**Knock yourself out: Brief mindfulness-based meditation eliminates self-prioritization**

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**Background**

Information processing (i.e., attention, memory, or decision-making) is biased in self-serving and self-prioritising ways (Sui & Humphreys, 2015; Symons & Johnson, 1997).

**Phenomenon of interest: Self-prioritisation** (Sui et al., 2012)

Recent research has suggested that self-prioritization is an inescapable facet of mental life (Sui & Humphreys, 2017), but is this viewpoint correct?

**Q:** Can mindfulness-based meditation — an intervention known to reduce egocentric responding (Golubickis et al., 2016) — attenuates self-bias?

**Results**

<table>
<thead>
<tr>
<th>Method (N = 160)</th>
<th>Learning Phase</th>
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<tbody>
<tr>
<td><strong>Mindfulness</strong></td>
<td><img src="image" alt="Mindfulness" /></td>
<td><img src="image" alt="Mindfulness" /></td>
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<tr>
<td><strong>Control</strong></td>
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<td><img src="image" alt="Control" /></td>
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</table>

**Mean response time (ms)**

![Mean response time](image)

**Mean response accuracy (%)**

![Mean response accuracy](image)

**Modeling outcomes**

To identify the cognitive processes underpinning task performance, data were submitted to a Hierarchical Drift Diffusion Model analysis.

**Conclusion**

Mindfulness meditation = abolished the emergence of the self-prioritization effect

Control meditation = a standard self-prioritization effect emerged

Computational (i.e., Drift Diffusion Model) analysis elucidated cognitive pathways through which mindfulness-based meditation tempers self-prioritization, most notably that mindfulness eliminates a pre-stimulus bias toward self-relevant (vs. friend-relevant) responses.

In conclusion, following a brief period of mindfulness-based meditation, at least in the context of an object-ownership task, it is possible to knock yourself out.

**References**


