

## Meditation History Questionnaire

Please describe your previous meditation experience using the questions below. This includes any type of meditation, such as transcendental, insight, mindfulness, Vipassana, or Zen meditation. Please do not include prayer, yoga, tai chi, chi gong, or other similar practices when responding to this form.

1. Please check one statement that best describes your meditation experience. Include both past and current experience. If you've had periods when you meditated and periods when you didn't, choose the statement that best reflects your TOTAL experience with meditation.

Note: "Regularly" = 3 or more times per week  
"Semi-regularly" = once or twice per week

- I have never meditated.
- I've meditated once or occasionally, but never on a regular or semi-regular basis.
- I've meditated regularly or semi-regularly for < 1 month.
- I've meditated regularly or semi-regularly between 1 to 6 months.
- I've meditated regularly or semi-regularly between 7 to 11 months.
- I've meditated regularly or semi-regularly between 1 to 5 years.
- I've meditated regularly or semi-regularly between 6 to 10 years.
- I've meditated regularly or semi-regularly for more than 10 years.

**If you choose the first or second option for this question, please stop here for this questionnaire. Otherwise, please continue with this form.**

2. Are you **currently** engaged in a regular or semi-regular meditation practice?

- no, I used to meditate regularly or semi-regularly, but I've stopped
- yes, I meditate regularly or semi-regularly

3. Considering your total meditation experience, how many times per week do you meditate, on average? (don't include retreats)

- once or twice per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week

4. Considering your total meditation experience, how long have your meditation sessions been, on average? (don't include retreats)

- less than 10 minutes each time
- 10-20 minutes each time
- 21-30 minutes each time
- 31-45 minutes each time
- 46-60 minutes each time
- longer than 60 minutes each time

5. Have you completed any meditation retreats? If yes, please indicate the total number of days you have been on retreat, **adding all your retreats together if you've done more than one**. For example, a 7-day retreat plus a 9-day retreat plus a weekend retreat equals 18 days.

\_\_\_\_\_ no, I've never done a retreat

\_\_\_\_\_ yes, totaling 1 to 4 days

\_\_\_\_\_ yes, totaling 5 to 10 days

\_\_\_\_\_ yes, totaling 11 to 30 days

\_\_\_\_\_ yes, totaling 1 to 3 months

\_\_\_\_\_ yes, totaling 3 months or more