

THE MINDFULNESS CONSORTIUM

MEMBERSHIP & SUBMISSION GUIDE

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[Click here to access the website](#)



MIND & LIFE
INSTITUTE

Thank you for your interest in becoming a member of the Mindfulness Consortium, funded by the Mind & Life Institute. The Mindfulness Consortium is a global network of researchers working together to accelerate the science of mindfulness-based interventions through the collaborative use of existing data.

Membership is free and open to researchers worldwide. Once you become a member, you will be able to share information about your own mindfulness-based intervention datasets or request access to other datasets in our directory. Please note that, for now, we only accept studies related to interventions (i.e., we do not include studies that measured trait mindfulness without any intervention). This document explains the steps for becoming a member, sharing datasets, and requesting access to data.

We also invite you to subscribe to our bimonthly newsletter to stay informed about newly added datasets, ongoing initiatives, and upcoming online events.

*[Click here to access the Mindfulness Consortium website](#)
(newsletter subscription option is at the bottom of the webpage)*

Warm regards,

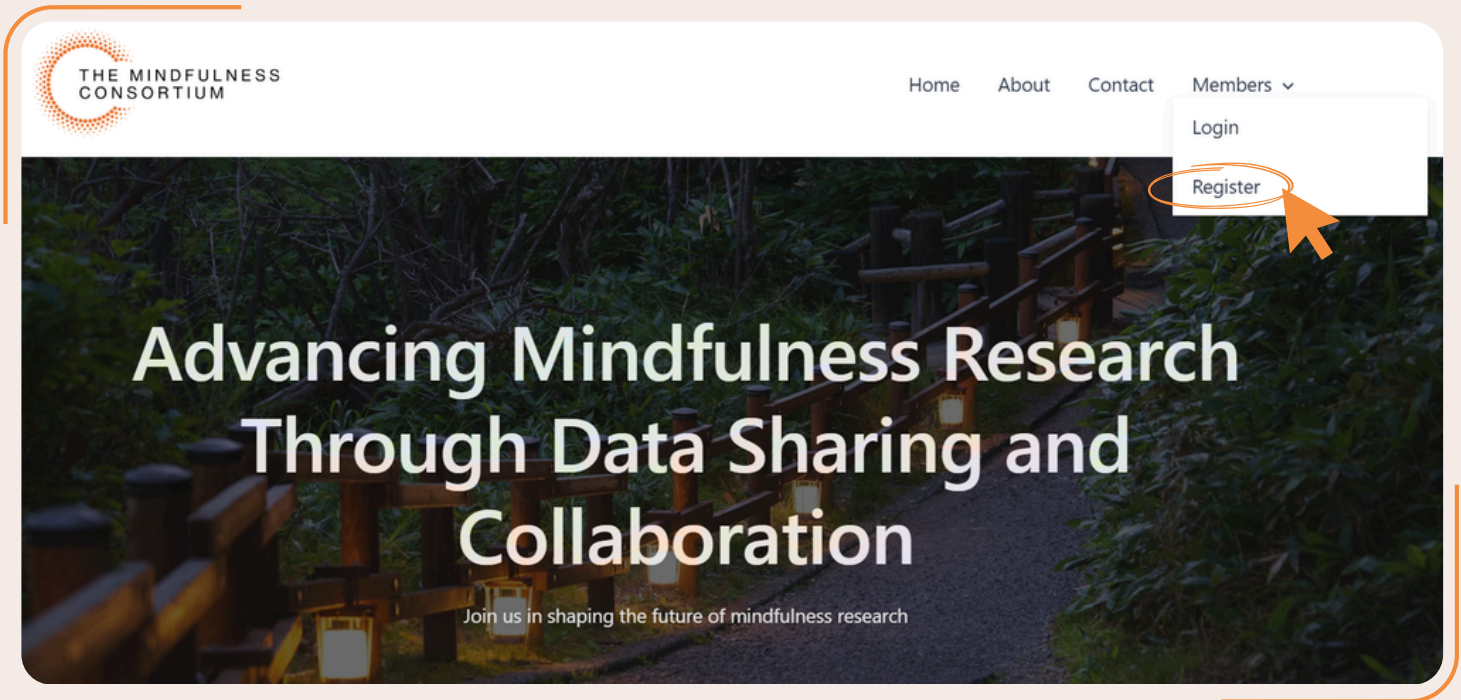


Ivana Buric, PhD (Founder of the Mindfulness Consortium)



Becoming a member of the Mindfulness Consortium

You must first have an account to share or request a dataset. To create one, click 'Register' under the 'Members' tab on the top right corner of the webpage, as pictured below:



You can choose to create your account using ORCID, Facebook, or through a Google account on your device. You may also manually input your details.

Once you have an existing account, every time you visit the website, simply click 'Login' under the same 'Members' tab and sign in using your details.

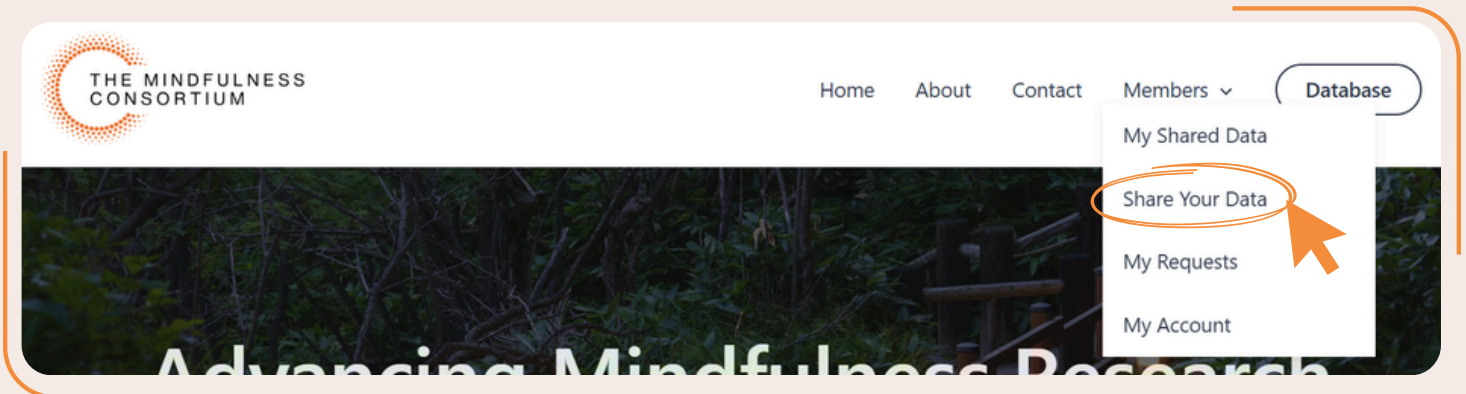
From here, you can go to the next page to learn how to share your dataset information to contribute to the Mindfulness Consortium or go directly to page 6 to learn how to request access to shared datasets and start a new collaboration.



Share your dataset with the Mindfulness Consortium

Step 1: Access the data sharing form

Once you are logged in, start a new data entry by clicking ‘Share your data’ under the ‘Members’ tab on the top right of the webpage, as pictured below:



Step 2: Share your dataset information

The standardised form includes several fields with information about you and your study. Complete the required fields (*) and as many optional fields as possible. We suggest taking sufficient time for this step to make your information clear and increase the visibility of your dataset information within the Mindfulness Consortium directory.

In the publication details section of the form, it is mandatory to include a link to an existing publication, the study protocol/registration, or data repository to give other researchers sufficient information about your dataset.

See pages 4-5 of this document for a printable version of the form you can use offline

Step 3: Decide whether to upload your dataset to a data repository

We recommend that datasets themselves be hosted on the Open Science Framework (<https://osf.io>), Zenodo (<https://zenodo.org>), or a comparable research data repository and then include the link in the publication details section of the form (see bottom of page 5). The Mindfulness Consortium maintains a catalogue of dataset descriptions and links, but it does not host data.

If you wish, you may also upload supporting documents or additional links directly to this form (for example, a publication, protocol document, or codebook). Direct upload of supporting documents is optional and is not intended for full datasets; please host the dataset itself on a repository. If you prefer, you may also describe a dataset in the form without sharing the data or any documents at all, and this will be sufficient.

Step 4: Submit the data sharing form

Once you submit your information, the Mindfulness Consortium staff will review it for clarity before publishing it on the site. You will be able to see the status of all your shared data on the ‘My Shared Data’ tab under ‘Members’.

Step 5: Receive requests for collaboration

When a researcher expresses interest in your dataset, the Mindfulness Consortium will notify you by e-mail with the details of their request. You are then free to communicate with the researcher. You decide whether to proceed, how involved you wish to be, and what authorship expectations apply.

There is no obligation to accept any request as is. We encourage you to read the ‘What’s Next?’ section at the bottom of this webpage for guidelines and recommendations for collaborations:

www.mindfulnessconsortium.org/what's_next



New Data Insert

Title *

Principal Investigator *

Other Collaborators

Study Description

Describe the study purpose, nature, scope, methodology, and sample to allow others to understand your dataset, the more details you provide the more likely others are to find your entry and request to collaborate.

Publication Details

<p>Provide a primary publication DOI or other relevant link *</p> <p>(e.g., pre-registration, data repository or similar)</p>	<p>Year of Publication</p> <p>When was the study published</p>	<p>Author Country *</p> <p>In which county was data collected</p>
<input type="text" value="🌐"/>	<input type="text"/>	<input type="text" value="Afghanistan"/>

Study Information

Study design Type RCT More study design information		Population type * Type Clinical More population type information	
Age group * Children (up to 13)	Control group * Passive control group	Total Sample Size *	

Intervention Information

Intervention Type * MBSR	Intervention details Add any additional information, particularly if your intervention was novel, unique, or atypical	Intervention length * (in weeks)
Questionnaires Select	Cognitive tasks Select	
Neural measures Select	Other measures Select	

Supporting Files & Links

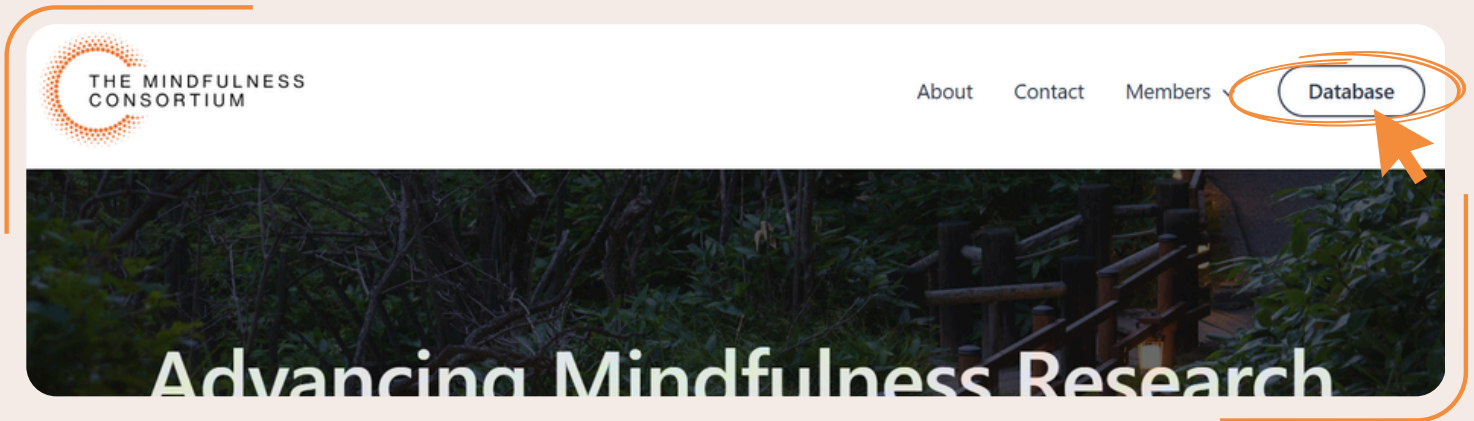
Link or upload any additional supporting materials available (e.g., fully anonymized dataset, codebook, study protocol and/or similar). Important: Add only the files that you are willing to make publicly accessible. *Maximum file size 25MB.

File 1	No file selected Add File
File 2	No file selected Add File
Link 1	<input type="text"/>
Link 2	<input type="text"/>

Request datasets from the Mindfulness Consortium

Step 1: Search for a relevant dataset

Once you are logged in, access the Mindfulness Consortium database from the top right of the webpage, as pictured below:



Use the search bar to enter key terms related to your research question and optimise parameters using the filters on the left sidebar of the webpage. The filters allow a more specific search by publication year, dataset country, common intervention types, approximate sample size, or intervention length.

Step 2: Identify relevant dataset(s)

Once you identify a dataset of interest, click on it to read the full description. Follow the link to the publication, study protocol/registration, or data repository for further information, and where available, download any supporting documents such as a codebook or protocol.

Datasets listed in this catalogue are shared on the basis of collaboration. In most cases the dataset description is openly available, but the data itself is held under restricted access by the data owner. To use a dataset, you first establish a collaboration with the data owner, and the Mindfulness Consortium facilitates that contact.

Step 3: Access the data request form

After you have found a dataset which matches your needs and read all the provided information, click 'Request this Dataset' at the bottom of the webpage to open the request form.

Step 4: Create your request

The standardised form includes several fields with information about you and your project. Complete the required fields (*) and as many optional fields as possible. We suggest taking sufficient time for this step to make your request clear and to facilitate a fruitful potential collaboration.

Submitting the form is a request to be connected with the data owner; it does not grant access to the data. The data owner decides whether to share their data and on what terms, and any use of the data is subject to a collaboration agreement between you and them.

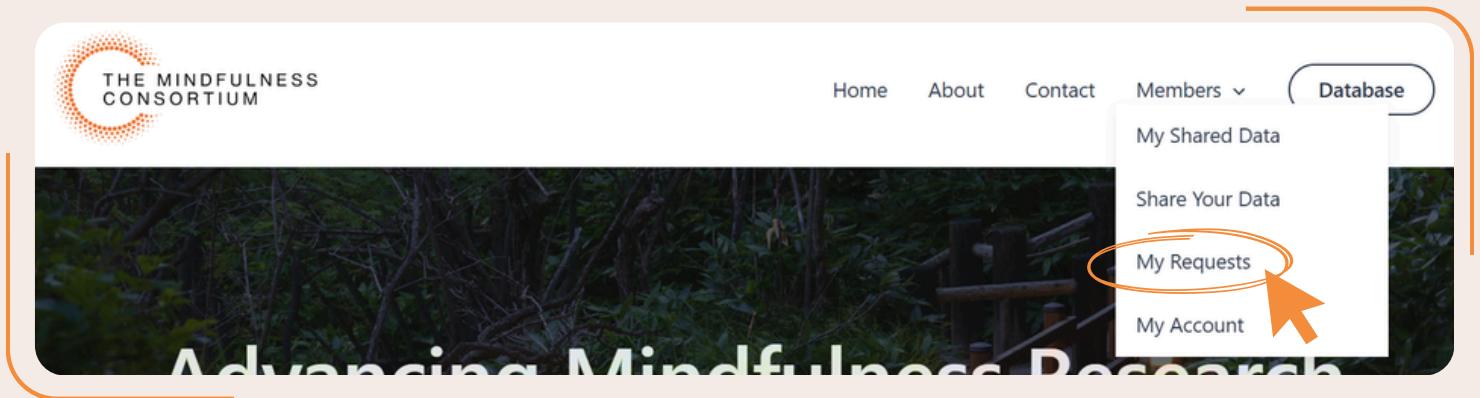
Any research output arising from a dataset must acknowledge the data owner(s), and we ask that it also acknowledge the Mindfulness Consortium as the platform through which the collaboration was established. Acknowledgement is normally included in the methods or acknowledgements section.

See pages 9-10 of this document for a printable version of the form you can use offline



Step 5: Submit your request

Once you submit your request, the Mindfulness Consortium staff will review it for clarity and then forward it to the dataset owner. You can see a list of all your submitted requests on the ‘My Requests’ tab under ‘Members’ as pictured below:



Step 6: Connect with dataset owners and begin collaboration

The Mindfulness Consortium staff will connect you and the dataset owner to discuss your request and explore potential collaboration.

We encourage you to read the ‘What’s Next?’ section at the bottom of this webpage for guidelines and recommendations for setting up a successful and seamless collaboration: www.mindfulnessconsortium.org/what's_next

Request this Dataset

Before submitting your request, please review all available information about the dataset, including any attached files or links. Providing clear and detailed information in this form increases the likelihood of establishing a collaboration with the dataset owner.

1. Your information

Full name *

Affiliation *

Position / role *

Email address *

2. Research team

First author *

Names of intended co-authors

Co-authorship *

3. Project description

Study objectives *

Research questions / hypotheses

Planned data analyses

Project timeline *

Intended output

4. Data requirements

Variables needed *

Additional comments

- I confirm that I have reviewed the dataset description and believe the requested data are suitable *
- I agree to appropriately acknowledge the dataset and the Mindfulness Consortium in any resulting publications or other outputs. *