Online Supplementary Resource Tables

Table 1

*Example- Facilitation Activities and Participant Learning Objectives*

|  |
| --- |
| Experiencing Joy/Happiness |
| *Facilitation Activities* |
| 1. Introduces "experiencing joy" activity 2. Guides participants in activity, giving enough silent time for them to explore their experience of the emotion. 3. Has participants reflect in their workbook on their experience 4. Debriefs activity- reminds participants that this feeling is always available. |
| *Participant Learning Objectives* |
| 1. Participants will gain a greater understanding of how to fully experience feelings of joy/happiness by identifying where in their bodies they feel the emotion and what kinds of experiences trigger the feeling. 2. Participants will gain practice generating the feeling of joy/happiness for one’s self. 3. Participants will be able to apply this to the workplace by identifying how feelings of joy/happiness affect their teaching. |

Table 2

*Example- Facilitation Quality Item Behavioral Indicators*

|  |  |
| --- | --- |
| Item | Behavioral Indicators |
| *Clarity of explaining activities* | 1. Delivers clear instructions for activities 2. Aids participants in being able to complete activities correctly 3. Any confusion is noticed and addressed 4. Properly addresses misinformation or content disagreement to clarify message |
| *Pace of Delivery* | 1. Proceeds through materials and activities at the pace needed for the group they are training 2. Spends more time when needed on topics that are difficult for participants 3. Moves faster through material people generally understand so as not to bore participants 4. Keeps generally on schedule |

|  |  |  |
| --- | --- | --- |
| Online Resource Table 3  *Facilitator, Participant, and Teacher Outcome Measures* | | |
| **Construct:** | **Collected:** | **Rated as:** |
| ***Observer-Rated Facilitator Measures*** | | |
| **Adherence-** Completion of facilitation activities | Each program day on Daily CARE Rating Form | 0/1; Average % completed across days attended |
| **Adherence-** Completion of participant objectives | Each program day Daily CARE Rating Form | 0-4; Average level of completion across days attended |
| **Quality of Delivery-**Facilitation Skill | On each facilitator, each program day on ISFP Form | 0-4; Average weighted level of skill across days attended |
| ***Participant-Focused Measures*** | | |
| Participant-reported understanding of material | Each program day through participant self-assessment | 0/1; Average % true across assessments completed |
| Participant-reported usefulness of material | Each program day through participant self-assessment | 1-5; Average level of usefulness across assessments completed |
| Participant attendance to program | Each program day through attendance records | 0/1; Total % of training activities participant was present for |
| ***Practice Outcome Measures*** | | |
| Number of practices | ~ 9 months post-program through participant self-report | 0/1 for each practice; # of CARE practices used weekly or more |
| Length of practice | ~ 9 months post-program through participant self-report | 0-7; Longest recorded weekly CARE practice |
| Practices helping with stress | ~ 9 months post-program through participant self-report | 1-5; single item |
| ***Covariates*** | | |
| Baseline use of mindful awareness practices | ~ 3 months prior to program through participant self-report | 0-7; average level of reported practice |
| Teacher age at baseline | ~ 3 months prior to program through participant self-report | Continuous |
| Time elapsed since last day of program | Through records of when post-program report was completed | Continuous |