**Supplemental Materials**

**Table A1**

*AMPS items grouped by subscale*

|  |  |
| --- | --- |
| Item | *I used mindfulness practice to …* |
| Decentering | |
| 1 | Observe my thoughts in a detached manner |
| 3 | See that my thoughts are not necessarily true |
| 12 | Let go of unpleasant thoughts and feelings |
| 13 | Realize that my thoughts are not facts |
| 15 | See alternative views of a situation |
|  | Positive emotion regulation |
| 4 | Enjoy the little things in life more fully |
| 7 | See the positive side of difficult circumstances |
| 9 | Realize that I can grow stronger from difficult circumstances |
| 11 | Be aware of and appreciate pleasant events |
| 14 | Notice pleasant things in the face of difficult circumstances |
| Negative emotion regulation | |
| 2 | Relax my body when I am tense |
| 5 | Calm my emotions when I am upset |
| 6 | Stop reacting to my negative impulses |
| 8 | Reduce tension when I am stressed |
| 10 | Stop my unhelpful reactions to situations |

*Note*. Participants are asked to indicate from 0 (“*Never*”) to 4 (“*Almost* *always*”) how often they used mindfulness in each specific way during the prior seven-day period.

**Table A2**

*Inter-item correlations for individual AMPS items at the session 3 assessment*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Item 1 | Item 3 | Item 12 | Item 13 | Item 15 | Item 4 | Item 7 | Item 9 | Item 11 | Item 14 | Item 2 | Item 5 | Item 6 | Item 8 | Item 10 |
|  | Decentering | | | | |  |  |  |  |  |  |  |  |  |  |
| Item 1 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 3 | 0.43 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 12 | 0.12 | 0.49 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 13 | 0.16 | 0.46 | 0.73 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |
| Item 15 | 0.26 | 0.39 | 0.67 | 0.53 | 1.00 | Positive emotion regulation | | | | |  |  |  |  |  |
| Item 4 | 0.25 | 0.47 | 0.54 | 0.34 | 0.53 | 1.00 |  |  |  |  |  |  |  |  |  |
| Item 7 | 0.31 | 0.50 | 0.59 | 0.51 | 0.66 | 0.59 | 1.00 |  |  |  |  |  |  |  |  |
| Item 9 | 0.25 | 0.34 | 0.59 | 0.53 | 0.47 | 0.63 | 0.68 | 1.00 |  |  |  |  |  |  |  |
| Item 11 | 0.39 | 0.47 | 0.64 | 0.53 | 0.67 | 0.64 | 0.72 | 0.67 | 1.00 |  |  |  |  |  |  |
| Item 14 | 0.22 | 0.38 | 0.75 | 0.70 | 0.79 | 0.45 | 0.74 | 0.63 | 0.69 | 1.00 | Negative emotion regulation | | | | |
| Item 2 | 0.45 | 0.52 | 0.49 | 0.43 | 0.39 | 0.41 | 0.51 | 0.55 | 0.41 | 0.43 | 1.00 |  |  |  |  |
| Item 5 | 0.38 | 0.50 | 0.49 | 0.41 | 0.60 | 0.73 | 0.58 | 0.57 | 0.59 | 0.49 | 0.56 | 1.00 |  |  |  |
| Item 6 | 0.28 | 0.41 | 0.54 | 0.42 | 0.53 | 0.38 | 0.50 | 0.39 | 0.32 | 0.49 | 0.41 | 0.64 | 1.00 |  |  |
| Item 8 | 0.27 | 0.47 | 0.65 | 0.62 | 0.60 | 0.54 | 0.66 | 0.73 | 0.67 | 0.63 | 0.55 | 0.66 | 0.60 | 1.00 |  |
| Item 10 | 0.29 | 0.42 | 0.61 | 0.34 | 0.48 | 0.50 | 0.58 | 0.60 | 0.66 | 0.58 | 0.47 | 0.47 | 0.32 | 0.48 | 1.00 |

*Note*. Items are ordered and grouped by subscale (decentering, positive emotion regulation, negative emotion regulation) for ease of identifying subscale-specific individual item inter-item correlations. Values are Spearman correlations.

All correlations significant at *p* < 0.01, except item 1 with items 15, 4, 9, 6, 8, and 10 (all significant at *p* < 0.05) and item 1 with items 12, 13, and 15 (non-significant).

**Table A3**

*Inter-item correlations for individual AMPS items at the session 6 assessment*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Item 1 | Item 3 | Item 12 | Item 13 | Item 15 | Item 4 | Item 7 | Item 9 | Item 11 | Item 14 | Item 2 | Item 5 | Item 6 | Item 8 | Item 10 |
|  | Decentering | | | | |  |  |  |  |  |  |  |  |  |  |
| Item 1 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 3 | 0.34 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 12 | 0.28 | 0.35 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 13 | 0.30 | 0.62 | 0.74 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |
| Item 15 | 0.34 | 0.39 | 0.69 | 0.61 | 1.00 | Positive emotion regulation | | | | |  |  |  |  |  |
| Item 4 | 0.23 | 0.50 | 0.61 | 0.57 | 0.66 | 1.00 |  |  |  |  |  |  |  |  |  |
| Item 7 | 0.30 | 0.51 | 0.60 | 0.52 | 0.70 | 0.74 | 1.00 |  |  |  |  |  |  |  |  |
| Item 9 | 0.17 | 0.40 | 0.53 | 0.39 | 0.58 | 0.72 | 0.67 | 1.00 |  |  |  |  |  |  |  |
| Item 11 | 0.39 | 0.44 | 0.85 | 0.67 | 0.72 | 0.68 | 0.65 | 0.59 | 1.00 |  |  |  |  |  |  |
| Item 14 | 0.27 | 0.48 | 0.78 | 0.72 | 0.80 | 0.65 | 0.64 | 0.54 | 0.80 | 1.00 | Negative emotion regulation | | | | |
| Item 2 | 0.34 | 0.34 | 0.52 | 0.45 | 0.43 | 0.35 | 0.39 | 0.45 | 0.51 | 0.47 | 1.00 |  |  |  |  |
| Item 5 | 0.32 | 0.30 | 0.54 | 0.50 | 0.51 | 0.47 | 0.58 | 0.44 | 0.51 | 0.53 | 0.59 | 1.00 |  |  |  |
| Item 6 | 0.23 | 0.18 | 0.53 | 0.42 | 0.50 | 0.42 | 0.53 | 0.45 | 0.46 | 0.49 | 0.45 | 0.79 | 1.00 |  |  |
| Item 8 | 0.17 | 0.30 | 0.58 | 0.44 | 0.44 | 0.54 | 0.52 | 0.59 | 0.58 | 0.50 | 0.52 | 0.56 | 0.55 | 1.00 |  |
| Item 10 | 0.28 | 0.35 | 0.65 | 0.47 | 0.58 | 0.63 | 0.73 | 0.69 | 0.70 | 0.64 | 0.57 | 0.64 | 0.64 | 0.67 | 1.00 |

*Note*. Items are ordered and grouped by subscale (decentering, positive emotion regulation, negative emotion regulation) for ease of identifying subscale-specific individual item inter-item correlations. Values are Spearman correlations.

All correlations significant at *p* < 0.01, except item 1 with items 12, 13, 7, 14, and 10 (all significant at *p* < 0.05), item 3 with items 2, 5, and 8 (all significant at *p* < 0.05), item 1 with items 4, 6, and 8 (non-significant), and item 3 with item 6 (non-significant).

**Table A4**

*Inter-item correlations for individual AMPS items at the session 9 assessment*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Item 1 | Item 3 | Item 12 | Item 13 | Item 15 | Item 4 | Item 7 | Item 9 | Item 11 | Item 14 | Item 2 | Item 5 | Item 6 | Item 8 | Item 10 |
|  | Decentering | | | | |  |  |  |  |  |  |  |  |  |  |
| Item 1 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 3 | 0.51 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 12 | 0.39 | 0.65 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 13 | 0.33 | 0.66 | 0.80 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |
| Item 15 | 0.53 | 0.61 | 0.70 | 0.59 | 1.00 | Positive emotion regulation | | | | |  |  |  |  |  |
| Item 4 | 0.55 | 0.65 | 0.66 | 0.54 | 0.65 | 1.00 |  |  |  |  |  |  |  |  |  |
| Item 7 | 0.44 | 0.55 | 0.73 | 0.62 | 0.60 | 0.79 | 1.00 |  |  |  |  |  |  |  |  |
| Item 9 | 0.43 | 0.62 | 0.67 | 0.62 | 0.65 | 0.70 | 0.79 | 1.00 |  |  |  |  |  |  |  |
| Item 11 | 0.34 | 0.60 | 0.77 | 0.69 | 0.80 | 0.66 | 0.61 | 0.64 | 1.00 |  |  |  |  |  |  |
| Item 14 | 0.45 | 0.74 | 0.78 | 0.75 | 0.76 | 0.68 | 0.68 | 0.73 | 0.69 | 1.00 | Negative emotion regulation | | | | |
| Item 2 | 0.54 | 0.75 | 0.67 | 0.51 | 0.58 | 0.65 | 0.58 | 0.60 | 0.55 | 0.64 | 1.00 |  |  |  |  |
| Item 5 | 0.51 | 0.60 | 0.60 | 0.45 | 0.56 | 0.64 | 0.65 | 0.57 | 0.49 | 0.57 | 0.58 | 1.00 |  |  |  |
| Item 6 | 0.51 | 0.67 | 0.66 | 0.65 | 0.60 | 0.69 | 0.78 | 0.71 | 0.61 | 0.60 | 0.54 | 0.72 | 1.00 |  |  |
| Item 8 | 0.40 | 0.72 | 0.74 | 0.75 | 0.55 | 0.69 | 0.68 | 0.74 | 0.66 | 0.75 | 0.71 | 0.70 | 0.70 | 1.00 |  |
| Item 10 | 0.44 | 0.71 | 0.75 | 0.73 | 0.71 | 0.63 | 0.62 | 0.73 | 0.77 | 0.74 | 0.61 | 0.55 | 0.76 | 0.76 | 1.00 |

*Note*. Items are ordered and grouped by subscale (decentering, positive emotion regulation, negative emotion regulation) for ease of identifying subscale-specific individual item inter-item correlations. Values are Spearman correlations.

All correlations significant at *p* < 0.01.

**Table A5**

*Inter-item correlations for individual AMPS items at the session 12 assessment*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Item 1 | Item 3 | Item 12 | Item 13 | Item 15 | Item 4 | Item 7 | Item 9 | Item 11 | Item 14 | Item 2 | Item 5 | Item 6 | Item 8 | Item 10 |
|  | Decentering | | | | |  |  |  |  |  |  |  |  |  |  |
| Item 1 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 3 | 0.62 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 12 | 0.54 | 0.70 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |
| Item 13 | 0.49 | 0.75 | 0.81 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |
| Item 15 | 0.39 | 0.48 | 0.63 | 0.62 | 1.00 | Positive emotion regulation | | | | |  |  |  |  |  |
| Item 4 | 0.43 | 0.69 | 0.67 | 0.58 | 0.51 | 1.00 |  |  |  |  |  |  |  |  |  |
| Item 7 | 0.51 | 0.62 | 0.80 | 0.73 | 0.66 | 0.59 | 1.00 |  |  |  |  |  |  |  |  |
| Item 9 | 0.45 | 0.63 | 0.82 | 0.68 | 0.68 | 0.78 | 0.75 | 1.00 |  |  |  |  |  |  |  |
| Item 11 | 0.49 | 0.72 | 0.84 | 0.63 | 0.67 | 0.72 | 0.69 | 0.78 | 1.00 |  |  |  |  |  |  |
| Item 14 | 0.39 | 0.67 | 0.78 | 0.83 | 0.75 | 0.56 | 0.70 | 0.67 | 0.74 | 1.00 | Negative emotion regulation | | | | |
| Item 2 | 0.64 | 0.64 | 0.74 | 0.65 | 0.56 | 0.50 | 0.65 | 0.71 | 0.74 | 0.69 | 1.00 |  |  |  |  |
| Item 5 | 0.56 | 0.61 | 0.80 | 0.66 | 0.65 | 0.72 | 0.75 | 0.74 | 0.75 | 0.62 | 0.70 | 1.00 |  |  |  |
| Item 6 | 0.51 | 0.64 | 0.86 | 0.82 | 0.67 | 0.74 | 0.78 | 0.84 | 0.79 | 0.77 | 0.75 | 0.85 | 1.00 |  |  |
| Item 8 | 0.53 | 0.71 | 0.82 | 0.75 | 0.53 | 0.68 | 0.66 | 0.75 | 0.83 | 0.78 | 0.82 | 0.74 | 0.85 | 1.00 |  |
| Item 10 | 0.56 | 0.61 | 0.79 | 0.64 | 0.71 | 0.63 | 0.71 | 0.83 | 0.83 | 0.66 | 0.77 | 0.81 | 0.79 | 0.73 | 1.00 |

*Note*. Items are ordered and grouped by subscale (decentering, positive emotion regulation, negative emotion regulation) for ease of identifying subscale-specific individual item inter-item correlations. Values are Spearman correlations.

All correlations significant at *p* < 0.01.