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| Table B.1 |  |  |  |  |  |  |  |  |  |  |  |  |
| *Memory diary completion for the MBSR and waitlist control conditions* | | | | | | |  |  |  |  |  |  |
|  | Baseline | |  |  |  |  | Follow-up | |  |  |  |  |
|  | MBSR | Waiting List |  |  |  |  | MBSR | Waiting List |  |  |  |  |
|  | *M (SD)* | *M (SD)* | *t* | *df* | *Mean diff.* | *BCa 95% CI* | *M (SD)* | *M (SD)* | *t* |  | *Mean diff.* | *BCa 95% CI* |
| Number of inv. memories | 6.32 (1.42) | 6.37 (1.31) | -0.13 | 53 | -0.05 | [-0.76,0.63] | 6.61 (1.20) | 5.70 (1.75) | 1.89 | 33.68 | 0.91 | [-0.02,1.84] |
| Number of vol. memories | 6.25 (1.40) | 6.33 (1.30) | -0.23 | 53 | -0.08 | [-0.79,0.61] | 6.56 (1.42) | 5.70 (1.75) | 1.66 | 35.66 | 0.86 | [-0.23,1.80] |
| Days spent on diary | 5.59 (2.52) | 5.04 (2.16) | 0.87 | 52 | 0.56 | [-0.79,1.84] | 4.31 (1.74) | 4.28 (1.87) | 0.06 | 32 | 0.03 | [-1.13,1.04] |
| *Note.* MBSR = Mindfulness-Based Stress Reduction; inv. = involuntary; vol. = voluntary; BCa = bias-corrected and accelerated; CI = confidence interval. | | | | | | | | | | | | |
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table B.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *ITT multilevel models for primary outcomes* | | | | | | | | | | | | | | | | | | |  | | |  | | |  | | |  | | | |  | |  | |  |  | | |  |  |  | |  | |  | |  | | |  | |  | |  | | |
|  | | Brooding | | | | | | | | | Reflection | | | | | | | | | | | Memory suppression | | | | | | | | | | | | Expressive suppression | | | | | | | Cognitive reappraisal | | | | | | | Nonreactivity | | | | | | | | | |
|  | | *b* | *df* | | *95% CI* | | | | *t* | | *b* | | *df* | | | *95% CI* | | | *t* | | | *b* | | | *df* | | | *95% CI* | | | | *t* | | *b* | | *df* | *95% CI* | | | *t* | *b* | *df* | | *95% CI* | | *t* | | *b* | | | *df* | | *95% CI* | | *t* | | |
| *Unconditional* | |  |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |  | | |  | | | |  | |  | |  |  | | |  |  |  | |  | |  | |  | | |  | |  | |  | | |
| Intercept | | 1.56 | 54.18 | | [1.41,1.70] | | | | 21.49 | | 2.00 | | 54.61 | | | [1.83,2.17] | | | 23.90 | | | 1.95 | | | 52.35 | | | [1.78,2.12] | | | | 23.51 | | 2.06 | | 54.00 | [1.83,2.28] | | | 18.36 | 1.56 | 54.28 | | [1.44,1.69] | | 24.90 | | 2.66 | | | 53.02 | | [2.42,2.90] | | 22.59 | | |
| *Predictors* | |  |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |  | | |  | | | |  | |  | |  |  | | |  |  |  | |  | |  | |  | | |  | |  | |  | | |
| Intercept | | 1.75 | 96.20 | | [1.52,1.99] | | | | 14.76 | | 2.25 | | 96.12 | | | [1.98,2.52] | | | 16.34 | | | 2.26 | | | 74.08 | | | [1.97,2.55] | | | | 15.46 | | 2.21 | | 70.06 | [1.87,2.55] | | | 13.09 | 1.72 | 106.24 | | [1.51,1.93] | | 15.95 | | 2.48 | | | 70.61 | | [2.12,2.85] | | 13.52 | | |
| Time | | -0.03 | 475.01 | | [-.23,.17] | | | | -0.31 | | -0.10 | | 461.44 | | | [-.33,.13] | | | -0.86 | | | -0.01 | | | 458.90 | | | [-.26,.25] | | | | -0.05 | | -0.13 | | 104.23 | [-.43,.17] | | | -0.85 | -0.06 | 461.72 | | [-.26,.13] | | -0.63 | | 0.14 | | | 97.46 | | [-.25,.53] | | 0.73 | | |
| Retrieval | | -0.12 | 525.90 | | [-.32,.07] | | | | -1.23 | | -0.16 | | 520.84 | | | [-.38,.07] | | | -1.37 | | | -0.33 | | | 113.16 | | [-.62,.-0.03] | | | | | -2.22\* | | -0.10 | | 432.08 | [-.34,.14] | | | -0.80 | -0.31 | 517.22 | | [-.50,-.12] | | -3.17\* | | 0.11 | | | 445.96 | | [-.16,.39] | | 0.81 | | |
| Condition | | -0.23 | 96.91 | | [-.56,.11] | | | | -1.35 | | -0.19 | | 96.63 | | | [-.57,.20] | | | -0.96 | | | -0.29 | | | 74.50 | | | [-.70,.12] | | | | -1.41 | | -0.19 | | 70.36 | [-.66,.28] | | | -0.80 | -0.20 | 106.86 | | [-.50,.10] | | -1.34 | | -0.20 | | | 70.97 | | [-.71,.31] | | -0.77 | | |
| T\*R | | -0.01 | 499.80 | | [-.29,.27] | | | | -0.07 | | -0.02 | | 492.38 | | | [-.35,.30] | | | -0.14 | | | 0.02 | | | 483.29 | | | [-.34,.38] | | | | 0.11 | | 0.08 | | 409.39 | [-.27,.43] | | | 0.45 | 0.14 | 488.85 | | [-.13,.42] | | 1.01 | | -0.02 | | | 419.39 | | [-.41,.38] | | -0.09 | | |
| T\*C | | -0.08 | 474.86 | | [-.36,.20] | | | | -0.53 | | 0.09 | | 457.48 | | | [-.23,.42] | | | 0.56 | | | -0.18 | | | 453.42 | | | [-.54,.17] | | | | -1.02 | | 0.20 | | 102.27 | [-.22,.62] | | | 0.95 | 0.27 | 457.85 | | [.00,.55] | | 1.98\* | | 0.53 | | | 96.05 | | [-.01,1.07] | | 1.96† | | |
| R\*C | | 0.05 | 528.92 | | [-.23,.32] | | | | 0.32 | | -0.09 | | 522.41 | | | [-.41,.22] | | | -0.58 | | | 0.15 | | | 114.11 | | | [-.27,.56] | | | | 0.71 | | -0.15 | | 433.49 | [-.49,.19] | | | -0.86 | 0.29 | 518.77 | | [.02,.56] | | 2.11\* | | 0.29 | | | 447.41 | | [-.09,.67] | | 1.48 | | |
| T\*R\*C | | 0.05 | 501.47 | | [-.35,.45] | | | | 0.25 | | -0.16 | | 491.35 | | | [-.62,.29] | | | -0.70 | | | 0.07 | | | 479.15 | | | [-.43,.57] | | | | 0.27 | | 0.13 | | 408.41 | [-.35,.62] | | | 0.54 | -0.39 | 488.45 | | [-.78,-.01] | | -2.00\* | | -0.38 | | | 419.00 | | [-.93,.17] | | -1.36 | | |
| *Note.* T = time; R = retrieval; C = condition | | | | | | | | | | | | | | | | | | |  | | |  | | |  | | |  | | | |  | |  | |  |  | | |  |  |  | |  | |  | |  | | |  | |  | |  | | |
| \* *p* < .05  † *p* = .053 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | |  | |  | | |
|  | |  |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |  | | |  | | | |  | |  | |  |  | | |  |  |  | |  | |  | |  | | |  | |  | |  | | |
| Table B.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *PP multilevel models for primary outcomes* | | | | | | | | | | | | | | | | | | | |  | | |  | | |  | | |  | | |  | |  | |  |  | | |  |  |  |  | | |  | | |  | | |  | |  | | |  | |
|  | | Brooding | | | | | | | | | | Reflection | | | | | | | | | | | Memory suppression | | | | | | | | | | | Expressive suppression | | | | | | | Cognitive reappraisal | | | | | | | | Nonreactivity | | | | | | | | | | |
|  | | *b* | *df* | *95% CI* | | | | *t* | | | | *b* | | *df* | | | *95% CI* | | | *t* | | | *b* | | | *df* | | | *95% CI* | | | *t* | | *b* | | *df* | *95% CI* | | | *t* | *b* | *df* | *95% CI* | | | *t* | | | *b* | | | *df* | | *95% CI* | | | *t* | |
| *Unconditional* | |  |  |  | | | |  | | | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  |  | | |  |  |  |  | | |  | | |  | | |  | |  | | |  | |
| Intercept | | 1.65 | 31.94 | [1.45,1.86] | | | | 16.33 | | | | 2.11 | | 32.25 | | | [1.90,2.33] | | | 19.96 | | | 1.98 | | | 31.01 | | | [1.77,2.22] | | | 16.86 | | 2.14 | | 32.00 | [1.82,2.47] | | | 13.42 | 1.59 | 32.41 | [1.42,1.77] | | | 18.66 | | | 2.71 | | | 31.48 | | [2.42,3.01] | | | 18.81 | |
| *Predictors* | |  |  |  | | | |  | | | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  |  | | |  |  |  |  | | |  | | |  | | |  | |  | | |  | |
| Intercept | | 1.87 | 55.28 | [1.57,2.18] | | | | 12.45 | | | | 2.29 | | 59.75 | | | [1.96,2.61] | | | 14.08 | | | 2.32 | | | 56.11 | | | [1.97,2.66] | | | 13.46 | | 2.18 | | 38.76 | [1.74,2.62] | | | 10.05 | 1.68 | 62.93 | [1.41,1.94] | | | 12.58 | | | 2.46 | | | 43.35 | | [2.05,2.87] | | | 12.21 | |
| Time | | -0.04 | 291.62 | [-.29,.21] | | | | -0.30 | | | | -0.15 | | 273.10 | | | [-.44,.14] | | | -1.01 | | | 0.00 | | | 301.26 | | | [-.29,.30] | | | 0.02 | | -0.16 | | 45.16 | [-.58,.26] | | | -0.77 | -0.11 | 266.10 | [-.36,.13] | | | -0.92 | | | 0.20 | | | 50.80 | | [-.31,.71] | | | 0.81 | |
| Retrieval | | -0.22 | 322.49 | [-.47,.02] | | | | -1.78 † | | | | -0.10 | | 310.42 | | | [-.38,.18] | | | -0.71 | | | -0.39 | | | 327.98 | | | [-.68,-.10] | | | -2.68\* | | -0.09 | | 266.38 | [-.36,.18] | | | -0.67 | -0.20 | 306.60 | [-.43,.03] | | | -1.68 | | | 0.05 | | | 271.25 | | [-.26,.71] | | | 0.31 | |
| Condition | | -0.20 | 53.20 | [-.68,.28] | | | | -0.85 | | | | -0.11 | | 57.39 | | | [-.62,.41] | | | -0.42 | | | -0.32 | | | 53.90 | | | [-.87,.22] | | | -1.18 | | -0.06 | | 37.77 | [-.75,.64] | | | -0.17 | -0.20 | 60.38 | [-.62,.22] | | | -0.95 | | | -0.10 | | | 41.90 | | [-.74,.54] | | | -0.33 | |
| T\*R | | -0.02 | 308.81 | [-.38,.33] | | | | -0.13 | | | | -0.02 | | 295.47 | | | [-.42,.39] | | | -0.08 | | | 0.00 | | | 315.36 | | | [-.41,.42] | | | 0.02 | | 0.11 | | 256.18 | [-.28,.50] | | | 0.54 | 0.22 | 289.19 | [-.12,.56] | | | 1.29 | | | -0.02 | | | 258.12 | | [-.47,.42] | | | -0.11 | |
| T\*C | | -0.17 | 285.03 | [-.55,.22] | | | | -0.84 | | | | 0.10 | | 265.51 | | | [-.34,.54] | | | 0.44 | | | -0.31 | | | 295.18 | | | [-.76,.14] | | | -1.34 | | 0.40 | | 41.69 | [-.25,1.05] | | | 1.25 | 0.44 | 258.21 | [.07,.81] | | | 2.34\* | | | 0.80 | | | 47.26 | | [.01,.1.59] | | | 2.02\* | |
| R\*C | | 0.05 | 318.97 | [-.33,.43] | | | | 0.27 | | | | -0.08 | | 305.84 | | | [-.52,.35] | | | -0.39 | | | 0.18 | | | 325.10 | | | [-.27,.63] | | | 0.78 | | -0.02 | | 263.51 | [-.43,.40] | | | -0.08 | 0.35 | 301.51 | [-.01,.71] | | | 1.89 | | | 0.33 | | | 267.79 | | [-.15,.81] | | | 1.35 | |
| T\*C | | 0.15 | 303.36 | [-.40,.70] | | | | 0.54 | | | | -0.11 | | 288.09 | | | [-.73,.51] | | | -0.35 | | | 0.03 | | | 311.12 | | | [-.61,.67] | | | 0.09 | | -0.07 | | 250.86 | [-.67,.52] | | | -0.24 | -0.63 | 281.71 | [-1.15,-.11] | | | -2.37\* | | | -0.41 | | | 252.84 | | [-1.10,.28] | | | -1.18 | |
| *Note.* T = time; R = retrieval; C = condition | | | | | | | | | | | | | | | | | | | |  | | |  | | |  | | |  | | |  | |  | |  |  | | |  |  |  |  | | |  | | |  | | |  | |  | | |  | |
| \* *p* < .05  † *p* < .10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |  | | |  | | |  | | |  | |  | | |  | |
|  |  | |  | | |  |  | | |  | | | | |  | | |  | | |  | | |  | | | | | |  |  | |  | |  | | |  |  | |  |  | | |  | |  | | |  | | |  | | |  | | | |

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| Table B.4 | | | | | | | | | | |
| *PP means, standard deviations, and ANOVAs for secondary outcomes* | | | | | | |  |  |  |  |
|  | MBSR | | Waiting List | | Effect (1,34) | | | | | |
|  | Baseline | Follow-up | Baseline | Follow-up | Time |  | Condition |  | T\*C |  |
|  | *M (SD)* | *M (SD)* | *M (SD)* | *M (SD)* | *F* | *ηp2* | *F* | *ηp2* | *F* | *ηp2* |
| DASS Dep. | 12.79 (10.93) | 5.00 (6.15) | 14.68 (8.06) | 16.14 (11.21) | 2.78 | .08 | 6.26\* | .16 | 5.92\* | .15 |
| FFMQ | 116.14 (19.57) | 136.43 (20.21) | 106.41 (17.25) | 109.50 (16.61) | 19.35\* | .36 | 10.73\* | .24 | 10.47\* | .24 |
| Rumination | 51.36 (10.86) | 45.86 (14.39) | 53.77 (11.25) | 51.55 (12.13) | 3.20† | .09 | 1.32 | .04 | 0.57 | .02 |
| Brooding | 11.71 (3.73) | 9.79 (3.91) | 12.00 (3.22) | 11.05 (3.08) | 7.42\* | .18 | 0.55 | .02 | 0.85 | .02 |
| Reflection | 11.36 (3.15) | 10.57 (4.01) | 11.50 (3.53) | 10.68 (3.00) | 1.73 | .05 | 0.02 | .00 | 0.00 | .00 |
| Thought sup. | 55.50 (10.26) | 46.14 (10.55) | 54.32 (9.71) | 52.91 (8.95) | 10.36\* | .23 | 0.94 | .03 | 5.65\* | .14 |
| Exp. sup. | 13.36 (4.94) | 14.43 (4.62) | 15.82 (4.32) | 15.23 (5.19) | 0.12 | .00 | 1.22 | .04 | 1.42 | .04 |
| Cogn. reapp. | 26.21 (6.93) | 28.43 (3.55) | 25.78 (6.43) | 23.00 (5.67) | 0.05 | .00 | 3.35† | .09 | 4.33\* | .11 |
| *Note.*  T = time; C = condition; DASS = depression, anxiety, stress scales; Dep. = depression; Thought sup. = thought suppression; Exp. Sup. = expressive suppression; Cogn. reapp. = cognitive reappraisal. | | | | | | | | | | |
| \* *p* < .05  † *p* < .10 | | | |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |