

Appendix A. Question Wording and Response Scales Used in the Experiment

Scale type	Variable name	Question Wording	5-point fully-labeled	5-point end-labeled	7-point fully-labeled	7-point end-labeled
Mindfulness: Agreement scale	Automatic	Next is a list of statements describing every day experience. For each one, please indicate to what extent you agree or disagree it. Please answer according to what really reflects your experience rather than what you think you experience should be.	Descending: totally agree; agree; neither agree nor disagree; disagree; totally disagree	Descending: 1 totally agree; 2; 3; 4; 5 totally disagree	Descending: totally agree; agree; slightly agree; neither agree nor disagree; slightly disagree; disagree; totally disagree	Descending: 1 totally agree; 2; 3; 4; 5; 6; 7 totally disagree
		I tend to “run on automatic” without much awareness of what I am doing.				
	Rush	I tend to rush through activities without being really attentive to them.	Ascending: totally disagree; disagree; neither agree nor disagree; agree; totally agree	Ascending: 1 totally disagree; disagree; 2; 3; 4; 5 totally agree	Ascending: totally disagree; disagree; slightly disagree; neither agree nor disagree; slightly agree; agree; totally agree	Ascending: 1 totally disagree; 2; 3; 4; 5; 6; 7 totally agree
	Absorbed	I tend to get so completely absorbed in what I am doing that all of my attention is focused on it.				
	Several	I tend to do several things at once rather than focusing on one thing at a time.				
	Wanders	My mind often wanders off when I do things.				
Mindfulness: Frequency scale	Distracted	I often feel easily distracted.				
	Automatic	Next are some questions about everyday experiences. Please answer according to what really reflects your experience rather than what you think your experience should be.	Descending: always; often; sometimes; rarely; never;	Descending: 1 always; 2; 3; 4; 5 never;	Descending: always; often; frequently; sometimes; occasionally; rarely; never;	Descending: 1 always; 2; 3; 4; 5; 6; 7 never;
		How often do you "run on automatic" without much awareness of what you are doing?	Ascending:	Ascending:	Ascending:	Ascending:

	Rush	How often do you rush through activities without being really attentive to them?	never; rarely; sometimes; often; always	1 never; 2; 3; 4; 5; always	never; rarely; occasionally; sometimes; frequently; often; always	1 never; 2; 3; 4; 5; 6; 7 always
	Absorbed	How often do you get so completely absorbed in what you are doing that all of your attention is focused on it?				
	Several	How often do you do several things at once rather than focusing on one thing at a time?				
	Wanders	How often does your mind wander off when you do things?				
	Distracted	How often do you feel easily distracted?				
Political Efficacy: Agreement scale	Complicated	Sometimes, politics and government seem so complicated that a person like me can't really understand what's going on.	Descending: totally agree; agree; neither agree nor disagree; disagree; totally disagree	Descending: 1 totally agree; 2; 3; 4; 5 totally disagree	Descending: totally agree; agree; slightly agree; neither agree nor disagree; slightly disagree; disagree; totally disagree	Descending: 1 totally agree; 2; 3; 4; 5; 6; 7 totally disagree
	Understanding	I feel that I have a pretty good understanding of the important political issues facing our country.				
	Care	Public officials don't care much what people like me think.				
	Say	People like me don't have any say about what the government does.				Ascending: 1 totally disagree;
	Vote	In this country's elections, votes are often counted fairly.	Ascending: totally disagree; disagree; neither agree nor disagree; agree; totally agree	Ascending: 1 totally disagree; disagree; 2; 3; 4; 5; totally agree	Ascending: totally disagree; disagree; slightly disagree; neither agree nor disagree; slightly agree; agree; totally agree	2; 3; 4; 5; 6; 7 totally agree
	Journalists	Journalists often provide fair coverage of elections.				
	Officials	In this country's elections, election officials are often fair.				
	Choice	Voters are often offered a genuine choice at the ballot box.				
	Rich	Rich people often buy elections.				

Political Efficacy: Frequency scale	Complicated	How often do politics and government seem so complicated that a person like you can't really understand what is going on?	Descending: always; often; sometimes; rarely; never;	Descending: 1 always; 2; 3; 4; 5 never;	Descending: always; often; frequently; sometimes; occasionally; rarely; never;	Descending: 1 always; 2; 3; 4; 5; 6; 7 never;
	Understanding	How often do you feel that you have a pretty good understanding of the important political issues facing this country?				
	Care	How often do you feel that public officials don't care much what people like you think?	Ascending: never; rarely; sometimes; often; always	Ascending: 1 never; 2; 3; 4; 5; always	Ascending: never; rarely; occasionally; sometimes; frequently; often; always	Ascending: 1 never; 2; 3; 4; 5; 6; 7 always
	Say	How often do you feel that people like you don't have any say about what the government does?				
	Vote	In this country's elections, how often are votes counted fairly?				
	Journalists	In this country's elections, how often do journalists provide fair coverage of elections?				
	Officials	In this country's elections, how often are election officials fair?				
	Choice	How often are voters offered a genuine choice at the ballot box?				
	Rich	How often do rich people buy elections?				