The secret ingredient in mindfulness interventions?

A case for practice quality over quantity
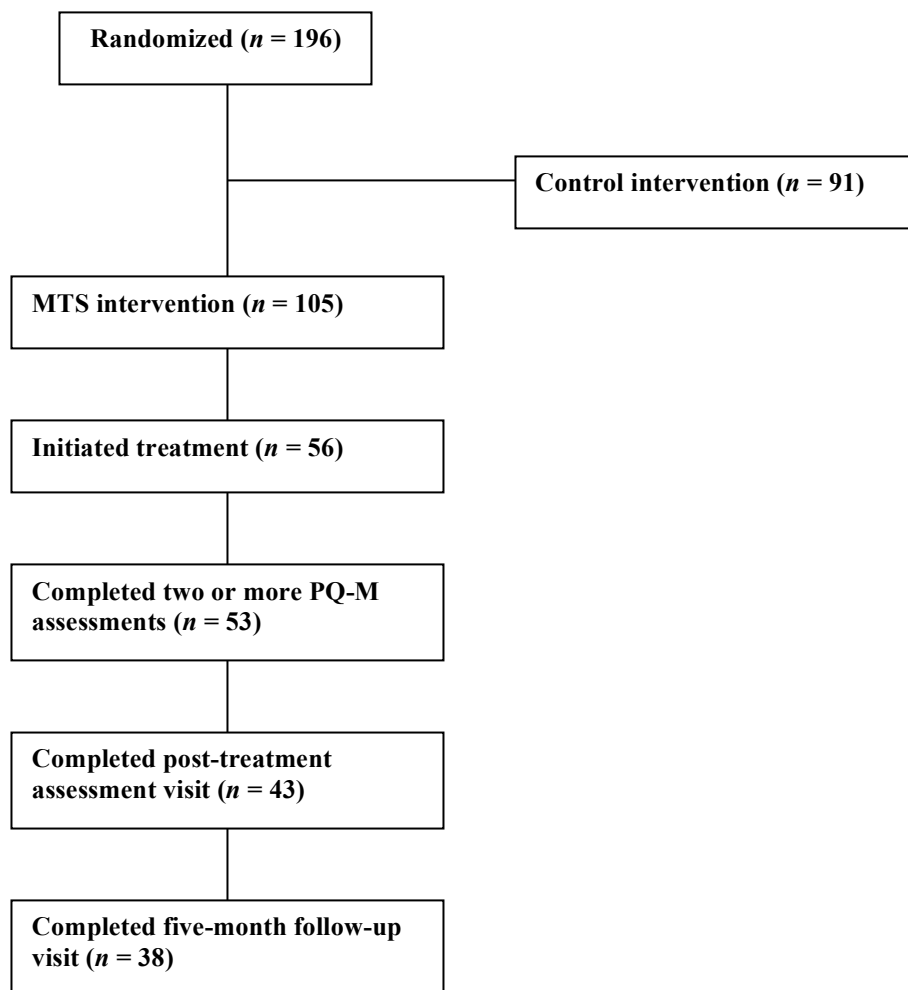
Supplemental Material – Table of Contents

Figure 1. *Consort diagram*

Table 1. *Baseline correlations between psychological measures total scores and psychological functioning composite*

	FFMQ	*DERS*	*DASS*	*QOL*	*Composite*
FFMQ		-0.75***	-0.38**	0.40**	0.79***
DERS			0.59***	-0.45***	-0.87***
DASS				-0.56***	-0.79***
QOL					0.75***
Composite					

Note: FFMQ = Five Facet Mindfulness Questionnaire (Baer et al., 2006); DERS = Difficulty in Emotion Regulation Scale (Gratz & Roemer, 2004); DASS = Depression Anxiety Stress Scales (Lovibond & Lovibond, 1995); QOL = World Health Organization Quality of Life BREF (WHOQOL Group, 1998). Higher scores on the DASS and DERS indicate lower psychological functioning.

* *p* < .05, ** *p* < .01, *** *p* < .001