

***Supplementary Material 2***

A Workplace Mindfulness Training May Affect Mindfulness, Well-Being, Health Literacy and Work Performance of Upper-Level ICT-Managers: An Exploratory Study in Times of the COVID- 19 Pandemic

**TABLE 1 |** ‘Health Literacy’ scale.

|  |  |
| --- | --- |
| **Items** | **Response options** |
| I take care of my health, even if it costs money, time and personal energy. | 1 = Strongly disagree2 = Somewhat disagree3 = Somewhat agree4 = Strongly agree |
| I plan my life so that I stay healthy. |
| I know exactly how to maintain my health and stay up to date on this through books and various media. |
| I set clear goals for my physical and mental fitness. |
| I have made it a habit to maintain my health and live healthy. |
| As far as my health is concerned, I am very much in control of myself and can manage myself effectively. |

# Supplementary Material

**TABLE 2 |** ‘Subjective Training Benefits’ scale.

|  |  |
| --- | --- |
| **Items** | **Response options** |
| The intervention enabled me to sustainably integrate more mindfulness into my daily life. | 1 = Strongly disagree |
|  | 2 = Somewhat disagree |
| The intervention helped me to pay more attention to myself and my health. | 3 = Somewhat agree |
| The intervention increased my awareness of my health and mindfulness. | 4 = Strongly agree |
| The intervention encouraged me to incorporate small moments of mindfulness into my daily life. |  |
| The intervention encouraged me to take occasional breaks to foster my mindfulness. |  |

**TABLE 3 |** Exploratory Factor Analysis of the Items of the Subjective Training Benefits scale.

|  |  |
| --- | --- |
| **Items** | **Factor 1 loading** |
| The intervention enabled me to sustainably integrate more mindfulness into my daily life. | .724 |
| The intervention helped me to pay more attention to myself and my health. | .842 |
| The intervention increased my awareness of my health and mindfulness. | .745 |
| The intervention encouraged me to incorporate small moments of mindfulness into my daily life. | .699 |
| The intervention encouraged me to take occasional breaks to foster my mindfulness. | .603 |

Extraction method: Principal components analysis; Varimax rotation could not be conducted since only one component was extracted. Factor eigenvalue: 2.639. The factor explained 52,8% of variance in variables.

The scree plot suggested a one factor solution.