**Supplementary information**

**Supplementary Figure 1. Boxplots of behavioural results across treatment groups (baseline vs follow up sessions).** NOTE: Boxplots marked with red squares represent statistically significant paired t-test following multiple comparisons correction (alpha = 0.05).

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**Supplementary Figure 2. Information on treatment as usual across patients in each treatment arm**

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| --- | --- | --- | --- |
|  | MBSR+TAU | FIbroQoL+TAU | TAU only  |
| Anti-inflammatory (%)  | 30.8 | 11.1 | 15.4 |
| Opioids (%)  | 23.1 | 38.9 | 30.8 |
| Antiepileptic (%)  | 15.4 | 16.7 | 15.4 |
| Muscle relaxant (%)  | 0 | 5.6 | 0 |
| Antidepressants (%)  | 46.2 | 50.0 | 46.2 |
| Anxiolytics (%)  | 15.4 | 44.4 | 46.2 |