**Supplemental Materials**

**Concentrative Meditation Influences Creativity by Increasing Cognitive Flexibility**

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**Appendix A.** TCT-DP scoring criteria

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|  | Name | Description |
| 1. | Completion (Cm) | Any use, continuation or extension of the six given figural fragments. One point is given for each completed fragment, with a maximum score of 6 points. |
| 2. | Addition (Ad) | Any additions, completions, complements, supplements made to the used, continued or extended figural fragments. One point is given for each addition to the element, with a maximum score of 6 points. |
| 3. | New elements (Ne) | Any new figure, symbol or element. One point is given for each new element, with a maximum score of 6 points. |
| 4. | Connections made with a line (Cl) | Connections made with a line between one figural fragment or figure and another figure. One point is given for each line connecting the elements, with a maximum score of 6 points. |
| 5. | Connections made to produce a theme (Cth) | Any figure contributing to a compositional theme or "gestalt". One point is given for each figure in the composition, with a maximum score of 6 points. |
| 6. | Boundary breaking that is fragment dependent (Bfd) | Any use, continuation or extension of the "small open square" located outside the square frame. Six points are given if the boundary is gone beyond. |
| 7. | Boundary breaking that is fragment independent (Bfi) | Six points are given if there are independent elements beyond the boundaries. |
| 8. | Perspective (Pe) | One point is given for each object presented in a three-dimensional manner, with a maximum score of 6 points. |
| 9. | Humour and affectivity (Hu) | Any drawing that elicits a humorous response, shows affection, emotion, or strong expressive power. One point is given for each element expressing humour or affectivity with a maximum score of 6 points. |
| 10. | Unconventionality, a (Uc, a) | Any manipulation of the material is awarded with 3 points. |
| 11. | Unconventionality, b (Uc, b) | Any use of surreal, fictional and/or abstract elements or drawings is awarded with 3 points. |
| 12. | Unconventionality, c (Uc, c) | Any use of symbols or signs is awarded with 3 points. |
| 13. | Unconventionality, d (Uc, d) | Unconventional use of the given fragments is awarded with 3 points. |
| 14. | Penalty (Pn) | One point can be deducted from the score if a fragment is used in a stereotypical way, for example: a half circle used as a face or a sun; if angle as a box or a house; if curve line as a flower or a snake; if two stripes are used as a road. The maximum penalty is 3 points |

**Appendix B.** Semantic categories of the AUT ideas

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|  | Semantic Categories | |
|  | **Brick** | **Shoe** |
| 1. | Building | Original (wearing) |
| 2. | Misplacement | Polish/paint |
| 3. | Toy | Lace |
| 4. | Destruction | Misplacement |
| 5. | Holding | Movement |
| 6. | Seat | Trade |
| 7. | Art | Recycling |
| 8. | Sport | Destruction |
| 9. | Flowerpot | Art |
| 10. | Elevation | Flowerpot |
| 11. | Weight | Instrument |
| 12. | Trade | Toy |
| 13. | Other | Other |