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| **Table 4**. Sociodemographic information |
|  | Total sampleN=349 | Validity sampleN=305 | Re-test sampleN= 47 |
| Age |  |  |  |
| Mean (SD) | 32.37(14.59) | 32.94(14.89) | 27(12.11) |
| Median (min-max) | 26(18-86) | 26 (18-86) | 22(20-72) |
| Gender |  |  |  |
| Men  | 21.8% | 23% | 23.4% |
| Women  | 78.2% | 77% | 76.6% |
| BMI |  |  |  |
| Mean (SD) | 26.38(7.11) | 26.6(7.25) | 24.05(4.02) |
| Median (min-max) | 24.4(16.2-46.0) | 24.4(16.4-46) | 23.74(18-34.6) |
| Marital status |  |  |  |
| Single | 43.8% | 43.3% | 57.4% |
| Married/cohabiting | 50.1% | 50.5% | 38.3% |
| Divorced/separated | 3.7% | 3.9% | 4.3% |
| Widowed | .9% | 0.7% | - |
| Not answered | 1.4% | 1.6% | - |
| Employment status |  |  |  |
| Student | 41% | 40% | 61.7% |
| Employed-active | 49.2% | 49.2% | 31.9% |
| Inactive | 4.6% | 5.2% | 4.3% |
| Retired | 5.2% | 5.6% | 2.1% |
| Psychological care |  |  |  |
| History of psychological care | 31.2% | 31.5% | 23.4% |
| Under current psychological care | 12.3% | 13.4% | 8.5% |
| Note. *SD* Standard Deviation, *BMI* Body Mass Index. |

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| **Table 5**. Scale-scale correlations (Total sample ; N=349) |
|  | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. |
| 1. NOTICING | 1 | - | - | - | - | - | - | - |
| 2. NOT DISTRACTING  | -.07 | 1 | - | - | - | - | - | - |
| 3. NOT WORRYING | -.02 | -.05 | 1 | - | - | - | - | - |
| 4 .ATTENTION REGULATION | .54\*\* | -.17\*\* | .16\*\* | 1 | - | - | - | - |
| 5. EMOTIONAL AWARENESS | .51\*\* | -.14\*\* | -.09 | .41\*\* | 1 | - | - | - |
| 6. SELF-REGULATION | .41\*\* | -.04 | .04 | .49\*\* | .40\*\* | 1 | - | - |
| 7. BODY LISTENING | .49\*\* | .01 | .04 | .53\*\* | .46\*\* | .58\*\* | 1 | - |
| 8. TRUSTING | .25\*\* | -.01 | .15\*\* | .42\*\* | .19\*\* | .40\*\* | .38\*\* | 1 |
| *Note. \*p<.05 , \*\*p<.001* |