**Online Supplementary Material**

**Online Table 1:** Baseline characteristics.

**Online Table 2:** Physiological measures during baseline, stressor, and recovery at pre- and post-intervention for the MBSR and waitlist control groups.

**Online Figure 1:** Flow Chart

**Online Table 1.**

*Baseline characteristics: Means (and SD) or N (%)*

|  |  |  |  |
| --- | --- | --- | --- |
|  | Control group  (N = 42) | MBSR group  (N = 43) | *t or χ2* |
| Age | 44.9 (10.0) | 47.4 (11.1) | 1.06 |
| Female sex | 32 (76%) | 28 (65%) | 1.26 |
| Body mass index | 24.31 (5.02) | 24.39 (4.37) | -0.07 |
| High education | 24 (57%) | 20 (49%) | 0.58 |
| Physical exercise (log min/week) | 1.00 (0.98) | 1.28 (1.04) | 1.26 |
| Smoker | 6 (14%) | 6 (14%) | 0.00 |
| Medication use |  |  |  |
| Beta-blockers | 4 (10%) | 4 (9%) | 0.00 |
| ACE-inhibitors | 1 (2%) | 3 (7%) | 0.24 |
| Antidepressants (all SSRI) | 6 (14%) | 2 (5%) | 1.24 |
| Tranquillizers | 5 (12%) | 3 (7%) | 0.14 |
| Laboratory protocol/session/experiment/condition |  |  |  |
| Cigarettes at session 1 | 0.94 (2.80) | 0.29 (1.33) | -1.35 |
| Cigarettes at session 2 | 0.76 (2.13) | 0.28 (1.04) | -1.27 |
| Coffee intake session 1 (pre-MBSR?) | 1.79 (1.97) | 1.92 (2.40) | 0.27 |
| Coffee intake session 2 | 1.72 (1.57) | 1.79 (1.66) | 0.19 |
| Menopause | 8 (25%) | 9 (32%) | 0.11 |
| Menstrual phase (luteal) session 1 | 11 (46%) | 8 (42%) | 0.40 |
| Menstrual phase (luteal) session 2 | 12 (50%) | 8 (42%) | 0.50 |
| Perceived stress | 31.08 (4.99) | 29.00 (8.12) | 1.42 |
| Negative affect session 1 | 27.02 (7.02) | 23.78 (8.10) | 1.97† |

†p<.10 (two-tailed); MBSR = Mindfulness Based Stress Reduction

**Online Table 2.**

*Physiological measures during baseline, stressor, and recovery at pre- and post-intervention for the MBSR and waitlist control groups: Estimated marginal means and standard errors of the mean.*

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | **Pre-Intervention** | |  |  |  |  | **Post-Intervention** | |  |  |
|  |  | *MBSR* |  |  | *Control* |  |  | *MBSR* |  |  | *Control* |  |
|  | Baseline | Stress | Reco-very | Baseline | Stress | Reco-very | Baseline | Stress | Reco-very | Base-line | Stress | Reco-very |
| HP | 805.4 (20.6) | 749.0 (16.6) | 858.7 (20.3) | 826.8 (22.4) | 772.6 (18.0) | 866.7 (22.2) | 838.7 (22.3) | 808.8 (18.5) | 875.1 (22.3) | 850.3 (24.3) | 810.3 (20.2) | 892.4 (24.3) |
| SDNN | 41.75 (3.48) | 55.30 (3.36) | 49.69 (4.13) | 44.66 (4.04) | 67.32 (3.90) | 59.20 (4.79) | 46.18 (3.62) | 57.03 (3.94) | 56.77 (4.20) | 48.00 (4.20) | 69.45 (4.57) | 59.50 (4.87) |
| RMSSD | 24.91 (2.06) | 27.25 (2.21) | 29.01 (2.45) | 27.23 (2.40) | 31.82 (2.57) | 33.59 (2.85) | 29.37 (3.13) | 33.72 (3.20) | 32.72 (3.27) | 29.05 (3.64) | 33.78 (3.73) | 35.78 (3.80) |
| VLF | 509.7 (69.3) | 835.4 (132.4) | 924.4 (201.4) | 549.9 (80.4) | 1132.4 (153.7) | 1191.7 (233.7) | 557.1 (78.8) | 695.4 (110.1) | 1127.5 (187.6) | 690.7 (91.4) | 1111.7 (127.7) | 1367.4 (217.6) |
| LF.NU | 70.98 (3.03) | 78.30 (2.25) | 74.33 (2.98) | 66.54 (3.52) | 76.52 (2.61) | 68.01 (3.46) | 68.82 (3.31) | 74.95 (2.48) | 72.05 (3.12) | 64.04 (3.84) | 75.66 (2.88) | 63.32 (3.62) |
| HF.NU | 29.03 (3.03) | 21.70 (2.25) | 25.68 (2.98) | 33.46 (3.52) | 23.48 (2.61) | 31.99 (3.46) | 31.18 (3.31) | 25.05 (2.48) | 27.95 (3.12) | 35.96 (3.84) | 24.35 (2.88) | 36.68 (3.62) |
| LF/HF | 6.09 (1.21) | 5.72 (0.74) | 5.24 (0.75) | 3.02 (1.41) | 5.24 (0.85) | 3.44 (0.87) | 6.21 (1.46) | 5.47 (0.76) | 6.80 (1.44) | 3.07 (1.69) | 5.06 (0.88) | 3.47 (1.67) |
| SBP | 111.2 (7.21) | 149.2 (9.11) | 132.4 (7.53) | 116.5 (6.66) | 149.2 (8.40) | 128.1 (6.95) | 108.2 (5.85) | 128.8  (8.07) | 121.7 (6.66) | 118.0 (5.40) | 141.7 (7.44) | 139.0 (6.15) |
| DBP | 76.4 (5.54) | 98.2 (5.73) | 89.7 (6.47) | 74.5  (5.12) | 90.4 (5.29) | 79.9 (5.97) | 68.3 (4.22) | 82.1 (5.96) | 77.2 (6.32) | 75.3  (3.89) | 93.2 (5.50) | 90.66 (5.83) |
| Cortisol | 0.43 (0.04) | 0.44 (0.04) | 0.46 (0.04) | 0.45 (0.03) | 0.43 (0.04) | 0.40 (0.04) | 0.42 (0.04) | 0.36 (0.03) | 0.31 (0.03) | 0.51 (0.04) | 0.39 (0.03) | 0.34 (0.03) |

*Note.* MBSR = Mindfulness-Based Stress Reduction; HP = Heart Period; SDNN = Standard Deviation of HP; RMSSD = Root Mean of Squared Successive Differences; VLF = Very Low Frequency (0.003.-0.04 Hz); LF.NU = normalized units of Low Frequency (0.04 Hz - 0.15 Hz); HF.NU = normalized units of High Frequency (0.15Hz – 0.40 Hz); SBP = Systolic blood pressure (mmHG); DBP = diastolic blood pressure (mmHG); Cortisol is in nmol.



*Online Figure 1.* Participants’ flow.