Supplementary Table S1: A comparative analysis of mean scores for each facet of the Five Facet Mindfulness Questionnaire (FFMQ) between the present samples and Chinese community data.

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|  | **Present samples** | **Community samples (Hou et al., 2014)** |
| *n* | 96 | 230 |
| **Variables** | **Mean (*SD*)** | |
| Age | 21.17 (2.30) | 49.14 (14.80)\*\*\* |
| Gender (M:F) | 49:47 | 54:176 |
| FFMQ *- Observing* | 26.15 (5.79) | 23.60 (5.40)\*\*\* |
| FFMQ *- Describing* | 25.77 (5.39) | 25.15(5.20) |
| FFMQ - *Acting with awareness* | 25.22 (6.74) | 25.52 (6.10) |
| FFMQ *- Nonjudging* | 20.16 (5.05) | 23.54 (4.00)\*\*\* |
| FFMQ *- Nonreactivity* | 21.73 (3.86) | 20.78 (3.50)\* |

Note: FFMQ: Five Facet Mindfulness Questionnaire; *SD*: Standard deviation. The data of the community samples were from Hou et al., 2014. Between-group differences were compared using independent t-test. \**p*<0.05; \*\**p*< 0.01; \*\*\**p*< 0.001.

**Reference**

Hou, J., Wong, S. Y. S., Lo, H. H. M., Mak, W. W. S., & Ma, H. S. W. (2014). Validation of a Chinese Version of the Five Facet Mindfulness Questionnaire in Hong Kong and Development of a Short Form. *Assessment*, *21*(3), 363–371. https://doi.org/10.1177/1073191113485121