Meditation experience questionnaire

**General questions**

Gender: M/F  
Age:  
Highest level of education:  
Profession:  

Could you indicate for how many years you have been meditating? _____ years

In the questions below we ask you in more detail about your meditation experience. You can restrict yourself to the practices that form an important part of your practice. If the number of hours varies over time, please provide an estimate of the average number of hours.

**Meditation practice during the past month:**

These questions are about your current practices, defined as the practices you have done in the past MONTH.

Please indicate the types of meditation you have done in the past month:

☐ Mindfulness training  
☐ Zen  
☐ Vipassana  
☐ Shamatha  
☐ Vipashyana  
☐ Meditative contemplation  
☐ Sadhana  
☐ Mahamudra  
☐ Mind training (tonglen, loving kindness, etc.)  
☐ Ngondro  
☐ TM  
☐ Other: ______________

Now give some more information for every meditation type you ticked above:

Meditation type 1: ______________

Have been practicing for (e.g., 2 yrs, 3 months): ____________

Amount of practice per ☐ day ☐ week:

☐ >4 hours  
☐ 3-4 hours  
☐ 2-3 hours  
☐ 1-2 hours
Comments on meditation type 1 (e.g., have you had any breaks, or other issues that could affect computations of the number of hours of practice):

Meditation type 2: ____________________
Have been practicing for (e.g., 2 yrs, 3 months): __________
Amount of practice per □ day □ week:
□ >4 hours
□ 3-4 hours
□ 2-3 hours
□ 1-2 hours
□ 30 min.-1 hour
□ 15-30 min.
□ <15 min.

Comments on meditation type 2 (e.g., have you had any breaks, or other issues that could affect computations of the number of hours of practice):

Meditation type 3: ____________________
Have been practicing for (e.g., 2 yrs, 3 months): __________
Amount of practice per □ day □ week:
□ >4 hours
□ 3-4 hours
□ 2-3 hours
□ 1-2 hours
□ 30 min.-1 hour
□ 15-30 min.
□ <15 min.

Comments on meditation type 3 (e.g., have you had any breaks, or other issues that could affect computations of the number of hours of practice):

Other meditation experience
Have you practiced other types of meditation than the ones mentioned above in the past years? You can restrict yourself to practices that form a considerable part of your total meditation experience.

Please indicate the types of meditation you have done in previous years you did not mention above:
☐ Mindfulness training
☐ Zen
☐ Vipassana
☐ Shamatha
☐ Vipashyana
☐ Meditative contemplation
☐ Sadhana
☐ Mahamudra
☐ Mind training (tonglen, loving kindness, etc.)
☐ Ngondro
☐ TM
☐ Other: ______________
☐ No other practice

Details for these types of meditation:

Meditation type 1: ______________
Have been practicing for (e.g., 2 yrs, 3 months): __________
Amount of practice per □ day □ week:
☐ >4 hours
☐ 3-4 hours
☐ 2-3 hours
☐ 1-2 hours
☐ 30 min.-1 hour
☐ 15-30 min.
☐ <15 min.

Comments on meditation type 1 (e.g., have you had any breaks, or other issues that could affect computations of the number of hours of practice):

Meditation type 2: ______________
Have been practicing for (e.g., 2 yrs, 3 months): __________
Amount of practice per □ day □ week:
☐ >4 hours
☐ 3-4 hours
☐ 2-3 hours
☐ 1-2 hours
☐ 30 min.-1 hour
☐ 15-30 min.
☐ <15 min.
Comments on meditation type 2 (e.g., have you had any breaks, or other issues that could affect computations of the number of hours of practice):

Meditation type 3: __________________________
Have been practicing for (e.g., 2 yrs, 3 months): __________
Amount of practice per ☐ day ☐ week:
☐ >4 hours
☐ 3-4 hours
☐ 2-3 hours
☐ 1-2 hours
☐ 30 min.-1 hour
☐ 15-30 min.
☐ <15 min.

Comments on meditation type 3 (e.g., have you had any breaks, or other issues that could affect computations of the number of hours of practice):

Meditation type 4: __________________________
Have been practicing for (e.g., 2 yrs, 3 months): __________
Amount of practice per ☐ day ☐ week:
☐ >4 hours
☐ 3-4 hours
☐ 2-3 hours
☐ 1-2 hours
☐ 30 min.-1 hour
☐ 15-30 min.
☐ <15 min.

Comments on meditation type 4 (e.g., have you had any breaks, or other issues that could affect computations of the number of hours of practice):

Meditation type 5: __________________________
Have been practicing for (e.g., 2 yrs, 3 months): __________
Amount of practice per ☐ day ☐ week:
☐ >4 hours
☐ 3-4 hours
☐ 2-3 hours
☐ 1-2 hours
☐ 30 min.-1 hour
☐ 15-30 min.
Comments on meditation type 5 (e.g., have you had any breaks, or other issues that could affect computations of the number of hours of practice):

Retreat Experience

Approximately how many days of retreat have you done since you started meditating?

_________ days

What was the main focus of these retreats? (on average)
- ☐ Meditation
- ☐ Study
- ☐ 50% meditation/50% study
- ☐ Not applicable
**Computation of hours of practice:**

(this will be filled out by the researcher)

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<th>Meditation type past month</th>
<th>Months/years</th>
<th>Day/week</th>
<th>Duration (hrs/min)</th>
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(M) Total month______(hrs)

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<th>Meditation type life time</th>
<th>Months/years</th>
<th>Day/week</th>
<th>Duration (Hrs/min)</th>
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(Y) Total life time: ___________(hrs)

Sum Y+M: ___________(hrs)

**Retreat Experience:** ____ days 0%/50%/100%