSN ESS	.060	041	021
E4_ACTIVITY .011 035 103 E5_EXCITEMENT 059 .080 .083 E6_POSITIVE_EMO 013 .028 .077 O1_FANTASY 057 .063 .020 O2_AESTHETICS .048 .033 001 O3_FEELINGS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 WARDNESS .039 012 .018 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 .106 .060 C2_ORDER .462 .058 051 C3_DUTIFULNESS 058 .432		E3_ASSERTIVENESS	.013	.001	054
E5_EXCITEMENT 059 .080 .083 E6_POSITIVE_EMO TIONS 013 .028 .077 O1_FANTASY 057 .063 .020 O2_AESTHETICS .048 .033 001 O3_FEELINGS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 WARDNESS .039 055 003 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 106 .060 C2_ORDER .462 .058 .051 C3_DUTIFULNESS 058 .432<		E4_ACTIVITY	.011	035	103
E6_POSITIVE_EMO TIONS013.028.077O1_FANTASY057.063.020O2_AESTHETICS.048.033001O3_FEELINGS062014.009O4_ACTIONS.054.017.007O5_IDEAS.038076036O6_VALUES.003.059.028A1_TRUST.041.050025A2_STRAICHTFOR.039055.003WARDNESS.039055.003A3_ALTRUISM.081093031A4_COMPLIANCE.020012.018A5_MODESTY.047.001.020A6_TENDER_MIND018.017026C1_COMPETENT.010106060C2_ORDER.462.058051C3_DUTIFULNESS058.432004C4_ACHIEVEMENT051004.345C5_SELF_DISCIPLIN114042102C6_DELIBERATION060065035		E5_EXCITEMENT	059	.080	.083
O1_FANTASY 057 .063 .020 O2_AESTHETICS .048 .033 001 O3_FEELINGS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2 <straightfor< td=""> .039 055 003 WARDNESS .039 055 003 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 ED ED 114 <t< td=""><td></td><td>E6_POSITIVE_EMO TIONS</td><td>013</td><td>.028</td><td>.077</td></t<></straightfor<>		E6_POSITIVE_EMO TIONS	013	.028	.077
O2_AESTHETICS .048 .033 001 O3_FEELINGS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 WARDNESS .039 055 003 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN 114 042 102 C6_DELIBERATION 060		O1_FANTASY	057	.063	.020
O3_FEELINGS 062 014 .009 O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 WARDNESS .039 055 003 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN 114 042 102 C6_DELIBERATION 060 065 035		O2_AESTHETICS	.048	.033	001
O4_ACTIONS .054 .017 .007 O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 WARDNESS .039 055 003 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN 114 042 102 C6_DELIBERATION 060 065 035		O3_FEELINGS	062	014	.009
O5_IDEAS .038 076 036 O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 WARDNESS .039 055 003 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 ED C5_SELF_DISCIPLIN 114 042 102 C6_DELIBERATION 060 065 035		O4_ACTIONS	.054	.017	.007
O6_VALUES .003 .059 .028 A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 WARDNESS .039 055 003 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND EDNESS 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN ED 114 042 102 C6_DELIBERATION 060 065 035		O5_IDEAS	.038	076	036
A1_TRUST .041 .050 025 A2_STRAIGHTFOR .039 055 003 WARDNESS .081 093 031 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN ED 114 042 102 C6_DELIBERATION 060 065 035		O6_VALUES	.003	.059	.028
A2_STRAIGHTFOR WARDNESS .039 055 003 A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND EDNESS 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT .051 004 .345 C5_SELF_DISCIPLIN ED 114 042 102 C6_DELIBERATION 060 065 035		A1_TRUST	.041	.050	025
A3_ALTRUISM .081 093 031 A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND EDNESS 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN ED 114 042 102 C6_DELIBERATION 060 065 035		A2_STRAIGHTFOR WARDNESS	.039	055	003
A4_COMPLIANCE .020 012 .018 A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN 114 042 102 C6_DELIBERATION 060 065 035		A3_ALTRUISM	.081	093	031
A5_MODESTY .047 .001 .020 A6_TENDER_MIND 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN 114 042 102 C6_DELIBERATION 060 065 035		A4_COMPLIANCE	.020	012	.018
A6_TENDER_MIND EDNESS 018 .017 026 C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN ED 114 042 102 C6_DELIBERATION 060 065 035		A5_MODESTY	.047	.001	.020
C1_COMPETENT .010 106 060 C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN ED 114 042 102 C6_DELIBERATION 060 065 035		A6_TENDER_MIND EDNESS	018	.017	026
C2_ORDER .462 058 051 C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN ED 114 042 102 C6_DELIBERATION 060 065 035		C1_COMPETENT	.010	106	060
C3_DUTIFULNESS 058 .432 004 C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN 114 042 102 C6_DELIBERATION 060 065 035		C2_ORDER	.462	058	051
C4_ACHIEVEMENT 051 004 .345 C5_SELF_DISCIPLIN 114 042 102 C6_DELIBERATION 060 065 035		C3_DUTIFULNESS	058	.432	004
C5_SELF_DISCIPLIN ED 114 042 102 C6_DELIBERATION 060 065 035		C4_ACHIEVEMENT	051	004	.345
C6_DELIBERATION060065035		C5_SELF_DISCIPLIN ED	114	042	102
		C6_DELIBERATION	060	065	035

Anti-image Matrices

				The second se
		C5_SELF_DISCI PLINED	C6_DELIBERAT ION	FFMQ_OBSERV E
Anti-image	N1 ANXIETY	.014	064	.021
Covariance	N2 ANGRY	002	034	010
		004	036	- 007
		.004	.050	.007
	USNESS	.014	043	.034
	N5_IMPULSIVENESS	.069	.034	037
	N6_VULNERABLE	.019	010	028
	E1 WARMTH	.023	045	014
	E2_GREGARIOUSN ESS	.042	010	.046
	E3_ASSERTIVENESS	008	.062	007
	E4 ACTIVITY	052	.125	038
	E5 EXCITEMENT	034	.041	.031
	E6_POSITIVE_EMO TIONS	019	.028	087
	O1 FANTASY	.011	.046	084
	O2 AESTHETICS	- 045	- 020	- 159
	O3 FEELINGS	009	008	- 088
		.005	110	.000
	OF IDEAC	.009	.119	023
	OS_IDEAS	.037	028	039
	O6_VALUES	.022	015	.066
	A1_TRUST	034	.044	018
	A2_STRAIGHTFOR WARDNESS	008	.008	.016
	A3_ALTRUISM	023	.039	.015
	A4_COMPLIANCE	003	040	.050
	A5_MODESTY	040	002	031
	A6_TENDER_MIND EDNESS	.013	.051	.035
	C1 COMPETENT	014	099	.030
	C2 ORDER	114	060	.022
		- 042	- 065	- 019
	C4_ACHIEVEMENT	102	035	036
	C5_SELF_DISCIPLIN ED	.247	028	.058
	C6_DELIBERATION	028	.453	066
	and the second	and the second se		1

Anti-image Matrices

				T
		FFMQ_DESCRIB E	FFMQ_AWARE NESS	FFMQ_NON_JU DGE
Anti-image	N1_ANXIETY	018	.021	.051
Covariance	N2_ANGRY	017	001	001
	N3_DEPRESSION	.037	016	.094
	N4_SELF_CONSCIO USNESS	.004	006	039
	N5_IMPULSIVENESS	011	.031	.007
	N6_VULNERABLE	.016	.038	.030
	E1_WARMTH	.027	020	.056
	E2_GREGARIOUSN ESS	055	035	041
	E3_ASSERTIVENESS	077	011	.003
	E4_ACTIVITY	.000	.030	.073
	E5_EXCITEMENT	.042	.053	014
	E6_POSITIVE_EMO TIONS	.009	.003	062
	O1_FANTASY	031	.086	091
	O2_AESTHETICS	.014	011	.027
	O3_FEELINGS	070	009	029
	O4_ACTIONS	026	017	068
	O5_IDEAS	060	050	.014
	O6_VALUES	.001	054	.051
	A1_TRUST	.032	.029	044
	A2_STRAIGHTFOR WARDNESS	037	005	023
	A3_ALTRUISM	.007	.033	.024
	A4_COMPLIANCE	.038	029	.020
	A5_MODESTY	028	004	.000
	A6_TENDER_MIND EDNESS	.003	.005	.012
	C1_COMPETENT	033	061	.027
	C2_ORDER	036	002	.018
	C3_DUTIFULNESS	030	.034	001
	C4_ACHIEVEMENT	001	019	021
	C5_SELF_DISCIPLIN ED	032	079	.023
	C6_DELIBERATION	.035	004	043

Anti-image Matrices

Anti-	image	Matrices
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		FFMQ_NON_RE ACT
Anti-image	N1_ANXIETY	.074
Covariance	N2_ANGRY	.053
	N3_DEPRESSION	.026
	N4_SELF_CONSCIO USNESS	080
	N5_IMPULSIVENESS	.031
	N6_VULNERABLE	.106
	E1_WARMTH	.016
	E2_GREGARIOUSN ESS	043
	E3_ASSERTIVENESS	.034
	E4_ACTIVITY	.021
	E5_EXCITEMENT	039
	E6_POSITIVE_EMO TIONS	.019
	O1_FANTASY	.010
	O2_AESTHETICS	.015
	O3_FEELINGS	.036
	O4_ACTIONS	.036
	O5_IDEAS	.014
	O6_VALUES	.008
	A1_TRUST	.009
	A2_STRAIGHTFOR WARDNESS	.043
	A3_ALTRUISM	.027
	A4_COMPLIANCE	049
	A5_MODESTY	.007
	A6_TENDER_MIND EDNESS	.002
	C1_COMPETENT	100
	C2_ORDER	003
	C3_DUTIFULNESS	.037
	C4_ACHIEVEMENT	.054
	C5_SELF_DISCIPLIN ED	003
	C6_DELIBERATION	.000

		N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO N
	FFMQ_OBSERVE	.021	.010	007
	FFMQ_DESCRIBE	018	017	.037
	FFMQ_AWARENESS	.021	001	016
	FFMQ_NON_JUDGE	.051	001	.094
	FFMQ_NON_REACT	.074	.053	.026
Anti-image	N1_ANXIETY	.874 ^a	016	202
Correlation	N2_ANGRY	016	.829 ^a	107
	N3_DEPRESSION	202	107	.878 ^a
	N4_SELF_CONSCIO USNESS	247	057	377
	N5_IMPULSIVENESS	.076	179	026
	N6_VULNERABLE	201	206	175
	E1_WARMTH	.048	.096	101
	E2_GREGARIOUSN ESS	079	.006	.022
	E3_ASSERTIVENESS	050	092	015
	E4_ACTIVITY	076	032	.149
	E5_EXCITEMENT	.113	051	.019
	E6_POSITIVE_EMO TIONS	095	046	011
	O1_FANTASY	074	056	076
	O2_AESTHETICS	105	.037	.057
	O3_FEELINGS	157	204	106
	04_ACTIONS	.092	.080	057
	O5_IDEAS	026	037	077
	O6_VALUES	016	.147	.127
	A1_TRUST	.090	006	.089
	A2_STRAIGHTFOR WARDNESS	119	.008	.093
	A3_ALTRUISM	181	.105	.147
	A4_COMPLIANCE	.008	.398	.016
	A5_MODESTY	.028	025	185
	A6_TENDER_MIND EDNESS	.069	.152	.057
	C1_COMPETENT	041	119	024
	C2_ORDER	026	.052	.032
	C3_DUTIFULNESS	.168	023	034
	C4_ACHIEVEMENT	004	.008	041
	C5_SELF_DISCIPLIN ED	.050	.007	.019
	C6_DELIBERATION	175	.082	.115
	FFMQ_OBSERVE	.053	.023	020

Anti-image Matrices

		N4_SELF_CONS CIOUSNESS	N5_IMPULSIVE NESS	N6_VULNERAB LE
	FFMQ_OBSERVE	.034	037	028
	FFMQ_DESCRIBE	.004	011	.016
	FFMQ_AWARENESS	006	.031	.038
	FFMQ_NON_JUDGE	039	.007	.030
	FFMQ_NON_REACT	080	.031	.106
Anti-image	N1_ANXIETY	247	.076	201
Correlation	N2_ANGRY	057	179	206
	N3_DEPRESSION	377	026	175
	N4_SELF_CONSCIO USNESS	.871 ^a	236	001
	N5_IMPULSIVENESS	236	.839 ^a	018
	N6_VULNERABLE	001	018	.887 ^a
	E1_WARMTH	.047	130	.124
	E2_GREGARIOUSN ESS	.180	.015	194
	E3_ASSERTIVENESS	.165	.006	.149
	E4 ACTIVITY	090	.015	.069
	E5 EXCITEMENT	036	010	084
	E6_POSITIVE_EMO	.051	127	.117
	O1 FANTASY	.021	.061	.105
	O2 AESTHETICS	020	078	.021
	O3 FEELINGS	.025	021	.082
	04 ACTIONS	016	.085	048
	O5 IDEAS	.063	.144	.051
	O6 VALUES	013	192	.004
	A1_TRUST	046	.065	070
	A2_STRAIGHTFOR WARDNESS	.025	.049	013
	A3_ALTRUISM	008	.052	068
	A4_COMPLIANCE	032	.014	153
	A5_MODESTY	.074	.081	045
	A6_TENDER_MIND EDNESS	067	088	086
	C1_COMPETENT	.111	.014	.101
	C2 ORDER	.044	.043	153
	C3 DUTIFULNESS	086	014	.080
	C4_ACHIEVEMENT	.008	178	004
	C5_SELF_DISCIPLIN ED	.049	.190	.071
	C6_DELIBERATION	109	.069	027
	FFMQ_OBSERVE	.083	071	072

Anti-image Matrices

		E1_WARMTH	E2_GREGARIO USNESS	E3_ASSERTIVE NESS
	FFMQ_OBSERVE	014	.046	007
	FFMQ_DESCRIBE	.027	055	077
	FFMQ_AWARENESS	020	035	011
	FFMQ_NON_JUDGE	.056	041	.003
	FFMQ_NON_REACT	.016	043	.034
Anti-image	N1_ANXIETY	.048	079	050
Correlation	N2_ANGRY	.096	.006	092
	N3_DEPRESSION	101	.022	015
	N4_SELF_CONSCIO USNESS	.047	.180	.165
	N5_IMPULSIVENESS	130	.015	.006
	N6_VULNERABLE	.124	194	.149
	E1_WARMTH	.834 ^a	365	132
	E2_GREGARIOUSN ESS	365	.737 ^a	116
	E3_ASSERTIVENESS	132	116	.865 ^a
	E4_ACTIVITY	112	118	027
	E5_EXCITEMENT	118	360	060
	E6_POSITIVE_EMO TIONS	179	077	.009
	O1_FANTASY	148	006	.062
	O2_AESTHETICS	.068	020	051
	O3_FEELINGS	057	.054	.050
	04_ACTIONS	050	.063	.024
	O5_IDEAS	.064	.206	049
	O6_VALUES	118	.085	068
	A1_TRUST	159	044	.027
	A2_STRAIGHTFOR WARDNESS	106	073	.203
	A3_ALTRUISM	112	.060	052
	A4_COMPLIANCE	083	.038	.193
A. M. Market M.	A5_MODESTY	056	.007	.181
	A6_TENDER_MIND EDNESS	065	057	.005
	C1_COMPETENT	.038	.116	043
	C2_ORDER	092	.145	.028
	C3_DUTIFULNESS	046	103	.002
	C4_ACHIEVEMENT	008	059	141
	C5_SELF_DISCIPLIN ED	.076	.139	024
	C6_DELIBERATION	112	025	.141
	FFMQ_OBSERVE	034	.106	015

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		E4_ACTIVITY	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS
	FFMQ_OBSERVE	038	.031	087
	FFMQ_DESCRIBE	.000	.042	.009
	FFMQ_AWARENESS	.030	.053	.003
	FFMQ_NON_JUDGE	.073	014	062
	FFMQ_NON_REACT	.021	039	.019
Anti-image	N1_ANXIETY	076	.113	095
Correlation	N2_ANGRY	032	051	046
	N3_DEPRESSION	.149	.019	011
	N4_SELF_CONSCIO USNESS	090	036	.051
	N5_IMPULSIVENESS	.015	010	127
	N6_VULNERABLE	.069	084	.117
	E1_WARMTH	112	118	179
	E2_GREGARIOUSN ESS	118	360	077
	E3_ASSERTIVENESS	027	060	.009
	E4_ACTIVITY	.811 ^a	019	199
	E5_EXCITEMENT	019	.702 ^a	081
	E6_POSITIVE_EMO TIONS	199	081	.853 ^a
	O1_FANTASY	.118	.077	066
	O2_AESTHETICS	056	037	.081
	O3_FEELINGS	.067	.013	011
	04_ACTIONS	069	034	048
	O5_IDEAS	008	280	.044
	O6_VALUES	026	.101	.007
	A1_TRUST	.033	.080	097
	A2_STRAIGHTFOR WARDNESS	.055	.048	093
	A3_ALTRUISM	.062	172	174
	A4_COMPLIANCE	003	.101	099
	A5_MODESTY	.040	.063	.158
	A6_TENDER_MIND EDNESS	.064	.109	014
	C1_COMPETENT	076	148	074
	C2_ORDER	.023	126	029
	C3_DUTIFULNESS	076	.177	.064
	C4_ACHIEVEMENT	251	.206	.196
	C5_SELF_DISCIPLIN ED	151	099	059
	C6_DELIBERATION	.267	.088	.063
	FFMQ_OBSERVE	076	.064	185

Anti-image Matrices

		O1 FANTASY	O2_AESTHETI CS	03 FEFLINGS
		0.84	150	0.000
	FEMO DESCRIPE	- 031	014	000
	EEMO AWADENESS	051	.014	070
	FFMQ_AWAKENESS	.086	011	009
	FFMQ_NON_JUDGE	091	.027	029
	FFMQ_NON_REACT	.010	.015	.036
Anti-image	N1_ANXIETY	074	105	157
Correlation	N2_ANGRY	056	.037	204
	N3_DEPRESSION	076	.057	106
	N4_SELF_CONSCIO USNESS	.021	020	.025
	N5_IMPULSIVENESS	.061	078	021
	N6_VULNERABLE	.105	.021	.082
	E1_WARMTH	148	.068	057
	E2_GREGARIOUSN ESS	006	020	.054
	E3_ASSERTIVENESS	.062	051	.050
	E4 ACTIVITY	.118	056	.067
	E5 EXCITEMENT	.077	037	.013
	E6_POSITIVE_EMO TIONS	066	.081	011
	O1 FANTASY	.735 ^a	184	137
	02 AESTHETICS	184	773 ^a	152
	O3 FEELINGS	137	152	.822 ^a
	04 ACTIONS	.011	207	.013
	O5 IDEAS	201	200	.079
	O6 VALUES	020	.104	226
	A1 TRUST	.043	031	089
	A2_STRAIGHTFOR WARDNESS	.243	032	075
	A3 ALTRUISM	039	.105	109
	A4 COMPLIANCE	107	099	025
	A5 MODESTY	077	.056	.094
	A6_TENDER_MIND EDNESS	.026	112	210
	C1 COMPETENT	086	.041	083
	C2 ORDER	118	.100	137
	C3 DUTIFUI NESS	.136	.072	033
	C4_ACHIEVEMENT	.048	002	.022
	C5_SELF_DISCIPLIN ED	.032	129	.026
	C6_DELIBERATION	.096	042	.017
	FFMQ_OBSERVE	166	320	187

					T
		O4_ACTIONS	O5_IDEAS	O6_VALUES	A1_TRUST
	FFMQ_OBSERVE	023	039	.066	018
	FFMQ_DESCRIBE	026	060	.001	.032
	FFMQ_AWARENESS	017	050	054	.029
	FFMQ_NON_JUDGE	068	.014	.051	044
	FFMQ_NON_REACT	.036	.014	.008	.009
Anti-image	N1_ANXIETY	.092	026	016	.090
Correlation	N2_ANGRY	.080	037	.147	006
	N3_DEPRESSION	057	077	.127	.089
	N4_SELF_CONSCIO USNESS	016	.063	013	046
	N5_IMPULSIVENESS	.085	.144	192	.065
	N6_VULNERABLE	048	.051	.004	070
	E1_WARMTH	050	.064	118	159
	E2_GREGARIOUSN ESS	.063	.206	.085	044
	E3_ASSERTIVENESS	.024	049	068	.027
	E4_ACTIVITY	069	008	026	.033
	E5_EXCITEMENT	034	280	.101	.080
	E6_POSITIVE_EMO TIONS	048	.044	.007	097
	O1_FANTASY	.011	201	020	.043
	O2_AESTHETICS	207	200	.104	031
	O3_FEELINGS	.013	.079	226	089
	04_ACTIONS	.835 ^a	051	174	016
	O5_IDEAS	051	.731 ^a	250	038
	O6_VALUES	174	250	.706 ^a	.030
	A1_TRUST	016	038	.030	.901 ^a
	A2_STRAIGHTFOR WARDNESS	106	.014	.041	127
	A3_ALTRUISM	066	037	010	097
	A4_COMPLIANCE	.051	044	.032	142
	A5_MODESTY	.135	003	231	.035
	A6_TENDER_MIND EDNESS	033	062	.041	074
	C1_COMPETENT	025	.013	097	004
	C2_ORDER	.105	.076	.005	.081
	C3_DUTIFULNESS	.034	155	.116	.103
	C4_ACHIEVEMENT	.014	082	.061	057
	C5_SELF_DISCIPLIN ED	.025	.099	.056	093
	C6_DELIBERATION	.231	057	029	.088
	FFMQ_OBSERVE	043	074	.122	034

		A2_STRAIGHT FORWARDNESS	A3_ALTRUISM	A4_COMPLIAN CE
	FFMQ_OBSERVE	.016	.015	.050
	FFMQ_DESCRIBE	037	.007	.038
	FFMQ_AWARENESS	005	.033	029
	FFMQ_NON_JUDGE	023	.024	.020
	FFMQ_NON_REACT	.043	.027	049
Anti-image	N1_ANXIETY	119	181	.008
Correlation	N2_ANGRY	.008	.105	.398
	N3_DEPRESSION	.093	.147	.016
	N4_SELF_CONSCIO USNESS	.025	008	032
	N5_IMPULSIVENESS	.049	.052	.014
	N6_VULNERABLE	013	068	153
	E1_WARMTH	106	112	083
	E2_GREGARIOUSN ESS	073	.060	.038
	E3_ASSERTIVENESS	.203	052	.193
	E4_ACTIVITY	.055	.062	003
	E5_EXCITEMENT	.048	172	.101
	E6_POSITIVE_EMO TIONS	093	174	099
	O1_FANTASY	.243	039	107
	O2_AESTHETICS	032	.105	099
	O3_FEELINGS	075	109	025
	04_ACTIONS	106	066	.051
	O5_IDEAS	.014	037	044
	O6_VALUES	.041	010	.032
	A1_TRUST	127	097	142
	A2_STRAIGHTFOR WARDNESS	.807 ^a	.035	064
	A3_ALTRUISM	.035	.833 ^a	097
	A4_COMPLIANCE	064	097	.801 ^a
	A5_MODESTY	337	202	.044
	A6_TENDER_MIND EDNESS	012	245	054
	C1_COMPETENT	075	098	.061
	C2_ORDER	.084	.197	.044
	C3_DUTIFULNESS	121	234	027
	C4_ACHIEVEMENT	007	087	.046
	C5_SELF_DISCIPLIN ED	024	076	010
	C6_DELIBERATION	.017	.095	089
	FFMQ_OBSERVE	.033	.035	.107

Anti-image Matrices

		A5_MODESTY	A6_TENDER_M INDEDNESS	C1_COMPETE NT
	FFMQ_OBSERVE	031	.035	.030
	FFMQ_DESCRIBE	028	.003	033
	FFMQ_AWARENESS	004	.005	061
	FFMQ_NON_JUDGE	.000	.012	.027
	FFMQ_NON_REACT	.007	.002	100
Anti-image	N1_ANXIETY	.028	.069	041
Correlation	N2_ANGRY	025	.152	119
	N3_DEPRESSION	185	.057	024
	N4_SELF_CONSCIO USNESS	.074	067	.111
	N5_IMPULSIVENESS	.081	088	.014
	N6_VULNERABLE	045	086	.101
	E1_WARMTH	056	065	.038
	E2_GREGARIOUSN ESS	.007	057	.116
	E3_ASSERTIVENESS	.181	.005	043
	E4_ACTIVITY	.040	.064	076
	E5_EXCITEMENT	.063	.109	148
	E6_POSITIVE_EMO TIONS	.158	014	074
	O1_FANTASY	077	.026	086
	O2_AESTHETICS	.056	112	.041
	O3_FEELINGS	.094	210	083
	04_ACTIONS	.135	033	025
	O5_IDEAS	003	062	.013
	O6_VALUES	231	.041	097
	A1_TRUST	.035	074	004
	A2_STRAIGHTFOR WARDNESS	337	012	075
	A3_ALTRUISM	202	245	098
	A4_COMPLIANCE	.044	054	.061
	A5_MODESTY	.760 ^a	186	.043
	A6_TENDER_MIND EDNESS	186	.871 ^a	044
	C1_COMPETENT	.043	044	.877 ^a
	C2_ORDER	.101	038	.023
	C3_DUTIFULNESS	.003	.037	261
	C4_ACHIEVEMENT	.051	064	165
	C5_SELF_DISCIPLIN ED	119	.039	046
	C6_DELIBERATION	005	.108	238
	FFMQ_OBSERVE	063	.072	.068

Anti-image Matrices

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		C2_ORDER	C3_DUTIFULNE SS	C4_ACHIEVEM ENT
	FFMQ_OBSERVE	.022	019	036
	FFMQ_DESCRIBE	036	030	001
	FFMQ_AWARENESS	002	.034	019
	FFMQ_NON_JUDGE	.018	001	021
	FFMQ_NON_REACT	003	.037	.054
Anti-image	N1_ANXIETY	026	.168	004
Correlation	N2_ANGRY	.052	023	.008
	N3_DEPRESSION	.032	034	041
	N4_SELF_CONSCIO USNESS	.044	086	.008
	N5_IMPULSIVENESS	.043	014	178
	N6_VULNERABLE	153	.080	004
	E1_WARMTH	092	046	008
	E2_GREGARIOUSN ESS	.145	103	059
	E3_ASSERTIVENESS	.028	.002	141
	E4_ACTIVITY	.023	076	251
	E5_EXCITEMENT	126	.177	.206
	E6_POSITIVE_EMO TIONS	029	.064	.196
	O1_FANTASY	118	.136	.048
	O2 AESTHETICS	.100	.072	002
	O3 FEELINGS	137	033	.022
	04 ACTIONS	.105	.034	.014
	O5 IDEAS	.076	155	082
	O6 VALUES	.005	.116	.061
	A1 TRUST	.081	.103	057
	A2_STRAIGHTFOR WARDNESS	.084	121	007
	A3 ALTRUISM	.197	234	087
	A4 COMPLIANCE	.044	027	.046
	A5 MODESTY	.101	.003	.051
	A6_TENDER_MIND EDNESS	038	.037	064
	C1 COMPETENT	.023	261	165
	C2 ORDER	.803 ^a	131	129
	C3 DUTIFULNESS	131	.851 ^a	011
	C4_ACHIEVEMENT	129	011	.842 ^a
	C5_SELF_DISCIPLIN ED	338	130	349
	C6_DELIBERATION	132	146	087
	FFMQ_OBSERVE	.046	042	088

		C5_SELF_DISCI PLINED	C6_DELIBERAT ION	FFMQ_OBSERV E
	FFMQ_OBSERVE	.058	066	.500
	FFMQ_DESCRIBE	032	.035	050
	FFMQ_AWARENESS	079	004	064
	FFMQ_NON_JUDGE	.023	043	.074
	FFMQ_NON_REACT	003	.000	127
Anti-image	N1_ANXIETY	.050	175	.053
Correlation	N2_ANGRY	.007	.082	.023
	N3_DEPRESSION	.019	.115	020
	N4_SELF_CONSCIO USNESS	.049	109	.083
	N5_IMPULSIVENESS	.190	.069	071
	N6_VULNERABLE	.071	027	072
	E1_WARMTH	.076	112	034
	E2_GREGARIOUSN ESS	.139	025	.106
	E3_ASSERTIVENESS	024	.141	015
	E4_ACTIVITY	151	.267	076
	E5_EXCITEMENT	099	.088	.064
	E6_POSITIVE_EMO TIONS	059	.063	185
	O1_FANTASY	.032	.096	166
	O2_AESTHETICS	129	042	320
	O3_FEELINGS	.026	.017	187
	04_ACTIONS	.025	.231	043
	O5_IDEAS	.099	057	074
	O6_VALUES	.056	029	.122
	A1_TRUST	093	.088	034
	A2_STRAIGHTFOR WARDNESS	024	.017	.033
	A3_ALTRUISM	076	.095	.035
	A4_COMPLIANCE	010	089	.107
	A5_MODESTY	119	005	063
	A6_TENDER_MIND EDNESS	.039	.108	.072
	C1_COMPETENT	046	238	.068
	C2_ORDER	338	132	.046
	C3_DUTIFULNESS	130	146	042
	C4_ACHIEVEMENT	349	087	088
	C5_SELF_DISCIPLIN ED	.862 ^a	085	.165
	C6_DELIBERATION	085	.758 ^a	138
	FFMQ_OBSERVE	.165	138	.693 ^a

Anti-image Matrices

FFMQ_DESCRIB FFMQ AWARE FFMQ_NON_JU NESS DGE Е .074 FFMQ OBSERVE -.050 -.064 FFMQ_DESCRIBE -.003 -.024 .641 FFMQ_AWARENESS -.003 .413 -.135 FFMQ_NON_JUDGE -.024 -.135 .342 FFMQ_NON_REACT -.039 .061 .010 Anti-image N1 ANXIETY -.041 .061 .160 Correlation N2_ANGRY -.034 -.001 -.004 .098 -.052 N3_DEPRESSION .341 N4_SELF_CONSCIO .008 -.016 -.112 **USNESS** N5 IMPULSIVENESS -.018 .066 .015 .093 N6_VULNERABLE .036 .108 -.053 .160 E1_WARMTH .057 E2_GREGARIOUSN -.113 -.089 -.114 ESS E3 ASSERTIVENESS .008 -.147 -.027 .179 -.001 .068 E4_ACTIVITY E5_EXCITEMENT .077 .121 -.035 E6_POSITIVE_EMO .016 .007 -.158 TIONS **O1_FANTASY** -.054 .189 -.220 .066 -.025 **O2_AESTHETICS** .026 -.076 **O3_FEELINGS** -.131 -.022 **O4_ACTIONS** -.043 -.034 -.151 .033 O5_IDEAS -.101 -.104 **O6_VALUES** .002 -.109 .113 -.102 .053 .061 A1_TRUST A2 STRAIGHTFOR -.066 -.011 -.056 WARDNESS A3_ALTRUISM .015 .085 .068 .053 A4_COMPLIANCE .071 -.067 A5_MODESTY -.051 -.010 -.001 A6_TENDER_MIND .005 .029 .012 **EDNESS** C1_COMPETENT -.067 -.153 .076 -.004 .047 C2_ORDER -.066 C3_DUTIFULNESS -.057 .080 -.004 C4_ACHIEVEMENT -.003 -.052 -.062 C5_SELF_DISCIPLIN -.081 -.249 .081 ED C6_DELIBERATION .065 -.010 -.110 FFMQ_OBSERVE -.089 -.141 .179

		FFMQ_NON_RE ACT
	FFMQ OBSERVE	127
	FFMQ DESCRIBE	039
	FFMQ_AWARENESS	.061
	FFMQ_NON_JUDGE	.010
	FFMQ_NON_REACT	.532
Anti-image	N1_ANXIETY	.187
Correlation	N2_ANGRY	.118
	N3_DEPRESSION	.075
	N4_SELF_CONSCIO USNESS	188
	N5_IMPULSIVENESS	.058
	N6_VULNERABLE	.266
	E1_WARMTH	.038
	E2_GREGARIOUSN ESS	098
	E3_ASSERTIVENESS	.072
	E4 ACTIVITY	.041
	E5 EXCITEMENT	077
	E6_POSITIVE_EMO TIONS	.039
	O1 FANTASY	.019
	O2 AESTHETICS	.030
	O3 FEELINGS	.074
	04 ACTIONS	.065
	O5 IDEAS	.025
	O6 VALUES	.015
	A1 TRUST	.016
	A2_STRAIGHTFOR WARDNESS	.085
	A3_ALTRUISM	.060
	A4 COMPLIANCE	103
	A5 MODESTY	.014
	A6_TENDER_MIND EDNESS	.003
	C1_COMPETENT	220
	C2 ORDER	006
	C3 DUTIFULNESS	.077
	C4_ACHIEVEMENT	.126
	C5_SELF_DISCIPLIN ED	009
	C6_DELIBERATION	001
	FFMQ_OBSERVE	246

	N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO N
FFMQ_DESCRIBE	041	034	.098
FFMQ_AWARENESS	.061	001	052
FFMQ_NON_JUDGE	.160	004	.341
FFMQ_NON_REACT	.187	.118	.075

Anti-image Matrices

	N4_SELF_CONS CIOUSNESS	N5_IMPULSIVE NESS	N6_VULNERAB LE
FFMQ_DESCRIBE	.008	018	.036
FFMQ_AWARENESS	016	.066	.108
FFMQ_NON_JUDGE	112	.015	.093
FFMQ_NON_REACT	188	.058	.266

Anti-image Matrices

	E1_WARMTH	E2_GREGARIO USNESS	E3_ASSERTIVE NESS
FFMQ_DESCRIBE	.057	113	147
FFMQ_AWARENESS	053	089	027
FFMQ_NON_JUDGE	.160	114	.008
FFMQ_NON_REACT	.038	098	.072

	E4_ACTIVITY	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS
FFMQ_DESCRIBE	001	.077	.016
FFMQ_AWARENESS	.068	.121	.007
FFMQ_NON_JUDGE	.179	035	158
FFMQ_NON_REACT	.041	077	.039

	O1_FANTASY	O2_AESTHETI CS	O3_FEELINGS
FFMQ_DESCRIBE	054	.026	131
FFMQ_AWARENESS	.189	025	022
FFMQ_NON_JUDGE	220	.066	076
FFMQ_NON_REACT	.019	.030	.074

Anti-image Matrices

	04_ACTIONS	O5_IDEAS	O6_VALUES	A1_TRUST
FFMQ_DESCRIBE	043	101	.002	.053
FFMQ_AWARENESS	034	104	109	.061
FFMQ_NON_JUDGE	151	.033	.113	102
FFMQ_NON_REACT	.065	.025	.015	.016

Anti-image Matrices

	A2_STRAIGHT FORWARDNESS	A3_ALTRUISM	A4_COMPLIAN CE
FFMQ_DESCRIBE	066	.015	.071
FFMQ_AWARENESS	011	.085	067
FFMQ_NON_JUDGE	056	.068	.053
FFMQ_NON_REACT	.085	.060	103

	A5_MODESTY	A6_TENDER_M INDEDNESS	C1_COMPETE NT
FFMQ_DESCRIBE	051	.005	067
FFMQ_AWARENESS	010	.012	153
FFMQ_NON_JUDGE	001	.029	.076
FFMQ_NON_REACT	.014	.003	220

	C2_ORDER	C3_DUTIFULNE SS	C4_ACHIEVEM ENT
FFMQ_DESCRIBE	066	057	003
FFMQ_AWARENESS	004	.080	052
FFMQ_NON_JUDGE	.047	004	062
FFMQ_NON_REACT	006	.077	.126

Anti-image Matrices

	C5_SELF_DISCI PLINED	C6_DELIBERAT ION	FFMQ_OBSERV E
FFMQ_DESCRIBE	081	.065	089
FFMQ_AWARENESS	249	010	141
FFMQ_NON_JUDGE	.081	110	.179
FFMQ_NON_REACT	009	001	246

Anti-image Matrices

	FFMQ_DESCRIB E	FFMQ_AWARE NESS	FFMQ_NON_JU DGE
FFMQ_DESCRIBE	.916 ^a	006	052
FFMQ_AWARENESS	006	.872 ^a	359
FFMQ_NON_JUDGE	052	359	.807 ^a
FFMQ_NON_REACT	066	.129	.023

Anti-image Matrices

	FFMQ_NON_RE ACT
FFMQ_DESCRIBE	066
FFMQ_AWARENESS	.129
FFMQ_NON_JUDGE	.023
FFMQ_NON_REACT	.752 ^a

a. Measures of Sampling Adequacy(MSA)

Communalities

	Initial	Extraction
N1_ANXIETY	1.000	.730
N2_ANGRY	1.000	.684
N3_DEPRESSION	1.000	.795
N4_SELF_CONSCIO USNESS	1.000	.627
N5_IMPULSIVENESS	1.000	.450
N6_VULNERABLE	1.000	.717
E1_WARMTH	1.000	.719
E2_GREGARIOUSN ESS	1.000	.682
E3_ASSERTIVENESS	1.000	.679
E4_ACTIVITY	1.000	.547
E5_EXCITEMENT	1.000	.634
E6_POSITIVE_EMO TIONS	1.000	.625
O1_FANTASY	1.000	.587
O2_AESTHETICS	1.000	.659
O3_FEELINGS	1.000	.608
04_ACTIONS	1.000	.591
O5_IDEAS	1.000	.592
O6_VALUES	1.000	.585
A1_TRUST	1.000	.589
A2_STRAIGHTFOR WARDNESS	1.000	.612
A3_ALTRUISM	1.000	.689
A4_COMPLIANCE	1.000	.703
A5_MODESTY	1.000	.644
A6_TENDER_MIND EDNESS	1.000	.569
C1_COMPETENT	1.000	.672
C2_ORDER	1.000	.579
C3_DUTIFULNESS	1.000	.629
C4_ACHIEVEMENT	1.000	.731
C5_SELF_DISCIPLIN ED	1.000	.780
C6_DELIBERATION	1.000	.642
FFMQ_OBSERVE	1.000	.636
FFMQ_DESCRIBE	1.000	.430
FFMQ_AWARENESS	1.000	.628
FFMQ_NON_JUDGE	1.000	.637
FFMQ_NON_REACT	1.000	.640

Extraction Method: Principal Component Analysis.

	Initial Eigenval		ues	Extraction S	ums of Squared
Component	Total	% of Variance	Cumulative %	Total	% of Variance
1	6.675	19.071	19.071	6.675	19.071
2	4.698	13.423	32.494	4.698	13.423
3	3.427	9.792	42.286	3.427	9.792
4	2.991	8.546	50.832	2.991	8.546
5	2.263	6.467	57.299	2.263	6.467
6	1.244	3.554	60.853	1.244	3.554
7	1.026	2.932	63.785	1.026	2.932
8	.990	2.830	66.615		
9	.955	2.730	69.344		
10	.851	2.431	71.775		
11	.747	2.135	73.910		
12	.693	1.979	75.889		
13	.636	1.817	77.706		
14	.606	1.731	79.437		
15	.578	1.650	81.088		
16	.542	1.549	82.636		
17	.529	1.511	84.147		
18	.502	1.434	85.581		
19	.468	1.337	86.919		
20	.449	1.283	88.201		
21	.413	1.181	89.383		
22	.387	1.105	90.487		
23	.376	1.075	91.562		
24	.361	1.032	92.594		
25	.329	.941	93.535		
26	.315	.899	94.434		
27	.283	.808	95.242		
28	.274	.784	96.026		
29	.252	.719	96.745		
30	.243	.695	97.440		
31	.213	.608	98.048		
32	.192	.548	98.596		
33	.181	.519	99.115		
34	.162	.462	99.576		
35	.148	.424	100.000		

Total Variance Explained

	Extraction Sums	··· Rotation Sums of Squared Loadings		
Component	Cumulative %	Total	% of Variance	Cumulative %
1	19.071	4.942	14.120	14.120
2	32.494	4.220	12.056	26.176
3	42.286	3.820	10.913	37.089
4	50.832	3.438	9.824	46.913
5	57.299	2.895	8.270	55.184
6	60.853	1.616	4.618	59.802
7	63.785	1.394	3.983	63.785
8				
9				
10				
11				
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34				
35				

Total Variance Explained

Extraction Method: Principal Component Analysis.


Component Matrix^a

	Component						
	1	2	3	4	5	6	7
N3_DEPRESSION	793						
N6_VULNERABLE	745						
N4_SELF_CONSCIO USNESS	725						
C5_SELF_DISCIPLIN ED	.694		.436				
FFMQ_AWARENESS	.681				с.		
C1_COMPETENT	.654						
N1_ANXIETY	631						
FFMQ_NON_JUDGE	.605						
C3_DUTIFULNESS	.545		.483				
C4_ACHIEVEMEN I	.530		.457				
FFMQ_DESCRIBE	.508						
N5_IMPULSIVENESS	476						
E4_ACTIVITY	.445			.407			
A6_TENDER_MIND EDNESS		.691					
A3_ALTRUISM		.673					
O3_FEELINGS		.610					
E1_WARMTH		.601					
A1_TRUST		.517					
E6_POSITIVE_EMO TIONS		.500					
O2_AESTHETICS		.495			430		
O6_VALUES		.476					
04_ACTIONS		.456					
A5_MODESTY		.440	.427				
A2_STRAIGHTFOR WARDNESS		.427		427			
C6_DELIBERATION			.659				
E5_EXCITEMENT			598				
E2_GREGARIOUSN ESS			566		.440		
C2_ORDER			.465				
N2_ANGRY	484			.584			
A4_COMPLIANCE		.468		561			
E3_ASSERTIVENESS	.437			.559			
FFMQ_OBSERVE				.443	429		
O1_FANTASY		.470			487		
FFMQ_NON_REACT					430	.416	
O5_IDEAS					403		

Extraction Method: Principal Component Analysis.

a. 7 components extracted.

				Component			
	1	2	3	4	5	6	7
N3_DEPRESSION	.837						
N1_ANXIETY	.817		10.1016.0		1111-16		
FFMQ_NON_JUDGE	780						
N6_VULNERABLE	.762				1000		
N4_SELF_CONSCIO USNESS	.670						
FFMQ_AWARENESS	581	.467					
N2_ANGRY	.546		539				
N5_IMPULSIVENESS	.536						
C4_ACHIEVEMENT		.810					
C5_SELF_DISCIPLIN ED		.804					
C3_DUTIFULNESS		.745					
C1_COMPETENT		.715					
C2_ORDER		.710					
C6_DELIBERATION		.557		405			
FFMQ_DESCRIBE		.407					
A4_COMPLIANCE			.740				
A2_STRAIGHTFOR WARDNESS			.724				
A6_TENDER_MIND EDNESS			.664				
A3_ALTRUISM			.634				
A1_TRUST			.622				
A5_MODESTY			.588			.410	
E2_GREGARIOUSN ESS				.774			
E5_EXCITEMENT				.732			
E1_WARMTH			.431	.702	_		
E6_POSITIVE_EMO TIONS				.654			
E4_ACTIVITY				.558			
E3_ASSERTIVENESS			448	.527			
O2_AESTHETICS					.792		
FFMQ_OBSERVE					.788		
O1_FANTASY					.677		
O3_FEELINGS					.570		
O6_VALUES						.698	

Rotated Component Matrix^a

Rotated Component Matrix^a

	Component								
	1	2	3	4	5	6	7		
O5_IDEAS					.470	.588			
FFMQ_NON_REACT	512						583		
04_ACTIONS							.427		

Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization.^a

a. Rotation converged in 8 iterations.

Component	1	2	3	4	5	6	7
1	737	.544	.178	.339	.063	.100	.024
2	.249	197	.666	.318	.494	.308	.125
3	.283	.649	.278	624	.065	.153	070
4	.311	.351	621	.291	.485	.142	.232
5	.430	.314	.189	.477	611	160	.232
6	.160	.147	.067	.239	.245	515	753
7	081	.023	.150	163	.280	749	.552

Component Transformation Matrix

Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization.



	Component						
	1	2	3	4	5	6	7
N1_ANXIETY	.187	.059	.036	.013	.036	017	.003
N2_ANGRY	.117	.040	147	.033	010	.036	.187
N3_DEPRESSION	.175	.022	020	005	.019	.022	015
N4_SELF_CONSCIO USNESS	.125	.010	.020	058	.062	094	031
N5_IMPULSIVENESS	.113	006	034	.069	.072	086	.086
N6_VULNERABLE	.157	003	.059	.008	051	064	.067
E1_WARMTH	.074	.033	.091	.234	002	007	129
E2_GREGARIOUSN ESS	.036	015	.039	.260	083	083	050
E3_ASSERTIVENESS	009	.045	158	.146	011	.110	.099
E4_ACTIVITY	.049	.111	019	.162	.034	135	.108
E5_EXCITEMENT	.041	033	088	.276	082	.140	224
E6_POSITIVE_EMO TIONS	.007	005	.066	.186	.097	141	032
O1_FANTASY	001	045	044	.004	.231	.086	170
O2_AESTHETICS	027	001	.017	066	.326	167	.096
O3_FEELINGS	.070	.062	.038	012	.170	.033	.073
04_ACTIONS	129	122	.026	042	.092	.047	.326
O5_IDEAS	031	008	079	035	.084	.375	083
O6_VALUES	019	050	015	031	075	.491	.014
A1_TRUST	055	024	.186	.021	.075	213	.139
A2_STRAIGHTFOR WARDNESS	004	.023	.208	035	095	017	.166
A3_ALTRUISM	.066	.042	.135	.118	064	.155	067
A4_COMPLIANCE	021	021	.220	036	.084	170	187
A5_MODESTY	.054	.001	.133	060	154	.287	007
A6_TENDER_MIND EDNESS	.028	.001	.162	.014	.020	.040	.045
C1_COMPETENT	.022	.168	029	.050	003	.139	119
C2_ORDER	.070	.206	032	.007	.018	090	122
C3_DUTIFULNESS	.053	.193	.039	.031	061	.046	090
C4_ACHIEVEMENT	.035	.211	.011	018	.038	118	.174
C5_SELF_DISCIPLIN ED	014	.190	.028	024	013	068	.055
C6_DELIBERATION	.042	.162	.051	083	.033	067	256
FFMO OBSERVE	.008	.029	027	009	.328	151	072
FFMQ DESCRIBE	040	.069	074	.011	.037	.147	.086
FFMQ_AWARENESS	132	.062	.022	111	.039	033	.221
FFMQ_NON_JUDGE	205	063	.023	084	.027	077	.167
FFMQ_NON_REACT	092	036	051	.050	.085	.004	434

Component Score Coefficient Matrix

Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization. Component Scores.

FACTOR

/VARIABLES N1_ANXIETY N2_ANGRY N3_DEPRESSION N4_SELF_CONSCIOUSNESS N5_IMP ULSIVENESS N6_VULNERABLE

E1_WARMTH E2_GREGARIOUSNESS E3_ASSERTIVENESS E4_ACTIVITY E5_EXCITEMENT E6_POSITIVE_EMOTIONS

01_FANTASY 02_AESTHETICS 03_FEELINGS 04_ACTIONS 05_IDEAS 06_VALUES A1_T RUST A2_STRAIGHTFORWARDNESS

A3_ALTRUISM A4_COMPLIANCE A5_MODESTY A6_TENDER_MINDEDNESS C1_COMPETENT C2_ORDER C3_DUTIFULNESS

C4_ACHIEVEMENT C5_SELF_DISCIPLINED C6_DELIBERATION FFMQ_OBSERVE FFMQ_DE SCRIBE FFMQ_AWARENESS

FFMQ_NON_JUDGE FFMQ_NON_REACT

/MISSING LISTWISE

/ANALYSIS N1_ANXIETY N2_ANGRY N3_DEPRESSION N4_SELF_CONSCIOUSNESS N5_IMPU LSIVENESS N6_VULNERABLE

E1_WARMTH E2_GREGARIOUSNESS E3_ASSERTIVENESS E4_ACTIVITY E5_EXCITEMENT E6_POSITIVE_EMOTIONS

01_FANTASY 02_AESTHETICS 03_FEELINGS 04_ACTIONS 05_IDEAS 06_VALUES A1_T RUST A2_STRAIGHTFORWARDNESS

A3_ALTRUISM A4_COMPLIANCE A5_MODESTY A6_TENDER_MINDEDNESS C1_COMPETENT C2_ORDER C3_DUTIFULNESS

C4_ACHIEVEMENT C5_SELF_DISCIPLINED C6_DELIBERATION FFMQ_OBSERVE FFMQ_DE SCRIBE FFMQ_AWARENESS

FFMQ_NON_JUDGE FFMQ_NON_REACT

/PRINT UNIVARIATE INITIAL CORRELATION SIG DET KMO INV REPR AIC EXTRACTION ROTATION FSCORE

/FORMAT SORT BLANK(.4)

/PLOT EIGEN ROTATION

/CRITERIA FACTORS(5) ITERATE(25)

/EXTRACTION PC

/CRITERIA ITERATE(25)

/ROTATION VARIMAX

/SAVE AR(ALL)

/METHOD=CORRELATION.

Factor Analysis

Descriptive Statistics

	Mean	Std. Deviation	Analysis N
N1_ANXIETY	26.45	5.707	229
N2_ANGRY	22.57	5.153	229
N3_DEPRESSION	25.17	6.282	229
N4_SELF_CONSCIO USNESS	24.31	5.551	229
N5_IMPULSIVENESS	25.24	4.395	229
N6_VULNERABLE	22.63	5.502	229
E1 WARMTH	31.05	4.279	229
E2_GREGARIOUSN ESS	26.91	6.055	229
E3_ASSERTIVENESS	23.20	5.484	229
E4 ACTIVITY	24.49	4,358	229
E5 EXCITEMENT	27.66	5.019	229
E6_POSITIVE_EMO	28.93	5.072	229
O1 FANTASY	28 54	5 460	229
	26.21	5.400	220
O2_AESTHETICS	20.51	3.737	229
OS_FEELINGS	24.20	4.244	229
04_ACTIONS	24.29	4.214	229
O5_IDEAS	28.69	5.141	229
O6_VALUES	30.83	3.655	229
A1_TRUST	25.63	5.518	229
A2_STRAIGHTFOR WARDNESS	27.80	4.937	229
A3_ALTRUISM	31.21	4.054	229
A4_COMPLIANCE	24.90	5.025	229
A5 MODESTY	29.80	4.773	229
A6_TENDER_MIND EDNESS	28.85	3.744	229
C1 COMPETENT	27.32	4,093	229
C2 ORDER	25.21	4 907	229
C3 DUTIEUI NESS	29.05	4.158	229
	29.05	4.130	225
C4_ACHIEVEMENT	25.87	5.017	229
C5_SELF_DISCIPLIN ED	24.42	5.717	229
C6_DELIBERATION	25.23	4.849	229
FFMQ_OBSERVE	26.20	5.509	229
FFMQ DESCRIBE	27.11	6.266	229
FFMQ_AWARENESS	23.43	5.660	229
FFMQ_NON_JUDGE	23.75	7.207	229
FFMQ_NON_REACT	20.86	4.548	229

					T
		N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO N	N4_SELF_CONS CIOUSNESS
Correlation	N1 ANXIETY	1.000	.357	.706	.599
	N2 ANGRY	.357	1.000	.482	.337
	N3 DEPRESSION	.706	.482	1.000	.707
	N4_SELF_CONSCIO USNESS	.599	.337	.707	1.000
	N5_IMPULSIVENESS	.341	.400	.432	.433
	NG VULNERABLE	641	383	670	528
	F1 WARMTH	- 026	- 228	- 144	- 239
	E2_GREGARIOUSN ESS	155	087	255	340
	E3_ASSERTIVENESS	254	.132	283	407
	E4 ACTIVITY	129	006	242	260
	E5 EXCITEMENT	183	.047	184	250
	E6_POSITIVE_EMO TIONS	086	158	245	258
	O1 FANTASY	.196	.035	.154	.080
	02 AESTHETICS	.184	027	.083	.051
	O3 FEFLINGS	.357	.130	.219	.135
	04 ACTIONS	- 136	- 181	- 169	- 174
	O5_IDEAS	032	- 072	- 020	- 089
	OG VALUES	082	- 169	- 020	- 024
	A1 TRUST	- 137	_ 334	- 278	- 216
	A2_STRAIGHTFOR WARDNESS	.044	282	139	109
	A3 ALTRUISM	.116	286	118	137
	A4 COMPLIANCE	.044	556	079	.025
	A5 MODESTY	248	- 129	.217	135
	A6_TENDER_MIND EDNESS	.132	276	.001	.008
	C1 COMPETENT	- 217	- 116	- 337	- 333
	C2 ORDER	- 084	005	- 127	- 136
	C3 DUTIENINESS	- 197	- 160	- 262	- 223
	C4_ACHIEVEMENT	128	043	224	236
	C5_SELF_DISCIPLIN ED	317	223	422	390
	C6_DELIBERATION	.031	164	088	.033
	FFMO OBSERVE	.122	.051	.108	.031
	FFMO DESCRIBE	195	031	311	312
	FFMQ_AWARENESS	411	267	477	402
	FFMQ_NON_JUDGE	583	318	670	448
	FFMQ_NON_REACT	460	323	389	203

Correlation Matrix^a

		N5_IMPULSIVE NESS	N6_VULNERAB LE	E1_WARMTH	E2_GREGARIO USNESS
Correlation	N1_ANXIETY	.341	.641	026	155
	N2_ANGRY	.400	.383	228	087
	N3_DEPRESSION	.432	.670	144	255
	N4_SELF_CONSCIO USNESS	.433	.528	239	340
	N5_IMPULSIVENESS	1.000	.341	.089	.008
	N6_VULNERABLE	.341	1.000	120	056
	E1_WARMTH	.089	120	1.000	.563
	E2_GREGARIOUSN ESS	.008	056	.563	1.000
	E3_ASSERTIVENESS	022	368	.223	.311
	E4 ACTIVITY	005	259	.336	.304
	E5 EXCITEMENT	.004	092	.346	.539
	E6_POSITIVE_EMO TIONS	.068	215	.568	.439
	O1 FANTASY	.109	.005	.180	055
	O2 AESTHETICS	.108	006	.136	056
	O3_FEELINGS	.199	.100	.265	059
	04_ACTIONS	026	147	.276	.165
	O5 IDEAS	099	153	.100	141
	O6 VALUES	.108	064	.257	064
	A1 TRUST	120	115	.436	.274
	A2_STRAIGHTFOR WARDNESS	152	.015	.300	.164
	A3_ALTRUISM	059	012	.506	.227
	A4_COMPLIANCE	140	.051	.242	.002
	A5_MODESTY	041	.247	.130	087
	A6_TENDER_MIND EDNESS	.063	.091	.384	.121
	C1_COMPETENT	232	445	.165	.004
	C2_ORDER	199	141	078	164
	C3_DUTIFULNESS	236	310	.130	.005
	C4_ACHIEVEMENT	126	278	.081	027
	C5_SELF_DISCIPLIN ED	416	434	.040	046
	C6_DELIBERATION	228	098	131	245
	FFMQ OBSERVE	.161	040	.152	078
	FFMQ_DESCRIBE	135	353	.122	.119
	FFMQ_AWARENESS	344	508	.079	.048
	FFMQ_NON_JUDGE	335	541	.024	.196
	FFMQ_NON_REACT	222	485	018	.044

Correlation Matrix^a

		E3_ASSERTIVE NESS	E4_ACTIVITY	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS
Correlation	N1_ANXIETY	254	129	183	086
	N2_ANGRY	.132	006	.047	158
	N3_DEPRESSION	283	242	184	245
	N4_SELF_CONSCIO USNESS	407	260	250	258
	N5_IMPULSIVENESS	022	005	.004	.068
	N6 VULNERABLE	368	259	092	215
	E1_WARMTH	.223	.336	.346	.568
	E2_GREGARIOUSN ESS	.311	.304	.539	.439
	E3_ASSERTIVENESS	1.000	.419	.342	.218
	E4_ACTIVITY	.419	1.000	.253	.359
	E5_EXCITEMENT	.342	.253	1.000	.358
	E6_POSITIVE_EMO TIONS	.218	.359	.358	1.000
	O1_FANTASY	018	093	.019	.204
	O2_AESTHETICS	.045	.099	002	.155
	O3_FEELINGS	018	.027	077	.223
	04_ACTIONS	.127	.181	.182	.340
	O5_IDEAS	.121	.077	.095	.095
	O6_VALUES	.005	.032	072	.145
	A1_TRUST	020	.127	.086	.402
	A2_STRAIGHTFOR WARDNESS	247	.019	083	.205
	A3_ALTRUISM	.020	.182	.151	.418
	A4_COMPLIANCE	399	122	153	.176
	A5_MODESTY	381	181	226	076
	A6_TENDER_MIND EDNESS	132	.020	047	.255
	C1_COMPETENT	.288	.320	.064	.167
	C2_ORDER	.130	.139	059	124
	C3_DUTIFULNESS	.138	.260	094	.033
	C4_ACHIEVEMENT	.322	.420	121	021
	C5_SELF_DISCIPLIN ED	.248	.352	031	.030
	C6_DELIBERATION	191	179	294	229
	FFMQ_OBSERVE	.074	.109	037	.214
	FFMQ_DESCRIBE	.361	.248	.067	.155
	FFMQ_AWARENESS	.231	.167	049	.105
	FFMQ_NON_JUDGE	.165	.001	.112	.204
	FFMQ_NON_REACT	.049	.015	.125	.061

Correlation Matrix^a

		O1_FANTASY	O2_AESTHETI CS	O3_FEELINGS	04_ACTIONS
Correlation	N1_ANXIETY	.196	.184	.357	136
	N2_ANGRY	.035	027	.130	181
	N3_DEPRESSION	.154	.083	.219	169
	N4_SELF_CONSCIO USNESS	.080	.051	.135	174
	N5_IMPULSIVENESS	.109	.108	.199	026
	N6_VULNERABLE	.005	006	.100	147
	E1_WARMTH	.180	.136	.265	.276
	E2_GREGARIOUSN ESS	055	056	059	.165
	E3_ASSERTIVENESS	018	.045	018	.127
	E4 ACTIVITY	093	.099	.027	.181
	E5 EXCITEMENT	.019	002	077	.182
	E6_POSITIVE_EMO TIONS	.204	.155	.223	.340
	O1 FANTASY	1.000	.443	.418	.191
	O2 AESTHETICS	.443	1.000	.424	.325
	O3 FEELINGS	.418	.424	1.000	.174
	04 ACTIONS	.191	.325	.174	1.000
	O5 IDEAS	.368	.418	.279	.251
	O6 VALUES	.214	.162	.355	.270
	A1 TRUST	.083	.157	.199	.291
	A2_STRAIGHTFOR WARDNESS	136	.028	.175	.163
	A3 ALTRUISM	.147	.143	.347	.261
	A4_COMPLIANCE	.139	.159	.124	.109
	A5_MODESTY	.062	.023	.196	024
	A6_TENDER_MIND EDNESS	.184	.258	.405	.241
	C1 COMPETENT	010	.051	.184	.033
	C2 ORDER	083	100	.044	264
	C3 DUTIFULNESS	183	067	.079	084
	C4_ACHIEVEMENT	136	.060	.103	052
	C5_SELF_DISCIPLIN ED	199	018	012	061
	C6_DELIBERATION	101	039	.021	339
	FFMQ_OBSERVE	.421	.541	.407	.186
	FFMQ_DESCRIBE	.094	.125	.199	.133
	FFMQ_AWARENESS	121	.038	.018	.125
	FFMQ_NON_JUDGE	019	086	135	.203
	FFMQ_NON_REACT	.007	027	201	.006

Correlation Matrix^a

Correlation M	atrix"
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		O5_IDEAS	O6_VALUES	A1_TRUST	A2_STRAIGHT FORWARDNESS
Correlation	N1_ANXIETY	.032	.082	137	.044
	N2_ANGRY	072	169	334	282
	N3_DEPRESSION	020	020	278	139
	N4_SELF_CONSCIO USNESS	089	024	216	109
	N5_IMPULSIVENESS	099	.108	120	152
	N6_VULNERABLE	153	064	115	.015
	E1_WARMTH	.100	.257	.436	.300
	E2_GREGARIOUSN ESS	141	064	.274	.164
	E3_ASSERTIVENESS	.121	.005	020	247
	E4_ACTIVITY	.077	.032	.127	.019
	E5_EXCITEMENT	.095	072	.086	083
	E6_POSITIVE_EMO TIONS	.095	.145	.402	.205
	O1_FANTASY	.368	.214	.083	136
	O2_AESTHETICS	.418	.162	.157	.028
	O3_FEELINGS	.279	.355	.199	.175
	04 ACTIONS	.251	.270	.291	.163
	O5 IDEAS	1.000	.345	.100	.023
	O6 VALUES	.345	1.000	.155	.166
	A1 TRUST	.100	.155	1.000	.395
	A2_STRAIGHTFOR WARDNESS	.023	.166	.395	1.000
	A3 ALTRUISM	.226	.294	.444	.407
	A4 COMPLIANCE	.090	.165	.391	.358
	A5 MODESTY	.093	.292	.160	.487
	A6_TENDER_MIND EDNESS	.187	.288	.404	.374
	C1 COMPETENT	.235	.150	.096	.154
	C2 ORDER	009	090	152	088
	C3 DUTIFULNESS	.143	.012	.060	.252
	C4_ACHIEVEMENT	.139	.017	.063	.086
	C5_SELF_DISCIPLIN ED	.092	023	.108	.156
	C6_DELIBERATION	.048	014	100	.107
	FFMQ OBSERVE	.331	.123	.074	056
	FFMQ DESCRIBE	.228	.104	.060	.073
	FFMQ_AWARENESS	.168	.112	.141	.161
	FFMQ_NON_JUDGE	.006	043	.229	.111
	FFMQ_NON_REACT	.014	063	.025	117
				and the second	

Corre	lation	Matrix ^a	l

		A3_ALTRUISM	A4_COMPLIAN CE	A5_MODESTY
Correlation	N1_ANXIETY	.116	.044	.248
	N2_ANGRY	286	556	129
	N3_DEPRESSION	118	079	.217
	N4_SELF_CONSCIO USNESS	137	.025	.135
	N5_IMPULSIVENESS	059	140	041
	N6_VULNERABLE	012	.051	.247
	E1_WARMTH	.506	.242	.130
	E2_GREGARIOUSN ESS	.227	.002	087
	E3_ASSERTIVENESS	.020	399	381
	E4_ACTIVITY	.182	122	181
	E5_EXCITEMENT	.151	153	226
	E6_POSITIVE_EMO TIONS	.418	.176	076
	O1_FANTASY	.147	.139	.062
	O2_AESTHETICS	.143	.159	.023
	O3_FEELINGS	.347	.124	.196
	04_ACTIONS	.261	.109	024
	O5_IDEAS	.226	.090	.093
	O6_VALUES	.294	.165	.292
	A1_TRUST	.444	.391	.160
	A2_STRAIGHTFOR WARDNESS	.407	.358	.487
	A3_ALTRUISM	1.000	.367	.376
	A4_COMPLIANCE	.367	1.000	.292
	A5_MODESTY	.376	.292	1.000
	A6_TENDER_MIND EDNESS	.572	.399	.409
	C1_COMPETENT	.255	044	019
	C2_ORDER	118	126	124
	C3_DUTIFULNESS	.276	.043	.088
	C4_ACHIEVEMENT	.145	107	040
	C5_SELF_DISCIPLIN ED	.146	009	006
	C6_DELIBERATION	056	.144	.102
	FFMQ_OBSERVE	.081	.022	.005
	FFMQ_DESCRIBE	.116	143	058
	FFMQ_AWARENESS	.048	.029	051
	FFMQ_NON_JUDGE	018	.031	181
	FFMQ_NON_REACT	112	.086	191

		A6_TENDER_M INDEDNESS	C1_COMPETE NT	C2_ORDER	C3_DUTIFULNE SS
Correlation	N1_ANXIETY	.132	217	084	197
	N2_ANGRY	276	116	.005	160
	N3_DEPRESSION	.001	337	127	262
	N4_SELF_CONSCIO USNESS	.008	333	136	223
	N5_IMPULSIVENESS	.063	232	199	236
	N6_VULNERABLE	.091	445	141	310
	E1_WARMTH	.384	.165	078	.130
	E2_GREGARIOUSN ESS	.121	.004	164	.005
	E3_ASSERTIVENESS	132	.288	.130	.138
	E4 ACTIVITY	.020	.320	.139	.260
	E5 EXCITEMENT	047	.064	059	094
	E6_POSITIVE_EMO TIONS	.255	.167	124	.033
	O1 FANTASY	.184	010	083	183
	O2 AESTHETICS	.258	.051	100	067
	O3 FEELINGS	.405	.184	.044	.079
	04 ACTIONS	.241	.033	264	084
	O5 IDEAS	.187	.235	009	.143
	O6 VALUES	.288	.150	090	.012
	A1 TRUST	.404	.096	152	.060
	A2_STRAIGHTFOR WARDNESS	.374	.154	088	.252
	A3 ALTRUISM	.572	.255	118	.276
	A4 COMPLIANCE	.399	044	126	.043
	A5 MODESTY	.409	019	124	.088
	A6_TENDER_MIND EDNESS	1.000	.078	129	.082
	C1 COMPETENT	.078	1.000	.365	.585
	C2 ORDER	129	.365	1.000	.401
	C3 DUTIFULNESS	.082	.585	.401	1.000
	C4_ACHIEVEMENT	.052	.548	.484	.517
	C5_SELF_DISCIPLIN ED	005	.585	.586	.582
	C6_DELIBERATION	075	.356	.409	.398
	FFMQ_OBSERVE	.121	.094	055	011
	FFMO DESCRIBE	.040	.398	.220	.303
	FFMQ_AWARENESS	.005	.468	.274	.357
	FFMQ_NON_JUDGE	050	.209	.049	.140
	FFMQ_NON_REACT	112	.199	.015	.053

Correlation Matrix^a

		C4_ACHIEVEM ENT	C5_SELF_DISCI PLINED	C6_DELIBERAT ION
Correlation	N1_ANXIETY	128	317	.031
	N2_ANGRY	043	223	164
	N3_DEPRESSION	224	422	088
	N4_SELF_CONSCIO USNESS	236	390	.033
	N5_IMPULSIVENESS	126	416	228
	N6_VULNERABLE	278	434	098
	E1_WARMTH	.081	.040	131
	E2_GREGARIOUSN ESS	027	046	245
	E3_ASSERTIVENESS	.322	.248	191
	E4_ACTIVITY	.420	.352	179
	E5_EXCITEMENT	121	031	294
	E6_POSITIVE_EMO TIONS	021	.030	229
	O1_FANTASY	136	199	101
	O2_AESTHETICS	.060	018	039
	O3_FEELINGS	.103	012	.021
	04_ACTIONS	052	061	339
	O5_IDEAS	.139	.092	.048
	O6_VALUES	.017	023	014
	A1_TRUST	.063	.108	100
	A2_STRAIGHTFOR WARDNESS	.086	.156	.107
	A3_ALTRUISM	.145	.146	056
	A4_COMPLIANCE	107	009	.144
	A5_MODESTY	040	006	.102
	A6_TENDER_MIND EDNESS	.052	005	075
	C1_COMPETENT	.548	.585	.356
	C2_ORDER	.484	.586	.409
	C3_DUTIFULNESS	.517	.582	.398
	C4_ACHIEVEMENT	1.000	.691	.315
	C5_SELF_DISCIPLIN ED	.691	1.000	.378
	C6_DELIBERATION	.315	.378	1.000
	FFMQ_OBSERVE	.061	083	.015
	FFMQ_DESCRIBE	.332	.358	.057
	FFMQ_AWARENESS	.441	.571	.267
	FFMQ_NON_JUDGE	.121	.269	.096
	FFMQ_NON_REACT	063	.100	.083

Correlation Matrix^a

		FFMQ_OBSERV E	FFMQ_DESCRIB E	FFMQ_AWARE NESS
Correlation	N1_ANXIETY	.122	195	411
	N2_ANGRY	.051	031	267
	N3_DEPRESSION	.108	311	477
	N4_SELF_CONSCIO USNESS	.031	312	402
	N5_IMPULSIVENESS	.161	135	344
	N6 VULNERABLE	040	353	508
	E1 WARMTH	.152	.122	.079
	E2_GREGARIOUSN ESS	078	.119	.048
	E3_ASSERTIVENESS	.074	.361	.231
	E4 ACTIVITY	.109	.248	.167
	E5 EXCITEMENT	037	.067	049
	E6_POSITIVE_EMO TIONS	.214	.155	.105
	O1 FANTASY	.421	.094	121
	O2 AESTHETICS	.541	.125	.038
	O3 FEELINGS	.407	.199	.018
	04 ACTIONS	.186	.133	.125
	O5 IDEAS	.331	.228	.168
	O6 VALUES	.123	.104	.112
	A1_TRUST	.074	.060	.141
	A2_STRAIGHTFOR WARDNESS	-,056	.073	.161
	A3_ALTRUISM	.081	.116	.048
	A4 COMPLIANCE	.022	143	.029
	A5 MODESTY	.005	058	051
	A6_TENDER_MIND EDNESS	.121	.040	.005
	C1 COMPETENT	.094	.398	.468
	C2 ORDER	055	.220	.274
	C3 DUTIFULNESS	011	.303	.357
	C4_ACHIEVEMENT	.061	.332	.441
	C5_SELF_DISCIPLIN ED	083	.358	.571
	C6_DELIBERATION	.015	.057	.267
	FFMQ_OBSERVE	1.000	.183	.032
	FFMQ_DESCRIBE	.183	1.000	.330
	FFMQ_AWARENESS	.032	.330	1.000
	FFMQ_NON_JUDGE	136	.247	.540
	FFMQ_NON_REACT	.122	.130	.136

Correlation Matrix^a

Correlation Matrix^a

		FFMQ_NON_JU	FFMQ_NON_RE
		DGE	ĀCT -
Correlation	N1_ANXIETY	583	460
	N2_ANGRY	318	323
	N3_DEPRESSION	670	389
	N4_SELF_CONSCIO USNESS	448	203
	N5_IMPULSIVENESS	335	222
	N6_VULNERABLE	541	485
	E1_WARMTH	.024	018
	E2_GREGARIOUSN ESS	.196	.044
	E3_ASSERTIVENESS	.165	.049
	E4_ACTIVITY	.001	.015
	E5_EXCITEMENT	.112	.125
	E6_POSITIVE_EMO TIONS	.204	.061
	O1_FANTASY	019	.007
	O2_AESTHETICS	086	027
	O3_FEELINGS	135	201
	04_ACTIONS	.203	.006
	O5_IDEAS	.006	.014
	O6_VALUES	043	063
	A1_TRUST	.229	.025
	A2_STRAIGHTFOR WARDNESS	.111	117
	A3_ALTRUISM	018	112
	A4_COMPLIANCE	.031	.086
	A5_MODESTY	181	191
	A6_TENDER_MIND EDNESS	050	112
	C1_COMPETENT	.209	.199
	C2_ORDER	.049	.015
	C3_DUTIFULNESS	.140	.053
	C4_ACHIEVEMENT	.121	063
	C5_SELF_DISCIPLIN ED	.269	.100
	C6_DELIBERATION	.096	.083
	FFMQ_OBSERVE	136	.122
	FFMQ_DESCRIBE	.247	.130
	FFMQ_AWARENESS	.540	.136
	FFMQ_NON_JUDGE	1.000	.278
	FFMQ_NON_REACT	.278	1.000

		N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO	N4_SELF_CONS CIOUSNESS
Sig. (1-tailed)	N1_ANXIETY		.000	.000	.000
	N2_ANGRY	.000		.000	.000
	N3_DEPRESSION	.000	.000		.000
	N4_SELF_CONSCIO USNESS	.000	.000	.000	
	N5_IMPULSIVENESS	.000	.000	.000	.000
	N6_VULNERABLE	.000	.000	.000	.000
	E1_WARMTH	.346	.000	.015	.000
	E2_GREGARIOUSN ESS	.009	.094	.000	.000
	E3_ASSERTIVENESS	.000	.023	.000	.000
	E4_ACTIVITY	.025	.465	.000	.000
	E5 EXCITEMENT	.003	.241	.003	.000
	E6_POSITIVE_EMO TIONS	.097	.008	.000	.000
	O1 FANTASY	.001	.297	.010	.113
	O2_AESTHETICS	.003	.343	.106	.221
	O3_FEELINGS	.000	.025	.000	.021
	04_ACTIONS	.020	.003	.005	.004
	O5_IDEAS	.316	.140	.380	.090
	O6_VALUES	.108	.005	.380	.360
	A1_TRUST	.019	.000	.000	.000
	A2_STRAIGHTFOR WARDNESS	.255	.000	.018	.050
	A3_ALTRUISM	.040	.000	.038	.019
	A4_COMPLIANCE	.254	.000	.116	.353
	A5_MODESTY	.000	.026	.000	.021
	A6_TENDER_MIND EDNESS	.023	.000	.497	.452
	C1_COMPETENT	.000	.040	.000	.000
	C2_ORDER	.102	.469	.027	.020
	C3_DUTIFULNESS	.001	.008	.000	.000
	C4_ACHIEVEMENT	.027	.258	.000	.000
	C5_SELF_DISCIPLIN ED	.000	.000	.000	.000
	C6_DELIBERATION	.320	.007	.092	.307
	FFMQ OBSERVE	.033	.219	.052	.318
	FFMQ DESCRIBE	.002	.321	.000	.000
	FFMQ_AWARENESS	.000	.000	.000	.000
	FFMQ_NON_JUDGE	.000	.000	.000	.000
	FFMQ_NON_REACT	.000	.000	.000	.001

Correlation Matrix^a

Correlation Ma	lt	ri	X
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		N5_IMPULSIVE NESS	N6_VULNERAB LE	E1_WARMTH	E2_GREGARIO USNESS
Sig. (1-tailed)	N1_ANXIETY	.000	.000	.346	.009
	N2_ANGRY	.000	.000	.000	.094
	N3_DEPRESSION	.000	.000	.015	.000
	N4_SELF_CONSCIO USNESS	.000	.000	.000	.000
	N5_IMPULSIVENESS		.000	.090	.453
	N6_VULNERABLE	.000		.035	.199
	E1_WARMTH	.090	.035		.000
	E2_GREGARIOUSN ESS	.453	.199	.000	
	E3_ASSERTIVENESS	.372	.000	.000	.000
	E4_ACTIVITY	.468	.000	.000	.000
	E5_EXCITEMENT	.473	.083	.000	.000
	E6_POSITIVE_EMO TIONS	.151	.001	.000	.000
	O1_FANTASY	.050	.467	.003	.202
	O2_AESTHETICS	.052	.462	.020	.197
	O3_FEELINGS	.001	.065	.000	.186
	04_ACTIONS	.348	.013	.000	.006
	O5_IDEAS	.067	.010	.065	.017
	O6_VALUES	.052	.167	.000	.166
	A1_TRUST	.035	.041	.000	.000
	A2_STRAIGHTFOR WARDNESS	.010	.409	.000	.007
	A3_ALTRUISM	.186	.426	.000	.000
	A4_COMPLIANCE	.017	.223	.000	.487
	A5_MODESTY	.268	.000	.024	.095
	A6_TENDER_MIND EDNESS	.172	.085	.000	.034
	C1_COMPETENT	.000	.000	.006	.473
	C2_ORDER	.001	.017	.120	.007
	C3_DUTIFULNESS	.000	.000	.025	.472
	C4_ACHIEVEMENT	.029	.000	.112	.341
	C5_SELF_DISCIPLIN ED	.000	.000	.274	.243
	C6_DELIBERATION	.000	.070	.023	.000
	FFMQ OBSERVE	.007	.274	.011	.121
	FFMQ DESCRIBE	.020	.000	.033	.036
	FFMQ_AWARENESS	.000	.000	.118	.236
	FFMQ_NON_JUDGE	.000	.000	.358	.001
	FFMQ_NON_REACT	.000	.000	.395	.253

Correlation Matri	ix ^a
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		E3_ASSERTIVE NESS	E4_ACTIVITY	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS
Sig. (1-tailed)	N1_ANXIETY	.000	.025	.003	.097
	N2_ANGRY	.023	.465	.241	.008
	N3_DEPRESSION	.000	.000	.003	.000
	N4_SELF_CONSCIO USNESS	.000	.000	.000	.000
	N5_IMPULSIVENESS	.372	.468	.473	.151
	N6_VULNERABLE	.000	.000	.083	.001
	E1_WARMTH	.000	.000	.000	.000
	E2_GREGARIOUSN ESS	.000	.000	.000	.000
	E3_ASSERTIVENESS		.000	.000	.000
	E4 ACTIVITY	.000		.000	.000
	E5 EXCITEMENT	.000	.000		.000
	E6_POSITIVE_EMO TIONS	.000	.000	.000	
	O1 FANTASY	.391	.081	.386	.001
	O2 AESTHETICS	.249	.069	.490	.009
	O3 FEELINGS	.391	.343	.122	.000
	04 ACTIONS	.028	.003	.003	.000
	O5 IDEAS	.034	.124	.076	.075
	O6 VALUES	.472	.315	.140	.014
	A1 TRUST	.382	.028	.097	.000
	A2_STRAIGHTFOR WARDNESS	.000	.387	.105	.001
	A3 ALTRUISM	.384	.003	.011	.000
	A4 COMPLIANCE	.000	.033	.010	.004
	A5 MODESTY	.000	.003	.000	.126
	A6_TENDER_MIND EDNESS	.023	.384	.238	.000
	C1 COMPETENT	.000	.000	.169	.006
	C2 ORDER	.025	.018	.186	.030
	C3 DUTIFULNESS	.018	.000	.077	.307
	C4_ACHIEVEMENT	.000	.000	.034	.379
	C5_SELF_DISCIPLIN ED	.000	.000	.320	.326
	C6_DELIBERATION	.002	.003	.000	.000
	FFMQ OBSERVE	.133	.050	.290	.001
	FFMQ DESCRIBE	.000	.000	.156	.009
	FFMQ_AWARENESS	.000	.006	.230	.057
	FFMQ_NON_JUDGE	.006	.496	.045	.001
	FFMQ_NON_REACT	.228	.411	.030	.178

		O1_FANTASY	O2_AESTHETI CS	O3_FEELINGS	04_ACTIONS
Sig. (1-tailed)	N1_ANXIETY	.001	.003	.000	.020
	N2_ANGRY	.297	.343	.025	.003
	N3_DEPRESSION	.010	.106	.000	.005
	N4_SELF_CONSCIO USNESS	.113	.221	.021	.004
	N5_IMPULSIVENESS	.050	.052	.001	.348
	N6 VULNERABLE	.467	.462	.065	.013
	E1 WARMTH	.003	.020	.000	.000
	E2_GREGARIOUSN ESS	.202	.197	.186	.006
	E3_ASSERTIVENESS	.391	.249	.391	.028
	E4 ACTIVITY	.081	.069	.343	.003
	E5 EXCITEMENT	.386	.490	.122	.003
	E6_POSITIVE_EMO TIONS	.001	.009	.000	.000
	O1 FANTASY		.000	.000	.002
	02 AESTHETICS	.000		.000	.000
	O3 FEELINGS	.000	.000		.004
	04 ACTIONS	.002	.000	.004	
	O5 IDEAS	.000	.000	.000	.000
	O6 VALUES	.001	.007	.000	.000
	A1 TRUST	.106	.009	.001	.000
	A2_STRAIGHTFOR WARDNESS	.020	.338	.004	.007
	A3 ALTRUISM	.013	.015	.000	.000
	A4 COMPLIANCE	.018	.008	.030	.050
	A5 MODESTY	.175	.362	.001	.357
	A6_TENDER_MIND EDNESS	.003	.000	.000	.000
	C1 COMPETENT	.442	.221	.003	.310
	C2 ORDER	.106	.066	.253	.000
	C3 DUTIFULNESS	.003	.157	.118	.104
	C4_ACHIEVEMENT	.020	.182	.061	.217
	C5_SELF_DISCIPLIN ED	.001	.395	.430	.181
	C6_DELIBERATION	.063	.279	.378	.000
	FFMQ OBSERVE	.000	.000	.000	.002
	FFMQ DESCRIBE	.079	.030	.001	.022
	FFMQ_AWARENESS	.033	.282	.393	.029
	FFMQ_NON_JUDGE	.388	.097	.021	.001
	FFMQ_NON_REACT	.456	.345	.001	.461

Correlation Matrix^a

		O5_IDEAS	O6_VALUES	A1_TRUST	A2_STRAIGHT FORWARDNESS
Sig. (1-tailed)	N1_ANXIETY	.316	.108	.019	.255
	N2_ANGRY	.140	.005	.000	.000
	N3_DEPRESSION	.380	.380	.000	.018
	N4_SELF_CONSCIO USNESS	.090	.360	.000	.050
	N5_IMPULSIVENESS	.067	.052	.035	.010
	N6_VULNERABLE	.010	.167	.041	.409
	E1_WARMTH	.065	.000	.000	.000
	E2_GREGARIOUSN ESS	.017	.166	.000	.007
	E3_ASSERTIVENESS	.034	.472	.382	.000
	E4_ACTIVITY	.124	.315	.028	.387
	E5_EXCITEMENT	.076	.140	.097	.105
	E6_POSITIVE_EMO TIONS	.075	.014	.000	.001
	O1 FANTASY	.000	.001	.106	.020
	O2 AESTHETICS	.000	.007	.009	.338
	O3 FEELINGS	.000	.000	.001	.004
	04 ACTIONS	.000	.000	.000	.007
	O5 IDEAS		.000	.066	.367
	O6_VALUES	.000		.010	.006
	A1_TRUST	.066	.010		.000
	A2_STRAIGHTFOR WARDNESS	.367	.006	.000	
	A3_ALTRUISM	.000	.000	.000	.000
	A4_COMPLIANCE	.086	.006	.000	.000
	A5_MODESTY	.081	.000	.008	.000
	A6_TENDER_MIND EDNESS	.002	.000	.000	.000
	C1 COMPETENT	.000	.011	.074	.010
	C2 ORDER	.445	.087	.011	.093
	C3_DUTIFULNESS	.015	.430	.181	.000
	C4_ACHIEVEMENT	.018	.398	.171	.096
	C5_SELF_DISCIPLIN ED	.082	.366	.051	.009
	C6_DELIBERATION	.235	.419	.065	.053
	FFMO OBSERVE	.000	.032	.133	.199
	FFMQ DESCRIBE	.000	.058	.183	.136
	FFMQ_AWARENESS	.005	.046	.016	.007
	FFMQ_NON_JUDGE	.464	.261	.000	.047
	FFMQ_NON_REACT	.415	.173	.351	.038

Correlation Matrix^a

		A3_ALTRUISM	A4_COMPLIAN CE	A5_MODESTY
Sig. (1-tailed)	N1_ANXIETY	.040	.254	.000
	N2_ANGRY	.000	.000	.026
	N3_DEPRESSION	.038	.116	.000
	N4_SELF_CONSCIO USNESS	.019	.353	.021
	N5_IMPULSIVENESS	.186	.017	.268
	N6_VULNERABLE	.426	.223	.000
	E1_WARMTH	.000	.000	.024
	E2_GREGARIOUSN ESS	.000	.487	.095
	E3_ASSERTIVENESS	.384	.000	.000
	E4_ACTIVITY	.003	.033	.003
	E5_EXCITEMENT	.011	.010	.000
	E6_POSITIVE_EMO TIONS	.000	.004	.126
	O1_FANTASY	.013	.018	.175
	O2_AESTHETICS	.015	.008	.362
	O3_FEELINGS	.000	.030	.001
	O4_ACTIONS	.000	.050	.357
	O5_IDEAS	.000	.086	.081
	O6_VALUES	.000	.006	.000
	A1_TRUST	.000	.000	.008
	A2_STRAIGHTFOR WARDNESS	.000	.000	.000
	A3_ALTRUISM		.000	.000
	A4_COMPLIANCE	.000		.000
	A5_MODESTY	.000	.000	
	A6_TENDER_MIND EDNESS	.000	.000	.000
	C1_COMPETENT	.000	.252	.385
	C2_ORDER	.038	.028	.030
	C3_DUTIFULNESS	.000	.256	.092
	C4_ACHIEVEMENT	.014	.053	.271
	C5_SELF_DISCIPLIN ED	.013	.444	.463
	C6_DELIBERATION	.201	.015	.062
	FFMQ_OBSERVE	.110	.368	.470
	FFMQ_DESCRIBE	.040	.015	.192
	FFMQ_AWARENESS	.237	.334	.222
	FFMQ_NON_JUDGE	.395	.322	.003
	FFMQ_NON_REACT	.046	.098	.002

Correlation Matrix^a

Corre	lation	Matrix ^a

		A6_TENDER_M INDEDNESS	C1_COMPETE NT	C2_ORDER	C3_DUTIFULNE SS
Sig. (1-tailed)	N1_ANXIETY	.023	.000	.102	.001
	N2_ANGRY	.000	.040	.469	.008
	N3_DEPRESSION	.497	.000	.027	.000
	N4_SELF_CONSCIO USNESS	.452	.000	.020	.000
	N5_IMPULSIVENESS	.172	.000	.001	.000
	N6_VULNERABLE	.085	.000	.017	.000
	E1_WARMTH	.000	.006	.120	.025
	E2_GREGARIOUSN ESS	.034	.473	.007	.472
	E3_ASSERTIVENESS	.023	.000	.025	.018
	E4_ACTIVITY	.384	.000	.018	.000
	E5_EXCITEMENT	.238	.169	.186	.077
	E6_POSITIVE_EMO TIONS	.000	.006	.030	.307
	O1 FANTASY	.003	.442	.106	.003
	O2 AESTHETICS	.000	.221	.066	.157
	O3 FEELINGS	.000	.003	.253	.118
	04 ACTIONS	.000	.310	.000	.104
	O5 IDEAS	.002	.000	.445	.015
	O6 VALUES	.000	.011	.087	.430
	A1 TRUST	.000	.074	.011	.181
	A2_STRAIGHTFOR WARDNESS	.000	.010	.093	.000
	A3 ALTRUISM	.000	.000	.038	.000
	A4 COMPLIANCE	.000	.252	.028	.256
	A5 MODESTY	.000	.385	.030	.092
	A6_TENDER_MIND EDNESS		.120	.026	.107
	C1 COMPETENT	.120		.000	.000
	C2 ORDER	.026	.000		.000
	C3 DUTIFULNESS	.107	.000	.000	
	C4_ACHIEVEMENT	.218	.000	.000	.000
	C5_SELF_DISCIPLIN ED	.469	.000	.000	.000
	C6_DELIBERATION	.129	.000	.000	.000
	FFMO OBSERVE	.034	.078	.204	.436
	FFMQ DESCRIBE	.273	.000	.000	.000
	FFMQ_AWARENESS	.470	.000	.000	.000
	FFMQ_NON_JUDGE	.226	.001	.230	.017
	FFMQ_NON_REACT	.045	.001	.408	.214

		C4_ACHIEVEM ENT	C5_SELF_DISCI PLINED	C6_DELIBERAT ION
Sig. (1-tailed)	N1 ANXIETY	.027	.000	.320
3	N2 ANGRY	.258	.000	.007
	N3 DEPRESSION	.000	.000	.092
	N4_SELF_CONSCIO USNESS	.000	.000	.307
	N5_IMPULSIVENESS	.029	.000	.000
	N6 VULNERABLE	.000	.000	.070
	E1 WARMTH	.112	.274	.023
	E2_GREGARIOUSN ESS	.341	.243	.000
	E3_ASSERTIVENESS	.000	.000	.002
	E4 ACTIVITY	.000	.000	.003
	E5 EXCITEMENT	.034	.320	.000
	E6_POSITIVE_EMO TIONS	.379	.326	.000
	O1 FANTASY	.020	.001	.063
	02 AESTHETICS	.182	.395	.279
	O3 FEELINGS	.061	.430	.378
	04 ACTIONS	.217	.181	.000
	O5 IDEAS	.018	.082	.235
	O6 VALUES	.398	366	419
	A1 TRUST	.171	.051	.065
	A2_STRAIGHTFOR WARDNESS	.096	.009	.053
	A3 ALTRUISM	.014	.013	.201
	A4 COMPLIANCE	.053	.444	.015
	A5 MODESTY	.271	.463	.062
	A6_TENDER_MIND EDNESS	.218	.469	.129
	C1 COMPETENT	.000	.000	.000
	C2 ORDER	.000	.000	.000
	C3 DUTIFULNESS	.000	.000	.000
	C4_ACHIEVEMENT		.000	.000
	C5_SELF_DISCIPLIN ED	.000		.000
	C6_DELIBERATION	.000	.000	
	FFMQ OBSERVE	.177	.106	.410
	FFMQ DESCRIBE	.000	.000	.194
	FFMQ_AWARENESS	.000	.000	.000
	FFMQ_NON_JUDGE	.034	.000	.074
	FFMQ_NON_REACT	.171	.066	.107

Correlation Matrix^a

		FFMQ_OBSERV E	FFMQ_DESCRIB E	FFMQ_AWARE NESS
Sig. (1-tailed)	N1 ANXIETY	.033	.002	.000
3	N2 ANGRY	219	321	000
		052	000	.000
		.052	.000	.000
	USNESS	.318	.000	.000
	N5_IMPULSIVENESS	.007	.020	.000
	N6_VULNERABLE	.274	.000	.000
	E1 WARMTH	.011	.033	.118
	E2_GREGARIOUSN ESS	.121	.036	.236
	E3_ASSERTIVENESS	122	000	000
		.155	.000	.000
	E4_ACTIVITY	.050	.000	.006
	E5_EXCITEMENT	.290	.156	.230
	E6_POSITIVE_EMO TIONS	.001	.009	.057
	O1_FANTASY	.000	.079	.033
	O2 AESTHETICS	.000	.030	.282
	O3 FEELINGS	.000	.001	.393
	04 ACTIONS	002	022	029
		000	000	005
		.000	.000	.005
	00_VALUES	.052	.030	.040
	A1_TRUST A2_STRAIGHTFOR	.133	.183	.016
		110	0.40	227
	A5_ALTRUISM	.110	.040	.257
	A4_COMPLIANCE	.368	.015	.334
	A5_MODESTY	.470	.192	.222
	A6_TENDER_MIND EDNESS	.034	.273	.470
	C1_COMPETENT	.078	.000	.000
	C2_ORDER	.204	.000	.000
	C3 DUTIFULNESS	.436	.000	.000
	C4_ACHIEVEMENT	.177	.000	.000
	C5_SELF_DISCIPLIN ED	.106	.000	.000
	C6_DELIBERATION	.410	.194	.000
	FFMO OBSERVE		.003	.316
	FEMO DESCRIBE	.003		.000
	FEMO AWARENESS	.005		
		.316	.000	
	FFMQ_NON_JUDGE	.020	.000	.000
	FFMQ_NON_REACT	.033	.025	.020

Correlation Matrix^a

		FFMQ_NON_JU DGE	FFMQ_NON_RE ACT
Sig. (1-tailed)	N1_ANXIETY	.000	.000
	N2_ANGRY	.000	.000
	N3_DEPRESSION	.000	.000
	N4_SELF_CONSCIO USNESS	.000	.001
	N5_IMPULSIVENESS	.000	.000
	N6_VULNERABLE	.000	.000
	E1_WARMTH	.358	.395
	E2_GREGARIOUSN ESS	.001	.253
	E3_ASSERTIVENESS	.006	.228
	E4_ACTIVITY	.496	.411
	E5_EXCITEMENT	.045	.030
	E6_POSITIVE_EMO TIONS	.001	.178
	O1_FANTASY	.388	.456
	O2_AESTHETICS	.097	.345
	O3_FEELINGS	.021	.001
	04_ACTIONS	.001	.461
	O5_IDEAS	.464	.415
	O6_VALUES	.261	.173
	A1_TRUST	.000	.351
	A2_STRAIGHTFOR WARDNESS	.047	.038
	A3_ALTRUISM	.395	.046
	A4_COMPLIANCE	.322	.098
	A5_MODESTY	.003	.002
	A6_TENDER_MIND EDNESS	.226	.045
	C1_COMPETENT	.001	.001
	C2_ORDER	.230	.408
	C3_DUTIFULNESS	.017	.214
	C4_ACHIEVEMENT	.034	.171
	C5_SELF_DISCIPLIN ED	.000	.066
	C6_DELIBERATION	.074	.107
	FFMQ_OBSERVE	.020	.033
	FFMQ_DESCRIBE	.000	.025
	FFMQ_AWARENESS	.000	.020
	FFMQ_NON_JUDGE		.000
	FFMQ_NON_REACT	.000	

Correlation Matrix^a

a. Determinant = 4.94E-009

	N1 ANXIETY	N2 ANGRY	N3_DEPRESSIO	N4_SELF_CONS CIOUSNESS	N5_IMPULSIVE NESS
N1 ANXIETY	3.354	046	787	771	.191
N2 ANGRY	046	2,661	371	157	401
N3 DEPRESSION	- 787	- 371	4 5 3 7	-1.367	- 075
N4_SELF_CONSCIO	771	157	-1.367	2.899	550
	.191	401	075	550	1.884
N6_VULNERABLE	671	614	679	003	045
E1_WARMTH	.149	.262	359	.134	299
E2_GREGARIOUSN ESS	238	.016	.078	.502	.033
E3_ASSERTIVENESS	140	228	050	.428	.013
E4 ACTIVITY	201	075	.457	220	.029
E5 EXCITEMENT	.301	121	.060	089	- 019
E6_POSITIVE_EMO	261	111	036	.129	261
O1 FANITASY	100	- 120	227	050	119
O2 AESTHETICS	190	129	227	.030	.110
O2_ALSTHETICS	274	.000	.172	040	133
	452	300	559	.003	045
OF IDEAS	.221	.171	100	057	.155
	004	001	221	.145	.207
UO_VALUES	057	.510	.549	028	542
A1_IKUSI	.221	013	.255	105	.121
WARDNESS	317	.019	.287	.062	.098
A3_ALTRUISM	545	.281	.514	022	.117
A4_COMPLIANCE	.022	.987	.051	083	.030
A5_MODESTY	.075	060	577	.183	.162
A6_TENDER_MIND EDNESS	.180	.357	.175	164	174
C1_COMPETENT	122	312	084	.305	.032
C2_ORDER	070	.124	.100	.111	.088
C3_DUTIFULNESS	.469	056	110	222	028
C4_ACHIEVEMENT	012	.022	150	.022	417
C5_SELF_DISCIPLIN ED	.185	.023	.080	.168	.526
C6_DELIBERATION	476	.198	.364	275	.141
FFMO OBSERVE	.138	.054	061	.200	139
FEMO DESCRIBE	094	069	.261	.017	031
FFMO AWARENESS	.051				.031
	.173	003	172	044	.141
FFMQ_NON_JUDGE	.500	011	1.243	327	.036
FFMQ_NON_REACT	.469	.265	.218	439	.108

Inverse of Correlation Matrix

	N6_VULNERAB	F1 WARMTH	E2_GREGARIO USNESS	E3_ASSERTIVE NESS	F4 ACTIVITY
N1 ANXIETY	671	149	- 238	- 140	- 201
N2 ANGRY	614	.262	.016	228	- 075
N3 DEPRESSION	- 679	- 359	078	- 050	457
N4_SELF_CONSCIO	003	.134	.502	.428	220
N5_IMPULSIVENESS	045	299	.033	.013	.029
	2 2 2 1	200	570	416	101
NO_VULNERABLE	5.551	.380	579	.410	.161
	.380	2.818	-1.004	337	270
ESS	579	-1.004	2.688	291	279
E3_ASSERTIVENESS	.416	337	291	2.330	058
E4_ACTIVITY	.181	270	279	058	2.065
E5_EXCITEMENT	223	288	855	133	040
E6_POSITIVE_EMO TIONS	.320	450	189	.020	428
O1_FANTASY	.270	349	015	.133	.239
O2_AESTHETICS	.054	.161	046	110	114
O3_FEELINGS	.225	143	.133	.115	.144
04_ACTIONS	115	110	.134	.048	130
O5_IDEAS	.125	.146	.454	101	016
O6_VALUES	.009	256	.180	134	048
A1_TRUST	171	360	097	.056	.063
A2_STRAIGHTFOR WARDNESS	036	257	174	.449	.115
A3_ALTRUISM	203	311	.163	130	.147
A4_COMPLIANCE	424	212	.093	.447	007
A5_MODESTY	121	137	.017	.403	.083
A6_TENDER_MIND EDNESS	225	158	133	.011	.131
C1 COMPETENT	.297	.104	.307	105	177
C2 ORDER	411	227	.351	.063	.048
C3_DUTIFULNESS	.223	116	257	.004	167
C4_ACHIEVEMENT	012	023	165	367	614
C5_SELF_DISCIPLIN ED	.261	.258	.458	073	436
C6_DELIBERATION	072	280	061	.320	.570
FFMO OBSERVE	-,186	080	.245	032	155
FFMO DESCRIBE	.082	.120	232	281	001
FFMQ_AWARENESS	.306	138	228	065	.151
FFMQ_NON_JUDGE	.291	.458	319	.022	.441
FFMQ_NON_REACT	.665	.087	219	.151	.080

	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS	O1_FANTASY	O2_AESTHETI CS	O3_FEELINGS
N1_ANXIETY	.301	261	190	274	432
N2_ANGRY	121	111	129	.086	500
N3_DEPRESSION	.060	036	227	.172	339
N4_SELF_CONSCIO USNESS	089	.129	.050	048	.065
N5_IMPULSIVENESS	019	261	.118	153	043
N6 VULNERABLE	223	.320	.270	.054	.225
E1 WARMTH	288	450	349	.161	143
E2_GREGARIOUSN ESS	855	189	015	046	.133
E3_ASSERTIVENESS	133	.020	.133	110	.115
E4_ACTIVITY	040	428	.239	114	.144
E5_EXCITEMENT	2.105	177	.157	076	.028
E6_POSITIVE_EMO TIONS	177	2.244	140	.172	025
O1_FANTASY	.157	140	1.977	367	291
02 AESTHETICS	076	.172	367	2.021	326
O3_FEELINGS	.028	025	291	326	2.265
04 ACTIONS	064	095	.020	385	.026
O5_IDEAS	547	.088	380	382	.160
O6_VALUES	.190	.014	037	.191	441
A1_TRUST	.155	196	.081	060	181
A2_STRAIGHTFOR WARDNESS	.102	202	.496	067	163
A3_ALTRUISM	411	429	090	.247	269
A4_COMPLIANCE	.222	226	230	215	057
A5_MODESTY	.134	.346	158	.116	.206
A6_TENDER_MIND EDNESS	.226	029	.052	227	453
C1_COMPETENT	347	179	196	.094	201
C2_ORDER	269	064	244	.210	304
C3_DUTIFULNESS	.391	.145	.291	.155	075
C4_ACHIEVEMENT	.509	.501	.115	004	.056
C5_SELF_DISCIPLIN ED	290	177	.090	369	.078
C6_DELIBERATION	.189	.140	.200	088	.038
FFMQ_OBSERVE	.132	392	331	644	398
FFMQ_DESCRIBE	.139	.031	094	.046	247
FFMQ_AWARENESS	.272	.017	.414	055	051
FFMQ_NON_JUDGE	086	404	529	.161	195
FFMQ_NON_REACT	153	.080	.037	.058	.153

Inverse of Correlation Matrix

	O4_ACTIONS	O5_IDEAS	O6_VALUES	A1_TRUST	A2_STRAIGHT FORWARDNESS
N1_ANXIETY	.221	064	037	.221	317
N2_ANGRY	.171	081	.310	013	.019
N3_DEPRESSION	160	221	.349	.255	.287
N4_SELF_CONSCIO USNESS	037	.145	028	105	.062
N5_IMPULSIVENESS	.153	.267	342	.121	.098
N6_VULNERABLE	115	.125	.009	171	036
E1_WARMTH	110	.146	256	360	257
E2_GREGARIOUSN ESS	.134	.454	.180	097	174
E3_ASSERTIVENESS	.048	101	134	.056	.449
E4_ACTIVITY	130	016	048	.063	.115
E5_EXCITEMENT	064	547	.190	.155	.102
E6_POSITIVE_EMO TIONS	095	.088	.014	196	202
O1_FANTASY	.020	380	037	.081	.496
O2_AESTHETICS	385	382	.191	060	067
O3_FEELINGS	.026	.160	441	181	163
04_ACTIONS	1.710	090	294	028	202
O5_IDEAS	090	1.808	435	069	.027
O6_VALUES	294	435	1.672	.052	.077
A1_TRUST	028	069	.052	1.811	249
A2_STRAIGHTFOR WARDNESS	202	.027	.077	249	2.105
A3 ALTRUISM	143	082	022	215	.085
A4 COMPLIANCE	.101	090	.062	291	140
A5_MODESTY	.259	006	437	.069	715
A6_TENDER_MIND EDNESS	062	120	.076	143	026
C1 COMPETENT	053	.029	202	009	176
C2 ORDER	.201	.150	.009	.160	.180
C3_DUTIFULNESS	.068	318	.228	.212	267
C4_ACHIEVEMENT	.032	187	.135	131	017
C5_SELF_DISCIPLIN ED	.065	.268	.146	253	069
C6_DELIBERATION	.448	114	055	.177	.036
FFMO OBSERVE	080	141	.222	065	.068
FFMO DESCRIBE	071	170	.003	.089	120
FFMQ_AWARENESS	069	217	219	.127	024
FFMQ_NON_JUDGE	338	.075	.249	235	139
FFMQ_NON_REACT	.117	.047	.026	.030	.169

	A3 ALTRUISM	A4_COMPLIAN CE	A5 MODESTY	A6_TENDER_M INDEDNESS
N1 ANXIETY	545	.022	.075	.180
N2 ANGRY	.281	.987	060	.357
N3 DEPRESSION	.514	.051	577	.175
N4_SELF_CONSCIO USNESS	022	083	.183	164
N5_IMPULSIVENESS	.117	.030	.162	174
N6_VULNERABLE	203	424	121	225
E1_WARMTH	311	212	137	158
E2_GREGARIOUSN ESS	.163	.093	.017	133
E3_ASSERTIVENESS	130	.447	.403	.011
E4_ACTIVITY	.147	007	.083	.131
E5_EXCITEMENT	411	.222	.134	.226
E6_POSITIVE_EMO TIONS	429	226	.346	029
O1_FANTASY	090	230	158	.052
O2_AESTHETICS	.247	215	.116	227
O3_FEELINGS	269	057	.206	453
O4_ACTIONS	143	.101	.259	062
O5_IDEAS	082	090	006	120
O6_VALUES	022	.062	-,437	.076
A1_TRUST	215	291	.069	143
A2_STRAIGHTFOR WARDNESS	.085	140	715	026
A3_ALTRUISM	2.706	243	485	577
A4_COMPLIANCE	243	2.309	.097	118
A5_MODESTY	485	.097	2.139	390
A6_TENDER_MIND EDNESS	577	118	390	2.057
C1_COMPETENT	260	.149	.102	102
C2_ORDER	.476	.098	.217	081
C3_DUTIFULNESS	586	062	.006	.080
C4_ACHIEVEMENT	245	.118	.127	157
C5_SELF_DISCIPLIN ED	251	030	350	.112
C6_DELIBERATION	.233	202	010	.230
FFMQ_OBSERVE	.082	.230	131	.146
FFMQ_DESCRIBE	.031	.136	093	.010
FFMQ_AWARENESS	.216	159	023	.027
FFMQ_NON_JUDGE	.193	.138	002	.071
FFMQ_NON_REACT	.136	214	.028	.006

Inverse of Correlation Matrix

	C1_COMPETE NT	C2_ORDER	C3_DUTIFULNE SS	C4_ACHIEVEM ENT	C5_SELF_DISCI PLINED
N1_ANXIETY	122	070	.469	012	.185
N2_ANGRY	312	.124	056	.022	.023
N3_DEPRESSION	084	.100	110	150	.080
N4_SELF_CONSCIO USNESS	.305	.111	222	.022	.168
N5_IMPULSIVENESS	.032	.088	028	417	.526
N6 VULNERABLE	.297	411	.223	012	.261
E1 WARMTH	.104	227	116	023	.258
E2_GREGARIOUSN ESS	.307	.351	257	165	.458
E3_ASSERTIVENESS	105	.063	.004	367	073
E4 ACTIVITY	177	.048	167	614	436
E5 EXCITEMENT	347	269	.391	.509	290
E6_POSITIVE_EMO TIONS	179	064	.145	.501	177
O1 FANTASY	196	244	.291	.115	.090
02 AESTHETICS	.094	.210	.155	004	369
O3 FEFLINGS	201	304	075	.056	.078
04 ACTIONS	053	.201	.068	.032	.065
OS IDEAS	029	150	- 318	- 187	268
	- 202	009	228	135	146
A1 TRUST	- 009	160	212	- 131	- 253
A2_STRAIGHTFOR	176	.180	267	017	069
	260	176	596	245	251
AS_ALTRUISM	200	.470	380	2+5	251
A4_COMPLIANCE	.149	.096	002	.110	050
A5_MODESTY A6_TENDER_MIND	102	081	.000	157	550
	2 6 0 2	0.5.4	6.4.1	455	140
CI_COMPETENT	2.603	.054	041	455	149
C2_OKDEK	.054	2.103	293	322	-1.000
C3_DUTIFULNESS	641	293	2.317	029	399
C4_ACHIEVEMENT	455	322	029	2.900	-1.198
C5_SELF_DISCIPLIN ED	149	-1.000	399	-1.198	4.057
C6_DELIBERATION	570	288	330	221	255
FFMQ_OBSERVE	.156	.096	090	211	.471
FFMQ_DESCRIBE	135	121	109	006	204
FFMQ_AWARENESS	385	009	.190	137	780
FFMQ_NON_JUDGE	.209	.117	010	181	.279
FFMQ_NON_REACT	488	012	.161	.294	024

Inverse of Correlation Matrix

	C6_DELIBERAT ION	FFMQ_OBSERV E	FFMQ_DESCRIB E	FFMQ_AWARE NESS
N1_ANXIETY	476	.138	094	.173
N2_ANGRY	.198	.054	069	003
N3_DEPRESSION	.364	061	.261	172
N4_SELF_CONSCIO USNESS	275	.200	.017	044
N5_IMPULSIVENESS	.141	139	031	.141
N6_VULNERABLE	072	186	.082	.306
E1_WARMTH	280	080	.120	138
E2_GREGARIOUSN ESS	061	.245	232	228
E3_ASSERTIVENESS	.320	032	281	065
E4_ACTIVITY	.570	155	001	.151
E5_EXCITEMENT	.189	.132	.139	.272
E6_POSITIVE_EMO TIONS	.140	392	.031	.017
O1_FANTASY	.200	331	094	.414
O2_AESTHETICS	088	644	.046	055
O3_FEELINGS	.038	398	247	051
04_ACTIONS	.448	080	071	069
O5_IDEAS	114	141	170	217
O6_VALUES	055	.222	.003	219
A1_TRUST	.177	065	.089	.127
A2_STRAIGHTFOR WARDNESS	.036	.068	120	024
A3_ALTRUISM	.233	.082	.031	.216
A4_COMPLIANCE	202	.230	.136	159
A5_MODESTY	010	131	093	023
A6_TENDER_MIND EDNESS	.230	.146	.010	.027
C1_COMPETENT	570	.156	135	385
C2_ORDER	288	.096	121	009
C3_DUTIFULNESS	330	090	109	.190
C4_ACHIEVEMENT	221	211	006	137
C5_SELF_DISCIPLIN ED	255	.471	204	780
C6_DELIBERATION	2.208	290	.120	022
FFMQ_OBSERVE	290	2.001	156	310
FFMQ DESCRIBE	.120	156	1.561	013
FFMQ_AWARENESS	022	310	013	2.419
FFMQ_NON_JUDGE	280	.433	110	956
FFMQ_NON_REACT	001	477	113	.276

	FFMQ_NON_JU DGE	FFMQ_NON_RE ACT
N1_ANXIETY	.500	.469
N2_ANGRY	011	.265
N3_DEPRESSION	1.243	.218
N4_SELF_CONSCIO USNESS	327	439
N5_IMPULSIVENESS	.036	.108
N6_VULNERABLE	.291	.665
E1_WARMTH	.458	.087
E2_GREGARIOUSN ESS	319	219
E3_ASSERTIVENESS	.022	.151
E4_ACTIVITY	.441	.080
E5_EXCITEMENT	086	153
E6_POSITIVE_EMO TIONS	404	.080
O1_FANTASY	529	.037
O2_AESTHETICS	.161	.058
O3_FEELINGS	195	.153
04_ACTIONS	338	.117
O5_IDEAS	.075	.047
O6 VALUES	.249	.026
A1_TRUST	235	.030
A2_STRAIGHTFOR WARDNESS	139	.169
A3_ALTRUISM	.193	.136
A4_COMPLIANCE	.138	214
A5_MODESTY	002	.028
A6_TENDER_MIND EDNESS	.071	.006
C1_COMPETENT	.209	488
C2_ORDER	.117	012
C3_DUTIFULNESS	010	.161
C4_ACHIEVEMENT	181	.294
C5_SELF_DISCIPLIN ED	.279	024
C6_DELIBERATION	280	001
FFMQ_OBSERVE	.433	477
FFMQ DESCRIBE	110	113
FFMQ_AWARENESS	956	.276
FFMQ_NON_JUDGE	2.925	.054
FFMQ_NON_REACT	.054	1.881
KMO and Bartlett's Test

Kaiser-Meyer-Olki Sampling Adequac	n Measure of y.	.829
Bartlett's Test of Sphericity	Approx. Chi– Square	4121.460
	df	595
	Sig.	.000

		N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO
Anti-image	N1_ANXIETY	.298	005	052
Covariance	N2_ANGRY	005	.376	031
	N3_DEPRESSION	052	031	.220
	N4_SELF_CONSCIO USNESS	079	020	104
	N5_IMPULSIVENESS	.030	080	009
	N6_VULNERABLE	060	069	045
	E1_WARMTH	.016	.035	028
	E2_GREGARIOUSN ESS	026	.002	.006
	E3_ASSERTIVENESS	018	037	005
	E4_ACTIVITY	029	014	.049
	E5_EXCITEMENT	.043	022	.006
	E6_POSITIVE_EMO TIONS	035	019	004
	O1_FANTASY	029	025	025
	O2_AESTHETICS	040	.016	.019
	O3_FEELINGS	057	083	033
	04_ACTIONS	.038	.038	021
	O5_IDEAS	011	017	027
	O6_VALUES	007	.070	.046
	A1_TRUST	.036	003	.031
	A2_STRAIGHTFOR WARDNESS	045	.003	.030
	A3_ALTRUISM	060	.039	.042
	A4_COMPLIANCE	.003	.161	.005
	A5_MODESTY	.010	011	059
	A6_TENDER_MIND EDNESS	.026	.065	.019
	C1_COMPETENT	014	045	007
	C2_ORDER	010	.022	.010
	C3_DUTIFULNESS	.060	009	010
	C4_ACHIEVEMENT	001	.003	011
	C5_SELF_DISCIPLIN ED	.014	.002	.004
	C6_DELIBERATION	064	.034	.036

		N4_SELF_CONS CIOUSNESS	N5_IMPULSIVE NESS	N6_VULNERAB LE
Anti-image	N1 ANXIETY	079	.030	060
Covariance	N2 ANGRY	- 020	- 080	- 069
		104	.000	.005
	NA SELE CONSCIO	104	009	045
	USNESS	.345	101	.000
	N5_IMPULSIVENESS	101	.531	007
	N6_VULNERABLE	.000	007	.300
	E1 WARMTH	.016	056	.041
	E2_GREGARIOUSN ESS	.064	.006	065
	E3_ASSERTIVENESS	.063	.003	.054
	E4 ACTIVITY	037	.007	.026
	E5 EXCITEMENT	015	005	032
	E6_POSITIVE_EMO TIONS	.020	062	.043
	O1 FANTASY	.009	.032	.041
	O2 AFSTHETICS	- 008	- 040	008
		010	- 010	030
		.010	010	.030
	04_ACTIONS	007	.047	020
	O5_IDEAS	.028	.078	.021
	O6_VALUES	006	108	.002
	A1_TRUST	020	.035	028
	A2_STRAIGHTFOR WARDNESS	.010	.025	005
	A3_ALTRUISM	003	.023	022
	A4_COMPLIANCE	012	.007	055
	A5_MODESTY	.030	.040	017
	A6_TENDER_MIND EDNESS	027	045	033
	C1 COMPETENT	.040	.006	.034
	C2 ORDER	018	022	- 057
		- 033	- 006	029
		055	000	.025
	C4_ACHIEVEMEN I	.003	076	001
	C5_SELF_DISCIPLIN ED	.014	.069	.019
	C6_DELIBERATION	043	.034	010

Anti-image Matrices

		E1_WARMTH	E2_GREGARIO USNESS	E3_ASSERTIVE NESS
Anti-image	N1 ANXIETY	.016	026	018
Covariance	N2 ANCRY	035	.002	037
	N3 DEPRESSION	028	.006	005
	N4_SELF_CONSCIO USNESS	.016	.064	.063
	N5_IMPULSIVENESS	056	.006	.003
	N6_VULNERABLE	.041	065	.054
	E1 WARMTH	.355	133	051
	E2_GREGARIOUSN ESS	133	.372	046
	E3_ASSERTIVENESS	051	046	.429
	E4_ACTIVITY	046	050	012
	E5_EXCITEMENT	048	151	027
	E6_POSITIVE_EMO TIONS	071	031	.004
	O1 FANTASY	063	003	.029
	O2_AESTHETICS	.028	008	023
	O3 FEELINGS	022	.022	.022
	04 ACTIONS	023	.029	.012
	O5 IDEAS	.029	.093	024
	O6 VALUES	054	.040	034
	A1 TRUST	070	020	.013
	A2_STRAIGHTFOR WARDNESS	043	031	.092
	A3_ALTRUISM	041	.022	021
	A4_COMPLIANCE	033	.015	.083
	A5_MODESTY	023	.003	.081
	A6_TENDER_MIND EDNESS	027	024	.002
	C1_COMPETENT	.014	.044	017
	C2_ORDER	037	.060	.013
	C3_DUTIFULNESS	018	041	.001
	C4_ACHIEVEMENT	003	021	054
	C5_SELF_DISCIPLIN ED	.023	.042	008
	C6_DELIBERATION	045	010	.062
		A CONTRACTOR OF A CONTRACTOR O		1

Anti-image Matrices

		E4_ACTIVITY	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS
Anti-image	N1 ANXIETY	029	.043	035
Covariance	N2 ANCRY	- 014	- 022	- 019
		049	.022	.015
		.049	.000	004
	USNESS	037	015	.020
	N5_IMPULSIVENESS	.007	005	062
	N6_VULNERABLE	.026	032	.043
	E1 WARMTH	046	048	071
	E2_GREGARIOUSN ESS	050	151	031
	E3_ASSERTIVENESS	012	027	.004
	E4_ACTIVITY	.484	009	092
	E5 EXCITEMENT	009	.475	037
	E6_POSITIVE_EMO	092	037	.446
	O1 FANTASY	.059	.038	031
	02 AESTHETICS	027	- 018	.038
		031	006	- 005
		.031	.000	- 025
	OF IDEAS	037	018	023
	OS_IDEAS	004	144	.022
	O6_VALUES	014	.054	.004
	A1_TRUST A2_STRAIGHTFOR	.017	.041	048
	WARDNESS	.027	.023	043
	A3_ALTRUISM	.026	072	071
	A4_COMPLIANCE	001	.046	044
	A5_MODESTY	.019	.030	.072
	A6_TENDER_MIND EDNESS	.031	.052	006
	C1_COMPETENT	033	063	031
	C2 ORDER	.011	059	013
	C3 DUTIFULNESS	035	.080	.028
	C4_ACHIEVEMENT	103	.083	.077
	C5_SELF_DISCIPLIN ED	052	034	019
	C6_DELIBERATION	.125	.041	.028

Anti-image Matrices

			OD AESTUETI	
		O1 FANTASY	CS	O3 FEFLINGS
Anti-image	NI ANVIETV	020	0.4.0	05_122211103
Covariance		029	040	057
	NZ_ANGRY	025	.016	083
	N3_DEPRESSION	025	.019	033
	N4_SELF_CONSCIO USNESS	.009	008	.010
	N5_IMPULSIVENESS	.032	040	010
	N6_VULNERABLE	.041	.008	.030
	E1 WARMTH	063	.028	022
	E2_GREGARIOUSN ESS	003	008	.022
	E3_ASSERTIVENESS	.029	023	.022
	E4_ACTIVITY	.059	027	.031
	E5 EXCITEMENT	.038	018	.006
	E6_POSITIVE_EMO TIONS	031	.038	005
	O1 FANTASY	.506	092	065
	02 AESTHETICS	092	.495	071
	O3 FEELINGS	- 065	- 071	441
	04 ACTIONS	006	- 111	007
		- 106	- 105	039
		100	105	.055
	00_VALUES	011	.030	110
	A1_TROST A2_STRAIGHTFOR WARDNESS	.023	016	044
		- 017	045	- 044
		- 050	- 046	- 011
	AF MODESTV	030	0.040	043
	A6_TENDER_MIND	.013	055	097
	C1 COMPETENT	- 038	018	- 034
		.050	048	- 062
	C2_ORDER	057	.070	014
	C4_ACHIEVEMENT	.003	001	.009
	C5_SELF_DISCIPLIN ED	.011	045	.009
	C6_DELIBERATION	.046	020	.008

Anti-image Matrices

		O4_ACTIONS	O5_IDEAS	O6_VALUES	A1_TRUST
Anti-image	N1_ANXIETY	.038	011	007	.036
Covariance	N2_ANGRY	.038	017	.070	003
	N3_DEPRESSION	021	027	.046	.031
	N4_SELF_CONSCIO USNESS	007	.028	006	020
	N5_IMPULSIVENESS	.047	.078	108	.035
	N6_VULNERABLE	020	.021	.002	028
	E1_WARMTH	023	.029	054	070
	E2_GREGARIOUSN ESS	.029	.093	.040	020
	E3_ASSERTIVENESS	.012	024	034	.013
	E4_ACTIVITY	037	004	014	.017
	E5_EXCITEMENT	018	144	.054	.041
	E6_POSITIVE_EMO TIONS	025	.022	.004	048
	O1_FANTASY	.006	106	011	.023
	O2_AESTHETICS	111	105	.056	016
	O3_FEELINGS	.007	.039	116	044
	04_ACTIONS	.585	029	103	009
	O5_IDEAS	029	.553	144	021
	O6_VALUES	103	144	.598	.017
	A1_TRUST	009	021	.017	.552
	A2_STRAIGHTFOR WARDNESS	056	.007	.022	065
	A3_ALTRUISM	031	017	005	044
	A4_COMPLIANCE	.026	021	.016	070
	A5_MODESTY	.071	002	122	.018
	A6_TENDER_MIND EDNESS	018	032	.022	038
	C1_COMPETENT	012	.006	046	002
	C2_ORDER	.054	.038	.003	.041
	C3_DUTIFULNESS	.017	076	.059	.050
	C4_ACHIEVEMENT	.007	036	.028	025
	C5_SELF_DISCIPLIN ED	.009	.037	.022	034
	C6_DELIBERATION	.119	028	015	.044

Anti-image Matrices

			1	
		A2_STRAIGHT FORWARDNESS	A3_ALTRUISM	A4_COMPLIAN CE
Anti-image	N1 ANXIETY	045	060	.003
Covariance	N2 ANGRY	003	039	161
		030	042	005
		.050	.072	.005
	USNESS	.010	003	012
	N5_IMPULSIVENESS	.025	.023	.007
	N6_VULNERABLE	005	022	055
	E1 WARMTH	043	041	033
	E2_GREGARIOUSN ESS	031	.022	.015
	E3_ASSERTIVENESS	.092	021	.083
	E4 ACTIVITY	.027	.026	001
	E5 EXCITEMENT	.023	072	.046
	E6_POSITIVE_EMO TIONS	043	071	044
	O1 FANTASY	.119	017	050
	02 AFSTHETICS	- 016	.045	046
		- 034	- 044	- 011
		- 056	- 031	026
		050	051	.020
	OS_IDEAS	.007	017	021
	O6_VALUES	.022	005	.010
	A1_TRUST A2_STRAIGHTFOR	065	044	070
	WARDINESS	015	270	020
	A3_AL1 KUISM	.015	.370	039
	A4_COMPLIANCE	029	039	.433
	A5_MODESTY	159	084	.020
	A6_TENDER_MIND EDNESS	006	104	025
	C1_COMPETENT	032	037	.025
	C2_ORDER	.039	.081	.020
	C3 DUTIFULNESS	055	093	012
	C4_ACHIEVEMENT	003	031	.018
	C5_SELF_DISCIPLIN ED	008	023	003
	C6_DELIBERATION	.008	.039	040

Anti-image Matrices

			and the second	
		A5_MODESTY	A6_TENDER_M INDEDNESS	C1_COMPETE NT
Anti-image	N1 ANXIETY	.010	.026	014
Covariance	N2 ANGRY	011	.065	045
	N3 DEPRESSION	059	.019	007
	N4_SELF_CONSCIO	.030	027	.040
	N5_IMPULSIVENESS	.040	045	.006
	N6_VULNERABLE	017	033	.034
	E1_WARMTH	023	027	.014
	E2_GREGARIOUSN ESS	.003	024	.044
	E3_ASSERTIVENESS	.081	.002	017
	E4_ACTIVITY	.019	.031	033
	E5_EXCITEMENT	.030	.052	063
	E6_POSITIVE_EMO TIONS	.072	006	031
	O1_FANTASY	037	.013	038
	O2_AESTHETICS	.027	055	.018
	O3_FEELINGS	.043	097	034
	04_ACTIONS	.071	018	012
	O5 IDEAS	002	032	.006
	O6_VALUES	122	.022	046
	A1 TRUST	.018	038	002
	A2_STRAIGHTFOR WARDNESS	159	006	032
	A3_ALTRUISM	084	104	037
	A4_COMPLIANCE	.020	025	.025
	A5_MODESTY	.468	089	.018
	A6_TENDER_MIND EDNESS	089	.486	019
	C1_COMPETENT	.018	019	.384
	C2_ORDER	.047	018	.010
	C3 DUTIFULNESS	.001	.017	106
	C4_ACHIEVEMENT	.020	026	060
	C5_SELF_DISCIPLIN ED	040	.013	014
	C6_DELIBERATION	002	.051	099

Anti-image Matrices

		C2_ORDER	C3_DUTIFULNE SS	C4_ACHIEVEM ENT
Anti-image	N1_ANXIETY	010	.060	001
Covariance	N2 ANGRY	.022	009	.003
	N3 DEPRESSION	.010	010	011
	N4_SELF_CONSCIO USNESS	.018	033	.003
	N5_IMPULSIVENESS	.022	006	076
	N6_VULNERABLE	057	.029	001
	E1_WARMTH	037	018	003
	E2_GREGARIOUSN ESS	.060	041	021
	E3_ASSERTIVENESS	.013	.001	054
	E4_ACTIVITY	.011	035	103
	E5_EXCITEMENT	059	.080	.083
	E6_POSITIVE_EMO TIONS	013	.028	.077
	O1_FANTASY	057	.063	.020
	O2_AESTHETICS	.048	.033	001
	O3 FEELINGS	062	014	.009
	04 ACTIONS	.054	.017	.007
	O5_IDEAS	.038	076	036
	O6 VALUES	.003	.059	.028
	A1 TRUST	.041	.050	025
	A2_STRAIGHTFOR WARDNESS	.039	055	003
	A3_ALTRUISM	.081	093	031
	A4_COMPLIANCE	.020	012	.018
	A5 MODESTY	.047	.001	.020
	A6_TENDER_MIND EDNESS	018	.017	026
	C1_COMPETENT	.010	106	060
	C2_ORDER	.462	058	051
	C3_DUTIFULNESS	058	.432	004
	C4_ACHIEVEMENT	051	004	.345
	C5_SELF_DISCIPLIN ED	114	042	102
	C6_DELIBERATION	060	065	035

Anti-image Matrices

			C6 DELIBERAT	FEMO OBSERV
		PLINED	ION	E
Anti-image	N1_ANXIETY	.014	064	.021
Covariance	N2_ANGRY	.002	.034	.010
	N3_DEPRESSION	.004	.036	007
	N4_SELF_CONSCIO USNESS	.014	043	.034
	N5_IMPULSIVENESS	.069	.034	037
	N6_VULNERABLE	.019	010	028
	E1_WARMTH	.023	045	014
	E2_GREGARIOUSN ESS	.042	010	.046
	E3_ASSERTIVENESS	008	.062	007
	E4_ACTIVITY	052	.125	038
	E5_EXCITEMENT	034	.041	.031
	E6_POSITIVE_EMO TIONS	019	.028	087
	O1_FANTASY	.011	.046	084
	O2_AESTHETICS	045	020	159
	O3_FEELINGS	.009	.008	088
	04_ACTIONS	.009	.119	023
	O5_IDEAS	.037	028	039
	O6_VALUES	.022	015	.066
	A1_TRUST	034	.044	018
	A2_STRAIGHTFOR WARDNESS	008	.008	.016
	A3_ALTRUISM	023	.039	.015
	A4_COMPLIANCE	003	040	.050
	A5_MODESTY	040	002	031
	A6_TENDER_MIND EDNESS	.013	.051	.035
	C1_COMPETENT	014	099	.030
	C2_ORDER	114	060	.022
	C3_DUTIFULNESS	042	065	019
	C4_ACHIEVEMENT	102	035	036
	C5_SELF_DISCIPLIN ED	.247	028	.058
	C6_DELIBERATION	028	.453	066

Anti-image Matrices

		1		r
		FFMQ_DESCRIB E	FFMQ_AWARE NESS	FFMQ_NON_JU DGE
Anti-image	N1_ANXIETY	018	.021	.051
Covariance	N2 ANGRY	017	001	001
	N3 DEPRESSION	.037	016	.094
	N4_SELF_CONSCIO USNESS	.004	006	039
	N5_IMPULSIVENESS	011	.031	.007
	N6_VULNERABLE	.016	.038	.030
	E1 WARMTH	.027	020	.056
	E2_GREGARIOUSN ESS	055	035	041
	E3_ASSERTIVENESS	077	011	.003
	E4 ACTIVITY	.000	.030	.073
	E5 EXCITEMENT	.042	.053	014
	E6_POSITIVE_EMO TIONS	.009	.003	062
	O1 FANTASY	031	.086	091
	O2 AESTHETICS	.014	011	.027
	O3 FEELINGS	070	009	029
	04 ACTIONS	026	017	068
	O5 IDEAS	060	050	.014
	O6 VALUES	.001	054	.051
	A1 TRUST	.032	.029	044
	A2_STRAIGHTFOR WARDNESS	037	005	023
	A3_ALTRUISM	.007	.033	.024
	A4_COMPLIANCE	.038	029	.020
	A5_MODESTY	028	004	.000
	A6_TENDER_MIND EDNESS	.003	.005	.012
	C1_COMPETENT	033	061	.027
	C2_ORDER	036	002	.018
	C3 DUTIFULNESS	030	.034	001
	C4_ACHIEVEMENT	001	019	021
	C5_SELF_DISCIPLIN ED	032	079	.023
	C6_DELIBERATION	.035	004	043

Anti-image Matrices

		and the second se
		FFMQ_NON_RE ACT
Anti-image	N1_ANXIETY	.074
Covariance	N2_ANGRY	.053
	N3_DEPRESSION	.026
	N4_SELF_CONSCIO USNESS	080
	N5_IMPULSIVENESS	.031
	N6_VULNERABLE	.106
	E1_WARMTH	.016
	E2_GREGARIOUSN ESS	043
	E3_ASSERTIVENESS	.034
	E4_ACTIVITY	.021
	E5 EXCITEMENT	039
	E6_POSITIVE_EMO TIONS	.019
	O1_FANTASY	.010
	O2 AESTHETICS	.015
	O3 FEELINGS	.036
	O4 ACTIONS	.036
	O5 IDEAS	.014
	O6 VALUES	.008
	A1 TRUST	.009
	A2_STRAIGHTFOR WARDNESS	.043
	A3_ALTRUISM	.027
	A4_COMPLIANCE	049
	A5_MODESTY	.007
	A6_TENDER_MIND EDNESS	.002
	C1_COMPETENT	100
	C2_ORDER	003
	C3_DUTIFULNESS	.037
	C4_ACHIEVEMENT	.054
	C5_SELF_DISCIPLIN ED	003
	C6_DELIBERATION	.000

		N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO N
	FFMQ_OBSERVE	.021	.010	007
	FFMQ_DESCRIBE	018	017	.037
	FFMQ_AWARENESS	.021	001	016
	FFMQ_NON_JUDGE	.051	001	.094
	FFMQ_NON_REACT	.074	.053	.026
Anti-image	N1_ANXIETY	.874 ^a	016	202
Correlation	N2_ANGRY	016	.829 ^a	107
	N3_DEPRESSION	202	107	.878 ^a
	N4_SELF_CONSCIO USNESS	247	057	377
	N5_IMPULSIVENESS	.076	179	026
	N6_VULNERABLE	201	206	175
	E1_WARMTH	.048	.096	101
	E2_GREGARIOUSN ESS	079	.006	.022
	E3_ASSERTIVENESS	050	092	015
	E4_ACTIVITY	076	032	.149
	E5_EXCITEMENT	.113	051	.019
	E6_POSITIVE_EMO TIONS	095	046	011
	O1_FANTASY	074	056	076
	O2_AESTHETICS	105	.037	.057
	O3 FEELINGS	157	204	106
	04 ACTIONS	.092	.080	057
	O5 IDEAS	026	037	077
	O6 VALUES	016	.147	.127
	A1 TRUST	.090	006	.089
	A2_STRAIGHTFOR WARDNESS	119	.008	.093
	A3_ALTRUISM	181	.105	.147
	A4 COMPLIANCE	.008	.398	.016
	A5 MODESTY	.028	025	185
	A6_TENDER_MIND EDNESS	.069	.152	.057
	C1 COMPETENT	041	119	024
	C2 ORDER	026	.052	.032
	C3 DUTIFULNESS	.168	023	034
	C4_ACHIEVEMENT	004	.008	041
	C5_SELF_DISCIPLIN ED	.050	.007	.019
	C6_DELIBERATION	175	.082	.115
	FFMQ_OBSERVE	.053	.023	020

Anti-image Matrices

		N4_SELF_CONS CIOUSNESS	N5_IMPULSIVE NESS	N6_VULNERAB LE
	FFMQ_OBSERVE	.034	037	028
	FFMQ_DESCRIBE	.004	011	.016
	FFMQ_AWARENESS	006	.031	.038
	FFMQ_NON_JUDGE	039	.007	.030
	FFMQ_NON_REACT	080	.031	.106
Anti-image	N1_ANXIETY	247	.076	201
Correlation	N2_ANGRY	057	179	206
	N3_DEPRESSION	377	026	175
	N4_SELF_CONSCIO USNESS	.871 ^a	236	001
	N5_IMPULSIVENESS	236	.839 ^a	018
	N6_VULNERABLE	001	018	.887 ^a
	E1_WARMTH	.047	130	.124
	E2_GREGARIOUSN ESS	.180	.015	194
	E3_ASSERTIVENESS	.165	.006	.149
	E4 ACTIVITY	090	.015	.069
	E5 EXCITEMENT	036	010	084
	E6_POSITIVE_EMO TIONS	.051	127	.117
	O1_FANTASY	.021	.061	.105
	O2_AESTHETICS	020	078	.021
	O3_FEELINGS	.025	021	.082
	04_ACTIONS	016	.085	048
	O5_IDEAS	.063	.144	.051
	O6_VALUES	013	192	.004
	A1_TRUST	046	.065	070
	A2_STRAIGHTFOR WARDNESS	.025	.049	013
	A3_ALTRUISM	008	.052	068
	A4_COMPLIANCE	032	.014	153
	A5_MODESTY	.074	.081	045
	A6_TENDER_MIND EDNESS	067	088	086
	C1_COMPETENT	.111	.014	.101
	C2_ORDER	.044	.043	153
	C3_DUTIFULNESS	086	014	.080
	C4_ACHIEVEMENT	.008	178	004
	C5_SELF_DISCIPLIN ED	.049	.190	.071
	C6_DELIBERATION	109	.069	027
	FFMQ_OBSERVE	.083	071	072

		E1_WARMTH	E2_GREGARIO USNESS	E3_ASSERTIVE NESS
	FFMQ_OBSERVE	014	.046	007
	FFMQ_DESCRIBE	.027	055	077
	FFMQ_AWARENESS	020	035	011
	FFMQ_NON_JUDGE	.056	041	.003
	FFMQ_NON_REACT	.016	043	.034
Anti-image	N1_ANXIETY	.048	079	050
Correlation	N2_ANGRY	.096	.006	092
	N3_DEPRESSION	101	.022	015
	N4_SELF_CONSCIO USNESS	.047	.180	.165
	N5_IMPULSIVENESS	130	.015	.006
	N6_VULNERABLE	.124	194	.149
	E1_WARMTH	.834 ^a	365	132
	E2_GREGARIOUSN ESS	365	.737 ^a	116
	E3_ASSERTIVENESS	132	116	.865 ^a
	E4_ACTIVITY	112	118	027
	E5_EXCITEMENT	118	360	060
	E6_POSITIVE_EMO TIONS	179	077	.009
	O1_FANTASY	148	006	.062
	O2_AESTHETICS	.068	020	051
	O3_FEELINGS	057	.054	.050
	04_ACTIONS	050	.063	.024
	O5_IDEAS	.064	.206	049
	O6_VALUES	118	.085	068
	A1_TRUST	159	044	.027
	A2_STRAIGHTFOR WARDNESS	106	073	.203
	A3_ALTRUISM	112	.060	052
	A4_COMPLIANCE	083	.038	.193
	A5_MODESTY	056	.007	.181
	A6_TENDER_MIND EDNESS	065	057	.005
	C1_COMPETENT	.038	.116	043
	C2_ORDER	092	.145	.028
	C3_DUTIFULNESS	046	103	.002
	C4_ACHIEVEMENT	008	059	141
	C5_SELF_DISCIPLIN ED	.076	.139	024
	C6_DELIBERATION	112	025	.141
	FFMQ_OBSERVE	034	.106	015

Anti-image Matrices

		E4_ACTIVITY	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS
	FFMQ_OBSERVE	038	.031	087
	FFMQ_DESCRIBE	.000	.042	.009
	FFMQ_AWARENESS	.030	.053	.003
	FFMQ_NON_JUDGE	.073	014	062
	FFMQ_NON_REACT	.021	039	.019
Anti-image	N1_ANXIETY	076	.113	095
Correlation	N2_ANGRY	032	051	046
	N3_DEPRESSION	.149	.019	011
	N4_SELF_CONSCIO USNESS	090	036	.051
	N5_IMPULSIVENESS	.015	010	127
	N6_VULNERABLE	.069	084	.117
	E1_WARMTH	112	118	179
	E2_GREGARIOUSN ESS	118	360	077
	E3_ASSERTIVENESS	027	060	.009
	E4_ACTIVITY	.811 ^a	019	199
	E5_EXCITEMENT	019	.702 ^a	081
	E6_POSITIVE_EMO TIONS	199	081	.853 ^a
	O1_FANTASY	.118	.077	066
	O2_AESTHETICS	056	037	.081
	O3_FEELINGS	.067	.013	011
	04_ACTIONS	069	034	048
	O5_IDEAS	008	280	.044
	O6_VALUES	026	.101	.007
	A1_TRUST	.033	.080	097
	A2_STRAIGHTFOR WARDNESS	.055	.048	093
	A3_ALTRUISM	.062	172	174
	A4_COMPLIANCE	003	.101	099
	A5_MODESTY	.040	.063	.158
	A6_TENDER_MIND EDNESS	.064	.109	014
	C1_COMPETENT	076	148	074
	C2_ORDER	.023	126	029
	C3_DUTIFULNESS	076	.177	.064
	C4_ACHIEVEMENT	251	.206	.196
	C5_SELF_DISCIPLIN ED	151	099	059
	C6_DELIBERATION	.267	.088	.063
	FFMQ_OBSERVE	076	.064	185

Anti-image Matrices

		O1_FANTASY	O2_AESTHETI CS	O3_FEELINGS
F	FMO OBSERVE	084	159	088
F	EMO DESCRIBE	- 031	014	- 070
F	EMO AWARENESS	.031	.011	.070
- 4	INIQ_AWAREITESS	.086	011	009
F	FMQ_NON_JUDGE	091	.027	029
F	FMQ_NON_REACT	.010	.015	.036
Anti-image N	1_ANXIETY	074	105	157
Correlation	2_ANGRY	056	.037	204
Ν	3_DEPRESSION	076	.057	106
N	14_SELF_CONSCIO JSNESS	.021	020	.025
Ν	15_IMPULSIVENESS	.061	078	021
Ν	6 VULNERABLE	.105	.021	.082
E	1 WARMTH	148	.068	057
E	2_GREGARIOUSN	006	020	.054
E	3_ASSERTIVENESS	.062	051	.050
F	4 ACTIVITY	.118	056	.067
F	5 EXCITEMENT	077	- 037	013
E	6_POSITIVE_EMO	066	.081	011
	1 FANTASY	725a	_ 184	- 137
	DI_FANTAST	./ 55	104 772a	157
	2_ALSTITETICS	104	.//5	1J2
	ACTIONS	157	132	.022
C	D4_ACTIONS	.011	207	.015
C	DS_IDEAS	201	200	.079
C	D6_VALUES	020	.104	226
A	2_STRAIGHTFOR	.043	031	089
v	VARDINESS		105	100
А	3_ALTRUISM	039	.105	109
Α	4_COMPLIANCE	107	099	025
Α	5_MODESTY	077	.056	.094
β	6_TENDER_MIND DNESS	.026	112	210
C	C1_COMPETENT	086	.041	083
C	2_ORDER	118	.100	137
C	3_DUTIFULNESS	.136	.072	033
C	C4_ACHIEVEMENT	.048	002	.022
C	5_SELF_DISCIPLIN	.032	129	.026
C	C6_DELIBERATION	.096	042	.017
F	FMQ_OBSERVE	166	320	187

			the second s		
		O4_ACTIONS	O5_IDEAS	O6_VALUES	A1_TRUST
	FFMQ_OBSERVE	023	039	.066	018
	FFMQ_DESCRIBE	026	060	.001	.032
	FFMQ_AWARENESS	017	050	054	.029
	FFMQ_NON_JUDGE	068	.014	.051	044
	FFMQ_NON_REACT	.036	.014	.008	.009
Anti-image	N1_ANXIETY	.092	026	016	.090
Correlation	N2_ANGRY	.080	037	.147	006
	N3_DEPRESSION	057	077	.127	.089
	N4_SELF_CONSCIO USNESS	016	.063	013	046
	N5_IMPULSIVENESS	.085	.144	192	.065
	N6_VULNERABLE	048	.051	.004	070
	E1_WARMTH	050	.064	118	159
	E2_GREGARIOUSN ESS	.063	.206	.085	044
	E3_ASSERTIVENESS	.024	049	068	.027
	E4_ACTIVITY	069	008	026	.033
	E5_EXCITEMENT	034	280	.101	.080
	E6_POSITIVE_EMO TIONS	048	.044	.007	097
	O1_FANTASY	.011	201	020	.043
	O2_AESTHETICS	207	200	.104	031
	O3_FEELINGS	.013	.079	226	089
	O4_ACTIONS	.835 ^a	051	174	016
	O5_IDEAS	051	.731 ^a	250	038
	O6_VALUES	174	250	.706 ^a	.030
	A1_TRUST	016	038	.030	.901 ^a
	A2_STRAIGHTFOR WARDNESS	106	.014	.041	127
	A3_ALTRUISM	066	037	010	097
	A4_COMPLIANCE	.051	044	.032	142
	A5_MODESTY	.135	003	231	.035
	A6_TENDER_MIND EDNESS	033	062	.041	074
	C1_COMPETENT	025	.013	097	004
	C2_ORDER	.105	.076	.005	.081
	C3_DUTIFULNESS	.034	155	.116	.103
	C4_ACHIEVEMENT	.014	082	.061	057
	C5_SELF_DISCIPLIN ED	.025	.099	.056	093
	C6_DELIBERATION	.231	057	029	.088
	FFMO OBSERVE	043	074	.122	034

Anti-image Matrices

		A2_STRAIGHT FORWARDNESS	A3_ALTRUISM	A4_COMPLIAN CE
	FFMQ_OBSERVE	.016	.015	.050
	FFMQ_DESCRIBE	037	.007	.038
	FFMQ_AWARENESS	005	.033	029
	FFMQ_NON_JUDGE	023	.024	.020
	FFMQ_NON_REACT	.043	.027	049
Anti-image	N1_ANXIETY	119	181	.008
Correlation	N2_ANGRY	.008	.105	.398
	N3_DEPRESSION	.093	.147	.016
	N4_SELF_CONSCIO USNESS	.025	008	032
	N5_IMPULSIVENESS	.049	.052	.014
	N6_VULNERABLE	013	068	153
	E1_WARMTH	106	112	083
	E2_GREGARIOUSN ESS	073	.060	.038
	E3_ASSERTIVENESS	.203	052	.193
	E4_ACTIVITY	.055	.062	003
	E5_EXCITEMENT	.048	172	.101
	E6_POSITIVE_EMO TIONS	093	174	099
	O1_FANTASY	.243	039	107
	O2_AESTHETICS	032	.105	099
	O3_FEELINGS	075	109	025
	04_ACTIONS	106	066	.051
	O5_IDEAS	.014	037	044
	O6_VALUES	.041	010	.032
	A1_TRUST	127	097	142
	A2_STRAIGHTFOR WARDNESS	.807 ^a	.035	064
	A3_ALTRUISM	.035	.833 ^a	097
	A4_COMPLIANCE	064	097	.801 ^a
	A5_MODESTY	337	202	.044
	A6_TENDER_MIND EDNESS	012	245	054
	C1_COMPETENT	075	098	.061
	C2_ORDER	.084	.197	.044
	C3_DUTIFULNESS	121	234	027
	C4_ACHIEVEMENT	007	087	.046
	C5_SELF_DISCIPLIN ED	024	076	010
	C6_DELIBERATION	.017	.095	089
	FFMQ_OBSERVE	.033	.035	.107

Anti-image Matrices

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		A5_MODESTY	A6_TENDER_M INDEDNESS	C1_COMPETE NT
	FFMQ_OBSERVE	031	.035	.030
	FFMQ_DESCRIBE	028	.003	033
	FFMQ_AWARENESS	004	.005	061
	FFMQ_NON_JUDGE	.000	.012	.027
	FFMQ_NON_REACT	.007	.002	100
Anti-image	N1_ANXIETY	.028	.069	041
Correlation	N2_ANGRY	025	.152	119
	N3_DEPRESSION	185	.057	024
	N4_SELF_CONSCIO USNESS	.074	067	.111
	N5_IMPULSIVENESS	.081	088	.014
	N6_VULNERABLE	045	086	.101
	E1_WARMTH	056	065	.038
	E2_GREGARIOUSN ESS	.007	057	.116
	E3_ASSERTIVENESS	.181	.005	043
	E4_ACTIVITY	.040	.064	076
	E5_EXCITEMENT	.063	.109	148
	E6_POSITIVE_EMO TIONS	.158	014	074
	O1_FANTASY	077	.026	086
	O2_AESTHETICS	.056	112	.041
	O3_FEELINGS	.094	210	083
	O4_ACTIONS	.135	033	025
	O5_IDEAS	003	062	.013
	O6_VALUES	231	.041	097
	A1_TRUST	.035	074	004
	A2_STRAIGHTFOR WARDNESS	337	012	075
	A3_ALTRUISM	202	245	098
	A4_COMPLIANCE	.044	054	.061
	A5_MODESTY	.760 ^a	186	.043
	A6_TENDER_MIND EDNESS	186	.871 ^a	044
	C1_COMPETENT	.043	044	.877 ^a
	C2_ORDER	.101	038	.023
	C3_DUTIFULNESS	.003	.037	261
	C4_ACHIEVEMENT	.051	064	165
	C5_SELF_DISCIPLIN ED	119	.039	046
	C6_DELIBERATION	005	.108	238
	FFMQ_OBSERVE	063	.072	.068

Anti-image Matrices

		C2 ORDER	C3_DUTIFULNE SS	C4_ACHIEVEM ENT
	FFMO OBSERVE	.022	019	036
	FFMO DESCRIBE	036	030	001
	FFMQ_AWARENESS	002	.034	019
	FFMQ_NON_JUDGE	.018	001	021
	FFMQ_NON_REACT	003	.037	.054
Anti-image	N1_ANXIETY	026	.168	004
Correlation	N2_ANGRY	.052	023	.008
	N3_DEPRESSION	.032	034	041
	N4_SELF_CONSCIO USNESS	.044	086	.008
	N5_IMPULSIVENESS	.043	014	178
	N6_VULNERABLE	153	.080	004
	E1_WARMTH	092	046	008
	E2_GREGARIOUSN ESS	.145	103	059
	E3_ASSERTIVENESS	.028	.002	141
	E4_ACTIVITY	.023	076	251
	E5_EXCITEMENT	126	.177	.206
	E6_POSITIVE_EMO TIONS	029	.064	.196
	O1_FANTASY	118	.136	.048
	O2_AESTHETICS	.100	.072	002
	O3_FEELINGS	137	033	.022
	O4_ACTIONS	.105	.034	.014
	O5_IDEAS	.076	155	082
	O6_VALUES	.005	.116	.061
	A1_TRUST	.081	.103	057
	A2_STRAIGHTFOR WARDNESS	.084	121	007
	A3_ALTRUISM	.197	234	087
	A4_COMPLIANCE	.044	027	.046
	A5_MODESTY	.101	.003	.051
	A6_TENDER_MIND EDNESS	038	.037	064
	C1_COMPETENT	.023	261	165
	C2_ORDER	.803 ^a	131	129
	C3_DUTIFULNESS	131	.851 ^a	011
	C4_ACHIEVEMENT	129	011	.842 ^a
	C5_SELF_DISCIPLIN ED	338	130	349
	C6_DELIBERATION	132	146	087
	FFMQ_OBSERVE	.046	042	088

		C5_SELF_DISCI PLINED	C6_DELIBERAT ION	FFMQ_OBSERV E
	FFMQ_OBSERVE	.058	066	.500
	FFMQ_DESCRIBE	032	.035	050
	FFMQ_AWARENESS	079	004	064
	FFMQ_NON_JUDGE	.023	043	.074
	FFMQ_NON_REACT	003	.000	127
Anti-image	N1_ANXIETY	.050	175	.053
Correlation	N2_ANGRY	.007	.082	.023
	N3_DEPRESSION	.019	.115	020
	N4_SELF_CONSCIO USNESS	.049	109	.083
	N5_IMPULSIVENESS	.190	.069	071
	N6_VULNERABLE	.071	027	072
	E1_WARMTH	.076	112	034
	E2_GREGARIOUSN ESS	.139	025	.106
	E3_ASSERTIVENESS	024	.141	015
	E4_ACTIVITY	151	.267	076
	E5_EXCITEMENT	099	.088	.064
	E6_POSITIVE_EMO TIONS	059	.063	185
	O1_FANTASY	.032	.096	166
	O2_AESTHETICS	129	042	320
	O3_FEELINGS	.026	.017	187
	04_ACTIONS	.025	.231	043
	O5_IDEAS	.099	057	074
	O6_VALUES	.056	029	.122
	A1_TRUST	093	.088	034
	A2_STRAIGHTFOR WARDNESS	024	.017	.033
	A3_ALTRUISM	076	.095	.035
	A4_COMPLIANCE	010	089	.107
	A5_MODESTY	119	005	063
	A6_TENDER_MIND EDNESS	.039	.108	.072
	C1_COMPETENT	046	238	.068
	C2_ORDER	338	132	.046
	C3_DUTIFULNESS	130	146	042
	C4_ACHIEVEMENT	349	087	088
	C5_SELF_DISCIPLIN ED	.862 ^a	085	.165
	C6_DELIBERATION	085	.758 ^a	138
	FFMQ_OBSERVE	.165	138	.693 ^a

Anti-image Matrices

and the second		the state of the	and the second	the second se
		FFMQ_DESCRIB E	FFMQ_AWARE NESS	FFMQ_NON_JU DGE
	FFMQ_OBSERVE	050	064	.074
	FFMQ_DESCRIBE	.641	003	024
	FFMQ_AWARENESS	003	.413	135
	FFMQ_NON_JUDGE	024	135	.342
	FFMQ_NON_REACT	039	.061	.010
Anti-image	N1_ANXIETY	041	.061	.160
Correlation	N2_ANGRY	034	001	004
	N3_DEPRESSION	.098	052	.341
	N4_SELF_CONSCIO USNESS	.008	016	112
	N5_IMPULSIVENESS	018	.066	.015
	N6_VULNERABLE	.036	.108	.093
	E1_WARMTH	.057	053	.160
	E2_GREGARIOUSN ESS	113	089	114
	E3_ASSERTIVENESS	147	027	.008
	E4_ACTIVITY	001	.068	.179
	E5_EXCITEMENT	.077	.121	035
	E6_POSITIVE_EMO TIONS	.016	.007	158
	O1_FANTASY	054	.189	220
	O2_AESTHETICS	.026	025	.066
	O3_FEELINGS	131	022	076
	04 ACTIONS	043	034	151
	O5 IDEAS	101	104	.033
	O6 VALUES	.002	109	.113
	A1 TRUST	.053	.061	102
	A2_STRAIGHTFOR WARDNESS	066	011	056
	A3_ALTRUISM	.015	.085	.068
	A4 COMPLIANCE	.071	067	.053
	A5 MODESTY	051	010	001
	A6_TENDER_MIND EDNESS	.005	.012	.029
	C1 COMPETENT	067	153	.076
	C2 ORDER	066	004	.047
	C3 DUTIFULNESS	057	.080	004
	C4_ACHIEVEMENT	003	052	062
	C5_SELF_DISCIPLIN ED	081	249	.081
	C6_DELIBERATION	.065	010	110
	FFMQ OBSERVE	089	141	.179

Anti-image Matrices

Anti-image Matrices

		FFMQ_NON_RE
	FFMQ_OBSERVE	127
	FFMQ_DESCRIBE	039
	FFMQ_AWARENESS	.061
	FFMQ_NON_JUDGE	.010
	FFMQ_NON_REACT	.532
Anti-image	N1_ANXIETY	.187
Correlation	N2_ANGRY	.118
	N3_DEPRESSION	.075
	N4_SELF_CONSCIO USNESS	188
	N5_IMPULSIVENESS	.058
	N6 VULNERABLE	.266
	E1 WARMTH	.038
	E2_GREGARIOUSN ESS	098
	E3_ASSERTIVENESS	.072
	E4 ACTIVITY	.041
	E5 EXCITEMENT	077
	E6_POSITIVE_EMO	.039
	O1 FANTASY	.019
	O2_AESTHETICS	.030
	O3_FEELINGS	.074
	04_ACTIONS	.065
	O5 IDEAS	.025
	O6_VALUES	.015
	A1_TRUST	.016
	A2_STRAIGHTFOR WARDNESS	.085
	A3_ALTRUISM	.060
	A4_COMPLIANCE	103
	A5_MODESTY	.014
	A6_TENDER_MIND EDNESS	.003
	C1_COMPETENT	220
	C2_ORDER	006
	C3_DUTIFULNESS	.077
	C4_ACHIEVEMENT	.126
	C5_SELF_DISCIPLIN ED	009
	C6_DELIBERATION	001
	FFMQ_OBSERVE	246

	N1_ANXIETY	N2_ANGRY	N3_DEPRESSIO N
FFMQ_DESCRIBE	041	034	.098
FFMQ_AWARENESS	.061	001	052
FFMQ_NON_JUDGE	.160	004	.341
FFMQ_NON_REACT	.187	.118	.075

Anti-image Matrices

	N4_SELF_CONS CIOUSNESS	N5_IMPULSIVE NESS	N6_VULNERAB LE
FFMQ_DESCRIBE	.008	018	.036
FFMQ_AWARENESS	016	.066	.108
FFMQ_NON_JUDGE	112	.015	.093
FFMQ_NON_REACT	188	.058	.266

Anti-image Matrices

	E1_WARMTH	E2_GREGARIO USNESS	E3_ASSERTIVE NESS
FFMQ_DESCRIBE	.057	113	147
FFMQ_AWARENESS	053	089	027
FFMQ_NON_JUDGE	.160	114	.008
FFMQ_NON_REACT	.038	098	.072

	E4_ACTIVITY	E5_EXCITEME NT	E6_POSITIVE_E MOTIONS
FFMQ_DESCRIBE	001	.077	.016
FFMQ_AWARENESS	.068	.121	.007
FFMQ_NON_JUDGE	.179	035	158
FFMQ_NON_REACT	.041	077	.039

	O1_FANTASY	O2_AESTHETI CS	O3_FEELINGS
FFMQ_DESCRIBE	054	.026	131
FFMQ_AWARENESS	.189	025	022
FFMQ_NON_JUDGE	220	.066	076
FFMQ_NON_REACT	.019	.030	.074

Anti-image Matrices

	O4_ACTIONS	O5_IDEAS	O6_VALUES	A1_TRUST
FFMQ_DESCRIBE	043	101	.002	.053
FFMQ_AWARENESS	034	104	109	.061
FFMQ_NON_JUDGE	151	.033	.113	102
FFMQ_NON_REACT	.065	.025	.015	.016

Anti-image Matrices

	A2_STRAIGHT FORWARDNESS	A3_ALTRUISM	A4_COMPLIAN CE
FFMQ_DESCRIBE	066	.015	.071
FFMQ_AWARENESS	011	.085	067
FFMQ_NON_JUDGE	056	.068	.053
FFMQ_NON_REACT	.085	.060	103

	A5_MODESTY	A6_TENDER_M INDEDNESS	C1_COMPETE NT
FFMQ_DESCRIBE	051	.005	067
FFMQ_AWARENESS	010	.012	153
FFMQ_NON_JUDGE	001	.029	.076
FFMQ_NON_REACT	.014	.003	220

	C2_ORDER	C3_DUTIFULNE SS	C4_ACHIEVEM ENT
FFMQ_DESCRIBE	066	057	003
FFMQ_AWARENESS	004	.080	052
FFMQ_NON_JUDGE	.047	004	062
FFMQ_NON_REACT	006	.077	.126

Anti-image Matrices

	C5_SELF_DISCI PLINED	C6_DELIBERAT ION	FFMQ_OBSERV E
FFMQ_DESCRIBE	081	.065	089
FFMQ_AWARENESS	249	010	141
FFMQ_NON_JUDGE	.081	110	.179
FFMQ_NON_REACT	009	001	246

Anti-image Matrices

	FFMQ_DESCRIB E	FFMQ_AWARE NESS	FFMQ_NON_JU DGE
FFMQ_DESCRIBE	.916 ^a	006	052
FFMQ_AWARENESS	006	.872 ^a	359
FFMQ_NON_JUDGE	052	359	.807 ^a
FFMQ_NON_REACT	066	.129	.023

Anti-image Matrices

	FFMQ_NON_RE ACT
FFMQ_DESCRIBE	066
FFMQ_AWARENESS	.129
FFMQ_NON_JUDGE	.023
FFMQ_NON_REACT	.752 ^a

a. Measures of Sampling Adequacy(MSA)

Communalities

	Initial	Extraction
N1_ANXIETY	1.000	.725
N2_ANGRY	1.000	.652
N3_DEPRESSION	1.000	.792
N4_SELF_CONSCIO USNESS	1.000	.607
N5_IMPULSIVENESS	1.000	.437
N6_VULNERABLE	1.000	.713
E1_WARMTH	1.000	.660
E2_GREGARIOUSN ESS	1.000	.656
E3_ASSERTIVENESS	1.000	.656
E4_ACTIVITY	1.000	.521
E5_EXCITEMENT	1.000	.501
E6_POSITIVE_EMO TIONS	1.000	.572
O1_FANTASY	1.000	.549
O2_AESTHETICS	1.000	.565
O3_FEELINGS	1.000	.603
04_ACTIONS	1.000	.420
O5_IDEAS	1.000	.467
O6_VALUES	1.000	.295
A1_TRUST	1.000	.502
A2_STRAIGHTFOR WARDNESS	1.000	.572
A3_ALTRUISM	1.000	.657
A4_COMPLIANCE	1.000	.599
A5_MODESTY	1.000	.537
A6_TENDER_MIND EDNESS	1.000	.567
C1_COMPETENT	1.000	.633
C2_ORDER	1.000	.527
C3_DUTIFULNESS	1.000	.609
C4_ACHIEVEMENT	1.000	.688
C5_SELF_DISCIPLIN ED	1.000	.771
C6_DELIBERATION	1.000	.542
FFMQ_OBSERVE	1.000	.538
FFMQ_DESCRIBE	1.000	.400
FFMQ_AWARENESS	1.000	.541
FFMQ_NON_JUDGE	1.000	.568
FFMQ_NON_REACT	1.000	.413

Extraction Method: Principal Component Analysis.

	Initial Eigenvalues			Extraction S	ums of Squared
Component	Total	% of Variance	Cumulative %	Total	% of Variance
1	6.675	19.071	19.071	6.675	19.071
2	4.698	13.423	32.494	4.698	13.423
3	3.427	9.792	42.286	3.427	9.792
4	2.991	8.546	50.832	2.991	8.546
5	2.263	6.467	57.299	2.263	6.467
6	1.244	3.554	60.853		
7	1.026	2.932	63.785		
8	.990	2.830	66.615		
9	.955	2.730	69.344		
10	.851	2.431	71.775		
11	.747	2.135	73.910		
12	.693	1.979	75.889		
13	.636	1.817	77.706		
14	.606	1.731	79.437		
15	.578	1.650	81.088		
16	.542	1.549	82.636		
17	.529	1.511	84.147		
18	.502	1.434	85.581		
19	.468	1.337	86.919		
20	.449	1.283	88.201		
21	.413	1.181	89.383		
22	.387	1.105	90.487		
23	.376	1.075	91.562		
24	.361	1.032	92.594		
25	.329	.941	93.535		
26	.315	.899	94.434		
27	.283	.808	95.242		
28	.274	.784	96.026		
29	.252	.719	96.745		
30	.243	.695	97.440		
31	.213	.608	98.048		
32	.192	.548	98.596		
33	.181	.519	99.115		
34	.162	.462	99.576		
35	.148	.424	100.000		

Total Variance Explained

	Extraction Sums Rotation Sums of Squared Loadings				
Component	Cumulative %	Total	% of Variance	Cumulative %	
1	19.071	4.739	13.539	13.539	
2	32.494	4.441	12.689	26.228	
3	42.286	3.938	11.252	37.480	
4	50.832	3.657	10.450	47.929	
5	57.299	3.279	9.370	57.299	
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35					

Total Variance Explained

Extraction Method: Principal Component Analysis.



-	Component				
	1	2	3	4	5
N3_DEPRESSION	793				
N6_VULNERABLE	745				
N4_SELF_CONSCIO USNESS	725				
C5_SELF_DISCIPLIN ED	.694		.436		
FFMQ_AWARENESS	.681				
C1_COMPETENT	.654				
N1_ANXIETY	631				
FFMQ_NON_JUDGE	.605				
C3_DUTIFULNESS	.545		.483		
C4_ACHIEVEMENT	.530		.457		6
FFMQ_DESCRIBE	.508				
N5_IMPULSIVENESS	476				
E4_ACTIVITY	.445			.407	
A6_TENDER_MIND EDNESS		.691			
A3_ALTRUISM		.673			
O3_FEELINGS		.610			
E1_WARMTH		.601			
A1_TRUST		.517			
E6_POSITIVE_EMO TIONS		.500			
O2_AESTHETICS		.495			430
O6_VALUES		.476			
O4_ACTIONS		.456			
A5_MODESTY		.440	.427		
A2_STRAIGHTFOR WARDNESS		.427		427	
C6_DELIBERATION			.659		
E5_EXCITEMENT			598		
E2_GREGARIOUSN ESS			566		.440
C2_ORDER			.465		
N2_ANGRY	484			.584	
A4_COMPLIANCE		.468		561	
E3_ASSERTIVENESS	.437			.559	
FFMQ_OBSERVE				.443	429
O1_FANTASY		.470			487
FFMQ_NON_REACT					430
O5_IDEAS					403

Component Matrix^a

Extraction Method: Principal Component Analysis. a. 5 components extracted.

	Component				
	1	2	3	4	5
N3_DEPRESSION	.816				
N1_ANXIETY	.806				
N6_VULNERABLE	.750				
FFMQ_NON_JUDGE	739				
N4_SELF_CONSCIO USNESS	.628				
FFMQ_NON_REACT	616				
N2_ANGRY	.607		526		
N5_IMPULSIVENESS	.554				
C4_ACHIEVEMENT		.826			
C5_SELF_DISCIPLIN ED		.818			
C3_DUTIFULNESS		.742			
C1_COMPETENT		.734			
C2_ORDER		.677			
FFMQ_AWARENESS	509	.519			
FFMQ_DESCRIBE		.463			
A2_STRAIGHTFOR WARDNESS			.732		
A4_COMPLIANCE			.703		
A3_ALTRUISM			.688		
A6_TENDER_MIND EDNESS			.681		
A5_MODESTY			.648		
A1_TRUST			.588		
E2_GREGARIOUSN ESS				.759	
E5_EXCITEMENT				.677	
E6_POSITIVE_EMO TIONS				.646	
E1_WARMTH			.460	.645	
E4_ACTIVITY		.416		.584	
E3_ASSERTIVENESS			410	.583	
C6_DELIBERATION		.490		527	
O2_AESTHETICS					.746
FFMQ_OBSERVE					.727
O1_FANTASY					.715
O5_IDEAS					.653

Rotated Component Matrix^a

Rotated Component Matrix^a

	Component				
	1	2	3	4	5
O3_FEELINGS					.621
O6_VALUES					.423
O4_ACTIONS					.408

Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization.^a

a. Rotation converged in 6 iterations.

Component Transformation Matrix

Component	1	2	3	4	5
1	693	.594	.193	.348	.089
2	.260	191	.688	.317	.567
3	.271	.606	.286	681	.114
4	.381	.377	599	.320	.501
5	.483	.317	.220	.460	638

Extraction Method: Principal Component Analysis.

Rotation Method: Varimax with Kaiser Normalization.





	Component				
	1	2	3	4	5
N1_ANXIETY	.185	.044	.036	005	.024
N2_ANGRY	.158	.061	139	.076	.009
N3_DEPRESSION	.170	.012	014	022	.023
N4_SELF_CONSCIO USNESS	.111	013	.002	074	.021
N5_IMPULSIVENESS	.126	011	048	.083	.035
N6_VULNERABLE	.164	011	.053	.013	071
E1_WARMTH	.051	.016	.101	.178	015
E2_GREGARIOUSN ESS	.028	023	.041	.231	115
E3_ASSERTIVENESS	.021	.075	134	.169	.032
E4_ACTIVITY	.073	.108	035	.176	020
E5_EXCITEMENT	.007	035	047	.202	036
E6_POSITIVE_EMO TIONS	002	023	.046	.167	.032
O1_FANTASY	034	060	040	037	.241
O2_AESTHETICS	017	016	031	032	.244
O3_FEELINGS	.083	.062	.034	.001	.170
04_ACTIONS	066	076	.017	.067	.117
O5_IDEAS	036	.020	025	051	.217
O6_VALUES	003	.002	.063	022	.117
A1_TRUST	038	033	.143	.060	007
A2_STRAIGHTFOR WARDNESS	.024	.035	.204	.005	089
A3_ALTRUISM	.058	.045	.167	.083	008
A4_COMPLIANCE	069	066	.187	089	.008
A5_MODESTY	.057	.024	.182	068	036
A6_TENDER_MIND EDNESS	.035	.003	.165	.019	.033
C1_COMPETENT	.009	.166	.000	.005	.042
C2_ORDER	.049	.177	040	043	025
C3_DUTIFULNESS	.043	.183	.055	012	047
C4_ACHIEVEMENT	.071	.212	010	.016	007
C5_SELF_DISCIPLIN ED	.001	.187	.018	019	038
C6_DELIBERATION	009	.119	.043	163	005
FFMQ_OBSERVE	011	003	066	027	.245
FFMQ_DESCRIBE	014	.095	053	.035	.092
FFMQ_AWARENESS	087	.086	.005	039	.033
FFMQ_NON_JUDGE	174	042	001	016	.006
FFMQ_NON_REACT	175	077	047	061	.067

Component Score Coefficient Matrix

Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization. Component Scores.