**Supplemental Material**

Power analysis

Using the pwr package in R, we ran the following power analysis for a t-test comparing two groups of different sizes: library(pwr)> pwr.t2n.test(n1 = 100, n2 = 7567, power = .8). This indicated that the sample size had 80% power to detect differences of d ≥ 0.28.

Recruitment materials

Baseline

The aim of this study is to better understand factors (e.g., substance use) that predict health behavior. You will be required to complete a set of surveys assessing your health behaviors along with demographic measures. You will be asked sensitive questions (e.g., about substance use). To have your submission accepted, you must correctly answer questions designed to check if you are paying attention. Anonymized data may be made available to other researchers. Approximately two months after completing this study, you will be invited to complete a second study. Please ONLY participate in this study if you think you will be able to complete the second study.

Follow-Up

Thank you for completing our initial study!

In this follow-up study we are seeking to better understand factors (e.g., substance use) that predict health behavior. You are being invited because you completed our initial survey approximately 2-3 months ago. In this follow-up study, you will again be required to complete a set of surveys. You may be asked sensitive questions (e.g., about substance use). To have your submission accepted, you must also correctly answer questions designed to check if you are paying attention. Anonymized data may be made available to other researchers.

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| Supplemental Table 1. Descriptive statistics of PIQ and CEQ variables | | | |
|  | T2 | | |
|  | Mean (SD) | Skewness | Kurtosis |
| PIQ total score | 1.89 (1.18) | -0.10 | 1.87 |
| CEQ total score | 1.14 (1.04) | 0.75 | 2.38 |
| CEQ Grief subscale score | 1.30 (1.25) | 0.79 | 2.71 |
| CEQ Fear subscale score | 1.23 (1.30) | 0.87 | 2.68 |
| CEQ Death subscale score | 0.55 (1.05) | 1.94 | 5.90 |
| CEQ Insanity subscale score | 0.84 (1.19) | 1.22 | 3.16 |
| CEQ Isolation subscale score | 1.49 (1.40) | 0.59 | 2.18 |
| CEQ Physical distress subscale score | 1.21 (1.11) | 0.68 | 2.38 |
| CEQ Paranoia subscale score | 0.71 (1.20) | 1.69 | 4.78 |
| Note: This table shows descriptive statistics of PIQ and CEQ variables for the respondents who reported psychedelic use during the study period (n=100). PIQ = Psychological Insight Questionnaire; CEQ = Challenging Experiences Questionnaire; SD = Standard Deviation. | | | |

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| Supplemental Table 2. Descriptive statistics of past-week meditation variables | | | | | |
|  | T1 | T2 | T1 to T2 change score | | |
|  | Md (SD) | Md (SD) | Mean (SD) | Skewness | Kurtosis |
| **Full sample** |  |  |  |  |  |
| Days of MM practice past week | 0 (1.33) | 0 (1.67) | 0.39 (1.39) | 1.53 | 10.46 |
| Days of LKCM practice past week | 0 (0.82) | 0 (1.43) | 0.46 (1.37) | 2.04 | 11.63 |
| **Non-users** |  |  |  |  |  |
| Days of MM practice past week | 0 (1.32) | 0 (1.66) | 0.39 (1.38) | 1.56 | 10.64 |
| Days of LKCM practice past week | 0 (0.81) | 0 (1.42) | 0.46 (1.37) | 2.07 | 11.68 |
| **Users** |  |  |  |  |  |
| Days of MM practice past week | 0 (1.82) | 1 (1.93) | 0.59 (1.86) | 0.37 | 4.44 |
| Days of LKCM practice past week | 0 (1.26) | 0 (1.68) | 0.50 (1.60) | 0.67 | 8.72 |
| Note: This table shows (unimputed) descriptive statistics of past-week meditation variables. Md = Median; SD = Standard Deviation. | | | | | |

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| Supplemental Table 3. Additional statistics for Table 2 | | | | |
|  | MM change scores | | | |
|  | Unimputed | | Imputed | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| Psychedelic use during the study period | 0.42 (0.12 – 0.72) | .007 | 0.40 (0.13 – 0.68) | .002 |
| Psychedelics past 2 months (T1) | -0.56 (-0.86 – -0.26) | <.001 | -0.41 (-0.65 – -0.17) | <.001 |
| Alcohol past 2 months (T2) | 0.01 (-0.05 – 0.08) | .648 | -0.01 (-0.06 – 0.05) | .752 |
| Nicotine products past 2 months (T2) | 0.02 (-0.06 – 0.11) | .592 | 0.06 (-0.01 – 0.13) | .117 |
| Cannabis products past 2 months (T2) | -0.01 (-0.10 – 0.08) | .842 | 0.04 (-0.05 – 0.12) | .413 |
| MDMA past 2 months (T2) | 0.21 (-0.20 – 0.61) | .314 | 0.21 (-0.16 – 0.59) | .268 |
| Major stimulants past 2 months (T2) | -0.04 (-0.31 – 0.22) | .762 | -0.02 (-0.27 – 0.22) | .839 |
| Narcotic analgesics or opioids past 2 months (T2) | 0.07 (-0.32 – 0.46) | .737 | 0.09 (-0.27 – 0.44) | .638 |
| Benzodiazepines and barbiturates past 2 months (T2) | 0.18 (-0.14 – 0.50) | .272 | 0.22 (-0.08 – 0.51) | .149 |
| Inhalants past 2 months (T2) | -0.35 (-0.80 – 0.09) | .117 | -0.33 (-0.73 – 0.07) | .103 |
| Other substances past 2 months (T2) | 0.32 (0.03 – 0.61) | .029 | 0.35 (0.09 – 0.61) | .009 |
| Bachelor’s degree or higher | 0.01 (-0.05 – 0.07) | .789 | 0.02 (-0.03 – 0.07) | .463 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | -0.01 (-0.11 – 0.09) | .827 | 0.04 (-0.04 – 0.12) | .361 |
| 38-47 | 0.01 (-0.10 – 0.11) | .894 | 0.08 (-0.01 – 0.16) | .080 |
| 48-57 | 0.02 (-0.09 – 0.13) | .708 | 0.10 (0.02 – 0.19) | .020 |
| 58+ | -0.02 (-0.12 – 0.08) | .731 | 0.08 (0.00 – 0.16) | .050 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | -0.05 (-0.11 – 0.02) | .147 | -0.04 (-0.09 – 0.02) | .180 |
| Other | -0.23 (-0.51 – 0.06) | .118 | -0.17 (-0.40 – 0.06) | .144 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | 0.08 (0.00 – 0.16) | .057 | 0.06 (-0.01 – 0.12) | .111 |
| Quite religious | 0.34 (0.24 – 0.44) | <.001 | 0.24 (0.16 – 0.33) | <.001 |
| Moderately religious | 0.70 (0.58 – 0.81) | <.001 | 0.55 (0.45 – 0.65) | <.001 |
| Very religious | 1.2 (1.0 – 1.3) | <.001 | 0.94 (0.81 – 1.1) | <.001 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | 0.07 (-0.03 – 0.17) | .162 | 0.06 (-0.02 – 0.15) | .144 |
| Remain side | -0.16 (-0.24 – -0.08) | <.001 | -0.08 (-0.15 – -0.02) | .014 |
| Leave side | -0.17 (-0.26 – -0.07) | <.001 | -0.08 (-0.17 – 0.00) | .056 |
|  |  |  |  |  |
| Number of observations | 7,667 | … | 9,732 | … |
| R2 | 0.063 | … | … | … |
| Adjusted R2 | 0.060 | … | … | … |
|  | LKCM change scores | | | |
|  | Unimputed | | Imputed | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| Psychedelic use during the study period | 0.05 (-0.24 – 0.35) | .728 | 0.12 (-0.14 – 0.39) | .367 |
| Psychedelics past 2 months (T1) | -0.06 (-0.35 – 0.24) | .708 | -0.10 (-0.33 – 0.12) | .378 |
| Alcohol past 2 months (T2) | -0.03 (-0.09 – 0.03) | .330 | -0.04 (-0.10 – 0.01) | .109 |
| Nicotine products past 2 months (T2) | 0.04 (-0.05 – 0.12) | .388 | 0.07 (0.00 – 0.14) | .055 |
| Cannabis products past 2 months (T2) | 0.06 (-0.03 – 0.15) | .212 | 0.09 (0.01 – 0.18) | .022 |
| MDMA past 2 months (T2) | 0.22 (-0.19 – 0.62) | .292 | 0.21 (-0.16 – 0.58) | .262 |
| Major stimulants past 2 months (T2) | -0.05 (-0.31 – 0.21) | .709 | -0.03 (-0.27 – 0.21) | .815 |
| Narcotic analgesics or opioids past 2 months (T2) | 0.24 (-0.15 – 0.63) | .222 | 0.26 (-0.10 – 0.62) | .152 |
| Benzodiazepines and barbiturates past 2 months (T2) | 0.29 (-0.03 – 0.60) | .078 | 0.33 (0.04 – 0.62) | .027 |
| Inhalants past 2 months (T2) | -0.30 (-0.73 – 0.14) | .182 | -0.27 (-0.67 – 0.12) | .174 |
| Other substances past 2 months (T2) | 0.14 (-0.14 – 0.43) | .321 | 0.19 (-0.07 – 0.45) | .145 |
| Bachelor’s degree or higher | 0.02 (-0.04 – 0.08) | .522 | 0.03 (-0.03 – 0.08) | .348 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | 0.10 (0.00 – 0.20) | .041 | 0.12 (0.04 – 0.20) | .002 |
| 38-47 | 0.00 (-0.10 – 0.10) | .996 | 0.06 (-0.02 – 0.14) | .126 |
| 48-57 | 0.08 (-0.03 – 0.18) | .148 | 0.14 (0.06 – 0.23) | .001 |
| 58+ | 0.15 (0.05 – 0.24) | .003 | 0.22 (0.14 – 0.30) | <.001 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | 0.06 (0.00 – 0.13) | .038 | 0.05 (0.00 – 0.10) | .046 |
| Other | -0.17 (-0.45 – 0.11) | .243 | -0.11 (-0.32 – 0.09) | .284 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | 0.15 (0.07 – 0.23) | <.001 | 0.11 (0.04 – 0.18) | .001 |
| Quite religious | 0.39 (0.29 – 0.49) | <.001 | 0.28 (0.20 – 0.36) | <.001 |
| Moderately religious | 0.74 (0.63 – 0.85) | <.001 | 0.58 (0.48 – 0.68) | <.001 |
| Very religious | 1.0 (0.86 – 1.1) | <.001 | 0.81 (0.69 – 0.93) | <.001 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | -0.01 (-0.11 – 0.09) | .894 | 0.00 (-0.08 – 0.08) | .981 |
| Remain side | -0.14 (-0.22 – -0.06) | <.001 | -0.07 (-0.13 – -0.01) | .032 |
| Leave side | -0.20 (-0.30 – -0.10) | <.001 | -0.11 (-0.20 – -0.03) | .005 |
|  |  |  |  |  |
| Number of observations | 7,667 | … | 9,732 | … |
| R2 | 0.058 | … | … | … |
| Adjusted R2 | 0.055 | … | … | … |
| Note: This table shows statistics for the two separate multiple linear regression models in Table 2 (MM change scores, LKCM change scores). B = unstandardized beta; MM = Past week practice of mindfulness meditation; LKCM = Past week practice of loving-kindness or compassion meditation. | | | | |

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| Supplemental Table 4. Additional statistics for Table 3 | | | | |
|  | MM change scores | | LKCM change scores | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| PIQ total score during the study period | 0.43 (0.07 – 0.80) | .021 | 0.38 (0.07 – 0.69) | .017 |
| Psychedelics past 2 months (T1) | -0.86 (-1.7 – 0.03) | .059 | 0.04 (-0.71 – 0.78) | .923 |
| Alcohol past 2 months (T2) | 0.21 (-0.73 – 1.1) | .662 | -0.35 (-1.1 – 0.44) | .377 |
| Nicotine products past 2 months (T2) | 0.51 (-0.47 – 1.5) | .300 | 0.45 (-0.37 – 1.3) | .276 |
| Cannabis products past 2 months (T2) | -0.32 (-1.4 – 0.81) | .576 | -0.40 (-1.3 – 0.55) | .405 |
| MDMA past 2 months (T2) | -0.56 (-1.7 – 0.56) | .320 | 0.06 (-0.88 – 0.99) | .907 |
| Major stimulants past 2 months (T2) | 0.43 (-1.0 – 1.9) | .563 | 0.30 (-0.93 – 1.5) | .629 |
| Narcotic analgesics or opioids past 2 months (T2) | 2.1 (-0.40 – 4.5) | .100 | 1.7 (-0.33 – 3.8) | .098 |
| Benzodiazepines and barbiturates past 2 months (T2) | 0.27 (-1.5 – 2.0) | .757 | 0.17 (-1.3 – 1.6) | .815 |
| Inhalants past 2 months (T2) | -0.48 (-2.2 – 1.2) | .577 | -0.73 (-2.2 – 0.70) | .311 |
| Other substances past 2 months (T2) | 0.85 (-1.4 – 3.1) | .458 | 0.84 (-1.1 – 2.8) | .383 |
| Bachelor’s degree or higher | 0.01 (-0.86 – 0.87) | .991 | 0.52 (-0.21 – 1.2) | .160 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | 0.10 (-1.0 – 1.3) | .859 | 0.30 (-0.67 – 1.3) | .538 |
| 38-47 | 0.67 (-0.51 – 1.8) | .265 | 0.55 (-0.44 – 1.5) | .270 |
| 48-57 | 0.84 (-0.47 – 2.2) | .205 | 0.59 (-0.51 – 1.7) | .291 |
| 58+ | 1.2 (-1.6 – 4.1) | .390 | 0.26 (-2.1 – 2.7) | .829 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | -0.50 (-1.4 – 0.43) | .285 | -0.10 (-0.88 – 0.68) | .800 |
| Other | -0.35 (-2.7 – 2.0) | .772 | 0.76 (-1.2 – 2.8) | .451 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | -0.04 (-1.3 – 1.3) | .956 | 0.20 (-0.90 – 1.3) | .719 |
| Quite religious | 0.15 (-1.9 – 2.2) | .890 | -0.58 (-2.3 – 1.2) | .507 |
| Moderately religious | -1.7 (-4.0 – 0.60) | .145 | -1.8 (-3.7 – 0.12) | .066 |
| Very religious | 2.3 (-0.76 – 5.3) | .139 | 1.7 (-0.88 – 4.2) | .194 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | -0.71 (-2.0 – 0.57) | .270 | -0.55 (-1.6 – 0.52) | .309 |
| Remain side | -1.0 (-2.2 – 0.09) | .072 | -0.81 (-1.8 – 0.14) | .095 |
| Leave side | -0.17 (-2.5 – 2.1) | .882 | -0.68 (-2.6 – 1.3) | .487 |
| Psychedelic dose during study period |  |  |  |  |
| Low (reference category) | … | … | … | … |
| Moderate | 0.29 (-0.72 – 1.3) | .572 | 0.22 (-0.62 – 1.1) | .603 |
| Large | -0.75 (-2.2 – 0.67) | .298 | -0.46 (-1.6 – 0.73) | .447 |
| Very large | -1.4 (-4.0 – 1.3) | .312 | -2.1 (-4.3 – 0.18) | .071 |
| Extreme | -1.7 (-4.5 – 0.96) | .203 | -0.93 (-3.2 – 1.3) | .416 |
|  |  |  |  |  |
| Number of observations | 100 | … | 100 | … |
| R2 | 0.316 | … | 0.351 | … |
| Adjusted R2 | 0.033 | … | 0.083 | … |
| Note: This table shows statistics for the two separate multiple linear regression models in Table 3 (MM change scores, LKCM change scores). B = unstandardized beta; MM = Past week practice of mindfulness meditation; LKCM = Past week practice of loving-kindness or compassion meditation. | | | | |

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| Supplemental Table 5. Additional statistics for Table 4 | | | | |
| **Past-week MM practice at baseline** |  | |  | |
|  | CEQ total score | | CEQ Grief score | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| Past-week MM practice at baseline | -0.09 (-0.26 – 0.09) | .346 | -0.07 (-0.30 – 0.16) | .536 |
| Psychedelics ever (T1) | -0.16 (-1.0 – 0.72) | .718 | -0.09 (-1.2 – 1.0) | .871 |
| Alcohol ever (T1) | 0.71 (-0.22 – 1.6) | .133 | 0.64 (-0.53 – 1.8) | .279 |
| Nicotine products ever (T1) | 0.06 (-0.74 – 0.86) | .887 | -0.08 (-1.1 – 0.93) | .879 |
| Cannabis products ever (T1) | -0.83 (-2.0 – 0.37) | .172 | -0.61 (-2.1 – 0.90) | .424 |
| MDMA ever (T1) | 0.06 (-0.56 – 0.70) | .862 | -0.02 (-0.83 – 0.79) | .964 |
| Major stimulants ever (T1) | 0.11 (-0.56 – 0.77) | .750 | -0.04 (-0.88 – 0.80) | .926 |
| Narcotic analgesics or opioids ever (T1) | -0.18 (-0.80 – 0.45) | .579 | -0.20 (-0.99 – 0.59) | .615 |
| Benzodiazepines and barbiturates ever (T1) | 0.15 (-0.49 – 0.79) | .636 | 0.25 (-0.56 – 1.1) | .542 |
| Inhalants ever (T1) | -0.12 (-0.71 – 0.47) | .684 | 0.19 (-0.55 – 0.93) | .612 |
| Other substances ever (T1) | 0.29 (-0.34 – 0.92) | .365 | 0.20 (-0.61 – 1.0) | .628 |
| Bachelor’s degree or higher | 0.36 (-0.13 – 0.84) | .147 | 0.48 (-0.13 – 1.1) | .123 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | -0.61 (-1.3 – 0.05) | .067 | -0.32 (-1.1 – 0.51) | .441 |
| 38-47 | -0.95 (-1.6 – 0.29) | .005 | -0.52 (-1.3 – 0.31) | .218 |
| 48-57 | -0.10 (-0.90 – 0.70) | .809 | 0.39 (-0.61 – 1.4) | .438 |
| 58+ | -0.81 (-2.5 – 0.88) | .343 | -0.43 (-2.6 – 1.7) | .689 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | -0.02 (-0.55 – 0.51) | .946 | 0.24 (-0.43 – 0.91) | .477 |
| Other | 0.39 (-0.83 – 1.6) | .526 | 1.8 (0.27 – 3.3) | .022 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | -0.03 (-0.78 – 0.72) | .928 | 0.30 (-0.64 – 1.2) | .524 |
| Quite religious | 1.0 (-0.17 – 2.2) | .092 | 1.1 (-0.40 – 2.6) | .148 |
| Moderately religious | 0.46 (-1.1 – 2.0) | .544 | 0.30 (-1.6 – 2.2) | .753 |
| Very religious | 0.52 (-1.3 – 2.4) | .576 | 0.43 (-1.9 – 2.8) | .714 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | 0.03 (-0.77 – 0.84) | .933 | -0.24 (-1.3 – 0.78) | .636 |
| Remain side | 0.00 (-0.64 – 0.64) | .994 | 0.07 (-0.74 – 0.88) | .873 |
| Leave side | -0.17 (-1.2 – 1.5) | .800 | -0.09 (-1.8 – 1.6) | .914 |
| Lifetime hours of MM practice |  |  |  |  |
| 0 (reference category) | … | … | … | … |
| 0 – 10 | 0.31 (-0.63 – 1.2) | .513 | 0.10 (-1.1 – 1.3) | .861 |
| 11 – 100 | -0.04 (-0.67 – 0.59) | .895 | -0.30 (-1.1 – 0.50) | .454 |
| 101 – 500 | 0.11 (-0.60 – 0.83) | .749 | 0.09 (-0.81 – 0.99) | .843 |
| 501 – 1000 | 0.23 (-0.90 – 1.3) | .690 | 0.29 (-1.1 – 1.7) | .680 |
| 1001 – 5000 | -1.2 (-4.0 – 1.7) | .415 | -1.7 (-5.3 – 1.9) | .357 |
| 5000+ | 0.14 (-1.7 – 2.0) | .881 | 0.04 (-2.3 – 2.4) | .977 |
| Psychedelic dose during study period |  |  |  |  |
| Low (reference category) | … | … | … | … |
| Moderate | 0.06 (-0.55 – 0.66) | .856 | -0.25 (-1.0 – 0.51) | .507 |
| Large | 0.40 (-0.38 – 1.2) | .309 | -0.12 (-1.1 – 0.86) | .802 |
| Very large | 0.98 (-0.54 – 2.5) | .203 | 0.38 (-1.5 – 2.3) | .693 |
| Extreme | 0.99 (-0.54 – 2.5) | .201 | 1.5 (-0.42 – 3.4) | .122 |
|  |  |  |  |  |
| Number of observations | 100 | … | 100 | … |
| R2 | 0.388 | … | 0.320 | … |
| Adjusted R2 | 0.053 | … | -0.051 | … |
|  | CEQ Fear score | | CEQ Death score | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| Past-week MM practice at baseline | -0.08 (-0.30 – 0.13) | .442 | -0.12 (-0.29 – 0.05) | .163 |
| Psychedelics ever (T1) | -0.37 (-1.4 – 0.71) | .497 | 0.14 (-0.69 – 0.96) | .745 |
| Alcohol ever (T1) | 0.84 (-0.29 – 2.0) | .143 | 0.62 (-0.26 – 1.5) | .163 |
| Nicotine products ever (T1) | 0.24 (-0.73 – 1.2) | .626 | 0.07 (-0.68 – 0.82) | .852 |
| Cannabis products ever (T1) | -0.98 (-2.4 – 0.48) | .184 | -1.3 (-2.4 – -0.14) | .028 |
| MDMA ever (T1) | 0.33 (-0.45 – 1.1) | .398 | 0.08 (-0.52 – 0.69) | .781 |
| Major stimulants ever (T1) | 0.01 (-0.80 – 0.82) | .975 | 0.04 (-0.58 – 0.67) | .892 |
| Narcotic analgesics or opioids ever (T1) | -0.17 (-0.93 – 0.59) | .659 | 0.05 (-0.54 – 0.64) | .876 |
| Benzodiazepines and barbiturates ever (T1) | 0.03 (-0.75 – 0.81) | .942 | -0.19 (-0.79 – 0.41) | .535 |
| Inhalants ever (T1) | -0.39 (-1.1 – 0.33) | .283 | -0.21 (-0.77 – 0.34) | .440 |
| Other substances ever (T1) | 0.58 (-0.19 – 1.4) | .137 | 0.30 (-0.30 – 0.89) | .324 |
| Bachelor’s degree or higher | 0.33 (-0.45 – 1.1) | .398 | 0.30 (-0.15 – 0.76) | .186 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | -0.96 (-1.8 – 0.16) | .019 | -0.56 (-1.2 – 0.05) | .072 |
| 38-47 | -1.6 (-2.4 – 0.81) | <.001 | -0.86 (-1.5 – 0.25) | .007 |
| 48-57 | -0.56 (-1.5 – 0.41) | .256 | -0.07 (-0.82 – 0.68) | .847 |
| 58+ | -1.2 (-3.2 – 0.88) | .258 | -0.38 (-2.0 – 1.2) | .631 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | -0.16 (-0.80 – 0.49) | .624 | 0.30 (-0.20 – 0.79) | .238 |
| Other | -0.37 (-1.8 – 1.1) | .622 | 0.05 (-1.1 – 1.2) | .936 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | -0.37 (-1.3 – 0.54) | .415 | -0.09 (-0.79 – 0.62) | .805 |
| Quite religious | 0.88 (-0.55 – 2.3) | .224 | 1.0 (-0.07 – 2.1) | .067 |
| Moderately religious | 0.02 (-1.8 – 1.9) | .985 | 0.33 (-1.1 – 1.8) | .644 |
| Very religious | 0.11 (-2.2 – 2.4) | .922 | 1.3 (-0.49 – 3.0) | .155 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | 0.11 (-0.87 – 1.1) | .819 | 0.22 (-0.53 – 0.98) | .556 |
| Remain side | -0.20 (-0.98 – 0.58) | .615 | 0.12 (-0.48 – 0.73) | .682 |
| Leave side | -0.08 (-1.7 – 1.6) | .920 | 0.78 (-0.49 – 2.1) | .223 |
| Lifetime hours of MM practice |  |  |  |  |
| 0 (reference category) | … | … | … | … |
| 0 – 10 | 0.28 (-0.85 – 1.4) | .621 | 0.23 (-0.65 – 1.1) | .602 |
| 11 – 100 | -0.03 (-0.80 – 0.74) | .942 | 0.14 (-0.45 – 0.73) | .635 |
| 101 – 500 | 0.01 (-0.86 – 0.87) | .986 | 0.49 (-0.18 – 1.2) | .150 |
| 501 – 1000 | 0.09 (-1.3 – 1.5) | .898 | 0.08 (-0.97 – 1.1) | .879 |
| 1001 – 5000 | -1.1 (-4.6 – 2.3) | .522 | -0.60 (-3.3 – 2.1) | .657 |
| 5000+ | -0.12 (-2.4 – 2.2) | .916 | 0.22 (-1.6 – 2.0) | .809 |
| Psychedelic dose during study period |  |  |  |  |
| Low (reference category) | … | … | … | … |
| Moderate | 0.20 (-0.53 – 0.94) | .582 | 0.23 (-0.34 – 0.80) | .422 |
| Large | 0.62 (-0.32 – 1.6) | .195 | 0.53 (-0.20 – 1.3) | .154 |
| Very large | 1.9 (0.03 – 3.7) | .046 | 1.9 (0.49 – 3.4) | .009 |
| Extreme | 0.56 (-1.3 – 2.4) | .553 | 0.82 (-0.62 – 2.3) | .260 |
|  |  |  |  |  |
| Number of observations | 100 | … | 100 | … |
| R2 | 0.422 | … | 0.468 | … |
| Adjusted R2 | 0.105 | … | 0.177 | … |
|  | CEQ Insanity score | | CEQ Isolation score | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| Past-week MM practice at baseline | -0.02 (-0.21 – 0.16) | .828 | -0.15 (-0.41 – 0.10) | .230 |
| Psychedelics ever (T1) | -0.05 (-0.96 – 0.86) | .914 | -0.17 (-1.4 – 1.1) | .783 |
| Alcohol ever (T1) | 1.1 (0.09 – 2.0) | .032 | -0.85 (-0.47 – 2.2) | .202 |
| Nicotine products ever (T1) | 0.26 (-0.57 – 1.1) | .534 | 0.07 (-1.1 – 1.2) | .899 |
| Cannabis products ever (T1) | -1.7 (-2.9 – 0.47) | .008 | -0.45 (-2.1 – 1.2) | .602 |
| MDMA ever (T1) | -0.15 (-0.82 – 0.51) | .653 | 0.05 (-0.86 – 0.96) | .916 |
| Major stimulants ever (T1) | 0.55 (-0.14 – 1.2) | .118 | 0.21 (-0.73 – 1.2) | .650 |
| Narcotic analgesics or opioids ever (T1) | -0.26 (-0.91 – 0.39) | .423 | -0.12 (-1.0 – 0.76) | .780 |
| Benzodiazepines and barbiturates ever (T1) | 0.08 (-0.58 – 0.74) | .810 | 0.03 (-0.88 – 0.94) | .946 |
| Inhalants ever (T1) | -0.19 (-0.80 – 0.41) | .526 | -0.03 (-0.86 – 0.80) | .942 |
| Other substances ever (T1) | 0.14 (-0.51 – 0.80) | .662 | 0.15 (-0.75 – 1.0) | .744 |
| Bachelor’s degree or higher | 0.19 (-0.32 – 0.69) | .462 | 0.76 (0.08 – 1.4) | .030 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | -0.35 (-1.0 – 0.33) | .312 | -0.66 (-1.6 – 0.27) | .161 |
| 38-47 | 1.1 (-1.8 – 0.47) | .001 | -0.61 (-1.5 – 0.32) | .194 |
| 48-57 | -0.47 (-1.3 – 0.36) | .262 | 0.57 (-0.56 – 1.7) | .317 |
| 58+ | -1.2 (-2.9 – 0.60) | .194 | -0.70 (-3.1 – 1.7) | .560 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | -0.18 (-0.73 – 0.37) | .506 | -0.20 (-0.95 – 0.55) | .597 |
| Other | -0.26 (-1.5 – 0.99) | .675 | 1.3 (-0.41 – 3.0) | .134 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | -0.50 (-1.3 – 0.27) | .201 | 0.21 (-0.85 – 1.3) | .693 |
| Quite religious | 1.2 (0.01 – 2.5) | .048 | 0.29 (-1.4 – 2.0) | .728 |
| Moderately religious | -0.53 (-1.0 – 2.1) | .504 | -0.14 (-2.3 – 2.0) | .895 |
| Very religious | -0.21 (-2.1 – 1.7) | .828 | 0.90 (-1.7 – 3.5) | .497 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | 0.02 (-0.81 – 0.86) | .953 | 0.29 (-0.85 – 1.4) | .607 |
| Remain side | 0.07 (-0.59 – 0.74) | .829 | 0.17 (-0.74 – 1.1) | .709 |
| Leave side | 0.49 (-0.92 – 1.9) | .491 | 0.20 (-1.7 – 2.1) | .835 |
| Lifetime hours of MM practice |  |  |  |  |
| 0 (reference category) | … | … | … | … |
| 0 – 10 | 0.30 (-0.67 – 1.3) | .543 | 0.44 (-0.88 – 1.8) | .509 |
| 11 – 100 | 0.10 (-0.55 – 0.76) | .750 | -0.26 (-1.1 – 0.64) | .569 |
| 101 – 500 | -0.09 (-0.83 – 0.64) | .798 | 0.06 (-0.95 – 1.1) | .911 |
| 501 – 1000 | 0.25 (-0.91 – 1.4) | .664 | -0.08 (-1.7 – 1.5) | .915 |
| 1001 – 5000 | -1.2 (-4.2 – 1.7) | .419 | -0.02 (-4.0 – 4.0) | .993 |
| 5000+ | -0.27 (-2.2 – 1.7) | .787 | 0.31 (-2.4 – 3.0) | .818 |
| Psychedelic dose during study period |  |  |  |  |
| Low (reference category) | … | … | … | … |
| Moderate | 0.33 (-0.29 – 0.96) | .292 | 0.22 (-0.62 – 1.1) | .603 |
| Large | 0.77 (-0.03 – 1.6) | .059 | -0.46 (-1.6 – 0.73) | .447 |
| Very large | 1.5 (-0.08 – 3.1) | .063 | -2.1 (-4.3 – 0.18) | .071 |
| Extreme | 0.65 (-0.93 – 2.2) | .412 | -0.93 (-3.2 – 1.3) | .416 |
|  |  |  |  |  |
| Number of observations | 100 | … | 100 | … |
| R2 | 0.500 | … | 0.320 | … |
| Adjusted R2 | 0.226 | … | -0.052 | … |
|  | CEQ Physical Distress score | | CEQ Paranoia score | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| Past-week MM practice at baseline | -0.06 (-0.25 – 0.13) | .529 | -0.16 (-0.36 – 0.05) | .130 |
| Psychedelics ever (T1) | -0.10 (-1.0 – 0.84) | .838 | -0.46 (-1.5 – 0.54) | .365 |
| Alcohol ever (T1) | 0.54 (-0.44 – 1.5) | .275 | 0.35 (-0.70 – 1.4) | .509 |
| Nicotine products ever (T1) | -0.14 (-0.98 – 0.71) | .744 | 0.16 (-0.75 – 1.1) | .731 |
| Cannabis products ever (T1) | -0.61 (-1.9 – 0.66) | .342 | -0.48 (-1.8 – 0.88) | .483 |
| MDMA ever (T1) | -0.04 (-0.72 – 0.64) | .906 | 0.13 (-0.60 – 0.86) | .729 |
| Major stimulants ever (T1) | 0.03 (-0.67 – 0.74) | .928 | 0.21 (-0.55 – 0.96) | .583 |
| Narcotic analgesics or opioids ever (T1) | -0.20 (-0.86 – 0.47) | .558 | -0.23 (-0.94 – 0.48) | .520 |
| Benzodiazepines and barbiturates ever (T1) | 0.48 (-0.20 – 1.2) | .160 | -0.01 (-0.74 – 0.71) | .967 |
| Inhalants ever (T1) | -0.15 (-0.77 – 0.48) | .642 | -0.25 (-0.92 – 0.42) | .459 |
| Other substances ever (T1) | 0.35 (-0.32 – 1.0) | .302 | 0.12 (-0.60 – 0.84) | .745 |
| Bachelor’s degree or higher | 0.11 (-0.40 – 0.62) | .667 | 0.43 (-0.12 – 0.98) | .120 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | -0.72 (-1.4 – 0.03) | .042 | -0.69 (-1.4 – 0.05) | .066 |
| 38-47 | -0.91 (-1.6 – -0.21) | .011 | -1.0 (-1.8 – -0.27) | .008 |
| 48-57 | -0.28 (-1.1 – 0.57) | .511 | -0.43 (-1.3 – 0.48) | .346 |
| 58+ | -0.87 (-2.7 – 0.92) | .333 | -0.94 (-2.9 – 0.98) | .331 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | -0.10 (-0.66 – 0.46) | .719 | -0.02 (-0.63 – 0.58) | .936 |
| Other | -0.22 (-1.5 – 1.1) | .727 | -0.51 (-1.9 – 0.86) | .458 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | 0.06 (-0.73 – 0.85) | .878 | -0.04 (-0.89 – 0.81) | .918 |
| Quite religious | 1.3 (0.09 – 2.6) | .036 | 0.99 (-0.35 – 2.3) | .144 |
| Moderately religious | 1.1 (-0.45 – 2.8) | .157 | 1.3 (-0.44 – 3.0) | .143 |
| Very religious | 0.78 (-1.2 – 2.7) | .435 | 1.0 (-1.1 – 3.1) | .345 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | -0.04 (-0.90 – 0.81) | .917 | 0.30 (-0.62 – 1.2) | .516 |
| Remain side | -0.11 (-0.79 – 0.57) | .749 | 0.12 (-0.61 – 0.84) | .753 |
| Leave side | -0.24 (-1.2 – 1.7) | .738 | 0.32 (-1.2 – 1.9) | .680 |
| Lifetime hours of MM practice |  |  |  |  |
| 0 (reference category) | … | … | … | … |
| 0 – 10 | 0.42 (-0.57 – 1.4) | .396 | 0.60 (-0.46 – 1.7) | .266 |
| 11 – 100 | 0.12 (-0.54 – 0.79) | .712 | 0.20 (-0.51 – 0.92) | .577 |
| 101 – 500 | 0.20 (-0.56 – 0.95) | .605 | 0.29 (-0.52 – 1.1) | .482 |
| 501 – 1000 | 0.45 (-0.74 – 1.6) | .452 | 0.37 (-0.90 – 1.6) | .562 |
| 1001 – 5000 | -1.1 (-4.1 – 1.9) | .458 | -2.2 (-5.4 – 1.1) | .187 |
| 5000+ | 0.51 (-1.5 – 2.5) | .610 | 0.49 (-1.7 – 2.6) | .652 |
| Psychedelic dose during study period |  |  |  |  |
| Low (reference category) | … | … | … | … |
| Moderate | 0.12 (-0.52 – 0.76) | .714 | 0.09 (-0.59 – 0.78) | .784 |
| Large | 0.61 (-0.21 – 1.4) | .140 | 0.47 (-0.41 – 1.3) | .294 |
| Very large | 1.1 (-0.52 – 2.7) | .181 | 0.64 (-1.1 – 2.4) | .464 |
| Extreme | 0.91 (-0.71 – 2.5) | .267 | 0.97 (-0.76 – 2.7) | .266 |
|  |  |  |  |  |
| Number of observations | 100 | … | 100 | … |
| R2 | 0.393 | … | 0.406 | … |
| Adjusted R2 | 0.060 | … | 0.082 | … |
|  |  |  |  |  |
| **Past-week LKCM practice at baseline** |  |  |  |  |
|  | CEQ total score | | CEQ Grief score | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| Past-week LKCM practice at baseline | -0.22 (-0.50 – 0.07) | .136 | -0.22 (-0.58 – 0.14) | .220 |
| Psychedelics ever (T1) | -0.37 (-1.3 – 0.53) | .416 | -0.37 (-1.5 – 0.76) | .512 |
| Alcohol ever (T1) | 0.58 (-0.33 – 1.5) | .209 | 0.51 (-0.63 – 1.7) | .375 |
| Nicotine products ever (T1) | 0.08 (-0.68 – 0.84) | .826 | -0.08 (-1.0 – 0.88) | .867 |
| Cannabis products ever (T1) | -0.78 (-1.9 – 0.36) | .177 | -0.53 (-2.0 – 0.90) | .461 |
| MDMA ever (T1) | 0.14 (-0.51 – 0.78) | .675 | 0.10 (-0.72 – 0.91) | .812 |
| Major stimulants ever (T1) | 0.18 (-0.45 – 0.82) | .565 | 0.09 (-0.71 – 0.89) | .824 |
| Narcotic analgesics or opioids ever (T1) | -0.26 (-0.86 – 0.34) | .394 | -0.31 (-1.1 – 0.45) | .414 |
| Benzodiazepines and barbiturates ever (T1) | 0.23 (-0.40 – 0.86) | .465 | 0.34 (-0.45 – 1.1) | .391 |
| Inhalants ever (T1) | -0.20 (-0.78 – 0.38) | .492 | 0.10 (-0.64 – 0.83) | .795 |
| Other substances ever (T1) | 0.35 (-0.27 – 0.97) | .266 | 0.25 (-0.54 – 1.0) | .535 |
| Bachelor’s degree or higher | 0.31 (-0.16 – 0.79) | .195 | 0.43 (-0.17 – 1.0) | .158 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | -0.54 (-1.2 – 0.08) | .085 | -0.13 (-0.91 – 0.64) | .733 |
| 38-47 | -0.87 (-1.5 – -0.22) | .010 | -0.40 (-1.2 – 0.42) | .339 |
| 48-57 | 0.14 (-0.60 – 0.89) | .702 | 0.65 (-0.29 – 1.6) | .172 |
| 58+ | -0.71 (-2.4 – 0.95) | .397 | -0.20 (-2.3 – 1.9) | .851 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | -0.02 (-0.53 – 0.50) | .946 | 0.23 (-0.42 – 0.89) | .479 |
| Other | 0.20 (-0.98 – 1.4) | .740 | 1.5 (-0.01 – 3.0) | .051 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | -0.13 (-0.85 – 0.59) | .723 | 0.25 (-0.65 – 1.2) | .578 |
| Quite religious | 1.1 (-0.05 – 2.2) | .062 | 1.1 (-0.34 – 2.4) | .138 |
| Moderately religious | 0.55 (-0.84 – 1.9) | .434 | 0.31 (-1.4 – 2.1) | .728 |
| Very religious | 0.86 (-1.0 – 2.7) | .365 | 0.79 (-1.6 – 3.2) | .508 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | 0.13 (-0.63 – 0.90) | .728 | -0.04 (-1.0 – 0.94) | .934 |
| Remain side | -0.03 (-0.65 – 0.59) | .923 | -0.01 (-0.79 – 0.78) | .989 |
| Leave side | 0.07 (-1.3 – 1.4) | .913 | -0.31 (-2.0 – 1.4) | .725 |
| Lifetime hours of LKCM practice |  |  |  |  |
| 0 (reference category) | … | … | … | … |
| 0 – 10 | 0.27 (-0.83 – 1.4) | .630 | 0.17 (-1.2 – 1.6) | .807 |
| 11 – 100 | 0.04 (-0.61 – 0.68) | .911 | -0.04 (-0.85 – 0.77) | .912 |
| 101 – 500 | 0.72 (-0.48 – 1.9) | .232 | 1.1 (-0.39 – 2.6) | .142 |
| 501 – 1000 | 0.18 (-1.2 – 1.6) | .804 | 0.32 (-1.5 – 2.1) | .722 |
| 1001 – 5000 | … | … | … | … |
| 5000+ | … | … | … | … |
| Psychedelic dose during study period |  |  |  |  |
| Low (reference category) | … | … | … | … |
| Moderate | 0.17 (-0.44 – 0.77) | .587 | -0.09 (-0.86 – 0.67) | .812 |
| Large | 0.56 (-0.24 – 1.4) | .167 | 0.05 (-0.96 – 1.1) | .927 |
| Very large | 1.1 (-0.29 – 2.5) | .119 | 0.60 (-1.1 – 2.4) | .495 |
| Extreme | 0.54 (-1.1 – 2.1) | .500 | 1.0 (-1.0 – 3.0) | .325 |
|  |  |  |  |  |
| Number of observations | 100 | … | 100 | … |
| R2 | 0.398 | … | 0.329 | … |
| Adjusted R2 | 0.097 | … | -0.007 | … |
|  | CEQ Fear score | | CEQ Death score | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| Past-week LKCM practice at baseline | -0.25 (-0.60 – 0.10) | .152 | -0.29 (-0.55 – 0.02) | .037 |
| Psychedelics ever (T1) | -0.55 (-1.6 – 0.54) | .319 | -0.06 (-0.90 – 0.78) | .882 |
| Alcohol ever (T1) | 0.72 (-0.39 – 1.8) | .199 | 0.45 (-0.41 – 1.3) | .300 |
| Nicotine products ever (T1) | 0.25 (-0.67 – 1.2) | .585 | 0.11 (-0.60 – 0.82) | .760 |
| Cannabis products ever (T1) | -0.91 (-2.3 – 0.46) | .189 | -1.1 (-2.2 – -0.06) | .039 |
| MDMA ever (T1) | 0.41 (-0.37 – 1.2) | .302 | 0.06 (-0.54 – 0.67) | .839 |
| Major stimulants ever (T1) | 0.05 (-0.72 – 0.83) | .888 | 0.17 (-0.43 – 0.77) | .570 |
| Narcotic analgesics or opioids ever (T1) | -0.27 (-1.0 – 0.46) | .465 | -0.02 (-0.59 – 0.55) | .940 |
| Benzodiazepines and barbiturates ever (T1) | 0.12 (-0.64 – 0.88) | .754 | -0.11 (-0.69 – 0.48) | .722 |
| Inhalants ever (T1) | -0.46 (-1.2 – 0.25) | .200 | -0.36 (-0.91 – 0.18) | .191 |
| Other substances ever (T1) | 0.67 (-0.08 – 1.4) | .081 | 0.31 (-0.28 – 0.89) | .297 |
| Bachelor’s degree or higher | 0.24 (-0.34 – 0.82) | .406 | 0.25 (-0.19 – 0.70) | .263 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | -0.92 (-1.7 – 0.17) | .017 | -0.54 (-1.1 – 0.04) | .067 |
| 38-47 | -1.5 (-2.3 – -0.75) | <.001 | -0.78 (-1.4 – 0.17) | .013 |
| 48-57 | -0.34 (-1.2 – 0.57) | .463 | 0.11 (-0.60 – 0.81) | .765 |
| 58+ | -1.1 (-3.1 – 0.96) | .300 | -0.38 (-1.9 – 1.2) | .628 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | -0.16 (-0.79 – 0.47) | .617 | 0.26 (-0.22 – 0.74) | .288 |
| Other | -0.58 (-2.0 – 0.86) | .427 | 0.00 (-1.1 – 1.1) | .999 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | -0.43 (-1.3 – 0.44) | .327 | -0.16 (-0.83 – 0.51) | .635 |
| Quite religious | 1.0 (-0.35 – 2.3) | .143 | 1.1 (0.08 – 2.1) | .036 |
| Moderately religious | 0.20 (-1.5 – 1.9) | .814 | 0.67 (-0.64 – 2.0) | .311 |
| Very religious | 0.49 (-1.8 – 2.8) | .670 | 1.6 (-0.14 – 3.4) | .070 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | 0.17 (-0.77 – 1.1) | .725 | 0.28 (-0.45 – 1.0) | .448 |
| Remain side | -0.23 (-0.99 – 0.52) | .538 | 0.18 (-0.40 – 0.76) | .543 |
| Leave side | -0.12 (-1.8 – 1.5) | .889 | 0.88 (-0.40 – 2.2) | .175 |
| Lifetime hours of LKCM practice |  |  |  |  |
| 0 (reference category) | … | … | … | … |
| 0 – 10 | 0.22 (-1.1 – 1.5) | .743 | 0.21 (-0.82 – 1.2) | .682 |
| 11 – 100 | -0.12 (-0.91 – 0.66) | .751 | 0.24 (-0.37 – 0.84) | .435 |
| 101 – 500 | 0.47 (-0.99 – 1.9) | .520 | 0.55 (-0.58 – 1.7) | .335 |
| 501 – 1000 | 0.25 (-1.5 – 2.0) | .772 | 0.19 (-1.1 – 1.5) | .780 |
| 1001 – 5000 | … | … | … | … |
| 5000+ | … | … | … | … |
| Psychedelic dose during study period |  |  |  |  |
| Low (reference category) | … | … | … | … |
| Moderate | 0.26 (-0.47 – 1.0) | .477 | 0.30 (-0.27 – 0.87) | .301 |
| Large | 0.72 (-0.25 – 1.7) | .146 | 0.67 (-0.08 – 1.4) | .081 |
| Very large | 1.9 (0.18 – 3.6) | .030 | 1.7 (-0.44 – 3.0) | .009 |
| Extreme | 0.15 (-1.8 – 2.1) | .881 | 0.34 (-1.2 – 1.8) | .655 |
|  |  |  |  |  |
| Number of observations | 100 | … | 100 | … |
| R2 | 0.431 | … | 0.478 | … |
| Adjusted R2 | 0.147 | … | 0.216 | … |
|  | CEQ Insanity score | | CEQ Isolation score | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| Past-week LKCM practice at baseline | -0.14 (-0.44 – 0.16) | .351 | -0.19 (-0.60 – 0.21) | .346 |
| Psychedelics ever (T1) | -0.05 (-0.99 – 0.89) | .914 | -0.64 (-1.9 – 0.63) | .317 |
| Alcohol ever (T1) | 1.0 (-0.05 – 2.0) | .039 | 0.63 (-0.66 – 1.9) | .332 |
| Nicotine products ever (T1) | 0.23 (-0.57 – 1.0) | .564 | 0.28 (-0.80 – 1.4) | .601 |
| Cannabis products ever (T1) | -1.8 (-3.0 – 0.64) | .003 | -0.24 (-1.9 – 1.4) | .771 |
| MDMA ever (T1) | -0.05 (-0.73 – 0.62) | .876 | -0.01 (-0.93 – 0.91) | .988 |
| Major stimulants ever (T1) | 0.51 (-0.16 – 1.2) | .135 | 0.41 (-0.50 – 1.3) | .375 |
| Narcotic analgesics or opioids ever (T1) | -0.35 (-0.98 – 0.29) | .278 | -0.20 (-1.1 – 0.66) | .650 |
| Benzodiazepines and barbiturates ever (T1) | 0.14 (-0.52 – 0.80) | .669 | 0.14 (-0.76 – 1.0) | .764 |
| Inhalants ever (T1) | -0.20 (-0.81 – 0.41) | .515 | -0.13 (-0.96 – 0.70) | .759 |
| Other substances ever (T1) | 0.23 (-0.43 – 0.88) | .488 | 0.11 (-0.78 – 1.0) | .805 |
| Bachelor’s degree or higher | 0.16 (-0.34 – 0.66) | .525 | 0.76 (0.08 – 1.4) | .030 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | -0.34 (-0.99 – 0.30) | .294 | -0.59 (-1.5 – 0.29) | .187 |
| 38-47 | -1.1 (-1.8 – -0.44) | .002 | -0.55 (-1.5 – 0.38) | .243 |
| 48-57 | -0.33 (-1.1 – 0.46) | .408 | 0.82 (-0.25 – 1.9) | .131 |
| 58+ | -1.1 (-2.9 – 0.61) | .200 | -0.76 (-3.1 – 1.6) | .525 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | -0.17 (-0.71 – 0.37) | .534 | -0.22 (-0.95 – 0.52) | .559 |
| Other | -0.36 (-1.6 – 0.88) | .565 | 1.0 (-0.67 – 2.7) | .236 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | -0.60 (-1.4 – 0.15) | .117 | 0.09 (-0.93 – 1.1) | .855 |
| Quite religious | 1.3 (0.13 – 2.4) | .030 | 0.55 (-1.1 – 2.1) | .486 |
| Moderately religious | 0.50 (-0.96 – 2.0) | .500 | 0.20 (-1.8 – 2.2) | .842 |
| Very religious | 0.01 (-2.0 – 2.0) | .993 | 1.2 (-1.5 – 3.9) | .367 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | 0.06 (-0.75 – 0.87) | .883 | 0.29 (-0.81 – 1.4) | .604 |
| Remain side | 0.02 (-0.63 – 0.67) | .951 | 0.20 (-0.69 – 1.1) | .657 |
| Leave side | 0.47 (-0.97 – 1.9) | .517 | -0.03 (-2.0 – 1.9) | .976 |
| Lifetime hours of LKCM practice |  |  |  |  |
| 0 (reference category) | … | … | … | … |
| 0 – 10 | 0.17 (-0.96 – 1.3) | .762 | 0.11 (-1.5 – 1.7) | .891 |
| 11 – 100 | 0.01 (-0.66 – 0.69) | .975 | 0.29 (-0.63 – 1.2) | .530 |
| 101 – 500 | 0.43 (-0.84 – 1.7) | .502 | 0.80 (-0.91 – 2.5) | .352 |
| 501 – 1000 | 0.36 (-1.1 – 1.8) | .627 | -0.62 (-2.6 – 1.4) | .542 |
| 1001 – 5000 | … | … | … | … |
| 5000+ | … | … | … | … |
| Psychedelic dose during study period |  |  |  |  |
| Low (reference category) | … | … | … | … |
| Moderate | 0.36 (-0.28 – 0.99) | .270 | 0.06 (-0.80 – 0.93) | .882 |
| Large | 0.86 (0.02 – 1.7) | .045 | 0.47 (-0.67 – 1.6) | .417 |
| Very large | 1.7 (0.29 – 3.2) | .020 | -0.51 (-2.5 – 1.5) | .606 |
| Extreme | 0.49 (-1.2 – 2.2) | .560 | 0.62 (-1.7 – 2.9) | .589 |
|  |  |  |  |  |
| Number of observations | 100 | … | 100 | … |
| R2 | 0.493 | … | 0.319 | … |
| Adjusted R2 | 0.240 | … | -0.022 | … |
|  | CEQ Physical Distress score | | CEQ Paranoia score | |
|  | B (CI 95%) | *p* | B (CI 95%) | *p* |
| Past-week LKCM practice at baseline | -0.18 (-0.49 – 0.12) | .229 | -0.26 (-0.59 – 0.08) | .130 |
| Psychedelics ever (T1) | -0.23 (-1.2 – 0.71) | .622 | -0.58 (-1.6 – 0.46) | .268 |
| Alcohol ever (T1) | 0.42 (-0.54 – 1.4) | .382 | 0.21 (-0.85 – 1.3) | .695 |
| Nicotine products ever (T1) | -0.18 (-0.98 – 0.63) | .660 | 0.26 (-0.63 – 1.1) | .560 |
| Cannabis products ever (T1) | -0.57 (-1.8 – 0.63) | .347 | -0.55 (-1.9 – 0.77) | .405 |
| MDMA ever (T1) | 0.10 (-0.58 – 0.78) | .767 | 0.23 (-0.52 – 0.98) | .543 |
| Major stimulants ever (T1) | 0.07 (-0.61 – 0.74) | .845 | 0.28 (-0.46 – 1.0) | .454 |
| Narcotic analgesics or opioids ever (T1) | -0.24 (-0.88 – 0.40) | .460 | -0.33 (-1.0 – 0.38) | .359 |
| Benzodiazepines and barbiturates ever (T1) | 0.54 (-0.12 – 1.2) | .110 | 0.02 (-0.71 – 0.75) | .964 |
| Inhalants ever (T1) | -0.24 (-0.86 – 0.37) | .431 | -0.29 (-0.97 – 0.38) | .390 |
| Other substances ever (T1) | 0.47 (-0.19 – 1.1) | .160 | 0.14 (-0.59 – 0.86) | .705 |
| Bachelor’s degree or higher | 0.06 (-0.45 – 0.56) | .821 | 0.39 (-0.17 – 0.95) | .167 |
| Age |  |  |  |  |
| 18-27 (reference category) | … | … | … | … |
| 28-37 | -0.68 (-1.3 – -0.03) | .042 | -0.68 (-1.4 – 0.04) | .062 |
| 38-47 | -0.80 (-1.5 – -0.11) | .024 | -0.96 (-1.7 – -0.21) | .014 |
| 48-57 | 0.00 (-0.80 – 0.79) | .992 | -0.08 (-0.96 – 0.79) | .847 |
| 58+ | -0.72 (-2.5 – 1.0) | .419 | -0.98 (-2.9 – 0.96) | .316 |
| Gender |  |  |  |  |
| Male (reference category) | … | … | … | … |
| Female | -0.05 (-0.60 – 0.50) | .857 | -0.09 (-0.69 – 0.51) | .772 |
| Other | -0.34 (-1.6 – 0.91) | .590 | -0.58 (-2.0 – 0.79) | .401 |
| Degree of religiosity |  |  |  |  |
| Not at all religious (reference category) | … | … | … | … |
| A little religious | -0.06 (-0.82 – 0.70) | .871 | -0.27 (-1.1 – 0.57) | .521 |
| Quite religious | 1.2 (0.06 – 2.4) | .039 | 1.1 (-0.21 – 2.4) | .100 |
| Moderately religious | 1.2 (-0.27 – 2.7) | .109 | 1.0 (-0.62 – 2.6) | .224 |
| Very religious | 1.2 (-0.83 – 3.1) | .250 | 1.2 (-0.99 – 3.4) | .279 |
| Political affiliation |  |  |  |  |
| Democratic Party (reference category) | … | … | … | … |
| Republican Party | 0.12 (-0.69 – 0.94) | .767 | 0.35 (-0.55 – 1.2) | .445 |
| Remain side | -0.13 (-0.79 – 0.53) | .692 | 0.03 (-0.69 – 0.76) | .933 |
| Leave side | 0.13 (-1.3 – 1.6) | .856 | 0.31 (-1.3 – 1.9) | .696 |
| Lifetime hours of LKCM practice |  |  |  |  |
| 0 (reference category) | … | … | … | … |
| 0 – 10 | 0.47 (-0.69 – 1.6) | .418 | 0.58 (-0.70 – 1.9) | .369 |
| 11 – 100 | -0.10 (-0.77 – 0.58) | .780 | 0.45 (-0.30 – 1.2) | .234 |
| 101 – 500 | 0.71 (-0.56 – 2.0) | .267 | 0.68 (-0.72 – 2.1) | .338 |
| 501 – 1000 | 0.20 (-1.3 – 1.7) | .785 | 0.39 (-1.3 – 2.0) | .638 |
| 1001 – 5000 | … | … | … | … |
| 5000+ | … | … | … | … |
| Psychedelic dose during study period |  |  |  |  |
| Low (reference category) | … | … | … | … |
| Moderate | 0.25 (-0.39 – 0.89) | .442 | 0.22 (-0.48 – 0.93) | .533 |
| Large | 0.80 (-0.05 – 1.6) | .064 | 0.68 (-0.25 – 1.6) | .147 |
| Very large | 1.4 (-0.09 – 2.8) | .066 | 0.76 (-0.86 – 2.4) | .351 |
| Extreme | 0.50 (-1.2 – 2.2) | .557 | 0.42 (-1.4 – 2.3) | .654 |
|  |  |  |  |  |
| Number of observations | 100 | … | 100 | … |
| R2 | 0.402 | … | 0.381 | … |
| Adjusted R2 | 0.103 | … | 0.073 | … |
| Note: This table shows statistics for the sixteen separate multiple linear regression models in Table 4. B = unstandardized beta; MM = Past week practice of mindfulness meditation; LKCM = Past week practice of loving-kindness or compassion meditation. | | | | |