## **List of Tables**

The following is a list of tables in numerical order as they appear in the thesis.

1	Psychological Definitions and Theoretical Frameworks of Mindfulness	15
2	Content Analysis of Samatva from the Bhagavad Gita	45
3	The 52 Mental States in the Abhidhammattha-sangaha	64
4	Sample Characteristics of Experts who were Interviewed	74
5	Interview Guidelines	77
6	The Psychological Conceptualisation of Equanimity	80
7	Various Practices for the Cultivation of Equanimity for Adults	86
8	Various Pathways for Cultivation of Equanimity for Children	93
9	Evaluation of the Existing Scales on Equanimity	104
10	Modification of the Items of the Scale	105
11	Feedback from the Pilot Study	108
12	Results from the Factor Analysis	116
13	Cronbach Alpha and Eigen Values of the Extracted Factors	118
14	Sample Characteristics	131
15	Description of the Tools	133
16	Results of t-test showing Mean Differences among Genders with respect to Equanimity	135
17	Results of ANOVA showing Mean Differences among different Age-groups with respect to the Dimensions of Equanimity	136
18	Results of ANOVA showing Mean Differences among different levels of Education with respect to the Dimensions of Equanimity	138

19	Correlations between Equanimity and the Psychosocial Health Concomitants	141
20	Equanimity predicting Emotional Reactivity	144
21	Equanimity predicting Neuroticism	145
22	Equanimity predicting Loneliness	146
23	Equanimity predicting Social Media Addiction	147
24	Equanimity predicting Well-being	148
25	Equanimity predicting General Health	149
26	Correlation between Spiritual Practices and Equanimity	150
27	Difference between Low and High levels of Meditation Practice on Equanimity	151
28	Difference between Low and High Level of Yoga Practice on Equanimity	152
29	Difference between Low and High Level of Prayers/Mantras on Equanimity	153
30	Difference between Low and High level of Religious Practices such as Seva/satsang on Equanimity	154