

# Development and Validation of Mind-Body Scale

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## Introduction

Many factors (e.g. spiritual beliefs) may lead a person to have dualistic tendencies. These people separate the mind and body into 2 distinct entities

- Do some people favor the mind component over the body component, and vice versa?
- How does this influence decision making?

## Methods & Analysis

All participants recruited via Amazon Mechanical Turk (Mturk)

Study 1: Exploratory Factor Analysis

- 307 participants ( $M_{age} = 19.75$ ,  $Sd_{age} = 1.28$ ; 221 males)

Study 2: Confirmatory Factor Analysis

- 305 participants ( $M_{age} = 39.04$ ,  $Sd_{age} = 10.16$ ; 127 males)

Study 3: Validity Analysis

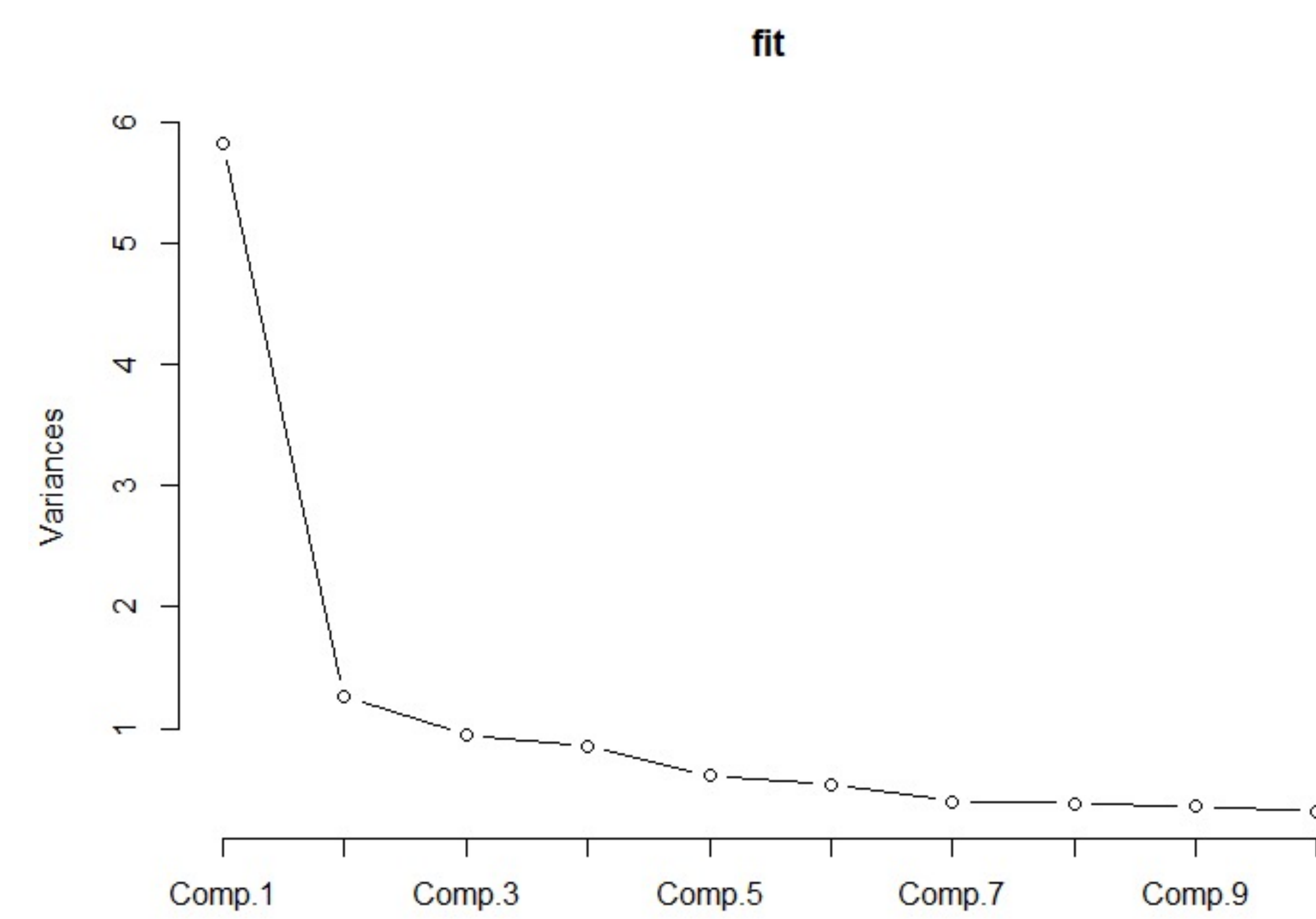
- 213 participants ( $M_{age} = 19.67$ ,  $Sd_{age} = 3.67$ ; 88 males)

Subjects completed the 12-item Mind-Body Focus (MBF) Scale, in addition to demographic questions

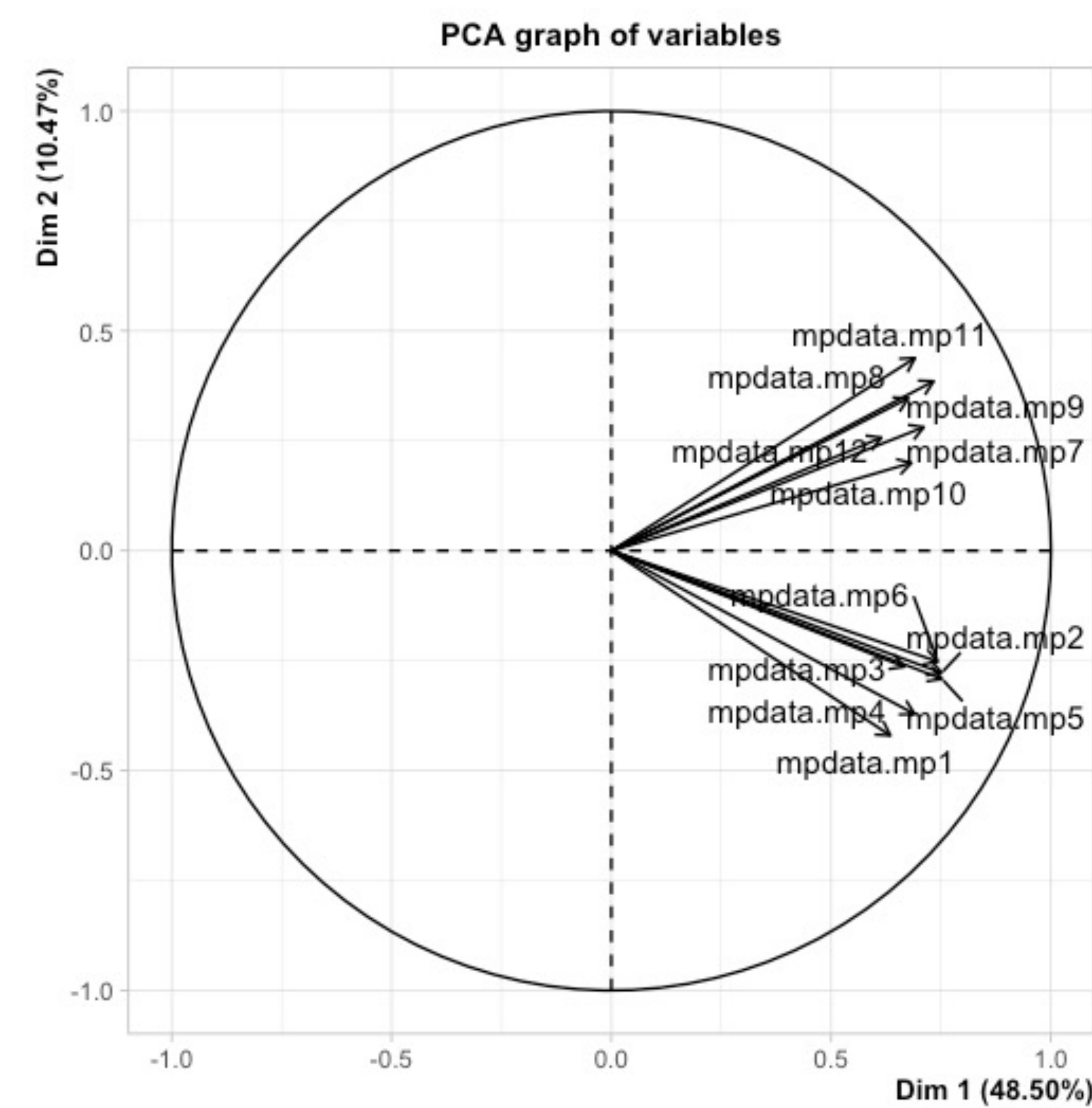
Data analysis and modeling using R

## Results (Exploratory Factor Analysis)

Variance attributed to 2 factors

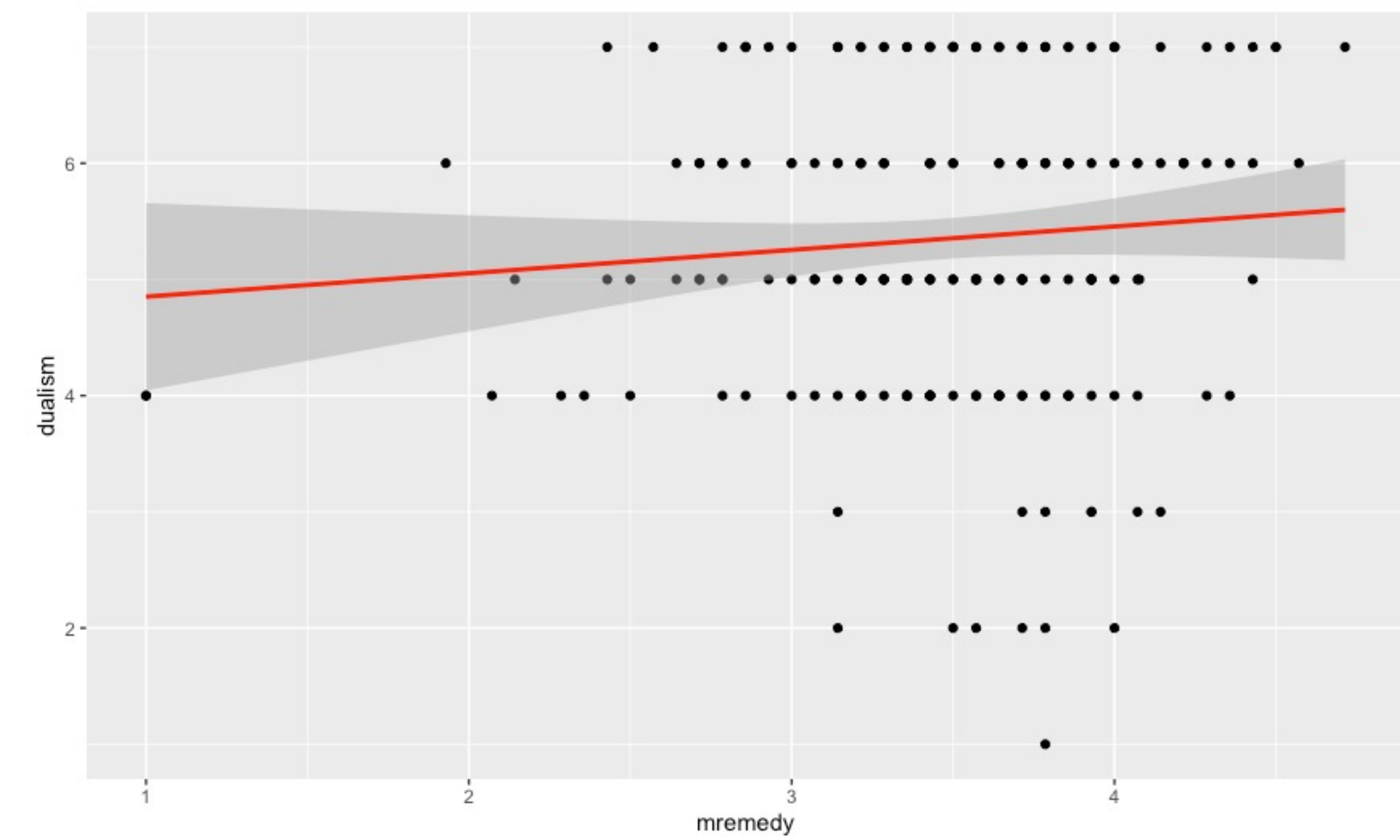


MBF items segregate into mind and body

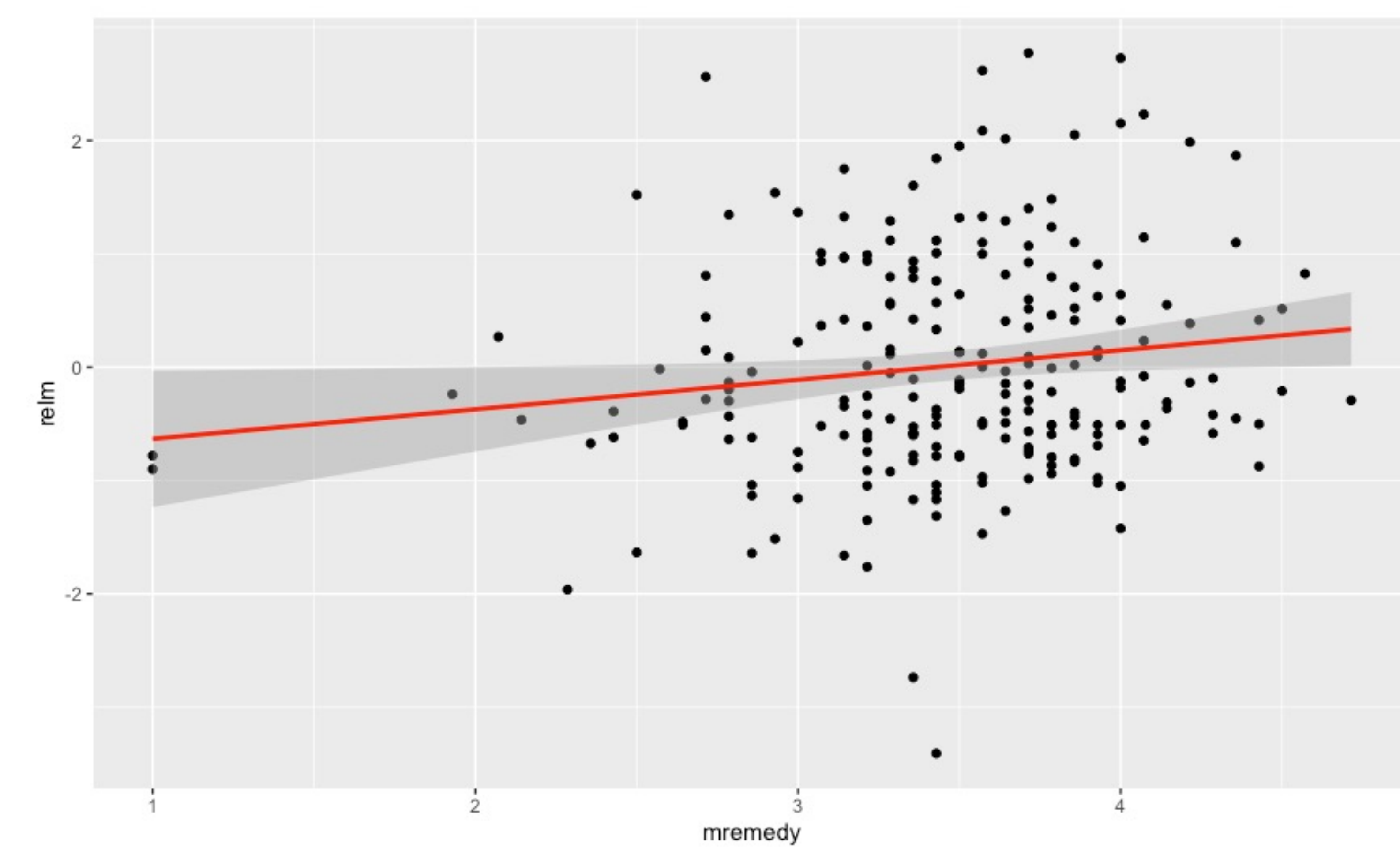


## Results part 2 (Validity Analysis)

Dualism is a poor predictor of decision-making

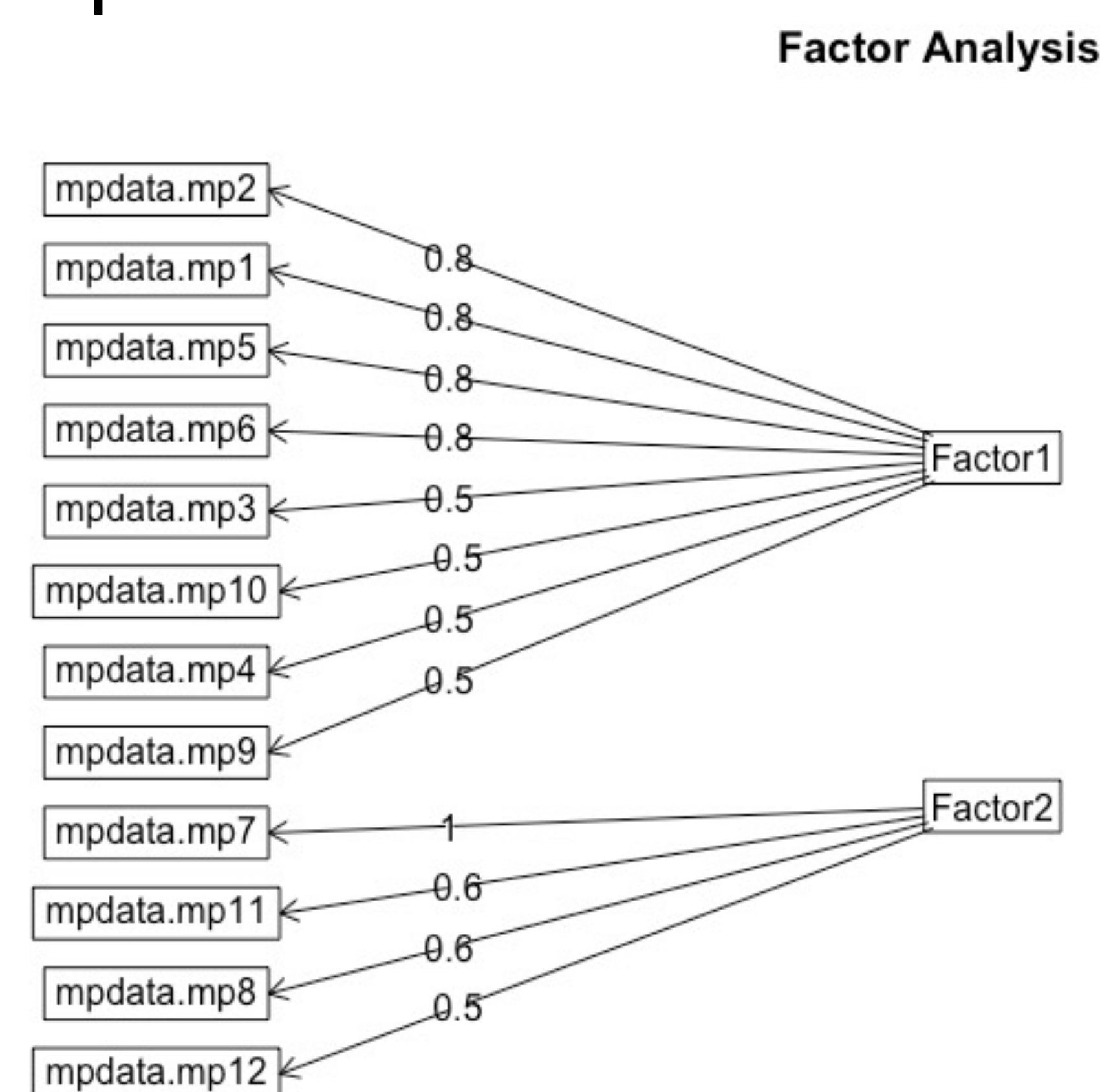


Our metric "relm" is a stronger predictor of decision-making



## Supplementary Results (Confirmatory Factor Analysis)

Unexpected association of MBF items 9 & 10 with Factor 1



## Conclusions

Many people have natural dualistic beliefs

Many people have tendencies to favor either mind or body

The 12 item MBF scale accurately quantifies a person's mental or physical focus

MBF scale responses can help predict future decisions