**MBCEPP course 2 evaluation**

21 people completed the course. But note that for the data analysis n=17 rather than 21 as only 17 people completed the second survey.

|  |  |
| --- | --- |
| **Sex** |  |
| Female | 15 |
| Male | 6 |
|  |  |
| **Age** |  |
| 18-24 | 4 |
| 25-34 | 9 |
| 35-44 | 6 |
| 45-54 | 1 |
| 55-64 | 1 |
|  |  |
| **Highest qualification** |  |
| Undergraduate degree/equivalent professional qualification | 8 |
| Postgraduate degree/postgraduate professional qualification | 12 |
| Other (4 yr undergrad masters) | 1 |
|  |  |
| **Income** |  |
| £20,000-£29,999 | 2 |
| £30,000-£39,999 | 3 |
| £40,000-£49,999 | 5 |
| Over £50,000 | 10 |
| Prefer not to say | 1 |

17 people completed both survey 1 and 2 and we therefore have ‘before’ and ‘after’ measures for them

**Question 1**

This table compares the scores given for each statement on questionnaire 1 with questionnaire 2 (n=17).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Mean (SD) Q1 | Mean (SD) Q2 | 2 tailed p value |
| (a) I am aware that my mind often works on ‘automatic pilot’ | 7.8 (1.8) | 8.8 (0.7) | .011 |
| (b) I am aware of how the surrounding environment can affect my behaviour | 8.4 (1.0) | 8.5 (1.1) | .805 |
| (c) I am aware of how different emotions can affect my behaviour | 8.4 (1.5) | 9.0 (0.8) | .047 |
| (d) I am aware of how mental shortcuts (such as confirmation bias and future discounting) can affect my behaviour | 6.7 (1.9) | 8.3 (1.5) | .005 |
| (e) I am aware of how my values and beliefs can affect my behaviour | 7.8 (1.2) | 8.9 (1.0) | .006 |
| (f) I am aware of how social norms can affect my behaviour | 7.9 (1.1) | 9.0 (0.8) | .003 |
| (g) I understand why others find changing their behaviour difficult | 8.4 (1.1) | 8.7 (1.3) | .477 |
| (h) I empathise with the difficulties others experience when trying to change behaviour | 8.2 (1.1) | 8.6 (1.0) | .207 |

Scale was 0-10; 5 = neutral; 7-8 agreement; 9+ strong agreement

**There was a statistically significant (at 95% confidence level) higher level of agreement on survey 2 with statements (a), (c), (d), (e) and (f), without a correction for multiple testing.** [Using Holm-Bonferroni correction, statement (a) is very close to significance but not quite, and (c) is no longer significant]

(SD = standard deviation. This is a measure of how much the scores vary: smaller SD means that there wasn’t much variation between participants in the scores they gave for a statement.)

N.B: In all these tables, Q1 means questionnaire 1 (i.e. pre-course survey); Q2 means questionnaire 2 (i.e post-course survey).

**Question 1 continued**

This table compares the scores given for each statement on questionnaire 2 with the scores people gave *on questionnaire 2* for how they would rate themselves prior to the course. (n=17)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Mean (SD) Q2 | Mean (SD) Q2 hindsight | 2-tailed p |
| I am aware that my mind often works on ‘automatic pilot’ | 8.8 (0.7) | 7.5 (0.7) | .000 |
| I am aware of how the surrounding environment can affect my behaviour | 8.5 (1.1) | 7.5 (1.4) | .003 |
| I am aware of how different emotions can affect my behaviour | 9.0 (0.8) | 7.8 (1.3) | .001 |
| I am aware of how mental shortcuts (such as confirmation bias and future discounting) can affect my behaviour | 8.3 (1.5) | 7.1 (1.7) | .008 |
| I am aware of how my values and beliefs can affect my behaviour | 8.9 (1.0) | 7.7 (1.2) | .001 |
| I am aware of how social norms can affect my behaviour | 9.0 (0.8) | 8.1 (1.2) | .009 |
| I understand why others find changing their behaviour difficult | 8.7 (1.3) | 7.9 (1.1) | .002 |
| I empathise with the difficulties others experience when trying to change behaviour | 8.6 (1.0) | 7.9 (1.3) | .000 |

**All differences in means are significant at the .05 level (i.e. with 95% confidence) with a Holm-Bonferroni correction for multiple tests applied** (or without) i.e. people thought that they agreed more with all statements at the end of the course.

**Question 2 (comparison between survey 1 and 2, n=17)**

0.6 ≤ α < 0.7 acceptable

0.7 ≤ α < 0.9 good

α ≥ 0.9 excellent

Alpha values for the five scales:

|  |  |  |
| --- | --- | --- |
| **Scale/facet of mindfulness** | **Suvey 1** | **Survey 2** |
| Observing | .885 (8 items) | .750 |
| Describing | .906 (8 items) | .922 |
| Nonreacting | .856 (7 items) | .759 |
| Nonjudging | .896 (8 items) | .915 |
| Awareness | .829 (8 items) | .905 |

Alpha fine for all scales.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Mean Q1 | Mean Q2 | p (2 tailed) |
| Observing | 3.2 | 3.5 | .020 |
| Describing | 3.3 | 3.3 | .376 |
| Nonreacting | 2.9 | 3.1 | .106 |
| Nonjudging | 2.9 | 2.6 | .081 |
| Awareness | 3.0 | 3.0 | .777 |

**The 5 facet mindfulness scale doesn’t show statistically significant increases from before to after the course.**

**Question 3 (survey 2 only; n=17)**

This was an attempt to create 2-statement scales to measure the 5 mindfulness facets, to capture data from those who didn’t complete survey 1 as well as the others.

|  |  |
| --- | --- |
|  | Spearman-Brown coefficient |
| Observing | .295 |
| Describing | .365 |
| Nonreacting | .534 |
| Awareness | .776 |
| Nonjudging | .923 |

So reliability is not good enough except for ‘awareness’ and ‘nonjudging’ and therefore these two item scales can’t be used as scales

Mean values for individual items:

O1: 7.1; O2: 6.4

A1: 6.4; A2(R): 5.3

R1: 6.8; R2: 6.3

J1(R): 5.6; J2(R): 6.0

D1: 5.4; D2(R): 5.1

**Participants on the whole felt there was a *small* shift towards increased mindfulness on some facets, though results less than 6 are not convincing**

**Question 4 (survey 2 only; N=17)**

I learnt things on the course that are useful…

|  |  |  |
| --- | --- | --- |
|  | mean | SD |
| …for my personal life | 8.3 | 1.0 |
| … when engaging with colleagues | 7.3 | 1.4 |
| …for my work directly or indirectly related to behaviour change | 6.4 | 1.1 |
| …for my work in general | 7.1 | 1.1 |

Scale 0-10; 5 = neutral; 7-8 agreement; 9+ strong agreement

**Therefore participants agreed the course was useful in all these ways, most useful for personal life and least useful for their work related to behaviour change.**

**Question 5 (survey 2 only; N=17)**

6 said they would probably continue with some form of mindfulness practice

8 said they would definitely continue

Occasionally (less than once a week): 2 people

One or two days a week: 8

3-4 days a week: 3

5 or more days a week: 1