

FMI-scores before and after intervention (paired)

Sample size = n Bonferroni adjusted $\alpha = 0.025$ Cronbach α at t0 and t1 = 0.88	N	Median pre (t0)	Median post (t1)	Median difference	95% CI [LL, UL]	P-value
FMI-score	559	28	36	8	6.5, 7.5	< 0,01
Single variables						
I am open to the experience of the present moment.	559	3	3	0	1, 1	< 0,01
I sense my body, whether eating, cooking, cleaning or talking.	559	2	3	1	1, 1	< 0,01
When I notice an absence of mind, I gently return to the experience of the here and now.	559	2	3	1	1, 1	< 0,01
I am able to appreciate myself.	559	2	3	1	1, 1	< 0,01
I pay attention to what's behind my actions.	559	2	3	1	1, 1	< 0,01
I see my mistakes and difficulties without judging them.	559	2	3	1	1, 1	< 0,01
I feel connected to my experience in the here-and-now.	559	2	3	1	1, 1	< 0,01
I accept unpleasant experiences.	559	3	3	0	1, 1	< 0,01
I am friendly to myself when things go wrong.	559	2	3	1	1, 1	< 0,01
I watch my feelings without getting lost in them.	559	2	3	1	1, 1	< 0,01
In difficult situations, I can pause without immediately reacting.	559	2	3	1	1, 1	< 0,01
I experience moments of inner peace and ease, even when things get hectic and stressful.	559	2	3	1	1, 1	< 0,01
I am able to smile when I notice how I sometimes make life difficult.	559	2	3	1	1, 1	< 0,01