**Online Supplement**

**Table S1**

*Coefficients for Cross-Lagged Models: Parent Psychopathology and Mindful Parenting*

|  |  |  |
| --- | --- | --- |
| Pathway | Model 1 | Model 2 |
|  | *b* | SE | *b* | SE |
| DASS-21 T1  DASS-21 T2 | 0.396\*\*\* | 0.08 | 0.318\*\*\* | 0.08 |
| DASS-21 T2  DASS-21 T3 | 0.621\*\*\* | 0.07 | 0.549\*\*\* | 0.08 |
| IMP-I T1  IMP-I T2 | 0.517\*\*\* | 0.10 | - | - |
| IMP-I T2  IMP-I T3 | 0.598\*\*\* | 0.08 | - | - |
| DASS-21 T1  IMP-I T2 | -0.003 | 0.05 | - | - |
| IMP-I T1  DASS-21 T2 | 0.059 | 0.16 | - | - |
| DASS-21 T2  IMP-I T3 | -0.153\*\* | 0.05 | - | - |
| IMP-I T2  DASS-21 T3 | -0.125 | 0.11 | - | - |
| Listening Full Attention T1  Listening Full Attention T2 | - | - | 0.317\*\*\* | 0.07 |
| Listening Full Attention T2  Listening Full Attention T3 | - | - | 0.435\*\*\* | 0.07 |
| Emotional Awareness T1  Emotional Awareness T2 | - | - | 0.292\*\*\* | 0.07 |
| Emotional Awareness T2  Emotional Awareness T3 | - | - | 0.472\*\*\* | 0.08 |
| Self Regulation T1  Self Regulation T2 | - | - | 0.479\*\*\* | 0.07 |
| Self Regulation T2  Self Regulation T3 | - | - | 0.528\*\*\* | 0.08 |
| Non-Judgmental T1  Non-Judgemental T2 | - | - | 0.534\*\*\* | 0.07 |
| Non-Judgmental T2  Non-Judgemental T3 | - | - | 0.523\*\*\* | 0.08 |
| Compassion T1  Compassion T2 | - | - | 0.181\*\*\* | 0.05 |
| Compassion T2  Compassion T3 | - | - | 0.366\*\*\* | 0.06 |
| Listening Full Attention T1  DASS-21 T2 | - | - | -0.279 | 0.56 |
| Emotional Awareness T1  DASS-21 T2 | - | - | -0.058 | 0.83 |
| Self Regulation T1  DASS-21 T2 | - | - | -0.079 | 0.42 |
| Non-Judgmental T1  DASS-21 T2 | - | - | -0.748\* | 0.35 |
| Compassion T1  DASS-21 T2 | - | - | 3.115\*\* | 1.09 |
| DASS-21 T1  Listening Full Attention T2 | - | - | -.023\* | 0.01 |
| DASS-21 T1  Emotional Awareness T2 | - | - | 0.002 | 0.01 |
| DASS-21 T1  Self Regulation T2 | - | - | -0.004 | 0.02 |
| DASS-21 T1  Non-Judgemental T2 | - | - | -0.011 | 0.02 |
| DASS-21 T1  Compassion T2 | - | - | -0.009 | 0.01 |
| Listening Full Attention T2  DASS-21 T3 | - | - | 0.13 | 0.53 |
| Emotional Awareness 2  DASS-21 T3 | - | - | 1.598\* | 0.70 |
| Self Regulation 2  DASS-21 T3 | - | - | 0.05 | 0.33 |
| Non-Judgmental T2  DASS-21 T3 | - | - | -0.659\* | 0.29 |
| Compassion T2  DASS-21 T3 | - | - | -1.452 | 1.31 |
| DASS-21 T2  Listening Full Attention T3 | - | - | -0.031\* | 0.01 |
| DASS-21 T2  Emotional Awareness T3 | - | - | -0.026\*\* | 0.01 |
| DASS-21 T2  Self Regulation T3 | - | - | -0.039\* | 0.02 |
| DASS-21 T2  Non-Judgemental T3 | - | - | -0.102\*\*\* | 0.02 |
| DASS-21 T2  Compassion T3 | - | - | -0.002 | 0.00 |

\**p* ≤ .05; \*\**p* ≤ .01; \*\*\**p* ≤ .001

**Table S2.1**

*Coefficients and Covariances for all Variables (Model 1)*

|  |  |  |
| --- | --- | --- |
| Pathway | *b* | SE |
| DASS-21 T1 |  | DASS-21 T2 | 0.396 | 0.083\*\*\* |
| DASS-21 T1 |  | IMP-I T2 | -0.003 | 0.052 |
| DASS-21 T2 |  | DASS-21 T3 | 0.621 | 0.073\*\*\* |
| DASS-21 T2 |  | IMP-I 3 | -0.153 | 0.054\*\* |
| IMP-I T1 |  | DASS-21 T2 | 0.059 | 0.158 |
| IMP-I T1 |  | IMP-I T2 | 0.517 | 0.099 |
| IMP-I T2 |  | DASS-21 T3 | -0.125 | 0.114 |
| IMP-I T2 |  | IMP-I 3 | 0.598 | 0.083\*\*\* |
| Age |  | DASS-21 T2 | -0.319 | 0.286 |
| Age |  | DASS-21 T3 | 0.166 | 0.227 |
| Age |  | IMP-I T2 | 0.132 | 0.181 |
| Age |  | IMP-I 3 | -0.314 | 0.167 |
| AUDIT-C |  | DASS-21 T2 | -0.343 | 0.63 |
| AUDIT-C  |  | DASS-21 T3 | -1.212 | 0.486\* |
| AUDIT-C |  | IMP-I T2 | 0.58 | 0.398 |
| AUDIT-C |  | IMP-I 3 | -0.173 | 0.359 |
| Daily Hassles |  | DASS-21 T2 | 0.233 | 0.315 |
| Daily Hassles  |  | DASS-21 T3 | -0.211 | 0.239 |
| Daily Hassles |  | IMP-I T2 | -0.227 | 0.199 |
| Daily Hassles |  | IMP-I 3 | 0.337 | 0.176 |
| HITS |  | DASS-21 T2 | 0.742 | 0.758 |
| HITS |  | DASS-21 T3 | -1.074 | 0.591 |
| HITS  |  | IMP-I T2 | -0.033 | 0.474 |
| HITS |  | IMP-I 3 | 0.331 | 0.448 |
| Life Events |  | DASS-21 T2 | 1.335 | 0.749 |
| Life Events |  | DASS-21 T3 | -0.066 | 0.598 |
| Life Events |  | IMP-I T2 | -0.103 | 0.474 |
| Life Events |  | IMP-I 3 | 0.47 | 0.439 |
| MSPSS |  | DASS-21 T2 | 1.208 | 1.728 |
| MSPSS |  | DASS-21 T3 | 0.118 | 1.361 |
| MSPSS |  | IMP-I T2 | 0 | 1.094 |
| MSPSS  |  | IMP-I 3 | -0.86 | 1.002 |
| Pension |  | DASS-21 T2 | 0.643 | 5.505 |
| Pension  |  | DASS-21 T3 | -2.121 | 4.406 |
| Pension  |  | IMP-I T2 | 5.605 | 3.464 |
| Pension  |  | IMP-I 3 | -3.357 | 3.263 |
| Single Parent  |  | DASS-21 T2 | -3.741 | 3.811 |
| Single Parent  |  | DASS-21 T3 | 2.167 | 2.999 |
| Single Parent  |  | IMP-I T2 | 0.382 | 2.4 |
| Single Parent  |  | IMP-I 3 | -2.194 | 2.221 |
| Parent Social Support  |  | DASS-21 T2 | -0.141 | 0.629 |
| Parent Social Support  |  | DASS-21 T3 | -1.098 | 0.501\* |
| Parent Social Support  |  | IMP-I T2 | 0.644 | 0.398 |
| Parent Social Support  |  | IMP-I 3 | 0.02 | 0.369 |
| Covariance Pathway | *r* |
| Age |  | Parent Social Support | -0.12 |
| Age |  | MSPSS  | -0.053 |
| Age |  | Life Events  | 0.153 |
| Age |  | AUDIT-C  | -0.175\* |
| Age |  | Daily Hassles  | 0.116 |
| DASS-21 T1 |  | IMP-I T1 | -0.644\*\*\* |
| DASS-21 T1 |  | HITS | 0.122 |
| DASS-21 T1 |  | Parent Social Support | -0.369\*\*\* |
| DASS-21 T1 |  | Age | 0.058 |
| DASS-21 T1 |  | Single | 0.027 |
| DASS-21 T1 |  | Pension | 0.152 |
| DASS-21 T1 |  | Life Events  | 0.383\*\*\* |
| DASS-21 T1 |  | MSPSS  | -0.339\*\*\* |
| DASS-21 T1 |  | AUDIT-C  | 0.228\*\* |
| DASS-21 T1 |  | Daily Hassles  | 0.536\*\*\* |
| Daily Hassles |  | AUDIT-C  | 0.204\* |
| HITS |  | Pension | 0.145 |
| HITS |  | Single | 0.345\*\*\* |
| HITS |  | Age | 0.079 |
| HITS |  | Parent Social Support | 0.088 |
| HITS |  | AUDIT-C  | 0.076 |
| HITS |  | Daily Hassles  | 0.119 |
| HITS |  | Life Events  | 0.044 |
| HITS |  | MSPSS  | -0.089 |
| IMP-I T1 |  | Parent Social Support | 0.337\*\*\* |
| IMP-I T1 |  | Age | 0.083 |
| IMP-I T1 |  | Single | 0.387 |
| IMP-I T1 |  | Pension | -0.001 |
| IMP-I T1 |  | Life Events | -0.104\*\* |
| IMP-I T1 |  | MSPSS | -0.142\*\*\* |
| IMP-I T1 |  | AUDIT-C | -0.243\*\* |
| IMP-I T1 |  | Daily Hassles | 0.303\*\*\* |
| IMP-I T1 |  | HITS | -0.272 |
| Life Events  |  | Daily Hassles | -0.493\*\*\* |
| Life Events  |  | AUDIT-C | -0.064 |
| MSPSS  |  | Life Events | -0.05 |
| MSPSS  |  | AUDIT-C | -0.007 |
| MSPSS  |  | Daily Hassles | -0.326\*\*\* |
| Pension |  | Single | 0.229\* |
| Pension |  | MSPSS | -0.201\* |
| Pension |  | Life Events | 0.202\* |
| Pension |  | AUDIT-C | 0.05 |
| Pension |  | Daily Hassles | 0.125 |
| Pension |  | Parent Social Support | -0.139 |
| Pension |  | Age | 0.084 |
| Single |  | Age | 0.08 |
| Single |  | Life Events | 0.11 |
| Single |  | MSPSS | 0.013 |
| Single |  | AUDIT-C | -0.082 |
| Single |  | Daily Hassles | 0.007 |
| Single |  | Parent Social Support | -0.032 |
| Parent Social Support |  | MSPSS | 0.573\*\*\* |
| Parent Social Support |  | Life Events | -0.189\* |
| Parent Social Support |  | AUDIT-C | -0.135 |
| Parent Social Support |  | Daily Hassles | -0.294\*\*\* |
| Ɛ1 |  | Ɛ2 | -0.332\*\*\* |
| Ɛ3 |  | Ɛ4 | -0.256\* |

\**p* ≤ .05; \*\**p* ≤ .01; \*\*\**p* ≤ .001

**Table S2.2** *Coefficients and Covariances for all Variables (Model 2)*

|  |  |  |
| --- | --- | --- |
| Pathway | *b* | SE |
| DASS-21 T1 |  | DASS-21 T2 | 0.318 | 0.082\*\*\* |
| DASS-21 T2 |  | DASS-21 T3 | 0.549 | 0.076\*\*\* |
| Listening Full Attention T1 |  | Listening Full Attention T2 | 0.317 | 0.066\*\*\* |
| Emotional Awareness T1 |  | Emotional Awareness T2 | 0.292 | 0.069\*\*\* |
| Self Regulation T1 |  | Self Regulation T2 | 0.479 | 0.067\*\*\* |
| Non-Judgemental T1 |  | Non-Judgemental T2 | 0.534 | 0.072\*\*\* |
| Compassion T1 |  | Compassion T2 | 0.181 | 0.053\*\*\* |
| Listening Full Attention T2 |  | Listening Full Attention T3 | 0.435 | 0.073\*\*\* |
| Emotional Awareness T2 |  | Emotional Awareness T3 | 0.472 | 0.081\*\*\* |
| Self Regulation T2 |  | Self Regulation T3 | 0.528 | 0.081\*\*\* |
| Non-Judgemental T2 |  | Non-Judgemental T3 | 0.523 | 0.082\*\*\* |
| Compassion T2 |  | Compassion T3 | 0.366 | 0.06\*\*\* |
| DASS-21 T1 |  | Listening Full Attention T2 | -0.023 | 0.012 |
| DASS-21 T1 |  | Emotional Awareness T2 | 0.002 | 0.007 |
| DASS-21 T1 |  | Self Regulation T2 | -0.004 | 0.016 |
| DASS-21 T1 |  | Non-Judgemental T2 | -0.011 | 0.02 |
| DASS-21 T1 |  | Compassion T2 | -0.009 | 0.005 |
| Listening Full Attention T1 |  | DASS-21 T2 | -0.279 | 0.556 |
| Emotional Awareness T1 |  | DASS-21 T2 | -0.058 | 0.832 |
| Self Regulation T1 |  | DASS-21 T2 | -0.079 | 0.419 |
| Non-Judgemental T1 |  | DASS-21 T2 | -0.748 | 0.346\* |
| Compassion T1 |  | DASS-21 T2 | 3.115 | 1.089\*\* |
| DASS-21 T2 |  | Listening Full Attention T3 | -0.031 | 0.013\* |
| DASS-21 T2 |  | Emotional Awareness T3 | -0.026 | 0.009\*\* |
| DASS-21 T2 |  | Self Regulation T3 | -0.039 | 0.02\* |
| DASS-21 T2 |  | Non-Judgemental T3 | -0.102 | 0.024\*\*\* |
| DASS-21 T2 |  | Compassion T3 | -0.002 | 0.004 |
| Listening Full Attention T2 |  | DASS-21 T3 | 0.13 | 0.528 |
| Emotional Awareness T2 |  | DASS-21 T3 | 1.598 | 0.7\* |
| Self Regulation T2 |  | DASS-21 T3 | 0.05 | 0.326 |
| Non-Judgemental T2 |  | DASS-21 T3 | -0.659 | 0.29\* |
| Compassion T2 |  | DASS-21 T3 | -1.452 | 1.131 |
| Age |  | DASS-21 T2 | -0.388 | 0.275 |
| Age |  | Listening Full Attention T2 | 0.043 | 0.043 |
| Age |  | Emotional Awareness T2 | 0.014 | 0.028 |
| Age |  | Self Regulation T2 | 0.044 | 0.059 |
| Age |  | Non-Judgemental T2 | 0.07 | 0.075 |
| Age |  | Compassion T2 | -0.001 | 0.018 |
| Age |  | DASS-21 T3 | 0.05 | 0.228 |
| Age |  | Listening Full Attention T3 | -0.045 | 0.041 |
| Age |  | Emotional Awareness T3 | -0.042 | 0.031 |
| Age |  | Self Regulation T3 | -0.08 | 0.064 |
| Age |  | Non-Judgemental T3 | -0.159 | 0.073 |
| Age |  | Compassion T3 | 0.004 | 0.012 |
| AUDIT-C |  | DASS-21 T2 | -0.217 | 0.598 |
| AUDIT-C |  | Listening Full Attention T2 | 0.013 | 0.092 |
| AUDIT-C |  | Emotional Awareness T2 | -0.021 | 0.06 |
| AUDIT-C |  | Self Regulation T2 | 0.253 | 0.129 |
| AUDIT-C |  | Non-Judgemental T2 | 0.249 | 0.16 |
| AUDIT-C |  | Compassion T2 | 0.052 | 0.04 |
| AUDIT-C |  | DASS-21 T3 | -1.181 | 0.487\* |
| AUDIT-C |  | Listening Full Attention T3 | -0.094 | 0.086 |
| AUDIT-C |  | Emotional Awareness T3 | -0.051 | 0.065 |
| AUDIT-C |  | Self Regulation T3 | -0.072 | 0.134 |
| AUDIT-C |  | Non-Judgemental T3 | -0.01 | 0.154 |
| AUDIT-C |  | Compassion T3 | -0.037 | 0.026 |
| Daily Hassles |  | DASS-21 T2 | -0.004 | 0.301 |
| Daily Hassles |  | Listening Full Attention T2 | -0.061 | 0.045 |
| Daily Hassles |  | Emotional Awareness T2 | -0.063 | 0.029\* |
| Daily Hassles |  | Self Regulation T2 | -0.08 | 0.063 |
| Daily Hassles |  | Non-Judgemental T2 | -0.029 | 0.081 |
| Daily Hassles |  | Compassion T2 | 0.002 | 0.019 |
| Daily Hassles |  | DASS-21 T3 | -0.195 | 0.238 |
| Daily Hassles |  | Listening Full Attention T3 | 0.052 | 0.042 |
| Daily Hassles |  | Emotional Awareness T3 | 0.064 | 0.031\* |
| Daily Hassles |  | Self Regulation T3 | 0.084 | 0.065 |
| Daily Hassles |  | Non-Judgemental T3 | 0.073 | 0.074 |
| Daily Hassles |  | Compassion T3 | 0.006 | 0.012 |
| HITS |  | DASS-21 T2 | 0.792 | 0.642 |
| HITS |  | Listening Full Attention T2 | 0.078 | 0.094 |
| HITS |  | Emotional Awareness T2 | 0.038 | 0.062 |
| HITS |  | Self Regulation T2 | -0.096 | 0.135 |
| HITS |  | Non-Judgemental T2 | -0.196 | 0.166 |
| HITS |  | Compassion T2 | 0.05 | 0.04 |
| HITS |  | DASS-21 T3 | 0.039 | 0.52 |
| HITS |  | Listening Full Attention T3 | 0.126 | 0.093 |
| HITS |  | Emotional Awareness T3 | -0.11 | 0.069 |
| HITS |  | Self Regulation T3 | 0.163 | 0.144 |
| HITS |  | Non-Judgemental T3 | 0.58 | 0.157\*\*\* |
| HITS |  | Compassion T3 | 0.032 | 0.028 |
| Life\_Events\_Total\_1 |  | DASS-21 T2 | 1.518 | 0.704\* |
| Life\_Events\_Total\_1 |  | Listening Full Attention T2 | -0.035 | 0.11 |
| Life\_Events\_Total\_1 |  | Emotional Awareness T2 | 0.036 | 0.072 |
| Life\_Events\_Total\_1 |  | Self Regulation T2 | 0.109 | 0.153 |
| Life\_Events\_Total\_1 |  | Non-Judgemental T2 | -0.042 | 0.192 |
| Life\_Events\_Total\_1 |  | Compassion T2 | -0.009 | 0.047 |
| Life\_Events\_Total\_1 |  | DASS-21 T3 | -0.073 | 0.59 |
| Life\_Events\_Total\_1 |  | Listening Full Attention T3 | 0.079 | 0.106 |
| Life\_Events\_Total\_1 |  | Emotional Awareness T3 | 0.029 | 0.079 |
| Life\_Events\_Total\_1 |  | Self Regulation T3 | 0.115 | 0.165 |
| Life\_Events\_Total\_1 |  | Non-Judgemental T3 | 0.139 | 0.188 |
| Life\_Events\_Total\_1 |  | Compassion T3 | 0.021 | 0.032 |
| MSPSS |  | DASS-21 T2 | 1.695 | 1.657 |
| MSPSS |  | Listening Full Attention T2 | -0.458 | 0.257 |
| MSPSS |  | Emotional Awareness T2 | -0.137 | 0.168 |
| MSPSS |  | Self Regulation T2 | -0.096 | 0.361 |
| MSPSS |  | Non-Judgemental T2 | 0.233 | 0.45 |
| MSPSS |  | Compassion T2 | 0.063 | 0.11 |
| MSPSS |  | DASS-21 T3 | 2.123 | 1.377 |
| MSPSS |  | Listening Full Attention T3 | -0.124 | 0.244 |
| MSPSS |  | Emotional Awareness T3 | -0.119 | 0.182 |
| MSPSS |  | Self Regulation T3 | 0.294 | 0.38 |
| MSPSS |  | Non-Judgemental T3 | -0.658 | 0.434 |
| MSPSS |  | Compassion T3 | -0.051 | 0.073 |
| Pension |  | DASS-21 T2 | 3.293 | 5.137 |
| Pension |  | Listening Full Attention T2 | 2.237 | 0.786\*\* |
| Pension |  | Emotional Awareness T2 | 0.338 | 0.522 |
| Pension |  | Self Regulation T2 | 1.803 | 1.11 |
| Pension |  | Non-Judgemental T2 | 1.537 | 1.388 |
| Pension |  | Compassion T2 | 0.646 | 0.339 |
| Pension |  | DASS-21 T3 | 0.299 | 4.42 |
| Pension |  | Listening Full Attention T3 | 0.759 | 0.79 |
| Pension |  | Emotional Awareness T3 | 0.678 | 0.566 |
| Pension |  | Self Regulation T3 | -2.253 | 1.204 |
| Pension |  | Non-Judgemental T3 | 0.289 | 1.349 |
| Pension |  | Compassion T3 | -0.185 | 0.232 |
| Single |  | DASS-21 T2 | -2.591 | 3.428 |
| Single |  | Listening Full Attention T2 | -0.371 | 0.522 |
| Single |  | Emotional Awareness T2 | 0.115 | 0.345 |
| Single |  | Self Regulation T2 | -0.109 | 0.741 |
| Single |  | Non-Judgemental T2 | 0.152 | 0.917 |
| Single |  | Compassion T2 | -0.09 | 0.226 |
| Single |  | DASS-21 T3 | -0.125 | 2.799 |
| Single |  | Listening Full Attention T3 | -0.556 | 0.504 |
| Single |  | Emotional Awareness T3 | -0.587 | 0.375 |
| Single |  | Self Regulation T3 | 0.378 | 0.789 |
| Single |  | Non-Judgemental T3 | -2.125 | 0.891\* |
| Single |  | Compassion T3 | -0.16 | 0.151 |
| Parent Support |  | DASS-21 T2 | -0.346 | 0.6 |
| Parent Support |  | Listening Full Attention T2 | 0.21 | 0.093 |
| Parent Support |  | Emotional Awareness T2 | 0.092 | 0.061 |
| Parent Support |  | Self Regulation T2 | 0.229 | 0.129 |
| Parent Support |  | Non-Judgemental T2 | 0.176 | 0.162 |
| Parent Support |  | Compassion T2 | 0.009 | 0.04 |
| Parent Support |  | DASS-21 T3 | -1.642 | 0.498\*\*\* |
| Parent Support |  | Listening Full Attention T3 | 0.012 | 0.089 |
| Parent Support |  | Emotional Awareness T3 | 0.053 | 0.066 |
| Parent Support |  | Self Regulation T3 | -0.077 | 0.137 |
| Parent Support |  | Non-Judgemental T3 | 0.129 | 0.156 |
| Parent Support |  | Compassion T3 | 0.007 | 0.026 |
| Covariate Pathway | *r* |
| DASS-21 T1 |  | Listening Full Attention T1 | -0.655\*\*\* |
| DASS-21 T1 | ⭤ | Emotion Awareness T1 | -0.341\*\*\* |
| DASS-21 T1 | ⭤ | Self Regulation T1 | -0.51\*\*\* |
| DASS-21 T1 | ⭤ | Non-Judgement T1 | -0.595\*\*\* |
| DASS-21 T1 | ⭤ | Compassion T1 | -0.299\*\*\* |
| DASS-21 T1 | ⭤ | Age | 0.067 |
| DASS-21 T1 | ⭤ | AUDIT-C | 0.224\*\* |
| DASS-21 T1 | ⭤ | Daily Hassles | 0.525\*\*\* |
| DASS-21 T1 | ⭤ | HITS | 0.101 |
| DASS-21 T1 | ⭤ | Life Events | 0.382\*\*\* |
| DASS-21 T1 | ⭤ | MSPSS | -0.338\*\*\* |
| DASS-21 T1 | ⭤ | Parent Social Support | -0.371\*\*\* |
| DASS-21 T1 | ⭤ | Pension | 0.124 |
| DASS-21 T1 | ⭤ | Single | 0.034 |
| Listening Full Attention T1 | ⭤ | Emotion Awareness T1 | 0.443\*\*\* |
| Listening Full Attention T1 | ⭤ | Self Regulation T1 | 0.54\*\*\* |
| Listening Full Attention T1 | ⭤ | Non-Judgement T1 | 0.507\*\*\* |
| Listening Full Attention T1 | ⭤ | Compassion T1 | 0.464\*\*\* |
| Listening Full Attention T1 | ⭤ | Age | -0.048 |
| Listening Full Attention T1 | ⭤ | AUDIT-C | -0.256\*\* |
| Listening Full Attention T1 | ⭤ | Daily Hassles | -0.463\*\*\* |
| Listening Full Attention T1 | ⭤ | HITS | -0.03 |
| Listening Full Attention T1 | ⭤ | Life Events | -0.237\*\* |
| Listening Full Attention T1 | ⭤ | MSPSS | 0.28\*\*\* |
| Listening Full Attention T1 | ⭤ | Parent Social Support | 0.353\*\*\* |
| Listening Full Attention T1 | ⭤ | Pension | -0.06 |
| Listening Full Attention T1 | ⭤ | Single | 0.003 |
| Emotion Awareness T1 | ⭤ | Self Regulation T1 | 0.457\*\*\* |
| Emotion Awareness T1 | ⭤ | Non-Judgement T1 | 0.321\*\*\* |
| Emotion Awareness T1 | ⭤ | Compassion T1 | 0.617\*\*\* |
| Emotion Awareness T1 | ⭤ | Age | 0.03 |
| Emotion Awareness T1 | ⭤ | AUDIT-C | -0.156 |
| Emotion Awareness T1 | ⭤ | Daily Hassles | -0.193\* |
| Emotion Awareness T1 | ⭤ | HITS | -0.006 |
| Emotion Awareness T1 | ⭤ | Life Events | -0.077 |
| Emotion Awareness T1 | ⭤ | MSPSS | 0.132 |
| Emotion Awareness T1 | ⭤ | Parent Social Support | 0.244\*\* |
| Emotion Awareness T1 | ⭤ | Pension | -0.151 |
| Emotion Awareness T1 | ⭤ | Single | -0.158 |
| Self Regulation T1 | ⭤ | Non-Judgement T1 | 0.494\*\*\* |
| Self Regulation T1 | ⭤ | Compassion T1 | 0.511\*\*\* |
| Self Regulation T1 | ⭤ | Age | -0.016 |
| Self Regulation T1 | ⭤ | AUDIT-C | -0.226\*\* |
| Self Regulation T1 | ⭤ | Daily Hassles | -0.353\*\*\* |
| Self Regulation T1 | ⭤ | HITS | 0.119 |
| Self Regulation T1 | ⭤ | Life Events | -0.198\* |
| Self Regulation T1 | ⭤ | MSPSS | 0.251\*\* |
| Self Regulation T1 | ⭤ | Parent Social Support | 0.294\*\*\* |
| Self Regulation T1 | ⭤ | Pension | -0.006 |
| Self Regulation T1 | ⭤ | Single | -0.089 |
| Non-Judgement T1 | ⭤ | Compassion T1 | 0.289 |
| Non-Judgement T1 | ⭤ | Age | 0.056 |
| Non-Judgement T1 | ⭤ | AUDIT-C | -0.157 |
| Non-Judgement T1 | ⭤ | Daily Hassles | -0.514 |
| Non-Judgement T1 | ⭤ | HITS | -0.031 |
| Non-Judgement T1 | ⭤ | Life Events | -0.259\*\* |
| Non-Judgement T1 | ⭤ | MSPSS | 0.269\*\*\* |
| Non-Judgement T1 | ⭤ | Parent Social Support | 0.284\*\*\* |
| Non-Judgement T1 | ⭤ | Pension | -0.107 |
| Non-Judgement T1 | ⭤ | Single | -0.066 |
| Compassion T1 | ⭤ | Age | -0.022 |
| Compassion T1 | ⭤ | AUDIT-C | -0.243\*\* |
| Compassion T1 | ⭤ | Daily Hassles | -0.177\* |
| Compassion T1 | ⭤ | HITS | -0.04 |
| Compassion T1 | ⭤ | Life Events | -0.177\* |
| Compassion T1 | ⭤ | MSPSS | 0.137 |
| Compassion T1 | ⭤ | Parent Social Support | 0.312\*\*\* |
| Compassion T1 | ⭤ | Pension | -0.096 |
| Compassion T1 | ⭤ | Single | -0.166\* |
| Age | ⭤ | AUDIT-C | -0.176\* |
| Age | ⭤ | Daily Hassles | 0.112 |
| Age | ⭤ | Life Events | 0.155 |
| Age | ⭤ | MSPSS | -0.054 |
| Age | ⭤ | Parent Social Support | -0.12 |
| Daily Hassles | ⭤ | AUDIT-C | 0.202\* |
| HITS | ⭤ | Age | 0.13 |
| HITS | ⭤ | AUDIT-C | 0.096 |
| HITS | ⭤ | Daily Hassles | 0.083 |
| HITS | ⭤ | Life Events | 0.015 |
| HITS | ⭤ | MSPSS | -0.114 |
| HITS | ⭤ | Parent Social Support | 0.105 |
| HITS | ⭤ | Single | 0.272\*\* |
| Life Events | ⭤ | AUDIT-C | 0.093 |
| Life Events | ⭤ | Daily Hassles | 0.334\*\*\* |
| MSPSS | ⭤ | AUDIT-C | -0.009 |
| MSPSS | ⭤ | Daily Hassles | -0.324\*\*\* |
| MSPSS | ⭤ | Life Events | -0.051 |
| Parent Social Support | ⭤ | AUDIT-C | -0.126 |
| Parent Social Support | ⭤ | Daily Hassles | -0.291\*\*\* |
| Parent Social Support | ⭤ | Life Events | -0.191\* |
| Parent Social Support | ⭤ | MSPSS | 0.573\*\*\* |
| Pension | ⭤ | Age | 0.087 |
| Pension | ⭤ | AUDIT-C | 0.028 |
| Pension | ⭤ | Daily Hassles | 0.107 |
| Pension | ⭤ | HITS | 0.116 |
| Pension | ⭤ | Life Events | 0.184\* |
| Pension | ⭤ | MSPSS | -0.196\*\* |
| Pension | ⭤ | Parent Social Support | -0.129 |
| Pension | ⭤ | Single | 0.216\* |
| Single | ⭤ | Age | 0.081 |
| Single | ⭤ | AUDIT-C | -0.085 |
| Single | ⭤ | Daily Hassles | 0.008 |
| Single | ⭤ | Life Events | 0.109 |
| Single | ⭤ | MSPSS | 0.013 |
| Single | ⭤ | Parent Social Support | -0.032 |
| Ɛ1 | ⭤ | Ɛ2 | -0.157 |
| Ɛ1 | ⭤ | Ɛ3 | -0.068 |
| Ɛ1 | ⭤ | Ɛ4 | -0.206\* |
| Ɛ1 | ⭤ | Ɛ5 | -0.406\*\*\* |
| Ɛ1 | ⭤ | Ɛ6 | -0.106 |
| Ɛ2 | ⭤ | Ɛ3 | 0.33\*\* |
| Ɛ2 | ⭤ | Ɛ4 | 0.546\*\*\* |
| Ɛ2 | ⭤ | Ɛ5 | 0.531\*\*\* |
| Ɛ2 | ⭤ | Ɛ6 | 0.516\*\*\* |
| Ɛ3 | ⭤ | Ɛ4 | 0.309\*\* |
| Ɛ3 | ⭤ | Ɛ5 | 0.397\*\*\* |
| Ɛ3 | ⭤ | Ɛ6 | 0.326\*\* |
| Ɛ4 | ⭤ | Ɛ5 | 0.575\*\*\* |
| Ɛ4 | ⭤ | Ɛ6 | 0.403\*\*\* |
| Ɛ5 | ⭤ | Ɛ6 | 0.37\*\*\* |
| Ɛ8 | ⭤ | Ɛ7 | -0.381\*\*\* |
| Ɛ8 | ⭤ | Ɛ9 | 0.522\*\*\* |
| Ɛ8 | ⭤ | Ɛ10 | 0.228\* |
| Ɛ8 | ⭤ | Ɛ11 | 0.336\*\* |
| Ɛ8 | ⭤ | Ɛ12 | 0.134 |
| Ɛ9 | ⭤ | Ɛ7 | 0.12 |
| Ɛ9 | ⭤ | Ɛ10 | 0.44\*\*\* |
| Ɛ9 | ⭤ | Ɛ11 | 0.229 |
| Ɛ9 | ⭤ | Ɛ12 | 0.286\* |
| Ɛ10 | ⭤ | Ɛ7 | -0.03 |
| Ɛ10 | ⭤ | Ɛ11 | 0.368\*\* |
| Ɛ10 | ⭤ | Ɛ12 | 0.175 |
| Ɛ11 | ⭤ | Ɛ7 | -0.437\*\*\* |
| Ɛ11 | ⭤ | Ɛ12 | -0.034 |
| Ɛ12 | ⭤ | Ɛ7 | 0.169 |

\**p* ≤ .05; \*\**p* ≤ .01; \*\*\**p* ≤ .001