

## Supplementary Material

**Table S1. Mindfulness practices in the e-MBI module of the NEVERMIND system.**

<b>Practice name</b>	<b>Categories</b>	<b>Reference</b>
Body scan 1	Body Scan	Kabat-Zinn, 1990
Sensorial opening	Body Scan, Equanimity	Kabat-Zinn, 1990; Kraus & Sears, 2009
Enriching listening to nature	Loving Kindness, Appreciative Joy	Hofmann et al., 2011; Royzman & Rozin, 2006
Body scan 2	Body Scan	Kabat-Zinn, 1990
Loving presence	Loving Kindness, Appreciative Joy	Kurtz & Martin, 2019
Breathing 1	Breathing Meditation	Lutz et al., 2008
Yoga lying	Body Awareness	Kabat-Zinn, 1990
Gratitude to the body	Loving Kindness, Compassion	Hofmann et al., 2011; Neff, 2003; Gilbert, 2010; Rinpoche, 2015
Yoga standing	Body Awareness	Kabat-Zinn, 1990
Loving-kindness	Loving Kindness	Hofmann et al., 2011
Breathing 2	Breathing Meditation	Lutz et al., 2008
Exploring and welcoming emotions in the body	Loving Kindness, Body Awareness	Hofmann et al., 2011; Kabat-Zinn, 1990
Mountain meditation	Equanimity	Kraus & Sears, 2009
Self-compassion	Compassion	Neff, 2003; Gilbert, 2010; Rinpoche, 2015
Loving-kindness 2	Loving Kindness	Hofmann et al., 2011
Awareness of breathing, sounds and thoughts 1	Breathing Meditation, Equanimity	Lutz et al., 2008; Kraus & Sears, 2009
Light flow	Compassion	Neff, 2003; Gilbert, 2010; Rinpoche, 2015
Compassion	Compassion	Neff, 2003; Gilbert, 2010; Rinpoche, 2015
Awareness of breathing, sounds and thoughts 2	Breathing Meditation, Equanimity	Lutz et al., 2008; Kraus & Sears, 2009
Tonglen	Compassion	Neff, 2003; Gilbert, 2010; Rinpoche, 2015
Awareness of breath with grounding and alignment	Breathing Meditation	Lutz et al., 2008

**Table S2. Number of patients per practice type.**

	n (%)	mean (sd)
Body scan 1	54 (100.0)	4.76 (2.99)
Sensorial opening	54 (100.0)	4.39 (2.89)
Enriching listening to nature	54 (100.0)	4.20 (2.29)
Body scan 2	53 (98.1)	3.66 (2.31)
Loving presence	52 (96.3)	3.50 (2.21)
Breathing 1	53 (98.1)	3.53 (2.15)
Yoga lying	45 (83.3)	3.40 (1.54)
Gratitude to the body	46 (85.2)	3.37 (1.45)
Yoga standing	40 (74.1)	3.28 (1.65)
Loving-kindness	33 (61.1)	3.48 (1.97)
Breathing 2	33 (61.1)	3.58 (1.41)
Exploring and welcoming emotions in the body	30 (55.6)	3.33 (1.21)
Mountain meditation	30 (55.6)	3.00 (1.14)
Self-compassion	26 (48.1)	3.31 (1.72)
Loving-kindness 2	25 (46.3)	3.60 (1.50)
Awareness of breathing, sounds and thoughts 1	17 (31.5)	3.41 (0.94)
Light flow	18 (33.3)	4.17 (2.60)
Compassion	27 (50.0)	3.26 (1.53)
Awareness of breathing, sounds and thoughts 2	11 (20.4)	4.18 (2.18)
Tonglen	18 (33.3)	3.28 (0.89)
Awareness of breath with grounding and alignment	8 (14.8)	3.00 (1.51)
Breathing 3	4 (7.4)	4.75 (4.19)

**Table S3. Differences of baseline characteristics between the TP groups**

		TP=0 (53)	TP=1 (54)	p
Age		61.00 [54.00, 67.00]	62.00 [54.25, 66.75]	0.881
Sex	Female	37 (69.8)	31 (57.4)	0.229
	Male	16 (30.2)	23 (42.6)	
Education	Low	16 (30.2)	6 (11.1)	0.017
	High	37 (69.8)	48 (88.9)	
Marital status	Single	19 (35.8)	10 (18.5)	0.052
	Married	34 (64.2)	44 (81.5)	
Employment_status	Unemployed	29 (54.7)	27 (50.0)	0.700
	Employed	24 (45.3)	27 (50.0)	
Living arrangement	Cohabitant	46 (86.8)	46 (85.2)	1.000
	Alone	7 (13.2)	8 (14.8)	
BDI		10.00 [6.00, 17.00]	10.00 [6.25, 15.75]	0.813
DASS-D		4.00 [1.00, 7.00]	3.00 [1.00, 6.00]	0.841
DASS-A		2.00 [0.00, 4.00]	2.00 [1.00, 4.00]	0.892
DASS-S		6.00 [2.00, 9.00]	7.00 [1.25, 9.00]	0.995

MAAS	4.60 [3.73, 5.13]	4.47 [3.77, 5.07]	0.958
SC	3.33 [2.92, 3.58]	3.17 [2.92, 3.56]	0.701

**Table S4. Results of linear regression to evaluate the impact of dispositional mindfulness and self-compassion on depression, anxiety, and stress considering the change over time of MAAS and SC and adjusting for the baseline values of symptoms and MAAS and SC respectively.**

Predictors	BDI			DASS-A			DASS-S		
	Est	CI	p	Est	CI	p	Est	CI	p
Baseline	0.45	0.29 – 0.61	<0.001	0.45	0.29 – 0.62	<0.001	0.43	0.28 – 0.59	<0.001
MAAS	-	-4.49 – -	0.011	-	-1.91 – -	0.001	-	-3.08 – -	<0.001
Baseline	2.54	0.59		1.22	0.53		2.12	1.16	
MAAS Change	-	-7.55 – -	<0.001	-	-2.75 – -	<0.001	-	-3.88 – -	<0.001
	5.75	3.95		2.05	1.34		2.95	2.02	
R <sup>2</sup>		0.51			0.48			0.57	
AIC		665.94			473.04			526.48	
Baseline	0.42	0.27 – 0.57	<0.001	0.50	0.33 – 0.66	<0.001	0.56	0.41 – 0.70	<0.001
SC Baseline	-	-6.88 – -	0.041	-	-2.38 – 0.09	0.069	-	-3.05 – 0.37	0.123
	3.51	0.14		1.14			1.34		
SC Change	-	-6.25 – -	0.012	-	-2.41 – -	0.010	-	-3.39 – -	0.004
	3.53	0.81		1.37	0.33		2.03	0.67	
R <sup>2</sup>		0.35			0.35			0.44	
AIC		707.19			499.75			558.88	