

SOE13: The goal of religion

Post by “Elayne” of December 31, 2019 at 3:33 PM

If I were designing a study to look at whether a specific mindfulness practice increases pleasure compared to something else a person could be doing in that same time (considering we are finite), I would compare it to asking one comparison group to do a personally pleasurable activity on the same schedule, and a control group who just rated their pleasure (that could cause them to change their routines, but control groups are impossible to rid of confounders in this type of project). And hey, maybe a group that did half the time mindfulness and half their fun activity.

I'd look at their pleasure/pain ratings during the activities and through the day, and for any ongoing effects. Best to do a long term study, at least a year, since these are practices people are being asked to do long term and some effects might take time.

My hypothesis would be that a personally chosen pleasurable activity will win over mindfulness. But like many scientists, I'm interested in any result, including the possibility mindfulness trumps fun for pleasure.