| Week               | Experimental group | Control group |
|-------------------|--------------------|---------------|
| First week        | Pre-test (questionnaires and inhibition task) | Pre-test (questionnaires and inhibition task) |
| Second week       | Maintenance training with BSM instructions and practice together guided by an instructor | Maintenance training with story listening instructions and practice together guided by an instructor |
|                   | BSM practice at home every day and written feedback to the instructor at the end of the week | Story listening practice at home every day and written feedback to the instructor at the end of the week |
| Week 3 to week 9  | BSM practice at home every day and written feedback to the instructor at the end of the week | Story listening practice at home every day and written feedback to the instructor at the end of the week |
| Tenth week        | Post-test (questionnaires and | Post-test (questionnaires and |
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inhibition task)
Supplemental Table 2

**Description of dropout scale**

“The Practice of Mindfulness Training Session” Questionnaire

Circle the number that best describes what you think about the statements below in the table:

|                                                                 | Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree |
|-----------------------------------------------------------------|-------------------|----------|-------------------|---------------|-------|----------------|
| 1. I feel that I can count on the instructor                     | 1                 | 2        | 3                 | 4             | 5     | 6              |
| 2. I feel that the instructor understands me                    | 1                 | 2        | 3                 | 4             | 5     | 6              |
| 3. The way in which the instructions were given will allow me to work on improving my well-being | 1                 | 2        | 3                 | 4             | 5     | 6              |
| 4. Sometimes I don’t trust the instructor’s point of view       | 1                 | 2        | 3                 | 4             | 5     | 6              |
| 5. I want to work on improving my well-being every day          | 1                 | 2        | 3                 | 4             | 5     | 6              |
|                                                                 | 1 | 2 | 3 | 4 | 5 | 6 |
|-----------------------------------------------------------------|---|---|---|---|---|---|
| 6. The instructor and I have had a beneficial exchange          |   |   |   |   |   |   |
| 7. In general, I respect the instructor’s opinion               |   |   |   |   |   |   |
| 8. The intervention method used suits my needs                  |   |   |   |   |   |   |
| 9. I appreciate the instructor as a person                      |   |   |   |   |   |   |
| 10. I feel that the instructor wants me to reach my goals       |   |   |   |   |   |   |
| 11. The instructor informs me about how to improve my well-being|   |   |   |   |   |   |
| 12. A good relationship has formed between me and the instructor|   |   |   |   |   |   |
| 13. The instructor appears to be experienced in instructing the program presented |   |   |   |   |   |   |
| 14. I feel that I’m working with the instructor in a joint effort|   |   |   |   |   |   |
15. The instructor and I have had a successful exchange

|   | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|

16. I think we agree on the benefits of this program

|   | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|

17. I think the instructor and I do the exercises presented during the session in the same way

|   | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|

18. I think the instructor appreciates me as a person

|   | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|

19. Sometimes the instructor seems distant

|   | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|