

## Results

### Chi-Square Test of Contingencies

The statistical assumptions for a Pearson's chi-square test of contingencies were met. Each participant only participated once in the study. The inspection of the expected counts also showed that all cells contained more than five expected counts.

A chi-square test of contingencies ( $\alpha = .05$ ) was used to evaluate whether gender was related to belief in the positive effect of mindfulness. Findings showed approximately equal numbers of males and females who believed in the positive effect of mindfulness,  $\chi^2(1, N = 122) = 0.53, p = .417, \phi = .07$ . That is, 47% of the males believed in the positive effects of mindfulness, while 53% of them did not believe in it. Of the females, 54% believed in the positive effect of mindfulness, whereas 46% did not believe. This suggests that gender was independent of the belief in the positive effect of mindfulness.

**Commented [KC1]:** Justify and report results of statistical assumption testing.

**Commented [KC2]:** Provide information about the type of analysis conducted, the alpha level for the evaluation of significance, and stated focal variables.

**Commented [KC3]:** Report  $p$ -values up to 3 decimal points.

**Commented [KC4]:** Do NOT *italicise* Greek letters.

**Commented [KC5]:** Interpret the results in non-technical language.