Supplementary Material

# Supplementary Data

Table S1. Outcome measures and assessments during MBSR programme.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Measure** | **Target** | **Baseline** | **Post-intervention** | **2 months** **follow-up**  |
| *Primary*  |
| HADS  | Psychological distress  | x | x | x |
| *Secondary*  |
| SF-36 | (Health-related) Quality of life | x | x | x |
| UCL | Coping | x | x | x |
| SCL-90-R | Psychological problems and symptoms of psychopathology | x | x | x |
| PSS | Stress | x | x | x |
| FFMQ | Mindfulness skills | x | x | x |
| *Other* |
| VAS Distress thermometer | Psychological distress | Before and after each training session |
| Calendar | Mindfulness adherence | Monthly during study period |
| Evaluation form | Evaluation of the training aspects process measure for evaluating mindfulness-based interventions | Only post-intervention |

Table S2. Overview of MBSR program per session.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week** | **Theme of session** | **Exercises** | **Didactic teaching** | **Homework** |
| 1 | Automatic pilot (living in the present, not the insecure future) | * Body scan
 | * Intention of participating
* Introduction mindfulness
* Raisin exercise
 | * Body scan
* Eating one meal mindfully
* Attention for routine activity
 |
| 2 | Dealing with obstacles  | * Body scan
* Sitting meditation
 | * Awareness of pleasant and unpleasant events
* Imaginary exercise to demonstrate relationship between thoughts and feelings
* The seven essential attitudes of mindfulness
 | * Body scan
* Attention for breathing
* Awareness of pleasant events
* Attention for routine activity
 |
| 3 | Observing your limits, recognizing signs from your body | * Yoga while lying down
* 3 minute breathing space
 | * Breathing as an anchor for attention
 | * Body scan or yoga
* Sitting meditation
* Awareness of unpleasant events
* 3 minute breathing space
 |
| 4 | Opening up to distress  | * Meditation on hearing
* Yoga while standing
* Sitting meditation
 | * Interrelatedness of feelings, thoughts, and bodily sensations
* Psychoeducation about stress
 | * Sitting meditation or yoga
* Awareness of stressfull events
* 3 minute breathing space
 |
| 5 | Responding to stress  | * Sitting meditation
* Walking meditation
* 3 minute breathing space
 | * Psychoeducation about stress
* Reacting vs. responding
* Introducing silent session
 | * Sitting meditation and walking meditation (interchangeably)
* Awareness of reaction in difficult situation
* 3 minute breathing space
 |
| 6 | Thoughts are no facts | * Mountain meditation
 | * Exercise focus on something difficult
* Exercise automatic negative thoughts
 | * Sitting meditation or yoga
* Awareness of automatic negative thoughts
* 3 minute breathing space during stress
 |
| 7 | Here and now (silent session) | * Sitting meditation
* Yoga while lying down
* walking meditation
 |  | * Own programme
* Daypart in silence
 |
| 8 | Taking care of yourself | * 3 minute breathing space
* Body scan
* Short sitting meditation
 | * Exercise energy givers vs. energy takers
* Letter to your future self
* Evaluation
* How to keep mindfulness in your life
 | * Further sources of information
 |

Table S3. Mean, standard deviations and percentage of participants that had a reliable in- or decrease per time point on the secondary outcome measures.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Pre-intervention** | **Post-intervention** | **Two months follow-up** |
|  | M | SD | M | SD | +  | - | M | SD | +  | - |
| **Utrechtse Coping List** |
| Active coping | 11.80  | 3.10 | 12.20  | 3.47 | 15  | 8 | 13.40  | 3.15 | 31  | 8 |
| Seeking distraction | 8.54  | 2.70 | 10.10  | 3.52 | 39  | 8 | 10.20  | 2.58 | 54  | 8 |
| Avoidance | 9.23  | 2.52 | 9.62  | 1.94 | 0 | 0 | 10.10  | 2.81 | 31  | 8 |
| Seeking social support | 8.54  | 3.43 | 8.85  | 3.21 | 15  | 8 | 9.77  | 3.03 | 23  | 8 |
| Passive coping | 3.46  | 2.54 | 3.85  | 3.26 | 31  | 15 | 3.15  | 1.62 | 8  | 23 |
| Expressing emotions | 1.92  | 1.12 | 2.00  | 0.82 | 8 | 0 | 1.69  | 1.11 | 0  | 8 |
| Reassuring thoughts | 8.00  | 2.77 | 9.38  | 3.25 | 23 | 0 | 10.50  | 2.90 | 77 | 0 |
| **Symptom Checklist 90 Revised** |
| Anxiety | 4.62  | 5.42 | 3.62  | 3.28 | 23 | 0 | 2.62  | 2.40 | 15 | 0 |
| Agoraphobia | 2.46  | 4.41 | 1.46  | 2.50 | 23  | 8 | 1.15  | 2.27 | 23 | 0 |
| Depression | 10.4  | 10.1 | 6.62  | 6.36 | 23 | 0 | 4.69  | 3.75 | 23 | 0 |
| Somatization | 5.46  | 4.45 | 4.38  | 3.43 | 31  | 31 | 4.23  | 4.07 | 23  | 15 |
| Insufficiency | 6.69  | 5.45 | 4.77  | 2.77 | 23 | 0 | 4.23  | 2.46 | 31 | 0 |
| Sensitivity | 8.23  | 8.20 | 6.08  | 11.3 | 15  | 8 | 5.54  | 6.44 | 15 | 0 |
| Hostility | 1.38  | 1.71 | 1.00  | 1.78 | 23  | 8 | 0.62  | 1.19 | 31 | 0 |
| Sleeplessness | 2.85  | 2.88 | 2.23  | 2.80 | 8  | 8 | 2.08  | 2.56 | 15 | 0 |
| Total psychoneuroticism | 44.8  | 36.5 | 32.4  | 30.6 | 23 | 0 | 27.2  | 19.2 | 15 | 0 |
| **Five Facet Mindfulness Questionnaire** |
| Observe | 26.10  | 4.79 | 29.10  | 4.07 | 39  | 8 | 29.90  | 3.55 | 46 | 0 |
| Describe | 29.00 | 6.44 | 28.10  | 6.64 | 8  | 31 | 28.80  | 6.25 | 15  | 23 |
| Acting with awareness | 28.60  | 5.68 | 27.50  | 3.69 | 8  | 8 | 29.20  | 5.29 | 15  | 8 |
| Non-judging of inner experience | 29.50 | 5.44 | 30.20  | 5.86 | 8  | 8 | 30.80  | 4.42 | 15  | 8 |
| Non-reacting to inner experience | 22.50  | 5.36 | 24.50  | 2.22 | 23 | 0 | 25.90  | 2.87 | 39 | 0 |
| **36-item Short Form Health Survey** |
| Physical functioning | 29.20  | 0.90 | 28.30  | 2.50 | 8  | 39 | 28.90  | 1.26 | 8  | 23 |
| Social functioning | 9.08  | 1.19 | 9.54  | 0.88 | 8 | 0 | 9.69  | 0.48 | 23 | 0 |
| Physical role functioning | 7.00  | 1.47 | 7.23  | 1.48 | 15  | 8 | 8.00  | 0.00 | 31 | 0 |
| Emotional role functioning | 5.46  | 0.88 | 5.62  | 0.77 | 31  | 8 | 6.00  | 0.00 | 39 | 0 |
| Mental health | 22.40  | 4.74 | 23.90  | 3.73 | 39  | 8 | 24.30  | 2.93 | 23 | 0 |
| Vitality | 16.80  | 4.00 | 18.10  | 1.80 | 31  | 15 | 18.20  | 2.80 | 39  | 8 |
| Pain | 51.60  | 7.88 | 50.70  | 10.20 | 15  | 23 | 54.10  | 5.63 | 31  | 8 |
| General health perception | 18.60  | 2.84 | 18.20  | 3.29 | 15  | 23 | 16.40  | 1.76 | 15  | 54 |
| **Perceived Stress Scale** |
| Total | 28.70  | 3.40 | 28.50  | 2.60 | 23  | 15 | 27.40  | 1.85 | 46  | 31 |

 + indicates a reliable increase, - indicates a reliable decrease.