

**Bonferroni adjusted  $\alpha = 0.025$**   
**Cronbach  $\alpha$  at t0 and t1 = 0.88**

	N	P-value	95% CI (lower)	95% CI (upper)	Median pre	Median post
<b>FMI-13 score</b>	<b>829</b>	<b>&lt; 2.2e-16</b>	<b>6.50</b>	<b>7.50</b>	<b>28</b>	<b>36</b>
Single variables						
I am open to the experience of the present moment.	829	< 2.2e-16	1.0000	1.0000	3	3
I sense my body, whether eating, cooking, cleaning or talking.	829	< 2.2e-16	1.0000	1.0000	2	3
When I notice an absence of mind, I gently return to the experience of the here and now.	829	< 2.2e-16	1.0001	1.0000	2	3
I am able to appreciate myself.	829	< 2.2e-16	1.0000	1.0000	2	3
I pay attention to what's behind my actions.	829	< 2.2e-16	0.9999	1.0001	2	3
I see my mistakes and difficulties without judging them.	829	< 2.2e-16	1.0000	1.0000	2	3
I feel connected to my experience in the here-and-now.	829	< 2.2e-16	1.0000	1.0000	2	3
I accept unpleasant experiences.	829	< 2.2e-16	0.9999	0.9999	3	3
I am friendly to myself when things go wrong.	829	< 2.2e-16	1.0000	0.9999	2	3
I watch my feelings without getting lost in them.	829	< 2.2e-16	1.0000	1.0001	2	3
In difficult situations, I can pause without immediately reacting.	829	< 2.2e-16	0.9999	1.0000	2	3
I experience moments of inner peace and ease, even when things get hectic and stressful.	829	< 2.2e-16	1.0000	1.0000	2	2
I am able to smile when I notice how I sometimes make life difficult.	829	< 2.2e-16	1.0000	1.0000	2	3

**Table 2 *FMI scores***