



Mindful and Loving Resonance: Testing dose-response associations between the frequency (and duration) of meditation practice and people’s experiences of positivity resonance with others

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INTRO

- High-quality social relationships are associated with better mental^{35, 26, 19, 22} and physical^{14, 15, 2, 36} health
- Positivity resonance, a construct used to measure the quality of social connection, is associated with positive social and health outcomes^{23, 27, 4}
- Mindfulness meditation (MM) and Loving-Kindness meditation (LKM) are associated with increased positive emotions and decreased negative emotions,^{10, 39, 18, 41, 9} and increased social connectedness^{1, 16, 9}
- Thus, meditation practices show promise for bolstering positivity resonance

METHOD

1. Mid-life adult participants from low-SES childhoods (N=113) randomly assigned to 6-week MM (N=55) or LKM workshop (N=57) in randomized longitudinal study
2. Positivity resonance measured bi-weekly via Day Reconstruction Method
3. Meditation frequency and duration measured daily via self-reports
4. Utilized multi-level modeling to test associations between meditation practice and same-day positivity resonance

Unexpectedly, **meditating longer and more frequently than usual** was associated with **marginally lower positivity resonance**.

Furthermore, for people with high depression scores, **meditating more frequently than others** was associated with **significantly lower positivity resonance**. The effect for participants with average or below-average depression scores was non-significant.

DISCUSSION

- Findings may suggest trait-level differences between those who meditate more and those who meditate less
- Strengths: Longitudinal study with repeated assessments, studying a sample of low-SES participants
- Limitations: Unrepresentative sample, correlational study, only same-day analyses
- Future studies could examine the effects of meditation on positivity resonance across a longer time-span

RESULTS (IN-DEPTH)

Predictors	Duration Base Model		Controlling for Positive Emotions	
	Estimates	P	Estimates	P
Daily Medit. Duration (Person-Mean-Centered)	-0.03	0.054	-0.02	0.051
Medit. Duration Mean (Btwn-Person)	-0.00	0.912	-0.04	0.134
Predictors	Frequency Base Model		Controlling for Depression	
	Estimates	P	Estimates	P
Daily Medit. Frequency (Person-Mean-Centered)	-0.51	0.053	-1.02	0.032
Medit. Frequency Mean (Btwn-Person)	-0.20	0.734	2.34	0.047
Medit. Freq. Mean * Depression			-0.21	0.009*

REFERENCES

