

## **Request for unpublished data on mindsets and Prosocial/Health Behaviors**

Dear colleagues,

We are in the final stages of two meta-analyses:

1. The relationship between mindsets (growth, fixed) and prosocial behavior
2. The relationship between mindsets (growth, fixed) and health-related behaviors (specifically, healthy eating and physical activity)

To make these papers as comprehensive as possible, we are reaching out to ask for your relevant data, published recently (2025), in press, or unpublished, that includes measures or manipulations of mindsets and measures of either prosocial behaviors or health-related behaviors (eating or exercising) or both.

Specifically, we would appreciate it if you could send us:

- **If mindsets were measured:** Correlation coefficients between mindsets(s) and relevant outcomes, including sample sizes and reliabilities of measures.
- **If mindsets were manipulated:** effect sizes (e.g., Cohen's *d*) of growth (vs. fixed or control) mindset manipulation on a relevant outcome (prosocial behavior or health-related behavior, specifically eating or exercising measures) or the necessary data to compute them (means, standard deviations, and group sample sizes).

Any additional information on the measures and/or manipulations used, as well as the procedure, would also be greatly appreciated.

Please also add the relevant citation for your data.

Best regards,  
Kim Penias and Liat Levontin

If mindsets were measured, please use the following table:

|   |   |
|---|---|
| <b>Mindset measure</b>  | Name/source (citation): ____<br>Copy the items here: ____<br>Cronbach's alpha: ____<br>How was the mean calculated? (reversed items, etc.) ____ |
| <b>Dependent variable</b> (prosocial / health-related behavior) | Name/source (citation): ____<br>Copy the items here: ____<br>Cronbach's alpha: ____<br>How was the mean calculated? (reversed items, etc.) ____ |
| <b>Results*</b>   | Correlation coefficient(s) between mindset and DV: ____<br>Sample size (N): ____  |
| <b>Participants</b>   | Participants (students/general population, from which country, mean age, etc.): ____  |
| <b>Procedure</b>  | The instructions/procedure of the study: ____   |
| <b>Additional info</b>  | Other important info: ____  |

\*If your research included more than one relevant DV, please report all the correlations between mindsets and all the DVs.

If mindsets were manipulated, please use the following table:

|   |   |
|---|---|
| <b>Mindset manipulation</b>                                     | Name/source (citation): ____<br>Copy the manipulation here: ____  |
| <b>Dependent variable</b> (prosocial / health-related behavior) | Name/source (citation): ____<br>Copy the items here: ____<br>Cronbach's alpha: ____<br>How was the mean calculated? (reversed items, etc.) ____                               |
| <b>Results *,**</b>   | Effect size (Cohen's <i>d</i> ): ____<br><b>OR</b><br>Growth mindset condition (N = ____ ; M = ____ ; SD = ____)<br>Fixed/control condition (N = ____ ; M = ____ ; SD = ____) |
| <b>Participants</b>   | Participants (students/general population, from which country, mean age, etc.): ____  |
| <b>Procedure</b>  | The instructions/procedure of the study: ____   |
| <b>Additional info</b>  | Other important info: ____  |

\* If your research included more than one relevant DV, please report the effect of a growth mindset (vs. fixed/control) on each separately.

\*\*If your study included a moderator (e.g., 2\*2 design), please report the results for each group (e.g., 2\*2 = 4 groups).