

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



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Background

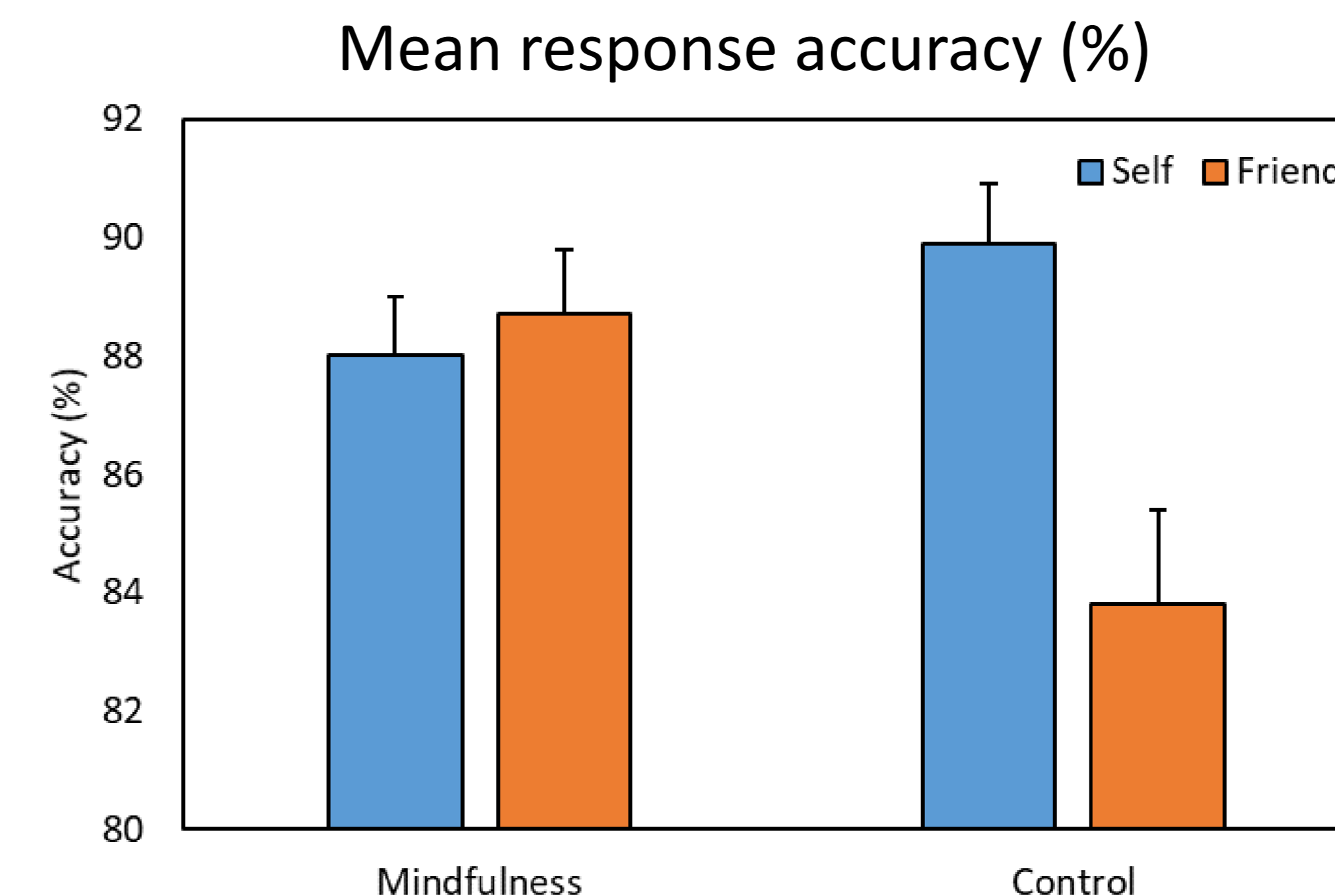
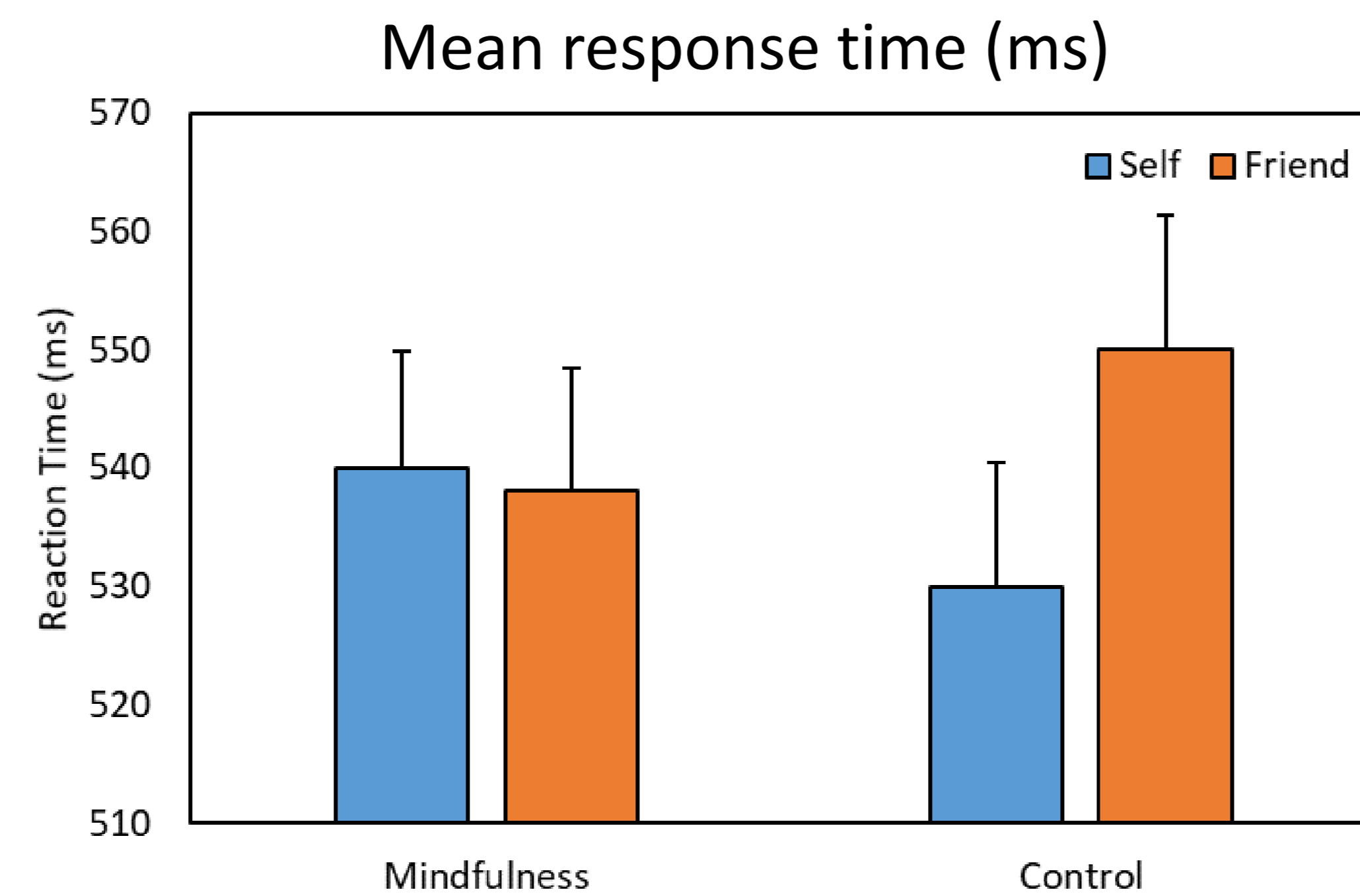
Information processing (i.e., attention, memory, or decision-making) is biased in self-serving and self-prioritising ways (Sui & Humphreys, 2015; Symons & Johnson, 1997).

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?

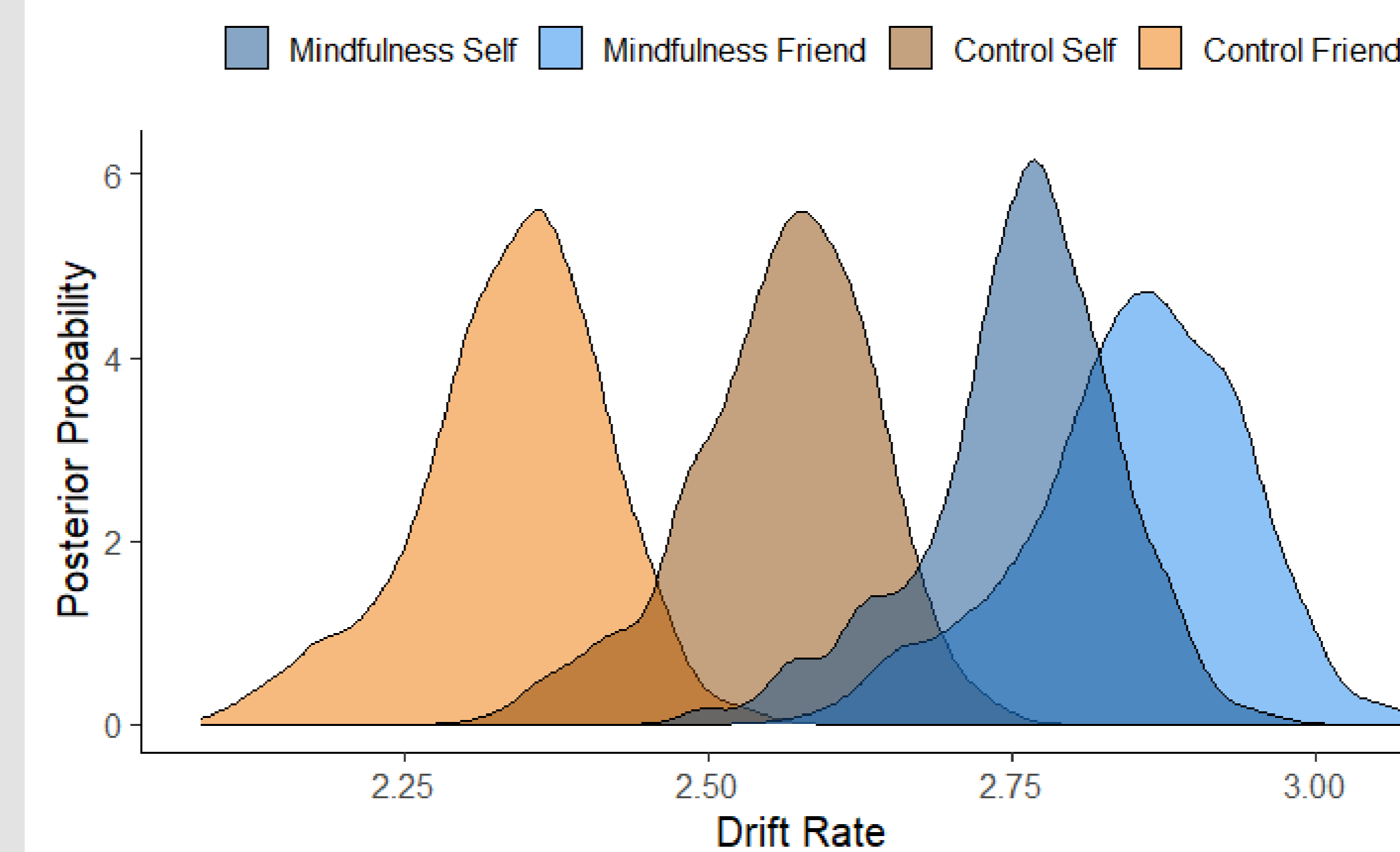
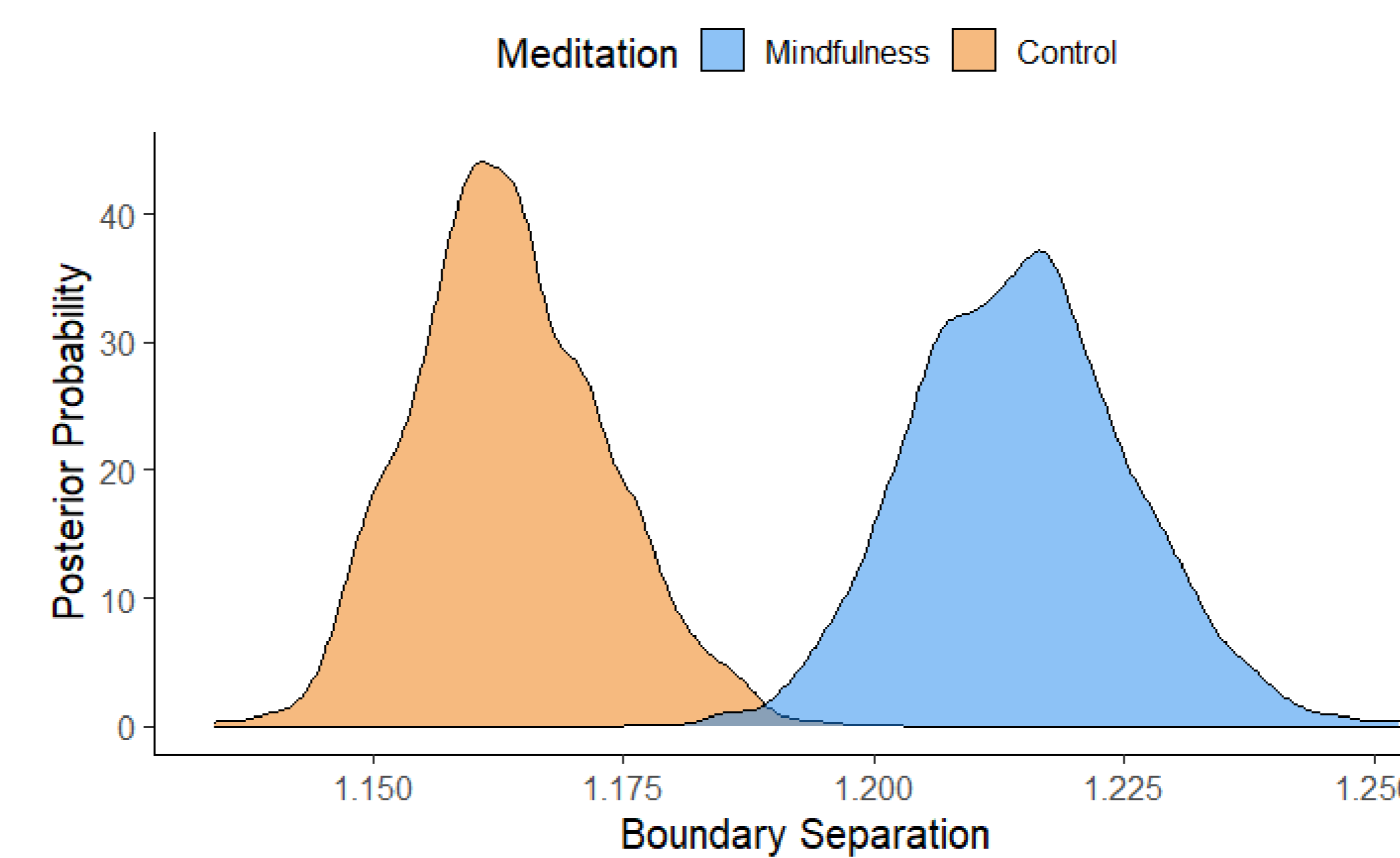
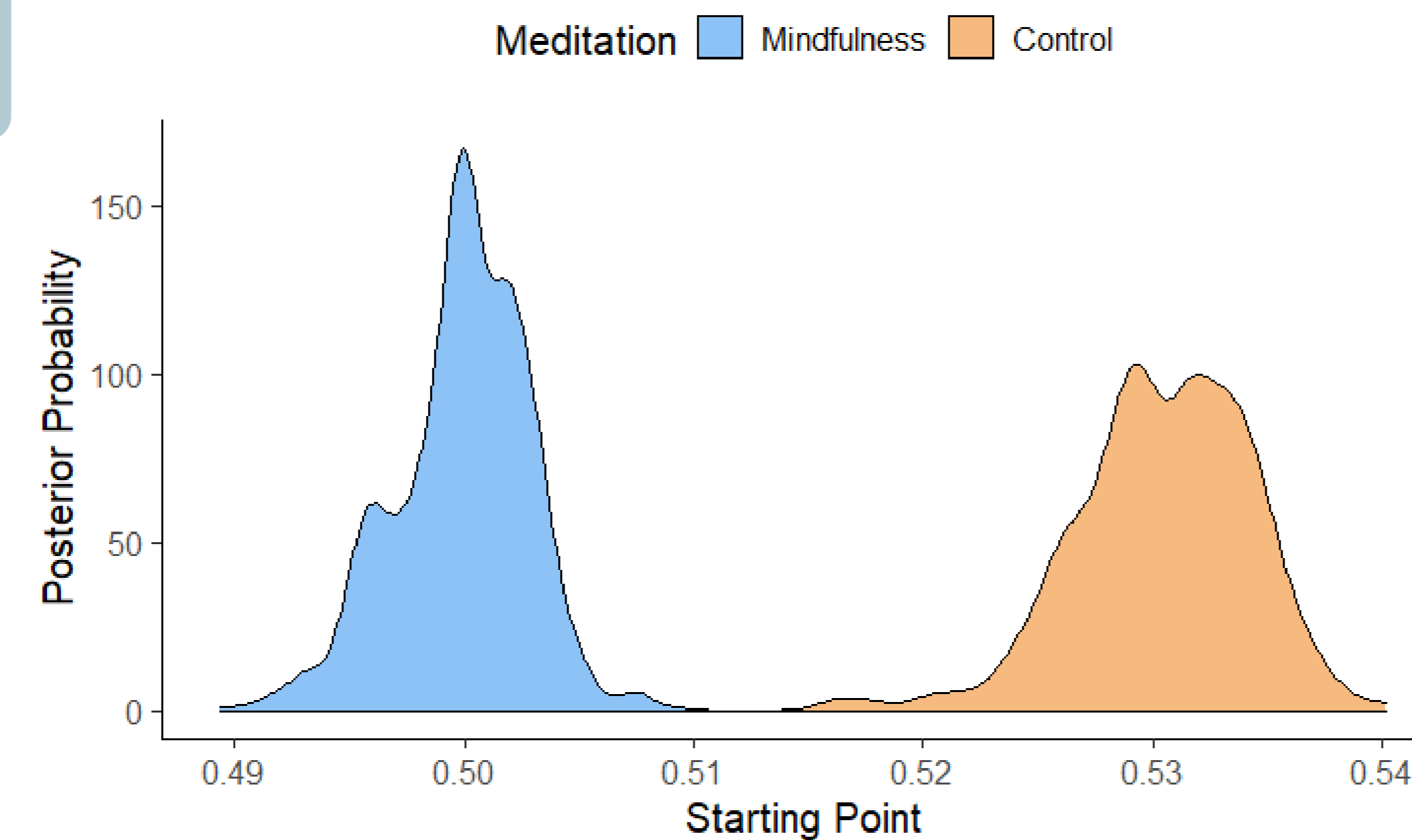
Q: Can mindfulness-based meditation — an intervention known to reduce egocentric responding (Golubickis et al., 2016) — attenuates self-bias?

Results



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

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Method (N = 160)

Meditation (5 mins)

Mindfulness

Or

Control

Tan et al. (2014)

Learning Phase



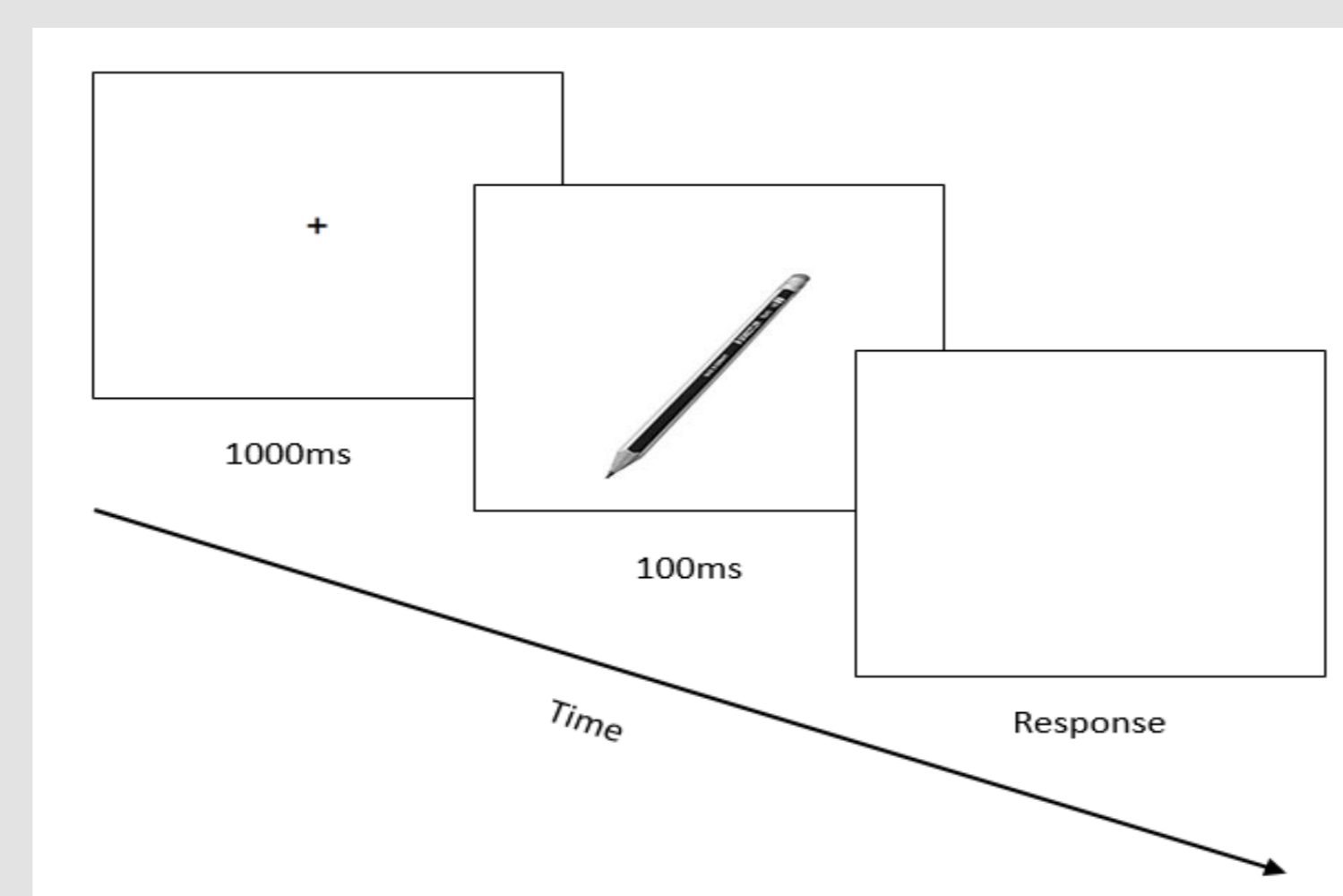
You own pens



Friend owns pencils

Golubickis et al. (2018)

Learning Phase



Whose object is this?