**Supplementary material of “Association between meditative capacities and cognitive functions in healthy older adults naïve to meditation practice”** (Journal: *Mindfulness)*

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**Table S1.** Descriptive data: cognitive tests

|  |  |
| --- | --- |
| Cognitive tests | Raw scores: Mean ± SD (range) |
| Mattis Dementia Rating Scale | 141.0 ± 2.7 (130-144) |
| CVLT-II (sum of 5 trials) | 57.5 ± 8.1 (30-73) |
| CVLT-II (short term) | 12.0 ± 2.7 (5-16) |
| CVLT-II (long term) | 12.5 ± 2.7 (2-16) |
| Logical Memory (short term) | 14.6 ± 3.0 (2-22) |
| Logical Memory (long term) | 13.4 ± 3.5 (5-22) |
| Digit Span forward | 8.9 ± 2.4 (5-15) |
| Digit Span backward | 8.2 ± 1.95 (5-16) |
| Coding | 61.1 ± 12.5 (36-99) |
| Stroop naming 1 | 62.2 ± 9.6 (40-109) |
| Stroop interference-naming 1 | 50.5 ± 21.1 (13-146) |
| TMT A 1 | 35.9 ± 11.3 (16-70) |
| TMT B 1 | 83.8 ± 32.8 (35-239) |
| Phonemic fluency (P) | 22.8 ± 6.3 (5-41) |
| Categorical fluency (Animals) | 32.1 ± 7.6 (16-50) |

*Note.* SD: Standard Deviation, CVLT-II: California Verbal Leaning Test 2nd version, TMT: Trail Making Test, 1 Response time, *n*=134.

**Table S2.** Descriptive data: meditation questionnaires

|  |  |
| --- | --- |
| **Meditation questionnaire** | **Mean ± SD (range)** |
| **Multidimensional Assessment of Interoceptive Awareness**  Noticing  Attention Regulation  Emotional Awareness  Self-Regulation  Body Listening | 3.4 ± 1.1 (0-5)  2.8 ± 0.9 (0-5)  3.5 ± 1.0 (0-5)  3.1 ± 1.0 (0-5)  2.5 ± 1.2 (0-5) |
| **15-item Five Facet Mindfulness Questionnaire**  Observing  Acting with Awareness  Non-Judging  Non-Reactivity | 9.5 ± 2.9 (3-15)  11.7 ± 2.2 (6-15)  11.6 ± 2.3 (4-15)  9.7 ± 2.3 (4-15) |
| **Interpersonal Reactivity Index**  Perspective Taking  Empathic Concern  Personal Distress | 17.4 ± 3.4 (9-28)  19.9 ± 4.2 (8-28)  10.3 ± 5.2 (0-26) |
| **Compassionate Love Scale** | 90.6 ± 21.2 (41-147) |
| **Prosocialness** | 60.4 ± 8.3 (36-80) |
| **Drexel Defusion Scale** | 34.4 ± 5.6 (19-48) |

*Note.* SD: Standard Deviation, *n*=134.

**Table S3.** Descriptive data : affective / personality questionnaires

|  |  |
| --- | --- |
| **Anxiety and Depression Questionnaires** | **Mean ± SD (range)** |
| **STAI-B** | 34.6 ± 7.0 (20-54) |
| **GDS** | 1.3 ± 1.7 (0-11) |
| **Neuroticism** | 2.3 ± 0.7 (1-3) |

*Note.* SD: Standard Deviation, STAI: State Trait Anxiety Inventory, GDS: Geriatric Depression Scale, *n*=134.

**Correlations analyses between affective variables**

We noted a correlation between depression and anxiety (r=.41, p<.001), between neuroticism and anxiety (r=.71, p<.001), between neuroticism and depression (r=.39, p<.001), and between age and education (r=-.18, p<.05).

**Figure S4.** Correlation plot between deconstructive capacity and Preclinical Alzheimer’s Cognitive Composite (PACC5).

