

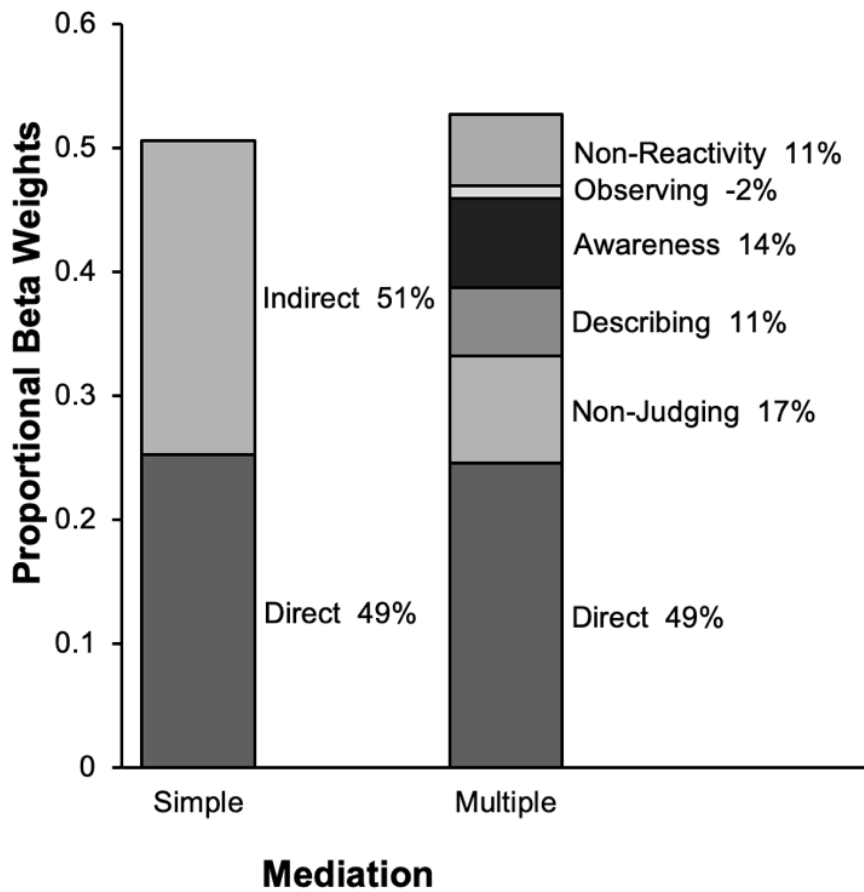
SUPPLEMENTARY MATERIALS**Supplementary Table S1** Demographic Comparison Between Student and Community

Samples

Demographic	Student		Community		Total	
	<i>n</i>	% ¹	<i>n</i>	% ¹	<i>n</i>	% ¹
Sex						
Female	176	59.3	59	19.9	235	79.1
Male	47	15.8	14	4.7	61	20.5
Other	1	0.3	0	0	1	0.3
Age						
18-29	62	20.9	3	1.0	65	21.9
30-39	75	25.3	35	11.8	110	37.0
40-49	63	21.2	15	5.0	78	26.3
50-59	20	6.7	14	4.7	34	11.4
60-69	4	1.3	2	0.7	6	2.0
70-75	0	0	4	1.3	4	1.3
Total	224	75.4	73	24.6	297	100

Note. ¹ Percentage of total sample of $n = 297$.

Supplementary Figure S2 Proportional standardized effect sizes for a simple and multiple mediation model with trait mindfulness mediating the loneliness-psychological distress association.



Note. Percentages are proportional contributions to the total effect for each model. Multiple mediation total indirect effect = 51%. Both models controlled for age and gender.