## **Supplementary Information 2:**

 Table 5

 Differences Between Those who Provided Complete Data and Those who Completed Only the Pre-Intervention Questions, or Only the Post-Intervention Questions on the Main Outcome Measures

Measure	Sum of squares	df	Mean square	F	р
Pre course PHQ9	12.12	1	12.12	.67	.416
Post course PHQ9	29.67	1	29.67	3.54	.064
Pre course GAD7	13.55	1	13.55	.69	.409
Post course GAD7	6.63	1	6.63	.65	.423
Pre course PSS	32.90	1	32.90	1.0	.321
Post course PSS	96.06	1	96.06	3.12	.082
Pre course WEMWBS	.61	1	.61	.07	.796
Post course WEMWBS	1.70	1	1.7	.18	.670
Pre course FFMQ	.38	1	.38	.00	.951
Post course FFMQ	32.11	1	32.11	.51	.477