Supplementary Materials for:

Improvements in Mindfulness, Interoceptive and Emotional Awareness, Emotion Regulation, and Inter-Personal Emotion Management Following Completion of an Online Emotional Skills Training Program

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Supplementary Methods

Table S1. Summary statistics for demographic variables.

Measures	Training Program			Placebo Program		
	Baseline	Post-Training	Follow-Up	Baseline	Post-Training	Follow-Up
General						
Demographics	**N = 234**	**N = 168**	**N = 55**	**N = 214**	**N = 158**	**N = 39**
Age	23.64 (5.47)	23.67 (5.32)	24.04 (5.83)	23.77 (5.7)	23.54 (5.49)	23.33 (5.31)
Sex (Male)	68 (29%)	49 (29%)	16 (29%)	57 (27%)	40 (25%)	11 (28%)
Race, n (%)						
Asian	14 (6.0%)	10 (6.0%)	3 (5.5%)	15 (7.0%)	11 (7.0%)	3 (7.7%)
Black	8 (3.4%)	7 (4.2%)	2 (3.6%)	7 (3.3%)	3 (1.9%)	1 (2.6%)
Latinx/Hispanic	44 (18.8%)	36 (21.6%)	11 (20%)	50 (23.5%)	37 (23.4%)	9 (23.1%)
Mixed	18 (7.7%)	11 (6.6%)	1 (1.8%)	8 (3.8%)	2 (1.3%)	1 (2.6%)
Native American or Alaska Native	--	--	--	3 (1.4%)	4 (2.5%)	--
Native Hawaiian or Pacific Islander	2 (0.9%)	--	--	--	--	--
Other	1 (0.4%)	1 (0.6%)	--	1 (0.5%)	1 (0.6%)	--
Prefer not to answer	3 (1.3%)	2 (1.2%)	1 (1.8%)	1 (0.5%)	2 (1.3%)	1 (2.6%)
White	144 (61.5%)	100 (59.9%)	37 (67.3%)	128 (60.1%)	--	24 (61.5%)
Education Level, mean (SD)	14.86 (2.49)	149.95 (2.75)	15.47 (2.58%)	140.7 (2.18)	98 (62.0%)	15.46 (2.25%)
Student Status (%)	166 (70.9%)	127 (75.6%)	36 (65.5%)	147 (68.7%)	108 (68.4%)	22 (56.4%)
Annual Income						
<$30,000	186 (79.5%)	137 (81.5%)	43 (78.2%)	179 (83.6%)	129 (81.6%)	35 (89.7%)
$30,000-50,000	34 (14.5%)	20 (11.9%)	8 (14.5%)	21 (9.8%)	18 (11.4%)	3 (7.7%)
$50,000-80,000	8 (3.4%)	8 (4.8%)	2 (3.6%)	13 (6.1%)	11 (7%)	1 (2.6%)
$80,000-100,000	4 (1.7%)	2 (1.2%)	1 (1.8%	1 (0.5%)	--	--
$100,000-200,000	1 (0.4%)	1 (0.6%)	1 (1.8%)	--	--	--
>$200,000	1 (0.4%)	--	--	--	--	--

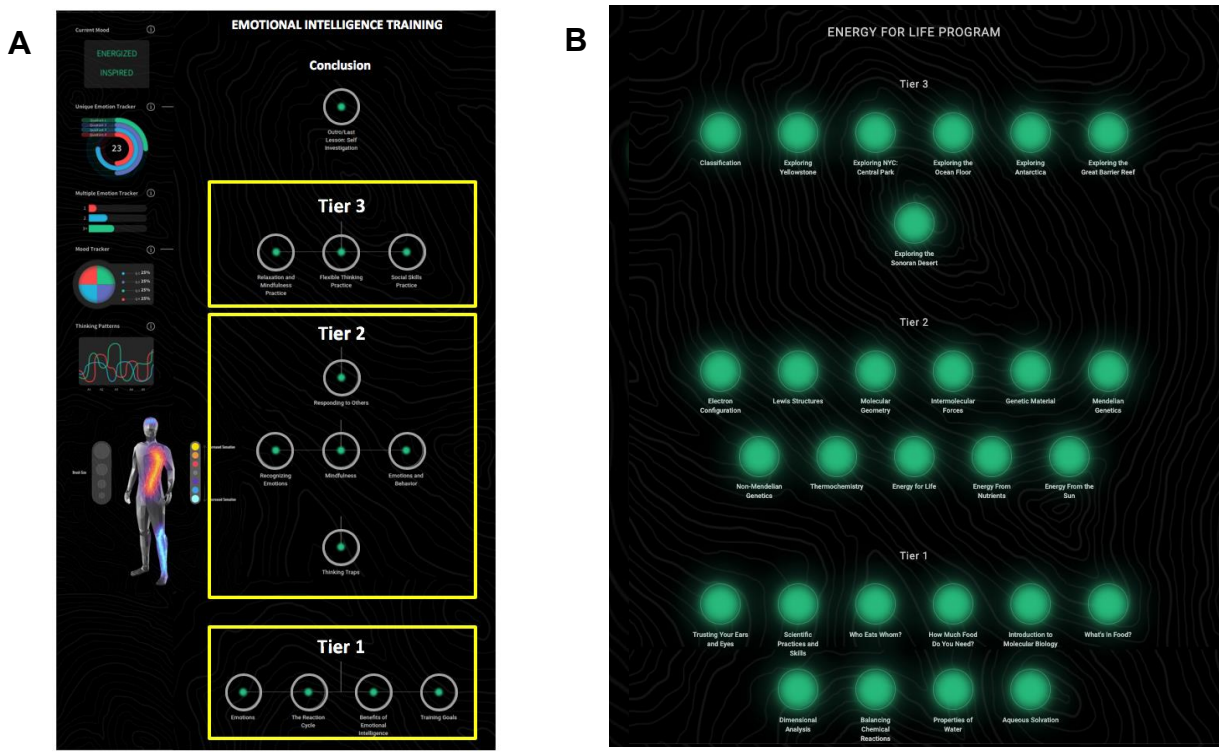


Figure S1. Example screenshots of the dashboards for the programs. **A.** The emotional skills training program has a total of 13 modules divided across 3 tiers. **B.** The placebo program has 28 modules divided across 3 tiers. Participants were assigned to either the active emotional skills training program or the control placebo program.

Training Program Details

As shown in the screenshots below, the emotional skills training program and the placebo program look extremely similar and are structured using a similar 3-tier system, with individual modules. These two programs underwent extensive development to be roughly equivalent in time commitment, visual interest, and difficulty level. The dashboard screens from the training program condition (on the left) and the matched placebo control condition (on the right) are shown in **Figure S1.** Single modules must be completed within each tier before advancing. In both programs, foundational knowledge is presented in the first tier, followed by more in-depth concepts and practice with those concepts in the second tier. Finally, challenges presented in the third tier allow for the direct application of learned concepts and skills. This congruence in presentation format is consistent throughout the programs

Emotional Skills Training Program

The program covers seven major training domains, including 1) Foundational Knowledge of Emotions, 2) Knowing One's Own Emotions, 3) Motivation, 4) Managing Emotions, 5) Knowing others' Emotions, 6) Managing Others' Emotions, and 7) Empathy. Detailed descriptions of the emotional skills training program goals and objectives are provided in the table below (**Table S2**),

Table S2. Content Summary for the Emotional Skills Training Program.

Overarching Program Goal	**Objective(s)**
Foundational knowledge of emotions	Describe the function and value of experiencing emotions Explain the physiological underpinnings of emotion Discuss how context informs emotional response
Knowing one's own emotions	Differentiate emotions within the emotional dictionary Recognize and label their own emotions
Motivation	Remember the potential benefits of the ability to regulate emotions Remember the potential difficulties due to the inability to regulate emotions
Managing emotions	Demonstrate motivation for practice in mindfulness Recall the components of mindfulness Identify own cognitive distortions Reframe cognitive distortions

	Recognize the state of mind from which an individual is acting Identify different types of emotion avoidance strategies they use Understand the consequences of emotion avoidance Identify Emotion Driven Behaviors (EDBs) in their life Plan behaviors to counter EDBs
Knowing others' emotions	Interpret others' emotions with awareness toward own biases
Managing others' emotions	Identify the most adaptive and effective reaction for changing another person's emotions Describe the value of positively changing another person's emotions
Empathy	Demonstrate empathetic responses Demonstrate motivation to practice empathy

As mentioned in the overview of the intervention, training content is presented through individual modules and organized into three progressive tiers (see **Figure S2**). Overall, the emotional skills training program is self-paced, which allows participants to work through as many or as few modules as desired at any given time. Participants are allowed three weeks to complete the entire training program. Although the program is self-paced, there are necessary constraints built into the program to help ensure participants are introduced to EI content in a manner that promotes learning. For example, participants must complete all modules in the first, introductory tier before advancing to Tier 2 and Tier 3. Another constraint of the program is the

completion of modules. A single module must be completed prior to opening another module. Single modules take between 30 to 60 minutes to complete, and completion time depends largely on the amount of content presented and how quickly that content is mastered. In total, the emotional skills training program includes approximately 10 to 12 hours of training content and activities.

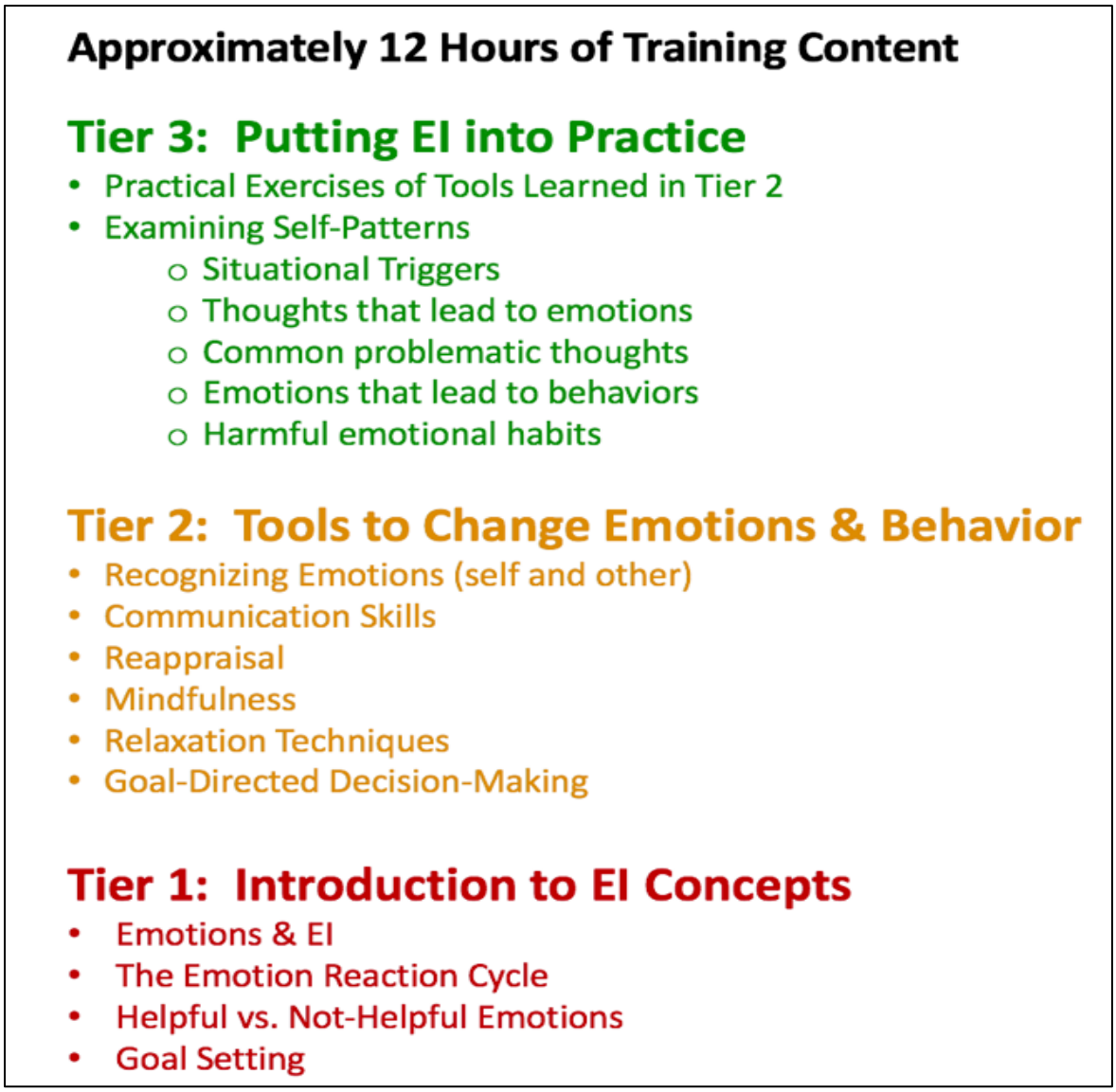


Figure S2. The training program includes three tiers of training that progressively develop emotional skills. Tiers must be completed in sequential order, starting with Tier 1 and ending with Tier 3.

At the beginning of the program, participants are introduced to the emotional skills training program dashboard that provides a visual representation of progression through the program. Participants are then introduced to foundational knowledge in the first tier, followed by more in-depth concepts and practice with those concepts in the second tier. In the final tier, participants need to synthesize and apply their learned EI concepts to complete multistep challenges. Feedback is given to participants throughout the training program, which provides additional learning opportunities and continued practice with more difficult concepts.

Tier 1

Four modules in Tier 1 comprise the initial lessons and provide a basic foundation for understanding emotions. In addition to providing basic knowledge, participants are given the opportunity to set goals related to EI and identify personal areas for improvement. These goals are revisited throughout the training program, which is one example of how the training program can be individualized to meet the specific needs of the participant. Importantly, participants are introduced to core elements that will be used throughout the training program to teach complex EI content. These core elements include the Emotion Tracker, Bodily Reaction Tool, and Reaction Cycle.

Emotion Tracker. The Emotion Tracker is introduced early in Tier 1, but participants have the opportunity to engage with the Emotion Tracker regularly throughout the program to monitor their thoughts, feelings, and behavioral reactions to various situations and stimuli. This self-monitoring feature of the Emotion Tracker provides participants a summary of their current emotional state and is completed multiple times throughout the course of the program (see **Figure S3**). This promotes recognition, understanding, and awareness of their own emotions, as

well as the potential causes and consequences of those reactions.

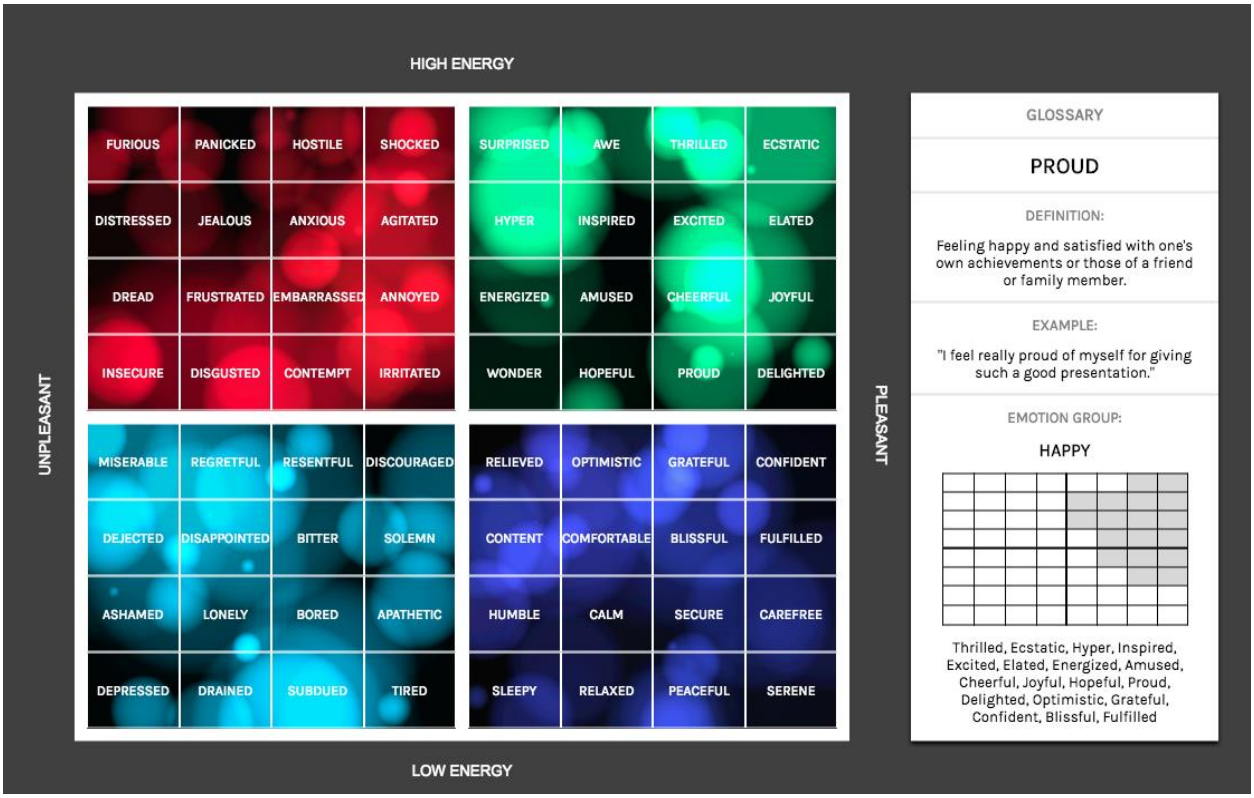


Figure S3. Emotion Tracker in the emotional skills training program. Participants select one or more emotions by clicking on the word in the grid. Information about the word is provided on the right of the screen.

Bodily Reaction Tool. Prior literature that shows how and where in the body emotions are generally felt (see **Figure S4**). Building upon this empirical data, we created the Bodily Reaction Tool in the training program (see **Figure S5**). This activity is designed to help participants understand that experiencing an emotion can induce physiological reactions/sensations in different parts of the body. Participants monitor their somatic sensations and identify where in their body they feel different sensations when experiencing different emotions. Through continual use of this tool throughout the program, participants learn to recognize their emotions more accurately and be more in tune with their physiological reactions to emotion. The tool allows participants to click on regions where a particular emotion is felt and to indicate increased or decreased sensation in that region by coloring in the area with their

cursor.

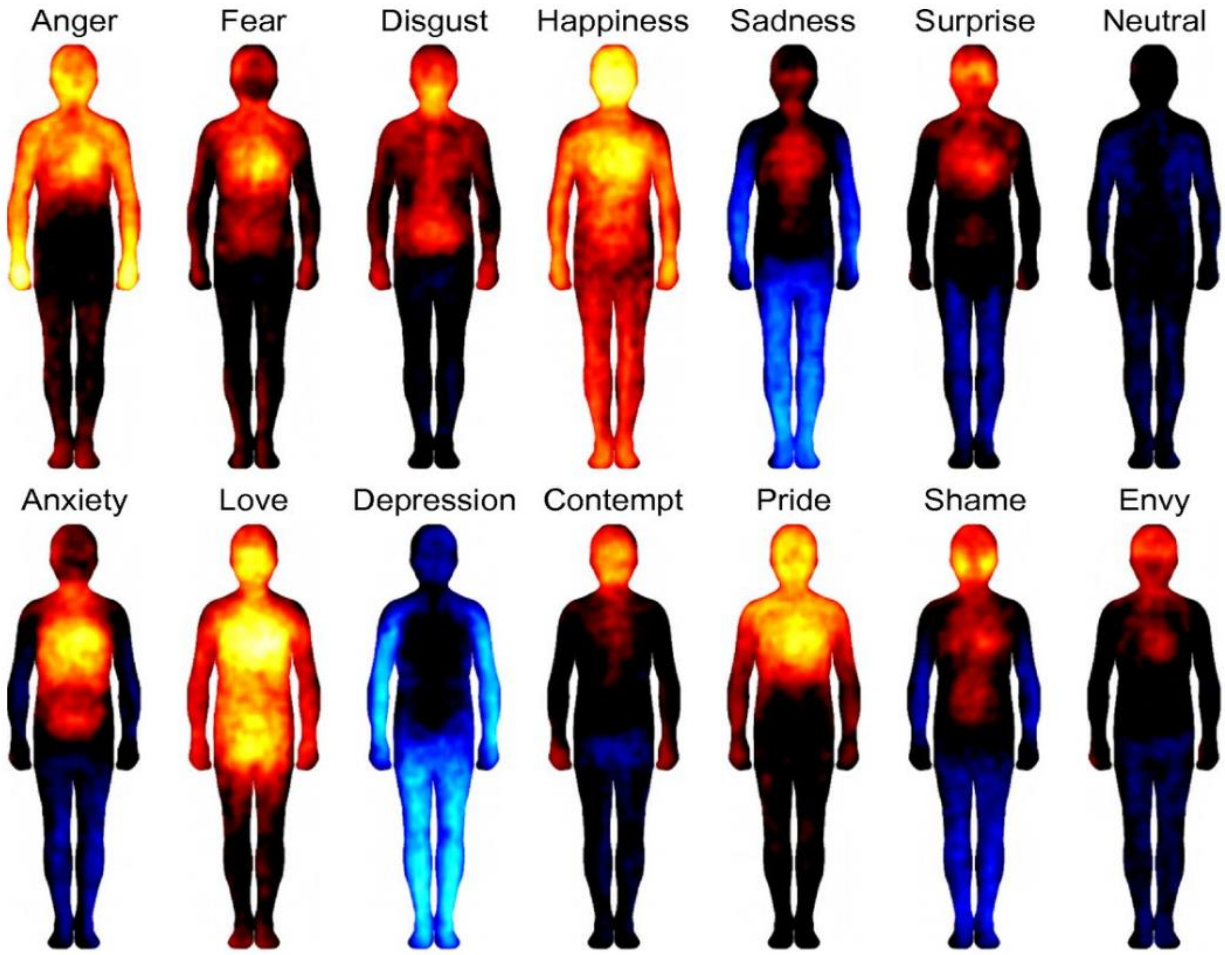


Figure S4. Empirical data for body emotion sensations from Nummenmaa et al., 2014. Emotions can induce physiological reactions in different parts of the body. Copyright (2014) National Academy of Sciences.

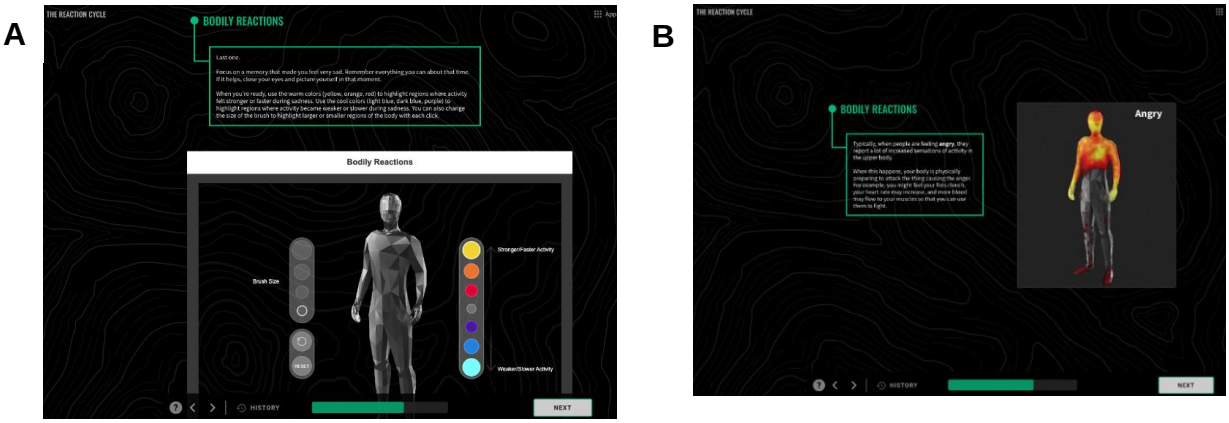


Figure S5. Bodily Reaction Tool in the emotional skills training program. **A.** Participants are introduced to the tool and can manipulate the size and color of the brush. Warm colors indicate stronger/faster activity, while cool colors indicate weaker/slower activity. **B.** Participants are given examples of body reactions based on empirical data.

Reaction Cycle. The reaction cycle is a reoccurring theme throughout the training program. It is a tool that illustrates the steps that occur before one chooses a behavior in response to a situation. The general concept is that emotions involve a cycle that begins with a situational context, followed by an interpretation of the situation or event, then an emotion that is comprised of bodily reactions, action tendencies, and focus of attention, and finally ends with a behavioral response/reaction (see **Figure S6.A**). This cycle is presented frequently as a learning tool throughout the program and provides a scaffolding to help participants understand emotional processes. Various situations and practice items require the participant to apply the reaction cycle concept to current emotional experiences. In **Figure S6.B**, participants are shown how reaction cycles act as a repeating pattern and can cause negative loops that cause situations to perpetually worsen. This repeated practice of interpreting emotional situations (using the concept of the reaction cycle) aids participants in recognizing the factors that contribute to their emotional experiences, and understanding both what their emotions mean and the influence of such emotions on their behavior.

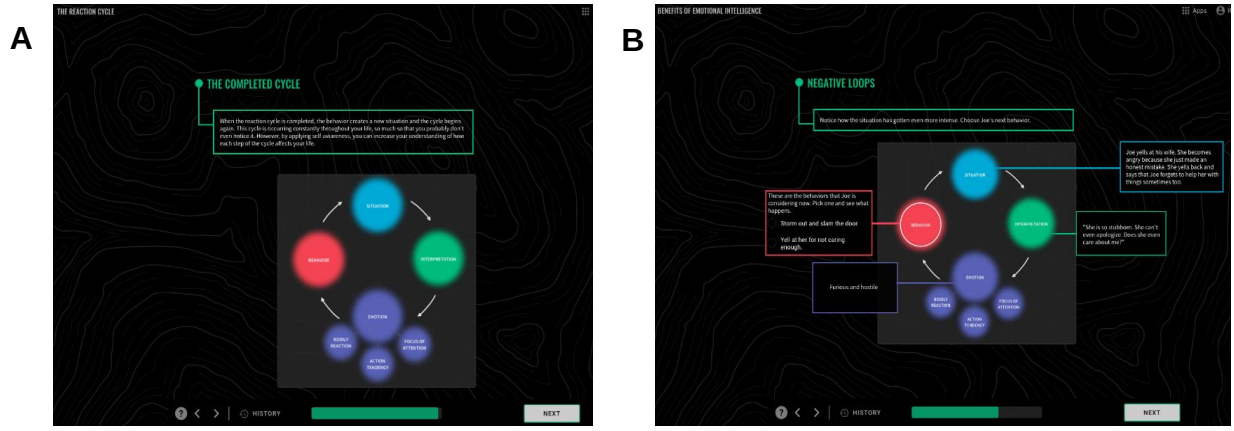


Figure S6. Screenshot of the Reaction Cycle presented in the emotional skills training program. **A**. A completed reaction cycle includes the situation, an interpretation, emotions, and behavior. **B.** Participants are provided detailed examples for each step of the reaction cycle.

Tier 2

In the second tier, participants are introduced to the main skills of emotional intelligence. These skills include relaxation, mindfulness, recognizing emotions in others, managing emotions in others, identifying and correcting cognitive distortions (a.k.a., “thinking traps”), and controlling maladaptive/impulsive behaviors (see **Figure S7**). Tier 2 includes 5 modules, and participants are permitted greater flexibility in the order in which content areas are explored and learned. Similar to the previous tier, however, participants must complete the entire module before starting a new module. New activities, in conjunction with core elements/tools, provide participants with numerous opportunities to learn and explore these new concepts. Two core example elements introduced in Tier 2 of the training program are the *Create a Face* activity and the *Responding to Others* activity.

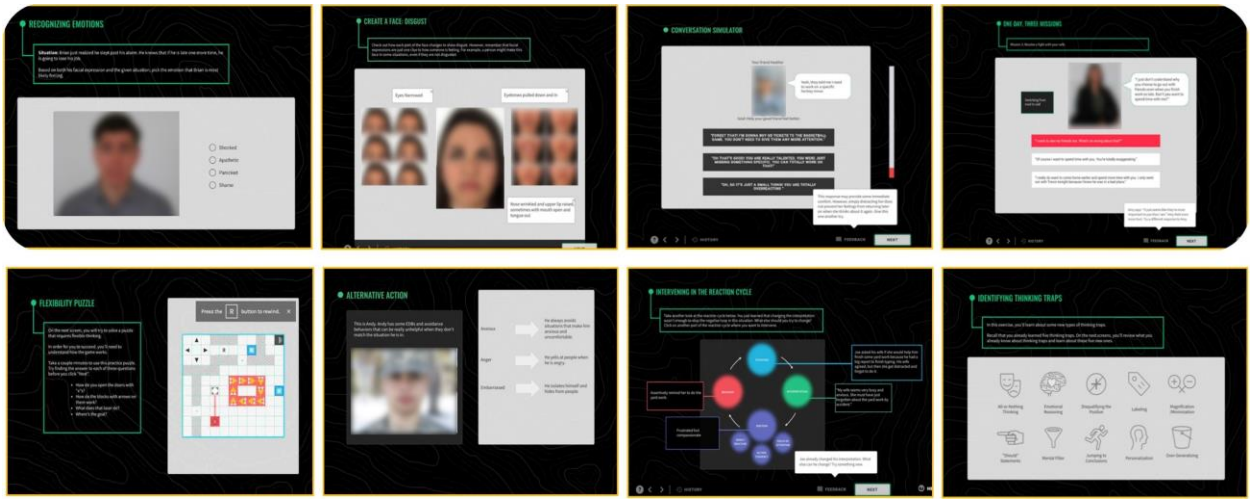


Figure S7. Example screenshots from training tasks focused on emotion perception, communication skills, social connection, cognitive flexibility, decision-making, and cognitive thinking traps. Faces blurred to maintain anonymity.

Create A Face. The *Create a Face* activity allows participants to practice the surprisingly difficult task of recognizing emotions out of context. Participants are given an emotion (i.e., anger) and must drag the correct combination of eyes and mouth onto the face to create a face that matches the emotion. This training lesson helps individuals learn the subtle features of facial

expressions that contribute to various emotions and provides participants with an understanding of the difficulty in recognizing emotions without context.

Responding to Others. The *Responding to Others* activity in Tier 2 (**Figure S8**) teaches participants to recognize and choose optimal responses to other individuals within emotionally difficult situations. These scenarios are described via audio recordings by trained actors. For this activity, the participant assumes the role of a telephone hotline operator, helping individuals on the line deal with various stressful situations. After hearing the details of a particular scenario, the participant is presented with a series of choices for their response and must select the most appropriate response for that scenario. A status bar on the right of the screen reflects the participant's "reputation" as a knowledgeable relationship expert. This status bar will increase when participants select the most appropriate response and decrease when participants select the least appropriate response. Additional feedback in the bottom right of the screen will appear to further explain the appropriateness of the selected response.

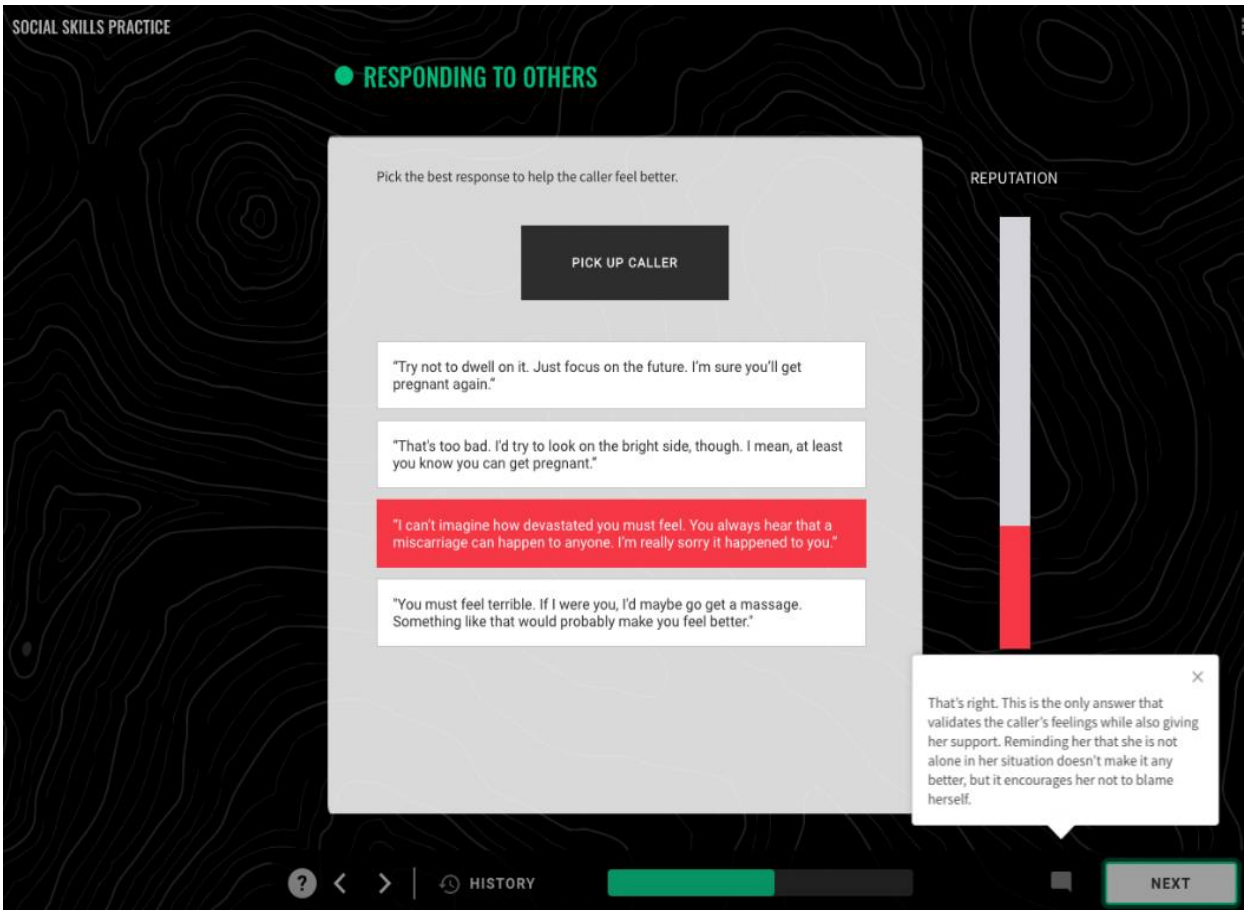


Figure S8. Responding to Others activity in the emotional skills training program. Participants listen to a scenario and select the most appropriate response.

Tier 3

After completion of Tier 2, participants advance to the final tier of the emotional skills training program. Although there are only three modules in this tier, participants are able to apply their newly learned emotional skills to novel situations and challenges. This tier also provides the opportunity for greater self-exploration. Personal goals that were set during the introductory tier of the training program are revisited, and participants are provided with a summary of their growth and areas for improvement (see **Figure S9**).

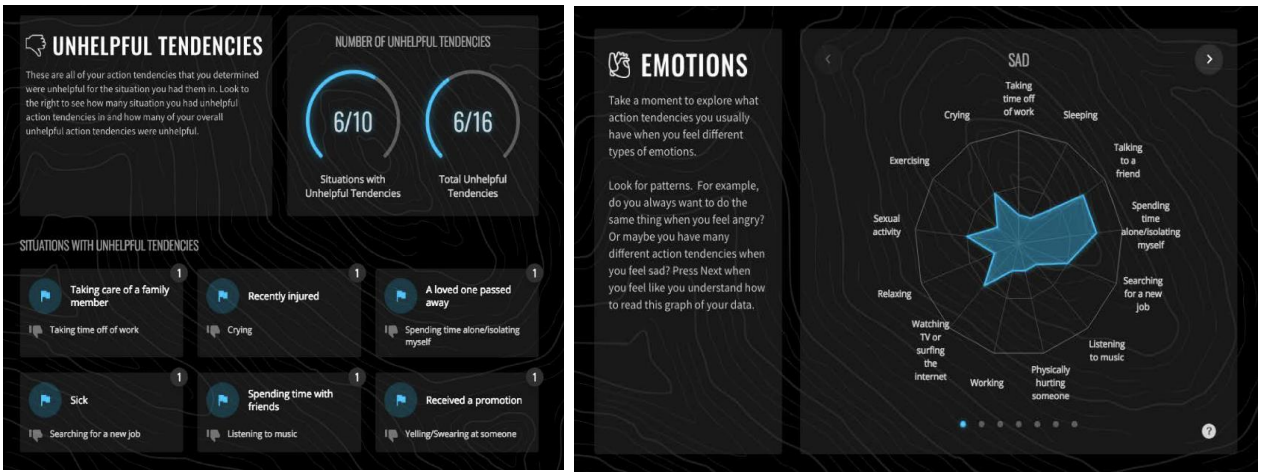


Figure S9. Example screenshots from Tier 3 of the emotional skills training program wherein participants utilize knowledge and skills from Tier 1 and Tier 2 to focus on self-exploration and summarization of their overall progression in the training program.

Placebo Program

A matched placebo program was developed as the control condition. This control program is similar to the emotional skills training program in visual complexity, difficulty level, and time commitment. Participants who are randomly assigned to this condition are also given 3 weeks to complete the 10 to 12-hour placebo program. Content for the placebo program is presented using a comparable 3-tier structure comprised of singular modules (see **Figure S1**); example comparisons between the programs can be found in **Figure S10**. Although both programs focus on the concept of "awareness," the direction of that focus differs between programs. Whereas the training program focuses on "internal awareness," the placebo program focuses on "external awareness." Instead of emotional content or emotion-specific training, the placebo program focuses on the concept of "Energy for Life" and teaches users about the kinds of foods living creatures eat, how they derive energy from food sources, where in the world various life forms live, and how they obtain food and energy.

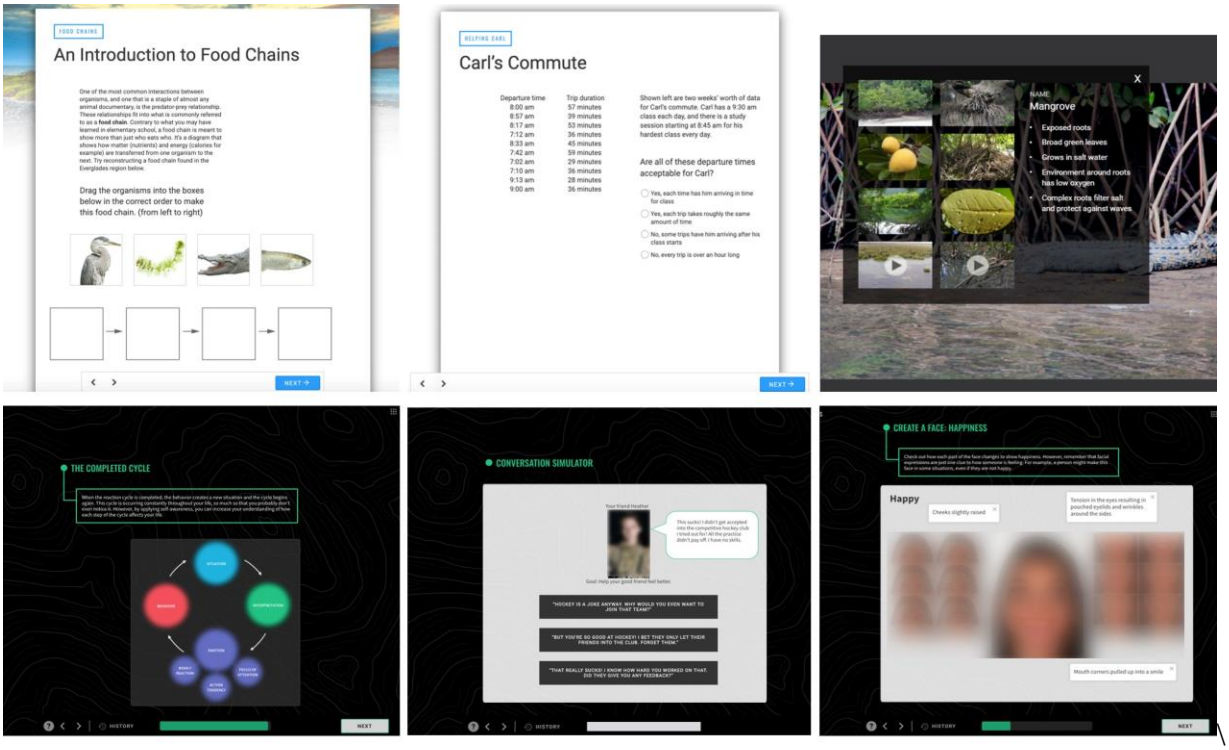


Figure S10. Example comparisons of content between programs. Top images show placebo program lessons concerning food chains, how to solve problems using scientific reasoning, and how to recognize a tree by its features. Bottom images show training program lessons concerning reaction cycles, how to solve problems using emotional skills, and how to recognize emotions by facial features. Faces blurred to maintain anonymity.

Tier 1

The first tier of the placebo program involves learning to think, see, and listen like a scientist, and participants develop basic skills on how to become aware of the external environment. Similar to the training program, participants are introduced to foundational knowledge in this first tier, which is used throughout the remainder of the program. Modules in this tier focus on how living things get energy from each other and the types of food people need for energy.

Tier 2

The second tier provides detailed information on how living things get energy from what they eat. Participants learn how living things store energy for later through the use of interactive graphs and activities presented in separate modules. These interactive activities provide

participants opportunities to engage with the program content in ways that are similar to the emotional skills training program. Furthermore, as in the training program, feedback is provided to participants in the bottom right section of the screen throughout the program. Content from this tier of the placebo program is shown in **Figure S11**.

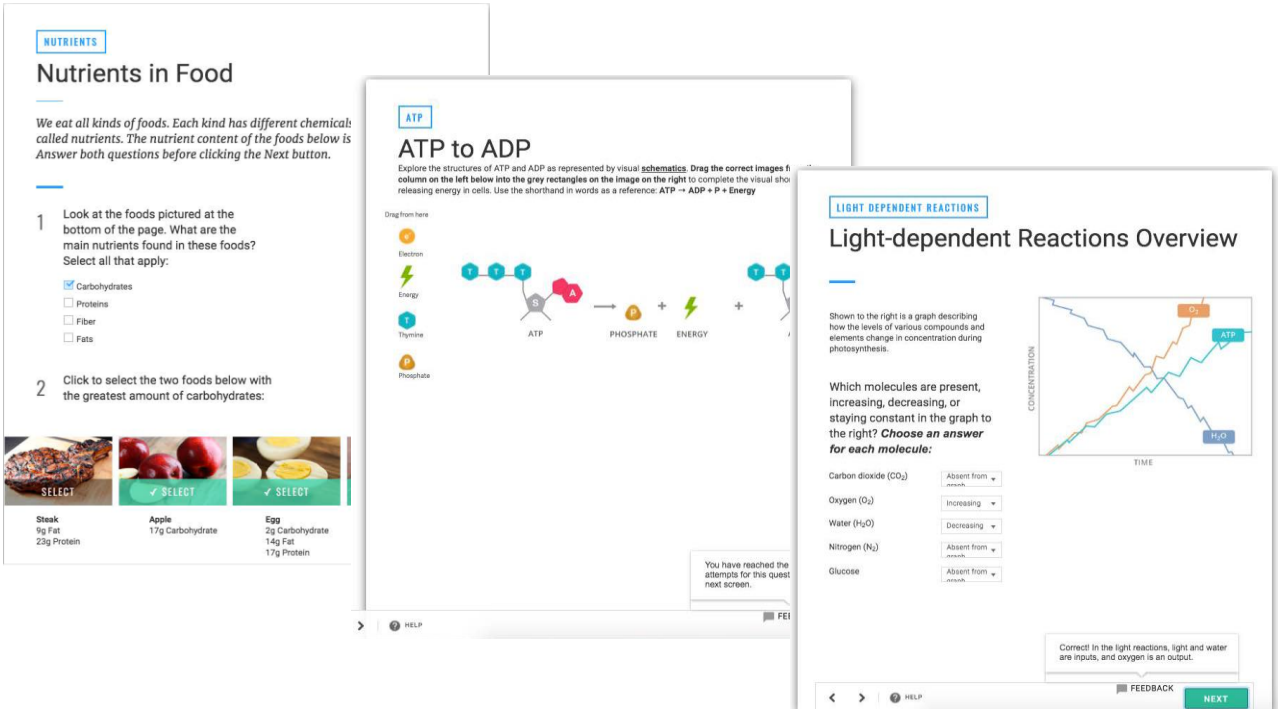


Figure S11. Example screenshots of the placebo program control condition. Activities presented in Tier 2 are highly interactive and allow participants the opportunity to engage with the training program content.

Tier 3

The final tier involves learning about various locations around the world to apply the learned awareness skills to understanding plants, animals, and environmental attributes of the earth. Participants explore six different places in the world to search for living things. This final tier provides participants an opportunity to incorporate the concepts and skills learned in the previous tiers, including how to group living things based on what they eat and how they get and store energy. Screenshots from two of the modules in Tier 3 are presented in **Figure S12** below.



Figure S12. Example screenshots of Tier 3 placebo control condition. Tier 3 focuses on learning world locations to apply learned awareness skills from previous tiers.

A summary description of each module in both the emotional skills training program and placebo program is provided in **Table S3** and **Table S4**, respectively.

Table S3. Summary for each Module of the Emotional Skills Training Program.

	Module	**Module Aim/Skills Covered**	**Schedule**
Tier 1	1. *Intro to the Program & Emotions*	Introduces the structure, goals, and tools of the program, as well as the benefits of emotions and self-awareness skills	Compressed: Day 1 Distributed: Day 1
	2. *Reaction Cycle*	Explains relationships between situations, interpretations of situations,	Compressed: Day 1 Distributed: Day 2

		emotions, bodily reactions, attention, action tendencies, and behaviors	
	3. *Benefits of EI*	Teaches how emotions can be helpful or harmful, and how emotional skills can prevent negative reaction cycles	Compressed: Day 2 Distributed: Day 3
	4. *Training Goals*	Articulates specific and meaningful goals and describes how EI can assist with achieving those goals	Compressed: Day 2 Distributed: Day 4
Tier 2	5. *Mindfulness*	Teaches about focusing on the present moment, recognizing and avoiding judgmental thoughts, mindful breathing, and developing body awareness	Compressed: Day 3 Distributed: Day 8
	6. *Thinking Traps*	Teaches about identifying cognitive distortions, improving flexibility in thinking, and changing unhelpful thoughts by	Compressed: Day 3 Distributed: Day 9

		rethinking and reinterpreting a situation	
	7. *Recognizing Emotions*	Teaches about recognizing emotions from facial and body cues, and differentiating emotional signals in different contexts	Compressed: Day 4 Distributed: Day 10
	8. *Emotions and Behaviors*	Teaches about recognizing behaviors automatically provoked by strong emotions and how to take alternative actions when maladaptive behaviors are driven by emotions	Compressed: Day 4 Distributed: Day 11
	9. *Responding to Others*	Teaches about communicating effectively, and empathizing with others to help strengthen and maintain relationships	Compressed: Day 5 Distributed: Day 13
Tier 3	10. *Relaxation and Mindfulness: Challenge 1*	Allows practicing mindfulness and applying mindfulness skills to successfully resolve a difficult scenario	Compressed: Day 6 Distributed: Day 15

	11. *Flexible Thinking Practice: Challenge 2*	Allows practicing flexible thinking, identifying cognitive distortions, reinterpreting situations, and applying these skills to successfully resolve a difficult scenario	Compressed: Day 6 Distributed: Day 16
	12. *Social Skills: Challenge 3*	Allows practicing emotion recognition, effective communication, social skills, and using these skills to resolve a difficult scenario	Compressed: Day 7 Distributed: Day 17
	13. *Self-Investigation*	Uses emotion tracking data collected throughout the program to help a participant identify patterns in their own responses and becoming aware of problem areas and how to address them	Compressed: Day 7 Distributed: Day 18

Table S4. Summary for each Module of the Placebo Program.

	Module	**Module Aim/Skills Covered**	**Schedule**
Tier 1	1. *Trusting Your Eyes and Ears*	Introduces the structure, goals, and tools of the program, and the benefits of scientific thinking	Compressed: Day 1 Distributed: Day 1
	2. Scientific Practices and Skills	Teaches the use of scientific skills to solve practical problems	Compressed: Day 1 Distributed: Day 1
	3. *Who Eats Whom?*	Explains relationships between organisms in the food chain	Compressed: Day 1 Distributed: Day 2
	4. How Much Food Do You Need?	Teaches about calories and the various factors that influence how many calories a person needs per day	Compressed: Day 1 Distributed: Day 2
	5. *Introduction to Molecular Biology*	Explores components of cellular structures and what the components are made of	Compressed: Day 2 Distributed: Day 3

	6. *What's In Food?*	Focuses on the macronutrients in food and the processes through which the body maintains stable levels of energy	Compressed: Day 2 Distributed: Day 3
	7. *Dimensional Analysis*	Focuses on using dimensional analysis to properly convert units	Compressed: Day 2 Distributed: Day 4
	8. *Balancing Chemical Reactions*	Focuses on understanding chemical reactions and how to write balanced equations for chemical reactions	Compressed: Day 3 Distributed: Day 4
	9. *Properties of Water*	Examines the unique properties of water that result from its molecular structure	Compressed: Day 3 Distributed: Day 8
	10. *Aqueous Solvation*	Teaches about the structure of water, solubility, and applying knowledge to save wildlife affected by an oil spill	Compressed: Day 3 Distributed: Day 8
Tier 2	11. *Electron Configuration*	Focuses on determining the electron configuration of	Compressed: Day 3 Distributed: Day 9

		elements, and understanding how an element (chromium) can contribute to cancer	
	12. Lewis Structures	Focuses on determining the shape and structure of molecules, and learning why the structure of opioids is tied to their effects on the human body and brain	Compressed: Day 4 Distributed: Day 10
	13. Molecular Geometry	Focuses on determining molecular shapes of compounds and using this knowledge to recommend treatment for opioid addiction.	Compressed: Day 4 Distributed: Day 11
	14. Intermolecular Forces	Focuses on intermolecular forces and how drugs act when they get into the body	Compressed: Day 5 Distributed: Day 11
	15. Genetic Material	Explains the structure of genetic material and how this structure lends itself to replication	Compressed: Day 5 Distributed: Day 12

	16. Mendelian Genetics	Focuses on understanding how traits are passed on from one generation to the next	Compressed: Day 5 Distributed: Day 12
	17. Non-Mendelian Genetics	Continued learning about patterns of inheritance and using knowledge of inheritance patterns to explain how genetic diseases are passed down	Compressed: Day 5 Distributed: Day 15
	18. Thermochemistry	Continued learning about chemical energy and how the molecules in food provide energy, and applying knowledge to select the optimal combination of ingredients	Compressed: Day 6 Distributed: Day 15
	19. Energy for Life	Learning to recognize various forms of energy, explain the processes of fermentation and anaerobic respiration, and account for the molecules involved	Compressed: Day 6 Distributed: Day 16

	20. *Energy from Nutrients*	Learning to apply knowledge of energy processes through interactive games	Compressed: Day 6 Distributed: Day 16
	21. *Energy from the Sun*	Outlines the process of photosynthesis and provides practice applying knowledge in interactive games	Compressed: Day 6 Distributed: Day 16
Tier 3	22. *Exploring the Sonoran Desert*	Introduces skills and tools to help observe and classify organisms, and provides practice in finding and making observation of organisms in the Sonoran Desert	Compressed: Day 7 Distributed: Day 16
	23. *Exploring Yellowstone*	Practice finding and making observation of organisms in Yellowstone National Park	Compressed: Day 7 Distributed: Day 17
	24. *Exploring NYC: Central Park*	Practice finding and making observation of organisms in New York City's Central Park	Compressed: Day 7 Distributed: Day 17

	25. Exploring the Ocean Floor	Practice finding and making observation of organisms on the ocean floor	Compressed: Day 7 Distributed: Day 17
	26. Exploring Antarctica	Practice finding and making observation of organisms in Antarctica	Compressed: Day 7 Distributed: Day 17
	27. Exploring Great Barrier Reef	Practice finding and making observation of organisms in the Great Barrier Reef	Compressed: Day 7 Distributed: Day 17
	28. Classification	Uses previous observations of organisms to create a classification system	Compressed: Day 7 Distributed: Day 18

Detailed Information of Measures

Levels of emotional awareness scale (LEAS)

This first measure was used to assess changes in emotional awareness as a result of the training program. The LEAS (Barchard et al., 2010; Lane et al., 1990) asks participants to describe what they believe they and another individual would feel in each of 10 hypothetical scenarios. Freely written responses (typed into a web-based interface; http://eleastest.net/) are scored automatically by computer software based solely on the words chosen to describe feelings. For each scenario, a score of 0 is given to non-emotional words (e.g., confused); a score of 1 is given to words related to bodily sensations (e.g., “exhausted”); a score of 2 is given to words describing emotional actions (e.g., “hitting”) or simple valence distinctions (e.g.,

"pleasant", "unpleasant") that entail approach/avoidance; a score of 3 is given to single emotion concept terms (e.g., "happy," "afraid"); and a score of 4 is given when at least 2 emotion concept terms are used in a single scenario. For each scenario, the self- and other-related responses are scored separately (i.e., values of 0-4). A "total" score is then given for each scenario, which reflects the higher of the self- and other-related scores. However, if a score of 4 is given for both self and other, a total score of 5 is given for that scenario, as long as the self- and other-related responses are differentiable (for more details see (Lane et al., 1990)). Thus, possible scores range from 0-40 for self and others and 0-50 for the total score.

Multi-Dimensional Interoceptive Awareness Scale (MAIA)

As a convergent measure of changes in emotional awareness, we asked participants to complete the MAIA (Mehling et al., 2012), which is a measure of eight facets of interoceptive/emotional awareness and includes a total of 32 items. The subscale scores for each facet can also be summed to provide a total score. These subscales include each of the following with respect to interoceptive sensations: Attention Regulation (the ability to sustain and control attention to bodily sensation), Body Listening (actively listening to the body for insight), Trusting (experiencing one's body as safe and trustworthy), Noticing (awareness of uncomfortable, comfortable and neutral bodily sensations), Emotional Awareness (awareness of the connection between bodily sensations and emotional states), Not-Worrying (the tendency to not react with emotional distress or worry to sensations of pain or discomfort), Not-Distracting (the tendency to not ignore or distract oneself from sensations of pain or discomfort), and Self-Regulation (the ability to regulate psychological distress by attention to bodily sensations). Items are rated on a 6-point Likert scale from 0-5 with '0' indicating 'Never' and '5' indicating 'Always'. Each subscale score is the average of the item ratings (after reverse scoring in some

cases). Possible subscale scores range from 0-5 and may be added together for a total score ranging from 0-40.

Five-Facet Mindfulness Questionnaire (FFMQ)

This measure was collected to assess changes in mindfulness due to the training program. The FFMQ (Baer et al., 2006) has 39 items that measure tendencies to engage in mindfulness practices. Items are rated on a 5-point Likert scale from 1-5 with '1' indicating 'Never or very rarely true' and '5' indicating 'Very often or always true'. These provide a total score and five subscale scores: observation (present-focused attention), description (evaluating and labelling descriptive qualities of experience), aware actions (reflective, present-focused attention when making choices about how to act), non-judgmental inner experience (accepting and empathizing with self and others), and non-reactivity (accepting the presence of negative emotions without acting on them). The possible scores for the total range from 39-195. Most subscales include 8 questions and, therefore, have a possible range from 8-40. Non-reactivity includes only 7 questions and has a possible range from 7-35.

Multidimensional Experiential Avoidance Questionnaire (MEAQ)

As a convergent measure of changes in mindfulness due to the training program, we collected the MEAQ (Gamez et al., 2011). This instrument measures self-reported tendencies to engage with distress in non-mindful ways (i.e., avoiding rather than accepting/observing distress). It has 62 items containing questions pertaining to six dimensions of experiential avoidance: distress aversion (the belief or attitude that distress is always a bad thing), procrastination (acting to delay distress as much as possible), behavioral avoidance (avoiding uncomfortable situations), distraction/suppression (the tendency to ignore/suppress negative feelings), repression/denial (the tendency to mentally disconnect from distress), and distress

endurance (unwillingness to experience distress to reach goals). Items are rated from 1 (strongly disagree) to 6 (strongly agree). Possible subscale scores include the following ranges: 7-42 (procrastination; distraction and suppression); 11-66 (behavioral avoidance; distress endurance), and 13-78 (distress aversion; repression and denial). The subscale scores may also be added together to create a total score which could range from 62-372. Higher scores indicate greater avoidance.

Emotion Regulation Questionnaire (ERQ)

This measure was used to assess changes in emotion regulation strategies due to the training program. The ERQ (Gross & John, 2003) is a 10-item self-report scale which assesses tendencies to regulate emotions through reappraisal strategies or by suppressing their expression. Each item is a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). Six of the ten items are added to calculate a reappraisal score with a possible range of 6-42. The remaining four items are added to get a suppression score with a possible range of 4-24. An example item for reappraisal is "I control my emotions by changing the way I think about the situation I'm in." An example item for suppression is "I control my emotions by not expressing them."

Difficulties in Emotion Regulation Scale (DERS)

The DERS (Gratz & Roemer, 2004) was used as a convergent measure of changes in emotion regulation due to the training program. It is a self-report measure of an individual's current difficulties regulating their emotions. It presents 36-items on a 5-point Likert scale (from 1 = almost never, to 5 = almost always). It provides a total score and six subscale scores. The subscales reflect: Nonacceptance (the tendency to have secondary negative emotional reactions in response to one's negative emotions), Goal Interference (difficulty concentrating and

completing tasks when experiencing negative emotions), Impulse Control (difficulty suppressing maladaptive automatic behaviors when experiencing negative emotions), Lack of Awareness (the tendency to not attend to or acknowledge emotions), Lack of Strategies (the belief that negative emotions cannot be regulated effectively), and Lack of Clarity (not knowing or being clear about the emotions being experienced). Possible scores for each subscale include the following ranges: 5-25 (Goal Interference, Lack of Clarity); 6-30 (Nonacceptance, Impulse Control, Lack of Awareness); 8-40 (Lack of Strategies). The subscale scores may also be combined for a total score which could range from 36-180.

Perception of Affect Task (PAT)

As one representative socio-emotional skill, this measure was used to assess emotion recognition ability. The Perception of Affect Task (Lane et al., 1996; Wright et al., 2017) consists of four 35-item subtasks designed to assess seven emotional categories (happiness, sadness, fear, anger, surprise, disgust, and neutral). These four subtasks vary the verbal versus nonverbal nature of stimulus and response. In the Sentences-Words subtask, participants read sentences describing emotional situations and choose one of the seven emotional state labels (words) that best match the emotion of the person in that sentence (with an underline indicating the indexed individual(s); e.g., "Several <u>relatives</u> gather at a funeral."). In the Faces-Words subtask, participants choose one of the seven emotional state labels when shown Ekman photographs (Ekman & Friesen, 1976) of different facial expressions. In the Sentences-Faces subtask, participants are asked to choose one of seven Ekman photographs that best match the person in the sentences used in the Sentences subtask. In the Faces-Scenes subtask, participants are asked to choose one of seven photographs of scenes without human faces that best match with Ekman photographs, where each scene matches one of the seven emotions (including an

arrow pointing to the target individual; e.g., a person being physically attacked). Thus, the four stimulus-response subtasks are verbal–verbal, nonverbal-verbal, verbal-nonverbal, and nonverbal–nonverbal, respectively. The score for each subscale is the number of items for which the intended emotion is accurately recognized; the maximum score possible is 100.

Managing Emotions of Other Scale (MEOS)

As a second, brief measure of socio-emotional abilities, we used the 58-item MEOS (Austin & O'Donnell, 2013), and specifically its subscale for Poor Emotional Skills. This subscale measures the inability to motivate others or change their mood. Although not the focus of this study, the MEOS also contains other subscales reflecting the tendency of individuals to attempt to improve others' moods (Enhance; e.g., offering help/reassurance, showing understanding, allowing others to express their feelings) or worsen their moods (Worsen; e.g., criticism, reducing confidence, conveying anger), the tendency to conceal emotions from others (Conceal), the tendency to behave in inauthentic ways for self-serving purposes (Inauthentic; e.g., flattery, sulking, or inducing guilt or sympathy in others), and the use of diversion to improve others' feelings (Divert; e.g., telling jokes or arranging fun activities). Possible scores for each subscale include the following ranges: 5-25 (Poor Skills); 7-35 (Conceal and Divert); 11-55 (Inauthentic); 13-65 (Worsen); and 15-75 (Enhance).

The Situational Test of Emotion Management - Brief (STEM-B)

As a final, performance-based measure of socio-emotional abilities, we collected the STEM-B (Allen et al., 2015). This instrument has 18 items, each describing an emotional situation. Using a multiple-choice format (4 choices per item), individuals are asked to select the response that would be most effective for managing both the emotions the person is feeling and the problems presented in each situation. Correct answers are based on norms established by a

set of solicited subject matter experts. That is, they corresponded to the choice on each item deemed most effective by a group of academics, psychiatrists, counselors, and life coaches with backgrounds in psychology. Scores are calculated as a fraction of correct answers ranging from 0.00-1.00.

Supplementary Results

Two-sample t-tests comparing baseline scores of those who completed post-training assessments (completers) to those who did not (non-completers) revealed significant differences on several measures. For LEAS Self, scores were greater in completers: $t(403) = -2.43$, $p = .02$, Cohen's $d = .27$. Scores were also greater in completers for FFMQ Total ($t(443) = -2.62$, $p = .009$, $d = .28$) and Aware Actions ($t(443) = -3.06$, $p = .002$, $d = .33$). Scores were greater in non-completers for MEAQ Total ($t(443) = 3.6$, $p < .001$, $d = .38$), Procrastination ($t(444) = 2.72$, $p = .007$, $d = .29$), and Repression/Denial ($t(444) = 3.79$, $p < .001$, $d = .40$), but greater in completers for MEAQ Distress Endurance ($t(445) = -2.67$, $p = .008$, $d = .28$). ERQ Suppression scores were greater in non-completers: $t(443) = 2.16$, $p = .03$, $d = .23$. For the DERS, scores were consistently greater in non-completers: Total ($t(443) = 3.18$, $p = .002$, $d = .34$), Awareness ($t(443) = 2.94$, $p = .003$, $d = .31$), Clarity ($t(443) = 2.2$, $p = .003$, $d = .24$), Impulse ($t(443) = 2.55$, $p = .01$, $d = .27$), and Nonacceptance ($t(443) = 3.05$, $p = .002$, $d = .33$). For performance on the PAT, scores were consistently greater in completers: Total ($t(242) = -2.85$, $p = .005$, $d = .42$), Faces-Words ($t(242) = -2.32$, $p = .02$, $d = .34$), Faces-Scenes ($t(242) = -2.11$, $p = .04$, $d = .31$), and Sentences-Words ($t(242) = -2.47$, $p = .01$, $d = .37$). Overall, these differences show that participants who completed the training and post-training assessments possessed greater emotional awareness, mindfulness, and perception of affect, while those who did not complete

had greater tendencies to be non-mindful when dealing with distress, greater emotion suppression, and greater difficulty regulating emotions.

Correlations between all primary outcome variables at each of the three time points have been included below in **Figure S13**.

Table S5. Summary statistics (mean and SD) for study measures.

Measures	Training Program			Placebo Program		
	Baseline	Post-Training	Follow-Up	Baseline	Post-Training	Follow-Up
WASI-II	**N=233**	**N=168**	**N=55**	**N=212**	**N=156**	**N=38**
Total	109.3 (11.09)	109.37 (10.86)	109.71 (11.08)	107.77 (11.95)	109.27 (11.1)	109.76 (10.79)
Emotion Regulation						
ERQ	**N=233**	**N=168**	**N=55**	**N=212**	**N=158**	**N=38**
Suppression	14.08 (5.75)	12.94 (5.28)	13.36 (5.78)	13.64 (5.42)	13.69 (5.73)	12.79 (5.08)
Reappraisal	31.43 (5.8)	31.71 (5.9)	32.42 (5.89)	31.53 (5.91)	31.57 (6.12)	31.47 (5.95)
DERS	**N=233**	**N=167**	**N=55**	**N=212**	**N=158**	**N=38**
Total	78.42 (22.44)	72.16 (19.37)	74.71 (19.27)	75.92 (23.43)	72.35 (23.38)	82.24 (24.44)
Lack of Awareness	14.33 (4.84)	13.42 (4.44)	13.4 (4.88)	13.4 (4.76)	13.2 (5)	13.82 (5.38)
Lack of Clarity	10.39 (3.68)	9.26 (2.93)	9.27 (2.98)	10.15 (3.6)	9.67 (3.76)	10.26 (3.95)
Goal Interference	13.88 (4.9)	12.79 (4.93)	13.93 (5.06)	13.55 (4.79)	12.86 (4.71)	14.79 (4.5)
Impulse Control	10.27 (3.77)	10.02 (3.56)	10.07 (4.12)	10.17 (4.19)	9.83 (4.45)	11.79 (5.11)
Non-acceptance	13.42 (6.31)	11.86 (5.13)	12.65 (5.41)	12.96 (6.34)	11.97 (5.59)	14.42 (5.33)
Lack of Strategies	16.12 (6.67)	14.91 (6.02)	15.38 (5.5)	15.68 (6.75)	14.82 (6.12)	17.16 (6.75)
Mindfulness						
FFMQ	**N=233**	**N=168**	**NA**	**N=212**	**N=158**	**NA**
Total	132.58 (17.90)	138.82 (18.88)	NA	132.75 (18.45)	135.12 (20.87)	NA
Aware Actions	26.57 (6.39)	27.58 (5.8)	NA	26.35 (6.36)	26.59 (6.34)	NA
Description	27.68 (5.66)	29.24 (5.51)	NA	27.83 (5.57)	28.15 (6.14)	NA
Non-Judgment	27.74 (6.61)	29.92 (6.11)	NA	28.07 (7.1)	29.6 (7.78)	NA
Non-Reactivity	22.46 (4.74)	23.3 (4.71)	NA	22.65 (4.34)	23.3 (5.33)	NA
Observation	28.12 (5.44)	28.77 (5.55)	NA	27.86 (5.66)	27.47 (6.09)	NA
MEAQ	**N=234**	**N=166**	**NA**	**N=211**	**N=157**	**NA**
Total	180.26 (37.12)	172.35 (35.22)	NA	180.14 (35.1)	176.22 (35.86)	NA
Behavioral Avoidance	33 (9.33)	32.2 (9.6)	NA	33.56 (9.31)	33.08 (9.51)	NA
Distraction/Suppression	27.13 (6.28)	25.71 (6.58)	NA	27.21 (6.78)	26.39 (6.56)	NA
Distress Avoidance	40.23 (11.21)	37.35 (10.75)	NA	39.65 (10.91)	37.69 (11.82)	NA
Distress Endurance	51.84 (8.37)	52.19 (8.01)	NA	51.81 (8.01)	51.55 (7.89)	NA
Procrastination	24.09 (7.58)	23.32 (7.59)	NA	24.16 (7.89)	23.96 (7.88)	NA
Repression/Denial	30.65 (11.03)	28.92 (9.37)	NA	30.61 (10.28)	30.07 (9.98)	NA
Interoceptive and Emotional Awareness						
MAIA	**N=233**	**N=168**	**NA**	**N=212**	**N=158**	**NA**
Total	23.70 (5.32)	25.01 (5.52)	NA	24.29 (5.71)	24.61 (5.48)	NA
Attention Regulation	2.99 (0.9)	3.03 (0.95)	NA	3.07 (1.01)	3.08 (0.92)	NA
Body Listening	2.33 (1.28)	2.7 (1.23)	NA	2.45 (1.32)	2.61 (1.29)	NA
Trusting	3.48 (1.13)	3.65 (1)	NA	3.68 (1.13)	3.82 (0.98)	NA
Noticing	3.33 (0.96)	3.36 (0.92)	NA	3.41 (1)	3.33 (0.96)	NA
Emotional Awareness	3.38 (1.02)	3.68 (0.93)	NA	3.4 (1.04)	3.41 (0.98)	NA
Not-Worrying	2.86 (1.04)	2.76 (0.98)	NA	2.77 (1.05)	2.8 (0.98)	NA
Not-Distracting	2.34 (1.07)	2.54 (0.87)	NA	2.45 (0.96)	2.37 (0.93)	NA
Self-Regulation	2.98 (1.08)	3.28 (1.01)	NA	3.06 (1.18)	3.18 (1.11)	NA

LEAS	N=211	N=148	0	N=194	N=132	0
Total	38.78 (4.77)	40.11 (5.03)	NA	38.27 (5.18)	38.81 (5.48)	NA
Self	32.79 (4.3)	34.15 (4.01)	NA	32.34 (4.75)	33.12 (4.37)	NA
Other	31.46 (4.17)	31.99 (4.92)	NA	31.05 (4.47)	31.52 (4.64)	NA
Socio-Emotional Skills						
MEOS	**N=233**	**N=168**	**N=55**	**N=212**	**N=158**	**N=38**
Poor Skills	11.03 (2.92)	10.51 (2.84)	11.47 (2.79)	10.61 (2.88)	10.74 (3.13)	11.63 (3.53)
Enhance	63.18 (7.22)	63.4 (6.7)	61.84 (5.96)	63.16 (6.87)	62.84 (8.1)	61.03 (9.78)
Conceal	23.54 (5.46)	21.74 (5.52)	21.96 (5.15)	23 (5.73)	22.25 (5.67)	21.16 (5.16)
Divert	28.23 (3.12)	27.36 (3.46)	26.6 (3.08)	27.94 (3.22)	27.97 (3.59)	26.24 (4.21)
Worsen	26.56 (7.3)	27.73 (7.65)	29.47 (9.13)	26.37 (7.43)	26.82 (7.86)	26.37 (8.07)
Inauthentic	29.53 (7.28)	29.39 (7.61)	30.18 (9.1)	28.91 (7.45)	28.9 (7.71)	28.29 (6.79)
PAT	**N=132**	**N=99**	**NA**	**N=112**	**N=84**	**NA**
Total	125.43 (8.87)	129.69 (7.78)	NA	124.82 (9.4)	128.31 (7.65)	NA
Faces-Words	31.4 (2.12)	31.78 (1.6)	NA	31.67 (1.97)	31.4 (2.01)	NA
Faces-Scenes	29.17 (4.76)	31.45 (3.99)	NA	29.14 (5.09)	30.87 (3.89)	NA
Sentences- Faces	31.15 (3.69)	32.36 (3.6)	NA	30.43 (3.99)	31.73 (3.81)	NA
Sentences-Words	33.71 (1.58)	34.09 (1.27)	NA	33.58 (1.54)	34.31 (1.04)	NA
STEM-B	**N=231**	**N=166**	**N=55**	**N=209**	**N=157**	**N=38**
Total	0.64 (0.09)	0.68 (0.09)	0.68 (0.09)	0.62 (0.09)	0.66 (0.1)	0.62 (0.14)

*Not all data were available from all participants. Ns for each measure are reported in the main text. **Usable data were not available for one additional participant for these groups for the Faces-Scenes, Sentences-Faces, and Total scores.

Table S6. Results from linear mixed effects models (LMEs) baseline to post-training.

	Age	Sex	WASI-II	Time	Group	Group by Time	Schedule
LEAS							
Total	F(1, 407) = 0.81 p = 0.368 η2=0 B [CI] = 0.03 [-0.04, 0.11]	**F(1, 418) = 39.39** **p < 0.001** **η2=0.09** **B [CI] = -1.49 [-1.97, -1.01]**	**F(1, 411) = 47.2** **p < 0.001** **η2=0.1** **B [CI] = 0.13 [0.09, 0.17]**	**F(1, 305) = 4.83** **p = 0.029** **η2=0.02** **B [CI] = 0.37 [0.09, 0.66]**	F(1, 405) = 3.6 p = 0.058 η2=0.01 B [CI] = 0.75 [0.28, 1.23]	**F(1, 305) = 7.2** **p = 0.008** **η2=0.02** **B [CI]** **Training Program*Post-Training = 0.4 [0.11, 0.68]** **Post-Hoc Contrasts (Post-Training - Baseline)** **Training: 1.21, t(306) = 3.43, p < 0.001** **Placebo: -0.16, t(305) = -0.42, p = 0.68**	F(1, 413) = 0.61 p = 0.436 η2=0 B [CI] = -0.15 [-0.57, 0.28]
Self	F(1, 404) = 0.13 p = 0.718 η2=0 B [CI] = 0.01 [-0.05, 0.07]	**F(1, 411) = 51.36** **p < 0.001** **η2=0.11** **B [CI] = -1.4 [-1.8, -1]**	**F(1, 409) = 53.21** **p < 0.001** **η2=0.12** **B [CI] = 0.11 [0.08, 0.14]**	**F(1, 321) = 9.78** **p = 0.002** **η2=0.03** **B [CI] = 0.5 [0.22, 0.77]**	F(1, 401) = 3.6 p = 0.058 η2=0.01 B [CI] = 0.66 [0.26, 1.06]	**F(1, 321) = 4.48** **p = 0.035** **η2=0.01** **B [CI]** **Training Program*Post-Training = 0.31 [0.03, 0.58]** **Post-Hoc Contrasts (Post-Training - Baseline)** **Training: 1.27, t(323) = 3.75, p < 0.001** **Placebo: 0.23, t(322) = 0.63, p = 0.53**	F(1, 406) = 2.28 p = 0.132 η2=0.01 B [CI] = -0.23 [-0.59, 0.12]
Other	F(1, 405) = 0.16 p = 0.692 η2=0 B [CI] = 0.01 [-0.05, 0.08]	**F(1, 413) = 20.18** **p < 0.001** **η2=0.05** **B [CI] = -0.96 [-1.4, -0.53]**	**F(1, 410) = 19.35** **p < 0.001** **η2=0.05** **B [CI] = 0.07 [0.04, 0.11]**	F(1, 317) = 1.16 p = 0.282 η2=0 B [CI] = 0.19 [-0.1, 0.48]	F(1, 402) = 1.18 p = 0.278 η2=0 B [CI] = 0.3 [-0.13, 0.74]	F(1, 317) = 0.46 p = 0.496 η2=0 B [CI] Training Program*Post-Training = 0.15 [-0.14, 0.44]	F(1, 408) = 0.01 p = 0.922 η2=0 B [CI] = 0.03 [-0.36, 0.42]
MAIA							

Total	F(1, 440) = 0.61 p = 0.436 η2=0 B [CI] = 0.03 [-0.05, 0.12]	**F(1, 449) = 7.46 p = 0.007 η2=0.02 B [CI] = 0.71 [0.17, 1.25]**	**F(1, 443) = 7.08 p = 0.008 η2=0.02 B [CI] = -0.06 [-0.1, -0.01]**	**F(1, 343) = 10.56 p = 0.001 η2=0.03 B [CI] = 0.35 [0.09, 0.6]**	F(1, 434) = 0.04 p = 0.843 η2=0 B [CI] = 0.16 [-0.38, 0.69]	**F(1, 344) = 6.05 p = 0.014 η2=0.02 B [CI] Training Program*Post-Training = 0.36 [0.11, 0.62] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: 1.3, t(346) = 3.9, p < .0001 Placebo: 0.12, t(344) = 0.37, p = 0.71**	F(1, 446) = 0.04 p = 0.85 η2=0 B [CI] = 0.01 [-0.47, 0.48]
Attention	F(1, 440) = 0.45 p = 0.501 η2=0 B [CI] = 0 [-0.02, 0.01]	**F(1, 441) = 18.85 p < 0.001 η2=0.04 B [CI] = 0.19 [0.1, 0.27]**	F(1, 444) = 2.39 p = 0.123 η2=0.01 B [CI] = -0.01 [-0.01, 0]	F(1, 358) = 0.25 p = 0.614 η2=0 B [CI] = 0 [-0.05, 0.05]	F(1, 431) = 0.31 p = 0.579 η2=0 B [CI] = 0 [-0.09, 0.09]	F(1, 358) = 0.6 p = 0.438 η2=0 B [CI] Training Program*Post-Training = 0.03 [-0.02, 0.09]	F(1, 439) = 0.21 p = 0.646 η2=0 B [CI] = 0.01 [-0.06, 0.09]
Body Listening	F(1, 440) = 0.53 p = 0.469 η2=0 B [CI] = 0.01 [-0.01, 0.03]	F(1, 445) = 0.06 p = 0.808 η2=0 B [CI] = -0.02 [-0.14, 0.11]	**F(1, 444) = 5.02 p = 0.026 η2=0.01 B [CI] = -0.01 [-0.02, 0]**	**F(1, 351) = 18.15 p < 0.001 η2=0.05 B [CI] = 0.13 [0.07, 0.2]**	F(1, 432) = 0.09 p = 0.764 η2=0 B [CI] = 0.02 [-0.1, 0.15]	F(1, 351) = 1.66 p = 0.198 η2=0 B [CI] Training Program*Post-Training = 0.05 [-0.01, 0.12]	F(1, 442) = 0.01 p = 0.906 η2=0 B [CI] = 0 [-0.11, 0.11]
Trusting	F(1, 440) = 0.22 p = 0.639 η2=0 B [CI] = 0 [-0.02, 0.01]	**F(1, 450) = 13.55 p < 0.001 η2=0.03 B [CI] = 0.19 [0.08, 0.3]**	**F(1, 443) = 5.26 p = 0.022 η2=0.01 B [CI] = -0.01 [-0.02, 0]**	**F(1, 342) = 10.4 p = 0.001 η2=0.03 B [CI] = 0.06 [0.01, 0.11]**	F(1, 434) = 2.07 p = 0.151 η2=0 B [CI] = -0.06 [-0.16, 0.05]	F(1, 342) = 1.92 p = 0.167 η2=0.01 B [CI] Training Program*Post-Training = 0.02 [-0.03, 0.07]	F(1, 447) = 0.01 p = 0.909 η2=0 B [CI] = 0 [-0.1, 0.09]
Noticing	F(1, 440) = 2.32 p = 0.129 η2=0.01 B [CI] = 0.01 [0, 0.03]	F(1, 442) = 0.13 p = 0.717 η2=0 B [CI] = -0.01 [-0.1, 0.08]	**F(1, 444) = 5.12 p = 0.024 η2=0.01 B [CI] = -0.01 [-0.02, 0]**	F(1, 356) = 0.6 p = 0.438 η2=0 B [CI] = 0 [-0.06, 0.05]	F(1, 431) = 0.07 p = 0.788 η2=0 B [CI] = 0.01 [-0.08, 0.1]	F(1, 357) = 0.75 p = 0.386 η2=0 B [CI] Training Program*Post-Training = 0.02 [-0.03, 0.08]	F(1, 439) = 0.93 p = 0.336 η2=0 B [CI] = -0.05 [-0.13, 0.04]
Emotional Awareness	F(1, 440) = 0.63 p = 0.428 η2=0 B [CI] = 0.01 [-0.01, 0.02]	F(1, 444) = 0.25 p = 0.617 η2=0 B [CI] = -0.03 [-0.13, 0.07]	F(1, 444) = 2.8 p = 0.095 η2=0.01 B [CI] = -0.01 [-0.01, 0]	**F(1, 352) = 8.41 p = 0.004 η2=0.02 B [CI] = 0.07 [0.02, 0.13]**	F(1, 432) = 0.83 p = 0.362 η2=0 B [CI] = 0.11 [0.01, 0.2]	**F(1, 353) = 6.58 p = 0.011 η2=0.02 B [CI] Training Program*Post-Training = 0.06 [0.01, 0.12] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: 0.26, t(355) = 3.87, p < 0.001 Placebo: 0.01, t(352) = 0.1, p = 0.92**	F(1, 441) = 0.17 p = 0.678 η2=0 B [CI] = -0.03 [-0.11, 0.06]
Not Worrying	**F(1, 440) = 6.14 p = 0.014 η2=0.01 B [CI] = 0.02 [0, 0.04]**	**F(1, 447) = 14.99 p < 0.001 η2=0.03 B [CI] = 0.2 [0.1, 0.3]**	F(1, 444) = 0.09 p = 0.764 η2=0 B [CI] = 0 [-0.01, 0.01]	F(1, 347) = 0.17 p = 0.678 η2=0 B [CI] = 0 [-0.05, 0.05]	F(1, 433) = 0.44 p = 0.508 η2=0 B [CI] = 0.01 [-0.09, 0.11]	F(1, 347) = 0.45 p = 0.505 η2=0 B [CI] Training Program*Post-Training = 0 [-0.05, 0.05]	F(1, 444) = 2.39 p = 0.123 η2=0.01 B [CI] = 0.06 [-0.02, 0.15]
Not Distracting	F(1, 438) = 0.59 p = 0.444 η2=0 B [CI] = -0.01 [-0.02, 0.01]	F(1, 436) = 3.28 p = 0.071 η2=0.01 B [CI] = 0.09 [0, 0.18]	F(1, 443) = 1.6 p = 0.207 η2=0 B [CI] = 0 [-0.01, 0]	F(1, 369) = 0.89 p = 0.345 η2=0 B [CI] = 0.02 [-0.04, 0.08]	F(1, 427) = 0.06 p = 0.808 η2=0 B [CI] = -0.01 [-0.1, 0.08]	**F(1, 369) = 5.19 p = 0.023 η2=0.01 B [CI] Training Program*Post-Training = 0.09 [0.03, 0.15] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: 0.17, t(373) = 2.21, p = 0.028 Placebo: -0.09, t(368) = -1.09, p = 0.278**	F(1, 434) = 0.07 p = 0.792 η2=0 B [CI] = 0 [-0.08, 0.09]

Self Regulation	F(1, 440) = 0.3 p = 0.586 η2=0 B [CI] = 0 [-0.01, 0.02]	**F(1, 444) = 7.42 p = 0.007 η2=0.02 B [CI] = 0.13 [0.02, 0.23]**	**F(1, 444) = 6.55 p = 0.011 η2=0.01 B [CI] = -0.01 [-0.02, 0]**	**F(1, 351) = 18.41 p < 0.001 η2=0.05 B [CI] = 0.09 [0.03, 0.14]**	F(1, 432) = 0.05 p = 0.831 η2=0 B [CI] = 0.06 [-0.05, 0.16]	**F(1, 352) = 4.57 p = 0.033 η2=0.01 B [CI] Training Program*Post-Training = 0.06 [0.01, 0.12] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: 0.33, t(354) = 4.55, p < 0.001 Placebo: 0.1, t(352) = 1.38, p = 0.17**	F(1, 442) = 0.05 p = 0.82 η2=0 B [CI] = -0.02 [-0.11, 0.08]
FFMQ							
Total	**F(1, 440) = 9.37 p = 0.002 η2=0.02 B [CI] = 0.47 [0.17, 0.77]**	**F(1, 453) = 8.63 p = 0.003 η2=0.02 B [CI] = 2.87 [1.02, 4.72]**	F(1, 443) = 3.09 p = 0.079 η2=0.01 B [CI] = -0.13 [-0.27, 0.01]	**F(1, 339) = 22.97 p < 0.001 η2=0.06 B [CI] = 1.93 [1.12, 2.75]**	F(1, 435) = 0.79 p = 0.374 η2=0 B [CI] = 1.05 [-0.79, 2.9]	**F(1, 339) = 7.78 p = 0.006 η2=0.02 B [CI] Training Program*Post-Training = 1.15 [0.34, 1.97] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: 5.41, t(341) = 5.26, p < 0.001 Placebo: 1.34, t(339) = 1.26, p = 0.21**	F(1, 449) = 0.14 p = 0.711 η2=0 B [CI] = 0.2 [-1.44, 1.85]
Aware Actions	F(1, 440) = 3.15 p = 0.077 η2=0.01 B [CI] = 0.09 [-0.01, 0.19]	**F(1, 455) = 6.99 p = 0.008 η2=0.02 B [CI] = 0.89 [0.26, 1.51]**	F(1, 442) = 1.19 p = 0.276 η2=0 B [CI] = -0.03 [-0.08, 0.02]	F(1, 336) = 0.86 p = 0.354 η2=0 B [CI] = 0.19 [-0.07, 0.45]	F(1, 435) = 0.69 p = 0.405 η2=0 B [CI] = 0.28 [-0.35, 0.9]	F(1, 337) = 2.13 p = 0.145 η2=0.01 B [CI] Training Program*Post-Training = 0.2 [-0.06, 0.46]	F(1, 451) = 0.48 p = 0.488 η2=0 B [CI] = -0.22 [-0.77, 0.33]
Descriptions	F(1, 440) = 3.37 p = 0.067 η2=0.01 B [CI] = 0.08 [-0.01, 0.17]	F(1, 450) = 0.2 p = 0.656 η2=0 B [CI] = 0.14 [-0.41, 0.7]	F(1, 443) = 0.96 p = 0.327 η2=0 B [CI] = 0.02 [-0.02, 0.07]	**F(1, 342) = 14 p < 0.001 η2=0.04 B [CI] = 0.43 [0.17, 0.69]**	F(1, 434) = 0.26 p = 0.607 η2=0 B [CI] = 0.17 [-0.38, 0.73]	**F(1, 342) = 7.3 p = 0.007 η2=0.02 B [CI] Training Program*Post-Training = 0.36 [0.1, 0.62] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: 1.43, t(344) = 4.35, p < 0.001 Placebo: 0.2, t(342) = 0.6, p = 0.55**	F(1, 447) = 1.28 p = 0.259 η2=0 B [CI] = 0.27 [-0.23, 0.76]
Non-Judgment	**F(1, 440) = 4.65 p = 0.032 η2=0.01 B [CI] = 0.12 [0.01, 0.23]**	**F(1, 450) = 4.23 p = 0.04 η2=0.01 B [CI] = 0.82 [0.14, 1.49]**	**F(1, 443) = 8.61 p = 0.004 η2=0.02 B [CI] = -0.08 [-0.13, -0.03]**	**F(1, 342) = 32.87 p < 0.001 η2=0.09 B [CI] = 1 [0.68, 1.31]**	F(1, 434) = 0.03 p = 0.865 η2=0 B [CI] = 0.05 [-0.62, 0.72]	F(1, 342) = 1.63 p = 0.203 η2=0 B [CI] Training Program*Post-Training = 0.22 [-0.1, 0.53]	F(1, 447) = 0.01 p = 0.93 η2=0 B [CI] = -0.02 [-0.62, 0.58]
Non-Reaction	**F(1, 440) = 5.8 p = 0.016 η2=0.01 B [CI] = 0.09 [0.02, 0.16]**	**F(1, 447) = 19.26 p < 0.001 η2=0.04 B [CI] = 0.97 [0.52, 1.43]**	F(1, 444) = 1.45 p = 0.23 η2=0 B [CI] = -0.02 [-0.06, 0.01]	**F(1, 348) = 9.12 p = 0.003 η2=0.03 B [CI] = 0.27 [0.03, 0.5]**	F(1, 433) = 0 p = 0.997 η2=0 B [CI] = 0.05 [-0.41, 0.5]	F(1, 348) = 1.17 p = 0.281 η2=0 B [CI] Training Program*Post-Training = 0.12 [-0.11, 0.36]	F(1, 444) = 0.1 p = 0.753 η2=0 B [CI] = 0.07 [-0.33, 0.47]
Observation	F(1, 440) = 3.18 p = 0.075 η2=0.01 B [CI] = 0.08 [-0.01, 0.17]	F(1, 450) = 0.08 p = 0.781 η2=0 B [CI] = 0.06 [-0.5, 0.62]	F(1, 443) = 1.22 p = 0.27 η2=0 B [CI] = -0.02 [-0.07, 0.02]	F(1, 342) = 0.6 p = 0.44 η2=0 B [CI] = 0.07 [-0.19, 0.34]	F(1, 434) = 1.58 p = 0.209 η2=0 B [CI] = 0.47 [-0.09, 1.03]	F(1, 342) = 3.48 p = 0.063 η2=0.01 B [CI] Training Program*Post-Training = 0.22 [-0.04, 0.48]	F(1, 447) = 0.53 p = 0.469 η2=0 B [CI] = 0.11 [-0.39, 0.6]
MEAQ							

Total	**F(1, 439) = 7.2 p = 0.008 η2=0.02 B [CI] = -0.81 [-1.4, -0.22]**	**F(1, 466) = 7.88 p = 0.005 η2=0.02 B [CI] = -5.16 [-8.78, -1.55]**	F(1, 440) = 3.28 p = 0.071 η2=0.01 B [CI] = -0.26 [-0.55, 0.02]	**F(1, 326) = 6.42 p = 0.012 η2=0.02 B [CI] = -1.04 [-2.25, 0.17]**	F(1, 435) = 0.29 p = 0.593 η2=0 B [CI] = -0.41 [-4.04, 3.22]	**F(1, 326) = 4.7 p = 0.031 η2=0.01 B [CI] Training Program*Post-Training = -1.23 [-2.44, -0.02] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: -4.91, t(326) = -3.21, p = 0.001 Placebo: -0.23, t(326) = -0.15, p = 0.884**	F(1, 460) = 0.83 p = 0.363 η2=0 B [CI] = -1.3 [-4.51, 1.92]
Behavior Avoidance	F(1, 441) = 0.1 p = 0.752 η2=0 B [CI] = -0.02 [-0.17, 0.13]	**F(1, 454) = 15.27 p < 0.001 η2=0.03 B [CI] = -1.87 [-2.8, -0.95]**	**F(1, 443) = 6.36 p = 0.012 η2=0.01 B [CI] = -0.09 [-0.17, -0.02]**	F(1, 336) = 0.34 p = 0.562 η2=0 B [CI] = -0.07 [-0.46, 0.32]	F(1, 435) = 0.74 p = 0.389 η2=0 B [CI] = -0.13 [-1.06, 0.79]	F(1, 336) = 1.49 p = 0.223 η2=0 B [CI] Training Program*Post-Training = -0.23 [-0.62, 0.17]	F(1, 450) = 0.38 p = 0.536 η2=0 B [CI] = -0.21 [-1.03, 0.61]
Distraction Suppression	**F(1, 441) = 8.1 p = 0.005 η2=0.02 B [CI = -0.14 [-0.24, -0.04]**	**F(1, 450) = 26.95 p < 0.001 η2=0.06 B [CI] = -1.63 [-2.24, -1.01]**	**F(1, 444) = 13.78 p < 0.001 η2=0.03 B [CI] = -0.09 [-0.14, -0.04]**	**F(1, 342) = 10.6 p = 0.001 η2=0.03 B [CI] = -0.35 [-0.64, -0.06]**	F(1, 434) = 0.22 p = 0.639 η2=0 B [CI] = 0.02 [-0.6, 0.63]	F(1, 342) = 2.8 p = 0.095 η2=0.01 B [CI] Training Program*Post-Training = -0.33 [-0.63, -0.04]	F(1, 446) = 0 p = 0.999 η2=0 B [CI] = 0.02 [-0.53, 0.56]
Distress Avoidance	**F(1, 440) = 11.7 p < 0.001 η2=0.03 B [CI] = -0.31 [-0.48, -0.13]**	F(1, 461) = 2.41 p = 0.121 η2=0.01 B [CI] = -0.88 [-1.96, 0.21]	**F(1, 442) = 18.19 p < 0.001 η2=0.04 B [CI] = -0.19 [-0.27, -0.1]**	**F(1, 331) = 32.18 p < 0.001 η2=0.09 B [CI] = -0.93 [-1.33, -0.52]**	F(1, 436) = 0.03 p = 0.854 η2=0 B [CI] = 0.32 [-0.77, 1.4]	F(1, 332) = 3.09 p = 0.08 η2=0.01 B [CI] Training Program*Post-Training = -0.34 [-0.74, 0.06]	F(1, 456) = 1.55 p = 0.214 η2=0 B [CI] = -0.55 [-1.52, 0.41]
Distress Endurance	F(1, 441) = 2.35 p = 0.126 η2=0.01 B [CI] = 0.1 [-0.03, 0.23]	**F(1, 453) = 5.05 p = 0.025 η2=0.01 B [CI] = 0.84 [0.04, 1.65]**	F(1, 444) = 0 p = 0.965 η2=0 B [CI] = 0 [-0.06, 0.06]	F(1, 335) = 1.75 p = 0.187 η2=0.01 B [CI] = -0.29 [-0.64, 0.06]	F(1, 435) = 0.3 p = 0.583 η2=0 B [CI] = 0.3 [-0.5, 1.1]	F(1, 336) = 2.02 p = 0.157 η2=0.01 B [CI] Training Program*Post-Training = 0.08 [-0.26, 0.43]	F(1, 450) = 0.01 p = 0.937 η2=0 B [CI] = -0.07 [-0.78, 0.65]
Procrastination	F(1, 440) = 1.56 p = 0.213 η2=0 B [CI] = -0.08 [-0.21, 0.05]	F(1, 461) = 2.37 p = 0.125 η2=0.01 B [CI] = -0.65 [-1.43, 0.12]	**F(1, 441) = 6.14 p = 0.014 η2=0.01 B [CI] = 0.08 [0.02, 0.14]**	F(1, 330) = 0 p = 0.968 η2=0 B [CI] = -0.03 [-0.31, 0.26]	F(1, 436) = 0.29 p = 0.593 η2=0 B [CI] = -0.08 [-0.86, 0.7]	F(1, 330) = 0.4 p = 0.528 η2=0 B [CI] Training Program*Post-Training = -0.11 [-0.4, 0.17]	F(1, 456) = 0.4 p = 0.527 η2=0 B [CI] = -0.21 [-0.9, 0.48]
Repression Denial	**F(1, 439) = 7.2 p = 0.008 η2=0.02 B [CI] = -0.81 [-1.4, -0.22]**	**F(1, 466) = 7.88 p = 0.005 η2=0.02 B [CI] = -5.16 [-8.78, -1.55]**	F(1, 440) = 3.28 p = 0.071 η2=0.01 B [CI] = -0.26 [-0.55, 0.02]	F(1, 330) = 0.67 p = 0.414 η2=0 B [CI] = -0.06 [-0.44, 0.32]	F(1, 436) = 0.14 p = 0.708 η2=0 B [CI] = -0.3 [-1.36, 0.76]	F(1, 330) = 0.77 p = 0.381 η2=0 B [CI] Training Program*Post-Training = -0.15 [-0.53, 0.23]	F(1, 460) = 0.83 p = 0.363 η2=0 B [CI] = -1.3 [-4.51, 1.92]
ERQ							
Suppression	F(1, 440) = 2.55 p = 0.111 η2=0.01 B [CI] = -0.07 [-0.16, 0.02]	**F(1, 450) = 7.96 p = 0.005 η2=0.02 B [CI] = 0.84 [0.3, 1.39]**	F(1, 443) = 0 p = 0.969 η2=0 B [CI] = 0 [-0.04, 0.04]	F(1, 342) = 1.48 p = 0.224 η2=0 B [CI] = -0.04 [-0.3, 0.21]	F(1, 434) = 0 p = 0.975 η2=0 B [CI] = -0.16 [-0.71, 0.38]	**F(1, 342) = 5.5 p = 0.02 η2=0.02 B [CI] Training Program*Post-Training = -0.31 [-0.56, -0.05] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: -0.78, t(344) = -2.44, p = 0.015 Placebo: 0.3, t(342) = 0.89, p = 0.376**	F(1, 447) = 0.24 p = 0.625 η2=0 B [CI] = -0.12 [-0.61, 0.37]

Reappraisal	F(1, 440) = 0.94 p = 0.333 η2=0 B [CI] = 0.04 [-0.05, 0.13]	F(1, 442) = 0.66 p = 0.415 η2=0 B [CI] = -0.28 [-0.84, 0.28]	**F(1, 444) = 4.4** **p = 0.036** **η2=0.01** **B [CI] = -0.05 [-0.09, 0]**	F(1, 356) = 0.33 p = 0.565 η2=0 B [CI] = 0.01 [-0.32, 0.33]	F(1, 431) = 0.11 p = 0.742 η2=0 B [CI] = 0.13 [-0.43, 0.69]	F(1, 357) = 0.55 p = 0.458 η2=0 B [CI] Training Program*Post-Training = 0.08 [-0.25, 0.41]	F(1, 439) = 0.59 p = 0.442 η2=0 B [CI] = 0.16 [-0.34, 0.66]
DERS							
Total	**F(1, 440) = 4.87** **p = 0.028** **η2=0.01** **B [CI] = -0.41 [-0.77, -0.05]**	**F(1, 457) = 9.08** **p = 0.003** **η2=0.02** **B [CI] = -3.35 [-5.59, -1.11]**	F(1, 444) = 3.26 p = 0.071 η2=0.01 B [CI] = 0.16 [-0.01, 0.34]	**F(1, 334) = 17.93** **p < 0.001** **η2=0.05** **B [CI] = -1.65 [-2.54, -0.76]**	F(1, 435) = 0.12 p = 0.725 η2=0 B [CI] = -0.23 [-2.47, 2.01]	**F(1, 334) = 5.78** **p = 0.017** **η2=0.02** **B [CI]** **Training Program*Post-Training = -1.16 [-2.05, -0.27]** **<u>Post-Hoc Contrasts (Post-Training - Baseline)</u>** **Training: -5.26, t(336) = -4.67, p < 0.001** **Placebo: -1.33, t(334) = -1.15, p = 0.252**	F(1, 453) = 0.9 p = 0.343 η2=0 B [CI] = -0.93 [-2.92, 1.06]
Awareness	F(1, 440) = 0.01 p = 0.911 η2=0 B [CI] = 0 [-0.07, 0.08]	F(1, 450) = 2.79 p = 0.096 η2=0.01 B [CI] = 0.46 [-0.02, 0.93]	F(1, 443) = 1.92 p = 0.167 η2=0 B [CI] = 0.03 [-0.01, 0.06]	F(1, 343) = 2.55 p = 0.111 η2=0.01 B [CI] = -0.08 [-0.3, 0.15]	F(1, 434) = 1.44 p = 0.231 η2=0 B [CI] = 0.07 [-0.4, 0.54]	**F(1, 343) = 4.35** **p = 0.038** **η2=0.01** **B [CI]** **Training Program*Post-Training = -0.26 [-0.48, -0.03]** **<u>Post-Hoc Contrasts (Post-Training - Baseline)</u>** **Training: -0.68, t(345) = -2.42, p = 0.016** **Placebo: 0.15, t(343) = 0.5, p = 0.617**	F(1, 446) = 1.65 p = 0.2 η2=0 B [CI] = -0.23 [-0.65, 0.19]
Clarity	**F(1, 440) = 6.21** **p = 0.013** **η2=0.01** **B [CI] = -0.07 [-0.13, -0.02]**	F(1, 455) = 2.88 p = 0.09 η2=0.01 B [CI] = -0.27 [-0.62, 0.08]	F(1, 442) = 0.68 p = 0.41 η2=0 B [CI] = 0.01 [-0.02, 0.04]	**F(1, 337) = 26.38** **p < 0.001** **η2=0.07** **B [CI] = -0.28 [-0.43, -0.14]**	F(1, 435) = 0.01 p = 0.911 η2=0 B [CI] = -0.09 [-0.44, 0.26]	**F(1, 337) = 8.46** **p = 0.004** **η2=0.02** **B [CI]** **Training Program*Post-Training = -0.23 [-0.37, -0.08]** **<u>Post-Hoc Contrasts (Post-Training - Baseline)</u>** **Training: -1.04, t(338) = -5.66, p < 0.001** **Placebo: -0.27, t(337) = -1.4, p = 0.162**	F(1, 451) = 2.22 p = 0.137 η2=0 B [CI] = -0.24 [-0.55, 0.08]
Goals	F(1, 440) = 2.42 p = 0.121 η2=0.01 B [CI] = -0.06 [-0.14, 0.02]	**F(1, 450) = 11.08** **p < 0.001** **η2=0.02** **B [CI] = -0.79 [-1.26, -0.32]**	F(1, 443) = 0.47 p = 0.492 η2=0 B [CI] = 0.01 [-0.02, 0.05]	**F(1, 343) = 12.6** **p < 0.001** **η2=0.04** **B [CI] = -0.35 [-0.58, -0.13]**	F(1, 434) = 0.08 p = 0.778 η2=0 B [CI] = 0.01 [-0.46, 0.49]	F(1, 343) = 1.68 p = 0.196 η2=0 B [CI] Training Program*Post-Training = -0.14 [-0.37, 0.09]	F(1, 446) = 0.8 p = 0.372 η2=0 B [CI] = -0.19 [-0.62, 0.23]
Impulse	**F(1, 440) = 4.95** **p = 0.027** **η2=0.01** **B [CI] = -0.07 [-0.14, -0.01]**	**F(1, 450) = 7.09** **p = 0.008** **η2=0.02** **B [CI] = -0.55 [-0.94, -0.15]**	F(1, 443) = 1.03 p = 0.31 η2=0 B [CI] = 0.02 [-0.01, 0.05]	F(1, 342) = 0.35 p = 0.555 η2=0 B [CI] = -0.05 [-0.24, 0.14]	F(1, 434) = 0.01 p = 0.904 η2=0 B [CI] = 0.06 [-0.34, 0.45]	F(1, 343) = 0.01 p = 0.917 η2=0 B [CI] Training Program*Post-Training = -0.06 [-0.25, 0.13]	F(1, 446) = 0.14 p = 0.71 η2=0 B [CI] = -0.07 [-0.42, 0.29]
Nonacceptance	F(1, 440) = 2.3 p = 0.13 η2=0.01 B [CI] = -0.07 [-0.17, 0.02]	**F(1, 450) = 12.44** **p < 0.001** **η2=0.03** **B [CI] = -1.07 [-1.66, -0.48]**	**F(1, 446) = 5.21** **p = 0.023** **η2=0.01** **B [CI] = 0.05 [0.01, 0.1]**	**F(1, 341) = 14.54** **p < 0.001** **η2=0.04** **B [CI] = -0.55 [-0.83, -0.28]**	F(1, 434) = 0 p = 0.945 η2=0 B [CI] = -0.18 [-0.76, 0.41]	F(1, 342) = 2.78 p = 0.096 η2=0.01 B [CI] Training Program*Post-Training = -0.23 [-0.5, 0.05]	F(1, 447) = 0.04 p = 0.833 η2=0 B [CI] = 0.07 [-0.45, 0.59]

Strategies	**F(1, 440) = 6.48 p = 0.011 η2=0.01 B [CI] = -0.14 [-0.24, -0.03]**	**F(1, 457) = 12.23 p < 0.001 η2=0.03 B [CI] = -1.14 [-1.78, -0.49]**	F(1, 444) = 2.92 p = 0.088 η2=0.01 B [CI] = 0.04 [-0.01, 0.09]	**F(1, 334) = 11.08 p < 0.001 η2=0.03 B [CI] = -0.41 [-0.67, -0.15]**	F(1, 435) = 0.02 p = 0.875 η2=0 B [CI] = -0.06 [-0.71, 0.58]	F(1, 334) = 2.18 p = 0.141 η2=0.01 B [CI] Training Program*Post-Training = -0.21 [-0.47, 0.05]	F(1, 453) = 0.43 p = 0.511 η2=0 B [CI] = -0.22 [-0.79, 0.36]
MEOS							
Poor Social Skills	F(1, 440) = 0.01 p = 0.91 η2=0 B [CI] = 0 [-0.04, 0.05]	F(1, 444) = 1.54 p = 0.215 η2=0 B [CI] = 0.17 [-0.11, 0.46]	**F(1, 444) = 8.43 p = 0.004 η2=0.02 B [CI] = 0.03 [0.01, 0.05]**	F(1, 351) = 2.22 p = 0.137 η2=0.01 B [CI] = -0.1 [-0.25, 0.05]	F(1, 432) = 0.23 p = 0.63 η2=0 B [CI] = 0.02 [-0.26, 0.3]	**F(1, 352) = 6.11 p = 0.014 η2=0.02 B [CI] Training Program*Post-Training = -0.16 [-0.32, -0.01] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: -0.55, t(354) = -0.28, p = 0.005 Placebo: 0.15, t(351) = 0.74, p = 0.457**	F(1, 442) = 0 p = 0.96 η2=0 B [CI] = 0 [-0.25, 0.25]
Enhance	F(1, 440) = 3.01 p = 0.083 η2=0.01 B [CI] = -0.1 [-0.21, 0.01]	**F(1, 453) = 9.56 p = 0.002 η2=0.02 B [CI] = -1.15 [-1.85, -0.45]**	F(1, 443) = 0.72 p = 0.398 η2=0 B [CI] = -0.02 [-0.08, 0.03]	F(1, 339) = 0.23 p = 0.631 η2=0 B [CI] = -0.15 [-0.46, 0.16]	F(1, 435) = 0.32 p = 0.574 η2=0 B [CI] = 0.31 [-0.4, 1.01]	F(1, 339) = 1.43 p = 0.233 η2=0 B [CI] Training Program*Post-Training = 0.13 [-0.18, 0.44]	F(1, 449) = 0.02 p = 0.891 η2=0 B [CI] = -0.02 [-0.65, 0.6]
Conceal	F(1, 440) = 3.64 p = 0.057 η2=0.01 B [CI] = -0.09 [-0.18, 0]	F(1, 458) = 0.06 p = 0.815 η2=0 B [CI] = -0.04 [-0.6, 0.52]	F(1, 442) = 1.67 p = 0.196 η2=0 B [CI] = 0.03 [-0.01, 0.07]	**F(1, 334) = 32.61 p < 0.001 η2=0.09 B [CI] = -0.53 [-0.75, -0.31]**	F(1, 435) = 0.04 p = 0.835 η2=0 B [CI] = -0.09 [-0.65, 0.47]	**F(1, 334) = 6.56 p = 0.011 η2=0.02 B [CI] Training Program*Post-Training = -0.32 [-0.54, -0.1] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: -1.58, t(336) = -5.71, p < 0.001 Placebo: -0.56, t(334) = -2.02, p = 0.045**	F(1, 453) = 0.26 p = 0.609 η2=0 B [CI] = -0.1 [-0.59, 0.4]
Divert	**F(1, 440) = 10.59 p = 0.001 η2=0.02 B [CI] = -0.09 [-0.14, -0.03]**	F(1, 448) = 0.94 p = 0.333 η2=0 B [CI] = -0.18 [-0.5, 0.14]	**F(1, 443) = 4.51 p = 0.034 η2=0.01 B [CI] = -0.03 [-0.05, 0]**	**F(1, 345) = 11.52 p < 0.001 η2=0.03 B [CI] = -0.27 [-0.43, -0.11]**	F(1, 434) = 0.03 p = 0.862 η2=0 B [CI] = 0.02 [-0.3, 0.34]	**F(1, 345) = 7 p = 0.009 η2=0.02 B [CI] Training Program*Post-Training = -0.18 [-0.34, -0.03] <u>Post-Hoc Contrasts (Post-Training - Baseline)</u> Training: -0.87, t(347) = -4.41, p < 0.001 Placebo: -0.09, t(345) = -0.49, p = 0.626**	F(1, 445) = 0.78 p = 0.376 η2=0 B [CI] = 0.11 [-0.17, 0.39]
Worsen	**F(1, 440) = 3.96 p = 0.047 η2=0.01 B [CI] = -0.12 [-0.24, 0]**	**F(1, 450) = 9.79 p = 0.002 η2=0.02 B [CI] = 1.08 [0.35, 1.82]**	F(1, 443) = 1.41 p = 0.235 η2=0 B [CI] = 0.03 [-0.02, 0.09]	**F(1, 342) = 4.92 p = 0.027 η2=0.01 B [CI] = 0.24 [-0.1, 0.59]**	F(1, 434) = 0.36 p = 0.547 η2=0 B [CI] = 0.32 [-0.42, 1.05]	F(1, 342) = 1.82 p = 0.179 η2=0.01 B [CI] Training Program*Post-Training = 0.17 [-0.18, 0.52]	F(1, 447) = 0.72 p = 0.395 η2=0 B [CI] = -0.22 [-0.87, 0.43]
Inauthentic	**F(1, 440) = 17.87 p < 0.001 η2=0.04 B [CI] = -0.25 [-0.37, -0.14]**	**F(1, 456) = 16.41 p < 0.001 η2=0.03 B [CI] = -1.49 [-2.22, -0.77]**	**F(1, 442) = 12.69 p < 0.001 η2=0.03 B [CI] = 0.1 [0.05, 0.16]**	F(1, 336) = 1.52 p = 0.218 η2=0 B [CI] = -0.12 [-0.42, 0.17]	F(1, 435) = 0.42 p = 0.518 η2=0 B [CI] = 0.36 [-0.36, 1.08]	F(1, 336) = 0 p = 0.997 η2=0 B [CI] Training Program*Post-Training = -0.02 [-0.31, 0.28]	F(1, 452) = 0.16 p = 0.693 η2=0 B [CI] = -0.05 [-0.69, 0.59]
PAT							

Total	F(1, 247) = 0.22 p = 0.639 η2=0 B [CI] = 0.04 [-0.13, 0.21]	**F(1, 242) = 10.47** **p = 0.001** **η2=0.04** **B [CI] = -1.81 [-2.96, -0.65]**	**F(1, 246) = 62.16** **p < 0.001** **η2=0.2** **B [CI] = 0.33 [0.25, 0.42]**	**F(1, 183) = 54.79** **p < 0.001** **η2=0.23** **B [CI] = 1.85 [1.31, 2.38]**	F(1, 242) = 0.16 p = 0.686 η2=0 B [CI] = 0.3 [-0.84, 1.45]	F(1, 183) = 2.83 p = 0.094 η2=0.02 B [CI] Training Program*Post-Training = 0.38 [-0.15, 0.91]	F(1, 254) = 2.09 p = 0.149 η2=0.01 B [CI] = -0.63 [-1.56, 0.3]
Faces-Words	F(1, 247) = 0.04 p = 0.833 η2=0 B [CI] = 0 [-0.04, 0.04]	**F(1, 238) = 10.38** **p = 0.001** **η2=0.04** **B [CI] = -0.45 [-0.72, -0.19]**	**F(1, 245) = 11.86** **p < 0.001** **η2=0.05** **B [CI] = 0.03 [0.01, 0.05]**	F(1, 200) = 0.16 p = 0.693 η2=0 B [CI] = -0.1 [-0.27, 0.08]	F(1, 238) = 0.1 p = 0.752 η2=0 B [CI] = 0.05 [-0.21, 0.31]	**F(1, 200) = 4.83** **p = 0.029** **η2=0.02** **B [CI]** **Training Program*Post-Training = 0.21 [0.04, 0.39]** **<u>Post-Hoc Contrasts (Post-Training - Baseline)</u>** **Training: 0.24, t(202) = 1.23, p = 0.222** **Placebo: -0.41, t(200) = -1.92, p = 0.055**	F(1, 243) = 3.06 p = 0.081 η2=0.01 B [CI] = -0.19 [-0.4, 0.02]
Faces-Scenes	F(1, 247) = 0.01 p = 0.934 η2=0 B [CI] = 0 [-0.09, 0.09]	**F(1, 240) = 9.82** **p = 0.002** **η2=0.04** **B [CI] = -0.82 [-1.41, -0.23]**	**F(1, 246) = 56.93** **p < 0.001** **η2=0.19** **B [CI] = 0.16 [0.12, 0.21]**	**F(1, 192) = 40.9** **p < 0.001** **η2=0.18** **B [CI] = 1.1 [0.76, 1.44]**	F(1, 240) = 0 p = 0.987 η2=0 B [CI] = -0.11 [-0.7, 0.48]	F(1, 192) = 2.38 p = 0.124 η2=0.01 B [CI] Training Program*Post-Training = 0.29 [-0.05, 0.63]	F(1, 248) = 3 p = 0.085 η2=0.01 B [CI] = -0.4 [-0.88, 0.08]
Sentences-Words	F(1, 246) = 0 p = 0.947 η2=0 B [CI] = 0 [-0.03, 0.03]	F(1, 237) = 2.98 p = 0.086 η2=0.01 B [CI] = -0.16 [-0.35, 0.02]	**F(1, 245) = 23.88** **p < 0.001** **η2=0.09** **B [CI] = 0.03 [0.02, 0.05]**	**F(1, 203) = 19.04** **p < 0.001** **η2=0.09** **B [CI] = 0.27 [0.14, 0.4]**	F(1, 237) = 0.02 p = 0.877 η2=0 B [CI] = 0 [-0.19, 0.18]	F(1, 203) = 0.64 p = 0.425 η2=0 B [CI] Training Program*Post-Training = -0.12 [-0.25, 0.01]	F(1, 241) = 0.08 p = 0.782 η2=0 B [CI] = -0.01 [-0.16, 0.15]
Sentences-Faces	F(1, 247) = 1.16 p = 0.282 η2=0 B [CI] = 0.04 [-0.04, 0.12]	F(1, 242) = 1.92 p = 0.167 η2=0.01 B [CI] = -0.38 [-0.92, 0.15]	**F(1, 246) = 26.09** **p < 0.001** **η2=0.1** **B [CI] = 0.1 [0.06, 0.14]**	**F(1, 184) = 27.47** **p < 0.001** **η2=0.13** **B [CI] = 0.59 [0.34, 0.84]**	F(1, 242) = 1.29 p = 0.257 η2=0.01 B [CI] = 0.33 [-0.2, 0.87]	F(1, 184) = 0.11 p = 0.742 η2=0 B [CI] Training Program*Post-Training = -0.06 [-0.31, 0.2]	F(1, 253) = 0.06 p = 0.81 η2=0 B [CI] = -0.03 [-0.47, 0.4]
STEM-B							
Total	F(1, 433) = 2.87 p = 0.091 η2=0.01 B [CI] = 0 [0, 0]	F(1, 431) = 3.59 p = 0.059 η2=0.01 B [CI] = -0.01 [-0.02, 0]	**F(1, 431) = 47.03** **p < 0.001** **η2=0.1** **B [CI] = 0 [0, 0]**	**F(1, 363) = 58.12** **p < 0.001** **η2=0.14** **B [CI] = 0.02 [0.01, 0.03]**	**F(1, 423) = 5.39** **p = 0.021** **η2=0.01** **B [CI] = 0.01 [0, 0.02]**	F(1, 363) = 0.28 p = 0.599 η2=0 B [CI] Training Program*Post-Training = 0 [0, 0.01]	F(1, 430) = 0 p = 0.966 η2=0 B [CI] = 0 [-0.01, 0.01]

Table S6 (Continued). Results from linear mixed effects models (LMEs) baseline to post-training.

	Schedule by Group	Schedule by Time	Schedule by Group by Time	Sex by Group	Sex by Time	Sex by Group by Time
LEAS						
Total	F(1, 414) = 0.35 p = 0.554 η2=0 B [CI] Distributed*Training Program = 0.09 [-0.33, 0.52]	F(1, 306) = 0.5 p = 0.48 η2=0 B [CI] Distributed*Post-Training = 0.1 [-0.15, 0.35]	F(1, 306) = 0.98 p = 0.323 η2=0 B [CI] Distributed*Treatment Program*Post-Training= -0.13 [-0.38, 0.12]	**F(1, 419) = 5.5** **p = 0.019** **η2=0.01** **B [CI]** **Male*Training Program = 0.6 [0.12, 1.08]** **<u>Post-Hoc Contrasts (Training-Placebo)</u>**	F(1, 309) = 3.32 p = 0.069 η2=0.01 B [CI] Male*Post-Training = 0.25 [-0.03, 0.54]	F(1, 309) = 0.64 p = 0.425 η2=0 B [CI] Male*Training Program*Post-Training = 0.12 [-0.17, 0.4]

				Female: 0.23, t(404) = 0.45, p = 0.656 **Male: 2.54, t(420) = 3.09, p = 0.002**		
Self	F(1, 408) = 0.01 p = 0.905 η2=0 B [CI] Distributed*Training Program = -0.03 [-0.39, 0.32]	F(1, 323) = 1.18 p = 0.278 η2=0 B [CI] Distributed*Post-Training = 0.14 [-0.11, 0.38]	F(1, 323) = 0.13 p = 0.719 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.04 [-0.29, 0.2]	**F(1, 413) = 7.39** **p = 0.007** **η2=0.02** **B [CI] Male*Training Program = 0.57 [0.17, 0.97]** **<u>Post-Hoc Contrasts (Training-Placebo</u>** **Female: 0.10, t(397) = 0.25, p = 0.805** **Male: 2.31, t(414) = 3.39, p < 0.001**	**F(1, 327) = 4.29** **p = 0.039** **η2=0.01** **B [CI] Male*Post-Training = 0.28 [0, 0.55]** **<u>Post-Hoc Contrasts (Post-Training - Baseline)</u>** **Female: 0.47, t(321) = 1.62, p = 0.105** **Male: 1.60, t(329) = 3.35, p < 0.001**	F(1, 327) = 0.46 p = 0.5 η2=0 B [CI] Male*Training Program*Post-Training = 0.09 [-0.18, 0.37]
Other	F(1, 409) = 0.56 p = 0.456 η2=0 B [CI] Distributed*Training Program = 0.09 [-0.3, 0.47]	F(1, 319) = 0.11 p = 0.741 η2=0 B [CI] Distributed*Post-Training = 0.06 [-0.2, 0.31]	F(1, 319) = 3.32 p = 0.069 η2=0.01 B [CI] Distributed*Treatment Program*Post-Training = -0.24 [-0.49, 0.02]	F(1, 415) = 0.51 p = 0.474 η2=0 B [CI] Male*Training Program = 0.19 [-0.24, 0.63]	F(1, 322) = 0.94 p = 0.332 η2=0 B [CI] Male*Post-Training = 0.13 [-0.16, 0.42]	F(1, 323) = 0.8 p = 0.372 η2=0 B [CI] Male*Training Program*Post-Training = 0.13 [-0.16, 0.42]
MAIA						
Total	F(1, 447) = 0.51 p = 0.474 η2=0 B [CI] Distributed*Training Program = -0.15 [-0.63, 0.33]	F(1, 345) = 2.52 p = 0.114 η2=0.01 B [CI] Distributed*Post-Training = -0.19 [-0.42, 0.04]	F(1, 345) = 0.71 p = 0.399 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.1 [-0.13, 0.33]	F(1, 447) = 0.74 p = 0.391 η2=0 B [CI] Male*Training Program = 0.27 [-0.26, 0.81]	F(1, 346) = 0 p = 0.95 η2=0 B [CI] Male*Post-Training = -0.02 [-0.28, 0.24]	F(1, 346) = 1.42 p = 0.235 η2=0 B [CI] Male*Training Program*Post-Training = 0.16 [-0.1, 0.41]
Attention	F(1, 439) = 0.23 p = 0.633 η2=0 B [CI] Distributed*Training Program = -0.02 [-0.1, 0.06]	F(1, 360) = 0.81 p = 0.367 η2=0 B [CI] Distributed*Post-Training = -0.02 [-0.07, 0.03]	F(1, 360) = 0.02 p = 0.898 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0 [-0.05, 0.04]	F(1, 440) = 0.55 p = 0.459 η2=0 B [CI] Male*Training Program = 0.04 [-0.05, 0.13]	F(1, 361) = 0.62 p = 0.431 η2=0 B [CI] Male*Post-Training = -0.02 [-0.08, 0.03]	F(1, 361) = 1.61 p = 0.205 η2=0 B [CI] Male*Training Program*Post-Training = 0.03 [-0.02, 0.09]
Body Listening	F(1, 443) = 0.25 p = 0.616 η2=0 B [CI] Distributed*Training Program = -0.03 [-0.14, 0.08]	F(1, 353) = 1.43 p = 0.233 η2=0 B [CI] Distributed*Post-Training = -0.04 [-0.1, 0.02]	F(1, 353) = 0.01 p = 0.932 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0 [-0.06, 0.06]	F(1, 443) = 0.78 p = 0.377 η2=0 B [CI] Male*Training Program = 0.06 [-0.06, 0.19]	F(1, 354) = 0.29 p = 0.592 η2=0 B [CI] Male*Post-Training = 0.02 [-0.05, 0.08]	F(1, 354) = 0.95 p = 0.33 η2=0 B [CI] Male*Training Program*Post-Training = 0.03 [-0.03, 0.1]
Trusting	F(1, 448) = 0.05 p = 0.828 η2=0 B [CI] Distributed*Training Program = 0 [-0.1, 0.09]	F(1, 344) = 0.15 p = 0.7 η2=0 B [CI] Distributed*Post-Training = 0.01 [-0.04, 0.05]	F(1, 344) = 1.34 p = 0.248 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.03 [-0.02, 0.07]	F(1, 448) = 0.02 p = 0.883 η2=0 B [CI] Male*Training Program = 0 [-0.1, 0.11]	F(1, 344) = 1.18 p = 0.278 η2=0 B [CI] Male*Post-Training = -0.03 [-0.08, 0.02]	F(1, 344) = 0.59 p = 0.442 η2=0 B [CI] Male*Training Program*Post-Training = -0.02 [-0.07, 0.03]

Noticing	F(1, 440) = 0.01 p = 0.912 η2=0 B [CI] Distributed*Training Program = 0 [-0.08, 0.08]	F(1, 359) = 0.88 p = 0.349 η2=0 B [CI] Distributed*Post-Training = -0.02 [-0.07, 0.03]	F(1, 359) = 0.72 p = 0.397 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.02 [-0.07, 0.03]	F(1, 441) = 0.9 p = 0.342 η2=0 B [CI] Male*Training Program = 0.05 [-0.05, 0.14]	F(1, 359) = 2.28 p = 0.132 η2=0.01 B [CI] Male*Post-Training = 0.04 [-0.01, 0.09]	F(1, 360) = 0.04 p = 0.84 η2=0 B [CI] Male*Training Program*Post-Training = 0.01 [-0.05, 0.06]
Emotional Awareness	F(1, 442) = 0.36 p = 0.55 η2=0 B [CI] Distributed*Training Program = -0.02 [-0.1, 0.07]	F(1, 355) = 3.1 p = 0.079 η2=0.01 B [CI] Distributed*Post-Training = -0.04 [-0.09, 0]	F(1, 355) = 1.56 p = 0.212 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.03 [-0.02, 0.08]	**F(1, 443) = 5.99** **p = 0.015** **η2=0.01** **B [CI] Male*Training Program = 0.12 [0.02, 0.21]** **<u>Post-Hoc Contrasts (Training-Placebo</u>** **Female: -0.04, t(432) = -0.41, p = 0.685** **Male: 0.43, t(442) = 2.63, p = 0.009**	F(1, 355) = 0.52 p = 0.473 η2=0 B [CI] Male*Post-Training = 0.02 [-0.03, 0.07]	F(1, 355) = 0.01 p = 0.924 η2=0 B [CI] Male*Training Program*Post-Training = 0 [-0.05, 0.06]
Not Worrying	F(1, 445) = 0.91 p = 0.34 η2=0 B [CI] Distributed*Training Program = -0.04 [-0.12, 0.05]	F(1, 349) = 1.25 p = 0.265 η2=0 B [CI] Distributed*Post-Training = -0.03 [-0.07, 0.02]	F(1, 349) = 1.52 p = 0.218 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.03 [-0.02, 0.07]	F(1, 445) = 0.83 p = 0.361 η2=0 B [CI] Male*Training Program = -0.04 [-0.14, 0.06]	F(1, 349) = 1.22 p = 0.27 η2=0 B [CI] Male*Post-Training = 0.03 [-0.02, 0.08]	F(1, 350) = 0.97 p = 0.325 η2=0 B [CI] Male*Training Program*Post-Training = 0.03 [-0.02, 0.07]
Not Distracting	F(1, 434) = 0.43 p = 0.511 η2=0 B [CI] Distributed*Training Program = -0.02 [-0.1, 0.06]	F(1, 372) = 1.28 p = 0.258 η2=0 B [CI] Distributed*Post-Training = -0.03 [-0.09, 0.02]	F(1, 372) = 0.36 p = 0.548 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.02 [-0.04, 0.07]	F(1, 436) = 1.66 p = 0.198 η2=0 B [CI] Male*Training Program = -0.05 [-0.14, 0.04]	F(1, 373) = 0.02 p = 0.878 η2=0 B [CI] Male*Post-Training = 0 [-0.06, 0.06]	F(1, 373) = 3.3 p = 0.07 η2=0.01 B [CI] Male*Training Program*Post-Training = 0.06 [0, 0.12]
Self Regulation	F(1, 442) = 0.21 p = 0.647 η2=0 B [CI] Distributed*Training Program = -0.02 [-0.11, 0.08]	F(1, 354) = 0.82 p = 0.365 η2=0 B [CI] Distributed*Post-Training = -0.02 [-0.08, 0.03]	F(1, 354) = 0.43 p = 0.513 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.02 [-0.03, 0.07]	F(1, 443) = 1.85 p = 0.175 η2=0 B [CI] Male*Training Program = 0.08 [-0.03, 0.18]	F(1, 354) = 2.86 p = 0.092 η2=0.01 B [CI] Male*Post-Training = -0.05 [-0.11, 0.01]	F(1, 355) = 0.2 p = 0.655 η2=0 B [CI] Male*Training Program*Post-Training = 0.01 [-0.04, 0.07]
FFMQ						
Total	F(1, 450) = 0.36 p = 0.548 η2=0 B [CI] Distributed*Training Program = 0.42 [-1.22, 2.07]	F(1, 341) = 0.94 p = 0.334 η2=0 B [CI] Distributed*Post-Training = -0.35 [-1.07, 0.38]	F(1, 341) = 0.79 p = 0.374 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.33 [-1.06, 0.4]	F(1, 450) = 0.02 p = 0.897 η2=0 B [CI] Male*Training Program = 0.2 [-1.64, 2.04]	F(1, 341) = 1.93 p = 0.165 η2=0.01 B [CI] Male*Post-Training = 0.55 [-0.26, 1.37]	F(1, 341) = 0.54 p = 0.462 η2=0 B [CI] Male*Training Program*Post-Training = 0.31 [-0.51, 1.12]
Aware Actions	**F(1, 452) = 3.99** **p = 0.046** **η2=0.01** **B [CI] Distributed*Training**	F(1, 338) = 0.08 p = 0.78 η2=0 B [CI] Distributed*Post-Training = -0.03 [-0.26, 0.2]	F(1, 338) = 3.46 p = 0.064 η2=0.01 B [CI] Distributed*Treatment Program*Post-Training = -0.22 [-0.45, 0.01]	F(1, 452) = 0.03 p = 0.874 η2=0 B [CI] Male*Training Program = 0.07 [-0.55, 0.69]	F(1, 338) = 3.27 p = 0.072 η2=0.01 B [CI] Male*Post-Training = 0.23 [-0.03, 0.49]	F(1, 338) = 0.46 p = 0.498 η2=0 B [CI] Male*Training Program*Post-Training = 0.09 [-0.17, 0.35]

	Program = 0.51 [-0.05, 1.06] **<u>Post-Hoc Contrasts (Training-Placebo)</u>** **Compressed: -0.65, t(435) = -0.8, p = 0.425** **Distributed: 1.52, t(454) = 1.93, p = 0.054**					
Descriptions	F(1, 448) = 1.14 p = 0.286 η2=0 B [CI] Distributed*Training Program = -0.34 [-0.83, 0.16]	F(1, 344) = 0.58 p = 0.446 η2=0 B [CI] Distributed*Post-Training = -0.08 [-0.31, 0.15]	**F(1, 344) = 5.85** **p = 0.016** **η2=0.02** **B [CI] Distributed*Treatment Program*Post-Training = -0.29 [-0.52, -0.05]** **<u>Post-Hoc Contrasts (Post-Training – Baseline)</u>** ***Training*** **Compressed: 2.16, t(332) = 4.88, p < 0.001** **Distributed: 0.69, t(355) = 1.42, p = 0.157** ***Placebo*** **Compressed: -0.21, t(338) = -0.43, p = 0.667** **Distributed: 0.62, t(348) = 1.27, p = 0.204**	F(1, 448) = 0.08 p = 0.778 η2=0 B [CI] Male*Training Program = -0.05 [-0.6, 0.51]	F(1, 344) = 0.16 p = 0.694 η2=0 B [CI] Male*Post-Training = 0.04 [-0.22, 0.3]	F(1, 345) = 0.88 p = 0.349 η2=0 B [CI] Male*Training Program*Post-Training = 0.12 [-0.14, 0.38]
Non-Judgment	F(1, 447) = 0.06 p = 0.801 η2=0 B [CI] Distributed*Training Program = -0.06 [-0.66, 0.54]	F(1, 344) = 0 p = 0.983 η2=0 B [CI] Distributed*Post-Training = 0 [-0.28, 0.28]	F(1, 344) = 0.21 p = 0.645 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.07 [-0.22, 0.35]	F(1, 448) = 0.16 p = 0.686 η2=0 B [CI] Male*Training Program = -0.12 [-0.79, 0.55]	**F(1, 344) = 6.31** **p = 0.012** **η2=0.02** **B [CI] Male*Post-Training = 0.4 [0.08, 0.72]** **<u>Post-Hoc Contrasts (Male - Female)</u>** **Baseline: 0.82, t(556) = 1.13, p = 0.260** **Post: 2.43, t(671) = 3.06, p = 0.002**	F(1, 345) = 0.15 p = 0.695 η2=0 B [CI] Male*Training Program*Post-Training = 0.06 [-0.25, 0.38]
Non-Reaction	F(1, 444) = 1.23 p = 0.269 η2=0 B [CI] Distributed*Training Program = 0.23 [-0.18, 0.63]	F(1, 350) = 0.26 p = 0.612 η2=0 B [CI] Distributed*Post-Training = 0.05 [-0.16, 0.26]	F(1, 350) = 0.01 p = 0.942 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.01 [-0.2, 0.22]	F(1, 445) = 0.05 p = 0.816 η2=0 B [CI] Male*Training Program = 0.06 [-0.4, 0.51]	F(1, 350) = 0.96 p = 0.327 η2=0 B [CI] Male*Post-Training = -0.12 [-0.35, 0.12]	F(1, 351) = 0.02 p = 0.901 η2=0 B [CI] Male*Training Program*Post-Training = 0.01 [-0.22, 0.25]
Observation	F(1, 448) = 0.02 p = 0.881 η2=0 B [CI] Distributed*Training Program = 0.06 [-0.44, 0.56]	**F(1, 344) = 6.76** **p = 0.01** **η2=0.02** **B [CI] Distributed*Post-Training = -0.31 [-0.54, -0.08]** **<u>Post-Hoc Contrasts (Post-</u>**	F(1, 344) = 0.61 p = 0.436 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.09 [-0.14, 0.32]	F(1, 448) = 0.56 p = 0.456 η2=0 B [CI] Male*Training Program = 0.21 [-0.35, 0.77]	F(1, 344) = 0.01 p = 0.927 η2=0 B [CI] Male*Post-Training = 0.01 [-0.25, 0.27]	F(1, 344) = 0 p = 0.97 η2=0 B [CI] Male*Training Program*Post-Training = -0.01 [-0.27, 0.26]

		<u>Training – Baseline)</u> **Compressed: 0.77, t(335) = 2.38, p = 0.018** **Distributed: -0.46, t(351) = -1.33, p = 0.185**				
MEAQ						
Total	F(1, 461) = 0.19 p = 0.661 η2=0 B [CI] Distributed*Training Program = -0.6 [-3.82, 2.62]	F(1, 326) = 1.54 p = 0.215 η2=0 B [CI] Distributed*Post-Training = 0.67 [-0.41, 1.75]	F(1, 326) = 0.72 p = 0.396 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.47 [-0.61, 1.55]	F(1, 460) = 0.84 p = 0.359 η2=0 B [CI] Male*Training Program = 1.64 [-1.96, 5.24]	F(1, 326) = 0.72 p = 0.395 η2=0 B [CI] Male*Post-Training = 0.54 [-0.67, 1.74]	F(1, 326) = 0.06 p = 0.802 η2=0 B [CI] Male*Training Program*Post-Training = -0.15 [-1.36, 1.05]
Behavior Avoidance	F(1, 451) = 2.06 p = 0.152 η2=0 B [CI] Distributed*Training Program = -0.54 [-1.36, 0.28]	F(1, 337) = 0.5 p = 0.48 η2=0 B [CI] Distributed*Post-Training = 0.12 [-0.23, 0.47]	F(1, 337) = 1.66 p = 0.198 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.23 [-0.12, 0.58]	F(1, 451) = 1.49 p = 0.222 η2=0 B [CI] Male*Training Program = 0.56 [-0.36, 1.48]	F(1, 337) = 0 p = 0.973 η2=0 B [CI] Male*Post-Training = 0.01 [-0.38, 0.4]	F(1, 337) = 0.06 p = 0.812 η2=0 B [CI] Male*Training Program*Post-Training = -0.05 [-0.44, 0.34]
Distraction Suppression	F(1, 447) = 1.11 p = 0.293 η2=0 B [CI] Distributed*Training Program = 0.3 [-0.25, 0.84]	F(1, 344) = 0.7 p = 0.403 η2=0 B [CI] Distributed*Post-Training = 0.11 [-0.15, 0.37]	F(1, 344) = 0.03 p = 0.852 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.02 [-0.24, 0.28]	F(1, 447) = 3.04 p = 0.082 η2=0.01 B [CI] Male*Training Program = 0.47 [-0.14, 1.09]	F(1, 344) = 0.4 p = 0.528 η2=0 B [CI] Male*Post-Training = 0.11 [-0.18, 0.4]	F(1, 344) = 2.84 p = 0.093 η2=0.01 B [CI] Male*Training Program*Post-Training = -0.25 [-0.54, 0.04]
Distress Avoidance	F(1, 457) = 0.31 p = 0.578 η2=0 B [CI] Distributed*Training Program = -0.18 [-1.14, 0.79]	F(1, 333) = 1.05 p = 0.307 η2=0 B [CI] Distributed*Post-Training = 0.18 [-0.18, 0.53]	**F(1, 332) = 4.18** **p = 0.042** **η2=0.01** **B [CI] Distributed*Treatment Program*Post-Training = 0.37 [0.02, 0.73]** **<u>Post-Hoc Contrasts (Post-Training – Baseline)</u>** ***Training*** **Compressed: -3.69, t(326) = -5.38, p < 0.001** **Distributed: -1.49, t(339) = -1.97, p = 0.049** ***Placebo*** **Compressed: -0.99, t(329) = -1.34, p = 0.181** **Distributed: -1.78, t(335) = 2.37, p = 0.018**	F(1, 456) = 1.35 p = 0.245 η2=0 B [CI] Male*Training Program = 0.61 [-0.47, 1.69]	F(1, 333) = 0.47 p = 0.493 η2=0 B [CI] Male*Post-Training = 0.15 [-0.25, 0.55]	F(1, 333) = 0.19 p = 0.661 η2=0 B [CI] Male*Training Program*Post-Training = -0.09 [-0.49, 0.31]
Distress Endurance	F(1, 450) = 3.85 p = 0.05 η2=0.01 B [CI] Distributed*Training Program = 0.75 [0.03, 1.46]	F(1, 337) = 0.3 p = 0.585 η2=0 B [CI] Distributed*Post-Training = -0.09 [-0.4, 0.22]	F(1, 337) = 0.75 p = 0.388 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.14 [-0.17, 0.45]	F(1, 450) = 0.29 p = 0.588 η2=0 B [CI] Male*Training Program = 0.13 [-0.67, 0.93]	F(1, 337) = 1.53 p = 0.217 η2=0 B [CI] Male*Post-Training = -0.19 [-0.54, 0.15]	F(1, 337) = 3.44 p = 0.065 η2=0.01 B [CI] Male*Training Program*Post-Training = -0.33 [-0.67, 0.02]

Procrastination	F(1, 457) = 0.11 p = 0.743 η2=0 B [CI] Distributed*Training Program = -0.13 [-0.82, 0.56]	F(1, 331) = 0.06 p = 0.808 η2=0 B [CI] Distributed*Post-Training = 0.03 [-0.22, 0.29]	F(1, 331) = 0.16 p = 0.688 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.05 [-0.31, 0.2]	F(1, 457) = 0.63 p = 0.427 η2=0 B [CI] Male*Training Program = 0.29 [-0.48, 1.07]	F(1, 331) = 0.25 p = 0.619 η2=0 B [CI] Male*Post-Training = -0.07 [-0.35, 0.22]	F(1, 331) = 0.2 p = 0.656 η2=0 B [CI] Male*Training Program*Post-Training = -0.06 [-0.35, 0.22]
Repression Denial	F(1, 461) = 0.19 p = 0.661 η2=0 B [CI] Distributed*Training Program = -0.6 [-3.82, 2.62]	F(1, 326) = 1.54 p = 0.215 η2=0 B [CI] Distributed*Post-Training = 0.67 [-0.41, 1.75]	F(1, 326) = 0.72 p = 0.396 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.47 [-0.61, 1.55]	F(1, 460) = 0.84 p = 0.359 η2=0 B [CI] Male*Training Program = 1.64 [-1.96, 5.24]	F(1, 326) = 0.72 p = 0.395 η2=0 B [CI] Male*Post-Training = 0.54 [-0.67, 1.74]	F(1, 326) = 0.06 p = 0.802 η2=0 B [CI] Male*Training Program*Post-Training = -0.15 [-1.36, 1.05]
ERQ						
Suppression	F(1, 448) = 1.79 p = 0.182 η2=0 B [CI] Distributed*Training Program = 0.34 [-0.15, 0.83]	F(1, 343) = 0.1 p = 0.751 η2=0 B [CI] Distributed*Post-Training = 0.04 [-0.19, 0.26]	F(1, 343) = 0.18 p = 0.675 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.05 [-0.18, 0.28]	F(1, 448) = 0.51 p = 0.474 η2=0 B [CI] Male*Training Program = -0.22 [-0.76, 0.33]	F(1, 344) = 1.68 p = 0.196 η2=0 B [CI] Male*Post-Training = 0.17 [-0.08, 0.43]	F(1, 344) = 0.42 p = 0.519 η2=0 B [CI] Male*Training Program*Post-Training = -0.08 [-0.34, 0.17]
Reappraisal	F(1, 440) = 3.33 p = 0.069 η2=0.01 B [CI] Distributed*Training Program = 0.44 [-0.05, 0.94]	F(1, 359) = 0.22 p = 0.638 η2=0 B [CI] Distributed*Post-Training = -0.07 [-0.36, 0.22]	F(1, 359) = 0.21 p = 0.644 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.07 [-0.36, 0.22]	F(1, 441) = 0.13 p = 0.719 η2=0 B [CI] Male*Training Program = 0.09 [-0.47, 0.64]	F(1, 359) = 0.99 p = 0.32 η2=0 B [CI] Male*Post-Training = -0.16 [-0.49, 0.17]	F(1, 360) = 0.15 p = 0.702 η2=0 B [CI] Male*Training Program*Post-Training = -0.06 [-0.39, 0.26]
DERS						
Total	F(1, 454) = 0.45 p = 0.504 η2=0 B [CI] Distributed*Training Program = 0.64 [-1.35, 2.63]	F(1, 335) = 0.23 p = 0.63 η2=0 B [CI] Distributed*Post-Training = 0.2 [-0.59, 0.99]	F(1, 335) = 0.14 p = 0.71 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.15 [-0.94, 0.64]	F(1, 454) = 0.27 p = 0.605 η2=0 B [CI] Male*Training Program = -0.69 [-2.92, 1.54]	F(1, 335) = 0.01 p = 0.933 η2=0 B [CI] Male*Post-Training = -0.01 [-0.89, 0.88]	F(1, 335) = 0.78 p = 0.377 η2=0 B [CI] Male*Training Program*Post-Training = -0.4 [-1.29, 0.49]
Awareness	F(1, 447) = 0.17 p = 0.683 η2=0 B [CI] Distributed*Training Program = 0.12 [-0.3, 0.54]	F(1, 344) = 3.73 p = 0.054 η2=0.01 B [CI] Distributed*Post-Training = 0.19 [-0.01, 0.39]	F(1, 344) = 1.37 p = 0.242 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.12 [-0.08, 0.32]	F(1, 448) = 1.43 p = 0.233 η2=0 B [CI] Male*Training Program = -0.31 [-0.78, 0.16]	F(1, 345) = 1.04 p = 0.308 η2=0 B [CI] Male*Post-Training = 0.12 [-0.1, 0.35]	F(1, 345) = 0.94 p = 0.332 η2=0 B [CI] Male*Training Program*Post-Training = -0.11 [-0.33, 0.11]
Clarity	F(1, 452) = 1.6 p = 0.206 η2=0 B [CI] Distributed*Training Program = 0.2 [-0.11, 0.51]	F(1, 338) = 0.16 p = 0.685 η2=0 B [CI] Distributed*Post-Training = 0.03 [-0.1, 0.16]	F(1, 338) = 0.02 p = 0.896 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.01 [-0.14, 0.12]	F(1, 452) = 0.01 p = 0.943 η2=0 B [CI] Male*Training Program = -0.03 [-0.38, 0.32]	F(1, 338) = 1.75 p = 0.187 η2=0.01 B [CI] Male*Post-Training = 0.1 [-0.04, 0.25]	F(1, 338) = 0.87 p = 0.35 η2=0 B [CI] Male*Training Program*Post-Training = -0.07 [-0.22, 0.08]

Goals	F(1, 447) = 0.15 p = 0.7 η2=0 B [CI] Distributed*Training Program = -0.08 [-0.5, 0.34]	F(1, 345) = 0.06 p = 0.811 η2=0 B [CI] Distributed*Post-Training = -0.03 [-0.23, 0.18]	F(1, 345) = 0.02 p = 0.882 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.02 [-0.19, 0.22]	F(1, 448) = 0.02 p = 0.879 η2=0 B [CI] Male*Training Program = -0.04 [-0.51, 0.43]	F(1, 345) = 0 p = 0.945 η2=0 B [CI] Male*Post-Training = 0.01 [-0.22, 0.23]	F(1, 345) = 0.02 p = 0.876 η2=0 B [CI] Male*Training Program*Post-Training = -0.02 [-0.24, 0.21]
Impulse	F(1, 447) = 0.01 p = 0.937 η2=0 B [CI] Distributed*Training Program = -0.02 [-0.37, 0.33]	F(1, 344) = 0 p = 0.987 η2=0 B [CI] Distributed*Post-Training = 0 [-0.16, 0.17]	F(1, 344) = 0.16 p = 0.689 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.03 [-0.2, 0.13]	F(1, 448) = 0.4 p = 0.527 η2=0 B [CI] Male*Training Program = 0.1 [-0.3, 0.49]	F(1, 345) = 0.03 p = 0.866 η2=0 B [CI] Male*Post-Training = -0.01 [-0.19, 0.18]	F(1, 345) = 1.3 p = 0.256 η2=0 B [CI] Male*Training Program*Post-Training = -0.11 [-0.3, 0.08]
Nonacceptance	F(1, 448) = 1.12 p = 0.29 η2=0 B [CI] Distributed*Training Program = 0.25 [-0.27, 0.78]	F(1, 343) = 0.76 p = 0.384 η2=0 B [CI] Distributed*Post-Training = 0.11 [-0.13, 0.36]	F(1, 343) = 0.72 p = 0.395 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.11 [-0.35, 0.14]	F(1, 448) = 0.91 p = 0.34 η2=0 B [CI] Male*Training Program = -0.29 [-0.87, 0.3]	F(1, 343) = 2.11 p = 0.147 η2=0.01 B [CI] Male*Post-Training = -0.2 [-0.48, 0.07]	F(1, 343) = 0.03 p = 0.861 η2=0 B [CI] Male*Training Program*Post-Training = -0.02 [-0.3, 0.25]
Strategies	F(1, 453) = 0.36 p = 0.549 η2=0 B [CI] Distributed*Training Program = 0.14 [-0.43, 0.71]	F(1, 335) = 0.38 p = 0.54 η2=0 B [CI] Distributed*Post-Training = -0.07 [-0.3, 0.16]	F(1, 335) = 1.59 p = 0.208 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.15 [-0.38, 0.08]	F(1, 453) = 0.08 p = 0.775 η2=0 B [CI] Male*Training Program = -0.11 [-0.75, 0.53]	F(1, 336) = 0.16 p = 0.694 η2=0 B [CI] Male*Post-Training = -0.05 [-0.3, 0.21]	F(1, 336) = 0.23 p = 0.633 η2=0 B [CI] Male*Training Program*Post-Training = -0.06 [-0.32, 0.19]
MEOS						
Poor Social Skills	F(1, 442) = 0.94 p = 0.332 η2=0 B [CI] Distributed*Training Program = 0.11 [-0.14, 0.36]	F(1, 354) = 0.01 p = 0.911 η2=0 B [CI] Distributed*Post-Training = 0.01 [-0.13, 0.15]	F(1, 354) = 0.74 p = 0.389 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.06 [-0.2, 0.08]	F(1, 443) = 0.01 p = 0.92 η2=0 B [CI] Male*Training Program = 0.02 [-0.26, 0.3]	F(1, 354) = 0 p = 0.992 η2=0 B [CI] Male*Post-Training = 0 [-0.16, 0.15]	F(1, 355) = 0.09 p = 0.76 η2=0 B [CI] Male*Training Program*Post-Training = 0.02 [-0.13, 0.18]
Enhance	F(1, 450) = 0.49 p = 0.484 η2=0 B [CI] Distributed*Training Program = 0.18 [-0.45, 0.8]	F(1, 341) = 2.99 p = 0.085 η2=0.01 B [CI] Distributed*Post-Training = -0.24 [-0.51, 0.04]	F(1, 341) = 1.53 p = 0.217 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.17 [-0.45, 0.1]	F(1, 450) = 0.51 p = 0.475 η2=0 B [CI] Male*Training Program = 0.24 [-0.46, 0.94]	F(1, 341) = 0.6 p = 0.438 η2=0 B [CI] Male*Post-Training = -0.12 [-0.43, 0.19]	F(1, 341) = 0.11 p = 0.741 η2=0 B [CI] Male*Training Program*Post-Training = -0.05 [-0.36, 0.26]
Conceal	F(1, 454) = 0.24 p = 0.624 η2=0 B [CI] Distributed*Training Program = -0.1 [-0.6, 0.4]	F(1, 335) = 1.41 p = 0.236 η2=0 B [CI] Distributed*Post-Training = 0.11 [-0.08, 0.31]	F(1, 335) = 1.03 p = 0.31 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.1 [-0.09, 0.3]	F(1, 454) = 0.36 p = 0.549 η2=0 B [CI] Male*Training Program = -0.21 [-0.77, 0.35]	F(1, 336) = 0.02 p = 0.893 η2=0 B [CI] Male*Post-Training = 0.03 [-0.19, 0.25]	F(1, 336) = 1.78 p = 0.183 η2=0.01 B [CI] Male*Training Program*Post-Training = -0.15 [-0.37, 0.07]
Divert	F(1, 446) = 0.23 p = 0.63 η2=0 B [CI] Distributed*Training Program	F(1, 347) = 1.23 p = 0.269 η2=0 B [CI] Distributed*Post-Training = -0.08 [-0.21, 0.06]	F(1, 346) = 2.33 p = 0.128 η2=0.01 B [CI] Distributed*Treatment Program*Post-Training = -0.11 [-0.25, 0.03]	F(1, 447) = 0.33 p = 0.567 η2=0 B [CI] Male*Training Program = 0.1 [-0.22, 0.42]	F(1, 347) = 0.5 p = 0.482 η2=0 B [CI] Male*Post-Training =	F(1, 347) = 0.07 p = 0.787 η2=0 B [CI] Male*Training Program*Post-Training = 0.02 [-0.13, 0.18]

	= -0.1 [-0.38, 0.19]				-0.06 [-0.21, 0.1]	
Worsen	F(1, 448) = 0.07 p = 0.792 η2=0 B [CI] Distributed*Training Program = -0.08 [-0.74, 0.57]	F(1, 344) = 2.41 p = 0.122 η2=0.01 B [CI] Distributed*Post-Training = 0.24 [-0.06, 0.55]	F(1, 344) = 0.03 p = 0.872 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.03 [-0.28, 0.33]	F(1, 448) = 0.21 p = 0.65 η2=0 B [CI] Male*Training Program = 0.14 [-0.59, 0.88]	F(1, 344) = 2.18 p = 0.141 η2=0.01 B [CI] Male*Post-Training = -0.25 [-0.6, 0.09]	F(1, 345) = 0.28 p = 0.598 η2=0 B [CI] Male*Training Program*Post-Training = -0.09 [-0.44, 0.25]
Inauthentic	F(1, 453) = 0.94 p = 0.333 η2=0 B [CI] Distributed*Training Program = -0.32 [-0.96, 0.32]	**F(1, 337) = 4.26 p = 0.04 η2=0.01 B [CI] Distributed*Post-Training = 0.28 [0.01, 0.54] <u>Post-Hoc Contrasts (Post-Training – Baseline)</u> Compressed: -0.85, t(330) = -2.31, p = 0.021 Distributed: 0.26, t(343) = 0.66, p = 0.509**	F(1, 337) = 0.02 p = 0.901 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.02 [-0.28, 0.25]	F(1, 453) = 0.76 p = 0.384 η2=0 B [CI] Male*Training Program = 0.31 [-0.41, 1.03]	F(1, 337) = 0.09 p = 0.758 η2=0 B [CI] Male*Post-Training = 0.05 [-0.25, 0.34]	F(1, 338) = 0.06 p = 0.805 η2=0 B [CI] Male*Training Program*Post-Training = -0.04 [-0.33, 0.26]
PAT						
Total	F(1, 256) = 1.02 p = 0.313 η2=0 B [CI] Distributed*Training Program = 0.46 [-0.47, 1.39]	F(1, 184) = 3.04 p = 0.083 η2=0.02 B [CI] Distributed*Post-Training = 0.39 [-0.04, 0.83]	F(1, 184) = 0.19 p = 0.666 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.1 [-0.53, 0.34]	F(1, 242) = 0.04 p = 0.836 η2=0 B [CI] Male*Training Program = 0.13 [-1.03, 1.28]	F(1, 185) = 2.48 p = 0.117 η2=0.01 B [CI] Male*Post-Training = 0.42 [-0.11, 0.95]	F(1, 185) = 0 p = 0.957 η2=0 B [CI] Male*Training Program*Post-Training = 0.01 [-0.52, 0.55]
Faces-Words	F(1, 244) = 1.1 p = 0.295 η2=0 B [CI] Distributed*Training Program = 0.13 [-0.09, 0.34]	F(1, 201) = 0.44 p = 0.507 η2=0 B [CI] Distributed*Post-Training = 0.04 [-0.1, 0.19]	F(1, 201) = 0.85 p = 0.357 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.07 [-0.08, 0.21]	F(1, 237) = 0.44 p = 0.508 η2=0 B [CI] Male*Training Program = 0.1 [-0.16, 0.37]	F(1, 202) = 0.9 p = 0.344 η2=0 B [CI] Male*Post-Training = -0.1 [-0.27, 0.08]	F(1, 202) = 1.01 p = 0.315 η2=0 B [CI] Male*Training Program*Post-Training = 0.09 [-0.08, 0.27]
Faces-Scenes	F(1, 249) = 1.21 p = 0.273 η2=0 B [CI] Distributed*Training Program = 0.23 [-0.25, 0.72]	F(1, 193) = 1.73 p = 0.191 η2=0.01 B [CI] Distributed*Post-Training = 0.2 [-0.08, 0.48]	F(1, 193) = 1.43 p = 0.233 η2=0.01 B [CI] Distributed*Treatment Program*Post-Training = -0.17 [-0.45, 0.11]	F(1, 240) = 0.62 p = 0.43 η2=0 B [CI] Male*Training Program = -0.21 [-0.81, 0.38]	**F(1, 194) = 5.78 p = 0.017 η2=0.03 B [CI] Male*Post-Training = 0.39 [0.05, 0.73] <u>Post-Hoc Contrasts (Male - Female)</u> Baseline: -2.48, t(335) = -3.78, p < 0.001 Post: -0.87, t(383) = -1.20, p = 0.229**	F(1, 194) = 0.55 p = 0.459 η2=0 B [CI] Male*Training Program*Post-Training = 0.13 [-0.21, 0.47]

Sentences-Words	F(1, 242) = 0.26 p = 0.61 η2=0 B [CI] Distributed*Training Program = 0.04 [-0.11, 0.19]	F(1, 205) = 3.13 p = 0.078 η2=0.02 B [CI] Distributed*Post-Training = 0.1 [-0.01, 0.21]	F(1, 205) = 0.01 p = 0.907 η2=0 B [CI] Distributed*Treatment Program*Post-Training = -0.01 [-0.11, 0.1]	F(1, 236) = 0.45 p = 0.504 η2=0 B [CI] Male*Training Program = 0.04 [-0.15, 0.23]	F(1, 206) = 0.06 p = 0.802 η2=0 B [CI] Male*Post-Training = 0.04 [-0.09, 0.17]	**F(1, 206) = 4.04** **p = 0.046** **η2=0.02** **B [CI] Male*Training Program*Post-Training = -0.14 [-0.27, 0]** **Post-Hoc Contrasts (Post-Training - Baseline)** ***Training*** **Females: 0.5, t(204) = 2.92, p = 0.004** **Males: 0.11, t(206) = 0.36, p = 0.723** ***Placebo*** **Females: 0.45, t(201) = 2.48, p = 0.014** **Males: 1.14, t(208) = 3.09, p = 0.002**
Sentences-Faces	F(1, 255) = 0.05 p = 0.819 η2=0 B [CI] Distributed*Training Program = 0.05 [-0.38, 0.49]	F(1, 184) = 0.98 p = 0.323 η2=0.01 B [CI] Distributed*Post-Training = 0.1 [-0.1, 0.31]	F(1, 184) = 0.01 p = 0.931 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0.01 [-0.2, 0.22]	F(1, 242) = 0.36 p = 0.551 η2=0 B [CI] Male*Training Program = 0.13 [-0.41, 0.67]	F(1, 185) = 0.09 p = 0.768 η2=0 B [CI] Male*Post-Training = 0.06 [-0.19, 0.32]	F(1, 185) = 1.53 p = 0.218 η2=0.01 B [CI] Male*Training Program*Post-Training = -0.16 [-0.41, 0.09]
STEM-B							
Total	F(1, 430) = 0.22 p = 0.64 η2=0 B [CI] Distributed*Training Program = 0 [-0.01, 0.01]	F(1, 366) = 0.09 p = 0.768 η2=0 B [CI] Distributed*Post-Training = 0 [-0.01, 0]	F(1, 366) = 0.02 p = 0.885 η2=0 B [CI] Distributed*Treatment Program*Post-Training = 0 [-0.01, 0]	F(1, 431) = 1.62 p = 0.203 η2=0 B [CI] Male*Training Program = 0.01 [0, 0.02]	F(1, 366) = 1.44 p = 0.231 η2=0 B [CI] Male*Post-Training = 0 [0, 0.01]	F(1, 367) = 3.51 p = 0.062 η2=0.01 B [CI] Male*Training Program*Post-Training = 0.01 [0, 0.01]

Note: Effects of time and group were treatment coded (i.e., baseline = 0, post-training = 1; placebo program = 0, training program = 1). Age and IQ were centered. Sex and Schedule were sum coded (i.e., males = -1, females = 1; distributed = -1, compressed = 1), such that coefficients for other predictors were interpretable as main effects centered between levels of these variables.

Table S7. Results from linear mixed effects models (LMEs) baseline to 6-month follow-up.

	Age	Sex	WASI-II	Time	Group	Group by Time	Schedule
ERQ							
Suppression	F(1, 440) = 2.59 p = 0.108 η2=0.01 B [CI] = -0.07 [-0.16, 0.02]	**F(1, 447) = 9.01** **p = 0.003** **η2=0.02** **B [CI] = 0.99 [0.41, 1.57]**	F(1, 443) = 0.04 p = 0.846 η2=0 B [CI] = 0 [-0.05, 0.04]	F(2, 443) = 0.81 p = 0.444 η2=0 B [CI] Post-Training = -0.19 [-0.58, 0.2] Follow-Up = 0.28 [-0.29, 0.84]	F(1, 433) = 0 p = 0.996 η2=0 B [CI] = -0.23 [-0.81, 0.35]	F(2, 444) = 2.64 p = 0.072 η2=0.01 B [CI] Training Program*Post-Training = -0.24 [-0.63, 0.15] Training Program*Follow-Up = -0.14 [-0.71, 0.42]	F(1, 448) = 0.39 p = 0.532 η2=0 B [CI] = -0.15 [-0.68, 0.37]

Reappraisal	F(1, 438) = 1.58 p = 0.21 η2=0 B [CI] = 0.06 [-0.03, 0.15]	F(1, 437) = 0.65 p = 0.422 η2=0 B [CI] = -0.22 [-0.84, 0.39]	**F(1, 442) = 4.82** **p = 0.029** **η2=0.01** **B [CI] = -0.05 [-0.09, -0.01]**	F(2, 468) = 1.03 p = 0.359 η2=0 B [CI] Post-Training = -0.21 [-0.71, 0.28] Follow-Up = 0.44 [-0.27, 1.15]	F(1, 428) = 0.22 p = 0.636 η2=0 B [CI] = 0.28 [-0.33, 0.9]	F(2, 470) = 0.7 p = 0.496 η2=0 B [CI] Training Program*Post-Training = -0.08 [-0.57, 0.41] Training Program*Follow-Up = 0.31 [-0.4, 1.02]	F(1, 439) = 0.38 p = 0.54 η2=0 B [CI] = 0.1 [-0.45, 0.65]
DERS							
Total	**F(1, 440) = 5.4** **p = 0.021** **η2=0.01** **B [CI] = -0.43 [-0.79, -0.07]**	**F(1, 454) = 9.16** **p = 0.003** **η2=0.02** **B [CI] = -3.24 [-5.6, -0.87]**	F(1, 444) = 2.7 p = 0.101 η2=0.01 B [CI] = 0.15 [-0.03, 0.32]	**F(2, 429) = 11.93** **p < 0.001** **η2=0.05** **B [CI]** **Post-Training = -3.2 [-4.57, -1.83]** **Follow-Up = 3.05 [1.07, 5.04]**	F(1, 435) = 0.01 p = 0.926 η2=0 B [CI] = -1.88 [-4.24, 0.48]	**F(2, 430) = 6.69** **p = 0.001** **η2=0.03** **B [CI]** **Training Program*Post-Training = 0.51 [-0.85, 1.88]** **Training Program*Follow-Up = -3.33 [-5.31, -1.34]** **<u>Post-Hoc Contrasts (Training - Placebo)</u>** **Baseline: 2.12, t(529) = 0.9, p = 0.32** **Post: -1.77, t(642) = -0.77, p = 0.44** **Follow-Up: -7.55, t(798) = -2.28, p = 0.02**	F(1, 456) = 1.04 p = 0.309 η2=0 B [CI] = -0.89 [-3, 1.21]
Awareness	F(1, 440) = 0.01 p = 0.913 η2=0 B [CI] = 0 [-0.08, 0.07]	F(1, 448) = 2.88 p = 0.09 η2=0.01 B [CI] = 0.5 [-0.01, 1.01]	F(1, 443) = 1.62 p = 0.204 η2=0 B [CI] = 0.02 [-0.01, 0.06]	F(2, 441) = 1.32 p = 0.268 η2=0.01 B [CI] Post-Training = -0.15 [-0.49, 0.18] Follow-Up = 0.15 [-0.33, 0.64]	F(1, 433) = 1.07 p = 0.302 η2=0 B [CI] = -0.17 [-0.67, 0.34]	**F(2, 442) = 3.19** **p = 0.042** **η2=0.01** **B [CI]** **Training Program*Post-Training = -0.02 [-0.35, 0.32]** **Training Program*Follow-Up = -0.47 [-0.96, 0.01]** **<u>Post-Hoc Contrasts</u>** ***Training*** **Post-Training - Baseline: -0.68, t(439) = -2.39, p = 0.017** **Follow-Up – Post-Training: 0.07, t(437) = 0.16, p = 0.871** **Follow Up - Baseline: -0.61, t(452) = -1.35, p = 0.179** ***Placebo*** **Post-Training - Baseline: 0.15, t(436) = 0.49, p = 0.623** **Follow-Up – Post-Training: 0.57, t(444) = 1.03, p = 0.304** **Follow-Up - Baseline: 0.71, t(453) = 1.3, p = 0.195**	F(1, 449) = 1.98 p = 0.16 η2=0 B [CI] = -0.36 [-0.82, 0.09]
Clarity	**F(1, 440) = 5.42** **p = 0.02** **η2=0.01** **B [CI] = -0.07 [-0.12, -0.01]**	F(1, 450) = 3.01 p = 0.084 η2=0.01 B [CI] = -0.22 [-0.59, 0.15]	F(1, 443) = 0.67 p = 0.414 η2=0 B [CI] = 0.01 [-0.02, 0.04]	**F(2, 437) = 11.53** **p < 0.001** **η2=0.05** **B [CI]** **Post-Training = -0.34 [-0.57, -0.1]** **Follow-Up = 0.1 [-0.24, 0.44]**	F(1, 434) = 0.06 p = 0.813 η2=0 B [CI] = -0.26 [-0.63, 0.11]	**F(2, 437) = 4.32** **p = 0.014** **η2=0.02** **B [CI]** **Training Program*Post-Training = -0.04 [-0.28, 0.19]** **Training Program*Follow-Up = -0.36 [-0.7, -0.02]** **<u>Post-Hoc Contrasts</u>**	F(1, 451) = 1.91 p = 0.168 η2=0 B [CI] = -0.13 [-0.46, 0.21]

						Training **Post-Training - Baseline: -1.05, t(435) = -5.24, p < 0.001** **Follow-Up – Post-Training: 0.31, t(433) = 0.97, p = 0.33** **Follow Up - Baseline: -0.74, t(446) = -2.33, p = 0.02** ***Placebo*** **Post-Training - Baseline: -0.28, t(433) = -1.37, p = 0.173** **Follow-Up – Post-Training: 0.48, t(439) = 1.23, p = 0.219** **Follow-Up - Baseline: 0.19, t(447) = 0.5, - = 0.614**	
Goals	F(1, 440) = 2.8 p = 0.095 η2=0.01 B [CI] = -0.06 [-0.14, 0.01]	**F(1, 447) = 11.45** **p < 0.001** **η2=0.03** **B [CI] = -0.86 [-1.37, -0.35]**	F(1, 443) = 0.36 p = 0.549 η2=0 B [CI] = 0.01 [-0.03, 0.05]	**F(2, 444) = 8.93** **p < 0.001** **η2=0.04** **B [CI]** **Post-Training = -0.66 [-1, -0.31]** **Follow-Up = 0.6 [0.1, 1.1]**	F(1, 433) = 0.02 p = 0.878 η2=0 B [CI] = -0.06 [-0.57, 0.45]	F(2, 445) = 1.45 p = 0.236 η2=0.01 B [CI] Training Program*Post-Training = -0.07 [-0.41, 0.28] Training Program*Follow-Up = -0.15 [-0.64, 0.35]	F(1, 448) = 1.01 p = 0.315 η2=0 B [CI] = -0.18 [-0.64, 0.27]
Impulse	**F(1, 440) = 5.25** **p = 0.022** **η2=0.01** **B [CI] = -0.08 [-0.14, -0.01]**	**F(1, 446) = 7.03** **p = 0.008** **η2=0.02** **B [CI] = -0.52 [-0.95, -0.09]**	F(1, 443) = 0.8 p = 0.373 η2=0 B [CI] = 0.01 [-0.02, 0.05]	**F(2, 445) = 4.31** **p = 0.014** **η2=0.02** **B [CI]** **Post-Training = -0.4 [-0.69, -0.11]** **Follow-Up = 0.69 [0.26, 1.12]**	F(1, 433) = 0.07 p = 0.788 η2=0 B [CI] = -0.33 [-0.76, 0.1]	**F(2, 446) = 5.75** **p = 0.003** **η2=0.03** **B [CI]** **Training Program*Post-Training = 0.33 [0.04, 0.63]** **Training Program*Follow-Up = -0.78 [-1.21, -0.36]** **<u>Post-Hoc Contrasts (Training - Placebo)</u>** **Baseline: 0.06, t(573) = 0.15, p = 0.882** **Post: 0.02, t(700) = 0.05, p = 0.964** **Follow-Up: -1.92, t(752) = -2.89, p = 0.004**	F(1, 447) = 0.18 p = 0.668 η2=0 B [CI] = -0.12 [-0.5, 0.27]
Nonacceptance	F(1, 440) = 2.56 p = 0.11 η2=0.01 B [CI] = -0.08 [-0.17, 0.02]	**F(1, 447) = 12.62** **p < 0.001** **η2=0.03** **B [CI] = -1.02 [-1.64, -0.39]**	**F(1, 446) = 4.05** **p = 0.045** **η2=0.01** **B [CI] = 0.05 [0, 0.09]**	**F(2, 440) = 8.44** **p < 0.001** **η2=0.04** **B [CI]** **Post-Training = -0.85 [-1.27, -0.44]** **Follow-Up = 0.59 [0, 1.19]**	F(1, 433) = 0.01 p = 0.904 η2=0 B [CI] = -0.51 [-1.13, 0.11]	F(2, 441) = 3.01 p = 0.05 η2=0.01 B [CI] Training Program*Post-Training = 0.12 [-0.29, 0.53] Training Program*Follow-Up = -0.68 [-1.28, -0.08]	F(1, 449) = 0.07 p = 0.786 η2=0 B [CI] = 0.22 [-0.33, 0.78]
Strategies	**F(1, 440) = 7.17** **p = 0.008** **η2=0.02** **B [CI] = -0.14 [-0.24, -0.04]**	**F(1, 454) = 12.28** **p < 0.001** **η2=0.03** **B [CI] = -1.08 [-1.76, -0.4]**	F(1, 444) = 2.6 p = 0.108 η2=0.01 B [CI] = 0.04 [-0.01, 0.09]	**F(2, 430) = 9.1** **p < 0.001** **η2=0.04** **B [CI]** **Post-Training = -0.88 [-1.28, -0.49]** **Follow-Up = 0.94 [0.36, 1.51]**	F(1, 435) = 0.01 p = 0.943 η2=0 B [CI] = -0.51 [-1.19, 0.17]	**F(2, 431) = 4.02** **p = 0.019** **η2=0.02** **B [CI]** **Training Program*Post-Training = 0.24 [-0.15, 0.64]** **Training Program*Follow-Up = -0.9 [-1.47, -0.32]** **<u>Post-Hoc Contrasts (Training - Placebo)</u>** **Baseline: 0.33, t(531) = 0.54, p = 0.592** **Post: -0.38, t(645) = -0.57, p = 0.566**	F(1, 455) = 0.47 p = 0.492 η2=0 B [CI] = -0.21 [-0.81, 0.4]

						Follow-Up: -1.97, t(795) = -2.06, p = 0.039	
MEOS							
Poor Social Skills	F(1, 439) = 0.01 p = 0.936 η2=0 B [CI] = 0 [-0.05, 0.04]	F(1, 440) = 0.93 p = 0.336 η2=0 B [CI] = 0 [-0.31, 0.31]	**F(1, 443) = 9.13** **p = 0.003** **η2=0.02** **B [CI] = 0.03 [0.01, 0.06]**	**F(2, 462) = 3.42** **p = 0.034** **η2=0.01** **B [CI]** **Post-Training = -0.22 [-0.46, 0.02]** **Follow-Up = 0.24 [-0.1, 0.58]**	F(1, 430) = 0.14 p = 0.712 η2=0 B [CI] =-0.06 [-0.36, 0.25]	**F(2, 463) = 3.09** **p = 0.047** **η2=0.01** **B [CI]** **Training Program*Post-Training = -0.08 [-0.32, 0.16]** **Training Program*Follow-Up = -0.16 [-0.5, 0.18]** **<u>Post-Hoc Contrasts</u>** ***Training*** **Post-Training - Baseline: -0.55, t(454) = -2.7, p = 0.007** **Follow-Up – Post-Training: 0.67, t(459) = 2.08, p = 0.038** **Follow Up - Baseline: 0.13, t(480) = 0.39, p = 0.695** ***Placebo*** **Post-Training - Baseline: 0.14, t(45) = 0.68, p = 0.494** **Follow-Up – Post-Training: 0.72, t(470) = 1.83, p = 0.068** **Follow-Up - Baseline: 0.86, t(484) = 2.22, p = 0.027**	F(1, 441) = 0 p = 0.986 η2=0 B [CI] = -0.03 [-0.3, 0.25]
Enhance	F(1, 440) = 2.13 p = 0.145 η2=0 B [CI] = -0.08 [-0.2, 0.03]	**F(1, 448) = 10.03** **p = 0.002** **η2=0.02** **B [CI] = -1.27 [-2.03, -0.52]**	F(1, 443) = 0.44 p = 0.51 η2=0 B [CI] = -0.02 [-0.07, 0.04]	**F(2, 440) = 4.76** **p = 0.009** **η2=0.02** **B [CI]** **Post-Training = 0.46 [-0.02, 0.95] Follow-Up = -1.22 [-1.93, -0.51]**	F(1, 433) = 0.51 p = 0.476 η2=0 B [CI] = 0.7 [-0.05, 1.45]	F(2, 441) = 1.63 p = 0.198 η2=0.01 B [CI] Training Program*Post-Training = -0.26 [-0.75, 0.23] Training Program*Follow-Up = 0.79 [0.08, 1.5]	F(1, 450) = 0.01 p = 0.922 η2=0 B [CI] = -0.2 [-0.87, 0.48]
Conceal	F(1, 440) = 3.62 p = 0.058 η2=0.01 B [CI] = -0.09 [-0.18, 0]	F(1, 452) = 0.02 p = 0.888 η2=0 B [CI] = -0.01 [-0.6, 0.57]	F(1, 442) = 1.53 p = 0.217 η2=0 B [CI] = 0.03 [-0.02, 0.07]	**F(2, 434) = 15.57** **p < 0.001** **η2=0.07** **B [CI]** **Post-Training = -0.29 [-0.64, 0.07]** **Follow-Up = -0.48 [-1, 0.03]**	F(1, 434) = 0.06 p = 0.799 η2=0 B [CI] = 0.07 [-0.51, 0.66]	F(2, 434) = 2.84 p = 0.06 η2=0.01 B [CI] Training Program*Post-Training = -0.48 [-0.83, -0.12] Training Program*Follow-Up = 0.32 [-0.19, 0.84]	F(1, 453) = 0.76 p = 0.385 η2=0 B [CI] = -0.27 [-0.79, 0.25]
Divert	**F(1, 440) = 8.25** **p = 0.004** **η2=0.02** **B [CI] = -0.08 [-0.13, -0.02]**	F(1, 446) = 0.87 p = 0.351 η2=0 B [CI] = -0.14 [-0.49, 0.2]	**F(1, 443) = 4.68** **p = 0.031** **η2=0.01** **B [CI] = -0.03 [-0.05, 0]**	**F(2, 446) = 13.37** **p < 0.001** **η2=0.06** **B [CI] Post-Training = 0.09 [-0.15, 0.32]** **Follow-Up = -0.71 [-1.05, -0.36]**	F(1, 432) = 0.17 p = 0.676 η2=0 B [CI] = 0.21 [-0.13, 0.55]	**F(2, 446) = 5.31** **p = 0.005** **η2=0.02** **B [CI]** **Training Program*Post-Training = -0.38 [-0.61, -0.14]** **Training Program*Follow-Up = 0.38 [0.04, 0.72]** **<u>Post-Hoc Contrasts</u>** ***Training***	F(1, 447) = 0.31 p = 0.581 η2=0 B [CI] = -0.1 [-0.41, 0.21]

						Post-Training - Baseline: -0.87, t(442) = -4.3, p < 0.001 **Follow Up - Post-Training: -0.15, t(442) = -0.47, p = 0.641** **Follow Up - Baseline: -1.02, t(458) = -3.19, p = 0.002** ***Placebo*** **Post-Training - Baseline: -0.1, t(439) = -0.47, p = 0.641** **Follow Up - Post-Training: -1.59, t(449) = -4.06, p < 0.001** **Follow-Up - Baseline: -1.69, t(460) = -4.33, p < 0.001**	
Worsen	F(1, 440) = 2.82 p = 0.094 η2=0.01 B [CI] = -0.1 [-0.22, 0.02]	**F(1, 447) = 10.23** **p = 0.001** **η2=0.02** **B [CI] = 1.33 [0.53, 2.13]**	F(1, 443) = 0.97 p = 0.324 η2=0 B [CI] = 0.03 [-0.03, 0.09]	**F(2, 443) = 5.46** **p = 0.005** **η2=0.02** **B [CI]** **Post-Training = -0.32 [-0.85, 0.21]** **Follow-Up = 1.13 [0.36, 1.9]**	F(1, 433) = 0.49 p = 0.484 η2=0 B [CI] = 0.24 [-0.56, 1.03]	F(2, 444) = 1.04 p = 0.353 η2=0 B [CI] Training Program*Post-Training = 0.26 [-0.27, 0.79] Training Program*Follow-Up = -0.18 [-0.95, 0.59]	F(1, 448) = 0.52 p = 0.473 η2=0 B [CI] = 0 [-0.71, 0.71]
Inauthentic	**F(1, 440) = 16.4** **p < 0.001** **η2=0.04** **B [CI] = -0.24 [-0.36, -0.12]**	**F(1, 451) = 16.69** **p < 0.001** **η2=0.04** **B [CI] = -1.49 [-2.26, -0.72]**	**F(1, 443) = 10.66** **p = 0.001** **η2=0.02** **B [CI] = 0.09 [0.04, 0.15]**	F(2, 434) = 0.79 p = 0.456 η2=0 B [CI] Post-Training = -0.21 [-0.68, 0.26] Follow-Up = 0.18 [-0.5, 0.86]	F(1, 434) = 0.5 p = 0.478 η2=0 B [CI] = 0.33 [-0.43, 1.1]	F(2, 435) = 0.04 p = 0.965 η2=0 B [CI] Training Program*Post-Training = 0.02 [-0.45, 0.49] Training Program*Follow-Up = -0.06 [-0.74, 0.62]	F(1, 453) = 0.12 p = 0.731 η2=0 B [CI] = -0.04 [-0.72, 0.65]
STEM-B							
Total	F(1, 433) = 2.6 p = 0.108 η2=0.01 B [CI] = 0 [0, 0]	F(1, 429) = 3.66 p = 0.056 η2=0.01 B [CI] = -0.01 [-0.02, 0]	**F(1, 429) = 50.27** **p < 0.001** **η2=0.1** **B [CI] = 0 [0, 0]**	**F(2, 483) = 28.38** **p < 0.001** **η2=0.11** **B [CI]** **Post-Training = 0.02 [0.01, 0.03]** **Follow-Up = -0.01 [-0.02, 0.01]**	**F(1, 423) = 7.35** **p = 0.007** **η2=0.02** **B [CI] = 0.02 [0.01, 0.03]**	**F(2, 484) = 3.01** **p = 0.05** **η2=0.01** **B [CI]** **Training Program*Post-Training = 0 [-0.01, 0]** **Training Program*Follow-Up = 0.02 [0, 0.03]** **<u>Post-Hoc Contrasts</u>** ***Training*** **Post-Training - Baseline: 0.04, t(463) = 5.71, p < 0.001** **Follow Up - Post-Training: -0.07, t(485) = -0.58, p = 0.564** **Follow Up - Baseline: 0.03, t(514) = 3.07, p = 0.002** ***Placebo*** **Post-Training - Baseline: 0.035, t(457) = 4.75, p < 0.001** **Follow Up - Post-Training: -0.046, t(502) = -3.33, p < 0.001** **Follow-Up - Baseline: -0.011, t(520) = -0.78, p = 0.436**	F(1, 431) = 0.09 p = 0.765 η2=0 B [CI] = -0.01 [-0.02, 0]

Table S7 (Continued). Results from linear mixed effects models (LMEs) baseline to 6-

month follow-up.

	Schedule by Group	Schedule by Time	Schedule by Group by Time	Sex by Group	Sex by Time	Sex by Group by Time
ERQ						
Suppression	F(1, 449) = 1.78 p = 0.183 η2=0 B [CI] Distributed*Training Program = 0.21 [-0.31, 0.73]	F(2, 444) = 0.08 p = 0.92 η2=0 B [CI] Distributed*Post-Training = 0.04 [-0.32, 0.39] Distributed*Follow-Up = -0.02 [-0.54, 0.51]	F(2, 445) = 0.78 p = 0.457 η2=0 B [CI] Distributed*Training Program*Post-Training = 0.21 [-0.14, 0.57] Distributed*Training Program*Follow-Up = -0.31 [-0.84, 0.21]	F(1, 445) = 0.61 p = 0.435 η2=0 B [CI] Male*Training Program= 0.29 [-0.87, 0.29]	F(2, 445) = 1.19 p = 0.306 η2=0.01 B [CI] Male*Post-Training = 0.04 [-0.35, 0.43] Male*Follow-Up = 0.27 [-0.3, 0.85]	F(2, 445) = 0.32 p = 0.729 η2=0 B [CI] Male*Training Program*Post-Training = -0.01 [-0.4, 0.38] Male*Training Program*Follow-Up = -0.14 [-0.72, 0.43]
Reappraisal	F(1, 440) = 3.47 p = 0.063 η2=0.01 B [CI] Distributed*Training Program = 0.37 [-0.18, 0.92]	F(2, 470) = 0.2 p = 0.816 η2=0 B [CI] Distributed*Post-Training = -0.06 [-0.51, 0.39] Distributed*Follow-Up = -0.05 [-0.72, 0.61]	F(2, 471) = 0.25 p = 0.776 η2=0 B [CI] Distributed*Training Program*Post-Training = 0.04 [-0.41, 0.49] Distributed*Training Program*Follow-Up = -0.2 [-0.87, 0.46]	F(1, 437) = 0.14 p = 0.706 η2=0 B [CI] Male*Training Program = 0.1 [-0.51, 0.71]	F(2, 471) = 0.53 p = 0.587 η2=0 B [CI] Male*Post-Training = -0.22 [-0.72, 0.27] Male*Follow-Up = 0.12 [-0.59, 0.84]	F(2, 471) = 0.08 p = 0.923 η2=0 B [CI] Male*Training Program*Post-Training = -0.08 [-0.58, 0.41] Male*Training Program*Follow-Up = 0.03 [-0.69, 0.75]
DERS						
Total	F(1, 457) = 0.53 p = 0.465 η2=0 B [CI] Distributed*Training Program = 0.56 [-1.55, 2.67]	F(2, 430) = 0.12 p = 0.891 η2=0 B [CI] Distributed*Post-Training = 0.07 [-1.18, 1.32] Distributed*Follow-Up = 0.25 [-1.61, 2.1]	F(2, 431) = 0.12 p = 0.884 η2=0 B [CI] Distributed*Training Program*Post-Training = 0.05 [-1.2, 1.29] Distributed*Training Program*Follow-Up = -0.36 [-2.21, 1.5]	F(1, 451) = 0.49 p = 0.486 η2=0 B [CI] Male*Training Program = -1.56 [-3.91, 0.8]	F(2, 431) = 0.02 p = 0.984 η2=0 B [CI] Male*Post-Training = -0.1 [-1.48, 1.27] Male*Follow-Up = 0.18 [-1.83, 2.19]	F(2, 431) = 1.74 p = 0.177 η2=0.01 B [CI] Male*Training Program*Post-Training = 0.45 [-0.93, 1.82] Male*Training Program*Follow-Up = -1.69 [-3.7, 0.32]
Awareness	F(1, 450) = 0.2 p = 0.657 η2=0 B [CI] Distributed*Training Program = 0.15 [-0.31, 0.6]	F(2, 442) = 2.48 p = 0.085 η2=0.01 B [CI] Distributed*Post-Training = 0.33 [0.03, 0.64] Distributed*Follow-Up = -0.28 [-0.73, 0.17]	F(2, 443) = 0.7 p = 0.495 η2=0 B [CI] Distributed*Training Program*Post-Training = 0.09 [-0.22, 0.39] Distributed*Training Program*Follow-Up = 0.06 [-0.39, 0.52]	F(1, 446) = 1.94 p = 0.164 η2=0 B [CI] Male*Training Program = -0.51 [-1.02, -0.01]	F(2, 443) = 0.51 p = 0.603 η2=0 B [CI] Male*Post-Training = 0.09 [-0.24, 0.43] Male*Follow-Up = 0.06 [-0.43, 0.55]	F(2, 443) = 1.69 p = 0.185 η2=0.01 B [CI] Male*Training Program*Post-Training = 0.09 [-0.25, 0.42] Male*Training Program*Follow-Up: -0.39 [-0.88, 0.1]
Clarity	F(1, 453) = 1.62 p = 0.204 η2=0 B [CI] Distributed*Training Program = 0.17 [-0.16, 0.51]	F(2, 438) = 0.97 p = 0.381 η2=0 B [CI] Distributed*Post-Training = -0.08 [-0.29, 0.13] Distributed*Follow-Up = 0.22 [-0.1, 0.54]	F(2, 438) = 0.08 p = 0.926 η2=0 B [CI] Distributed*Training Program*Post-Training = 0.02 [-0.19, 0.24] Distributed*Training Program*Follow-Up = -0.06 [-0.38, 0.26]	F(1, 448) = 0.11 p = 0.744 η2=0 B [CI] Male*Training Program = -0.23 [-0.6, 0.14]	F(2, 438) = 0.74 p = 0.476 η2=0 B [CI] Male*Post-Training = 0.04 [-0.2, 0.27] Male*Follow-Up = 0.13 [-0.22, 0.47]	F(2, 439) = 2.91 p = 0.055 η2=0.01 B [CI] Male*Training Program*Post-Training = 0.13 [-0.11, 0.36] Male*Training Program*Follow-Up = -0.39 [-0.74, -0.05]

Goals	F(1, 449) = 0.17 p = 0.679 η2=0 B [CI] Distributed*Training Program = -0.2 [-0.66, 0.25]	F(2, 445) = 0.05 p = 0.955 η2=0 B [CI] Distributed*Post-Training = -0.07 [-0.39, 0.24] Distributed*Follow-Up = 0.08 [-0.38, 0.54]	F(2, 446) = 0.83 p = 0.438 η2=0 B [CI] Distributed*Training Program*Post-Training = 0.17 [-0.14, 0.49] Distributed*Training Program*Follow-Up = -0.3 [-0.77, 0.16]	F(1, 445) = 0 p = 0.997 η2=0 B [CI] Male*Training Program = 0.14 [-0.37, 0.64]	F(2, 445) = 0.04 p = 0.964 η2=0 B [CI] Male*Post-Training = 0.08 [-0.27, 0.42] Male*Follow-Up = -0.14 [-0.64, 0.37]	F(2, 446) = 1 p = 0.367 η2=0 B [CI] Male*Training Program*Post-Training = -0.2 [-0.54, 0.15] Male*Training Program*Follow-Up: 0.36 [-0.14, 0.86]
Impulse	F(1, 449) = 0 p = 0.979 η2=0 B [CI] Distributed*Training Program = 0.04 [-0.34, 0.43]	F(2, 446) = 0.07 p = 0.935 η2=0 B [CI] Distributed*Post-Training = 0.05 [-0.21, 0.32] Distributed*Follow-Up = -0.1 [-0.49, 0.3]	F(2, 447) = 0.23 p = 0.798 η2=0 B [CI] Distributed*Training Program*Post-Training = -0.09 [-0.36, 0.18] Distributed*Training Program*Follow-Up = 0.12 [-0.28, 0.51]	F(1, 445) = 0.2 p = 0.657 η2=0 B [CI] Male*Training Program = -0.05 [-0.48, 0.38]	F(2, 447) = 0.01 p = 0.987 η2=0 B [CI] Male*Post-Training = -0.03 [-0.33, 0.26] Male*Follow-Up = 0.05 [-0.38, 0.48]	F(2, 447) = 1.48 p = 0.229 η2=0.01 B [CI] Male*Training Program*Post-Training = 0.04 [-0.26, 0.33] Male*Training Program*Follow-Up = -0.29 [-0.72, 0.14]
Nonacceptance	F(1, 450) = 1.38 p = 0.241 η2=0 B [CI] Distributed*Training Program = 0.28 [-0.28, 0.84]	F(2, 442) = 1.16 p = 0.314 η2=0.01 B [CI] Distributed*Post-Training = -0.07 [-0.45, 0.31] Distributed*Follow-Up = 0.36 [-0.2, 0.91]	F(2, 442) = 0.31 p = 0.733 η2=0 B [CI] Distributed*Training Program*Post-Training = -0.1 [-0.47, 0.28] Distributed*Training Program*Follow-Up = -0.01 [-0.57, 0.55]	F(1, 446) = 1.33 p = 0.249 η2=0 B [CI] Male*Training Program = -0.52 [-1.14, 0.11]	F(2, 442) = 1.03 p = 0.356 η2=0 B [CI] Male*Post-Training = -0.24 [-0.66, 0.17] Male*Follow-Up = 0.08 [-0.52, 0.69]	F(2, 442) = 1.06 p = 0.348 η2=0 B [CI] Male*Training Program*Post-Training = 0.2 [-0.22, 0.61] Male*Training Program*Follow-Up = -0.44 [-1.05, 0.16]
Strategies	F(1, 456) = 0.31 p = 0.576 η2=0 B [CI] Distributed*Training Program = 0.05 [-0.55, 0.65]	F(2, 431) = 0.17 p = 0.843 η2=0 B [CI] Distributed*Post-Training = -0.08 [-0.44, 0.28] Distributed*Follow-Up = 0.03 [-0.51, 0.56]	F(2, 431) = 0.99 p = 0.372 η2=0 B [CI] Distributed*Training Program*Post-Training = -0.05 [-0.41, 0.31] Distributed*Training Program*Follow-Up = -0.19 [-0.73, 0.34]	F(1, 451) = 0.24 p = 0.626 η2=0 B [CI] Male*Training Program = -0.39 [-1.07, 0.28]	F(2, 431) = 0.08 p = 0.925 η2=0 B [CI] Male*Post-Training = -0.1 [-0.5, 0.3] Male*Follow-Up = 0.1 [-0.48, 0.68]	F(2, 431) = 1.89 p = 0.152 η2=0.01 B [CI] Male*Training Program*Post-Training = 0.21 [-0.18, 0.61] Male*Training Program*Follow-Up = -0.56 [-1.14, 0.02]
MEOS						
Poor Social Skills	F(1, 442) = 0.75 p = 0.386 η2=0 B [CI] Distributed*Training Program = 0.05 [-0.22, 0.33]	F(2, 464) = 0.23 p = 0.795 η2=0 B [CI] Distributed*Post-Training = 0.05 [-0.16, 0.27] Distributed*Follow-Up = -0.08 [-0.4, 0.24]	F(2, 464) = 0.59 p = 0.552 η2=0 B [CI] Distributed*Training Program*Post-Training = 0 [-0.22, 0.21] Distributed*Training Program*Follow-Up = -0.11 [-0.43, 0.21]	F(1, 439) = 0 p = 0.968 η2=0 B [CI] Male*Training Program = -0.02 [-0.32, 0.29]	F(2, 464) = 2.18 p = 0.114 η2=0.01 B [CI] Male*Post-Training = 0.17 [-0.07, 0.41] Male*Follow-Up = -0.35 [-0.69, 0]	F(2, 465) = 0.13 p = 0.881 η2=0 B [CI] Male*Training Program*Post-Training = 0.06 [-0.18, 0.3] Male*Training Program*Follow-Up = -0.07 [-0.42, 0.27]
Enhance	F(1, 451) = 1.03 p = 0.311 η2=0 B [CI] Distributed*Training Program = 0.46 [-0.21, 1.14]	F(2, 441) = 1.58 p = 0.208 η2=0.01 B [CI] Distributed*Post-Training = -0.14 [-0.59, 0.3] Distributed*Follow-Up = -0.22 [-	F(2, 442) = 1.48 p = 0.23 η2=0.01 B [CI] Distributed*Training Program*Post-Training = -0.39 [-0.84, 0.06] Distributed*Training Program*Follow-Up = 0.46 [-0.2,	F(1, 447) = 0.97 p = 0.325 η2=0 B [CI] Male*Training Program = 0.62 [-0.13, 1.37]	F(2, 441) = 0.3 p = 0.745 η2=0 B [CI] Male*Post-Training = -0.02 [-0.51, 0.48]	F(2, 442) = 2.05 p = 0.13 η2=0.01 B [CI] Male*Training Program*Post-Training = -0.42 [-0.91, 0.07] Male*Training Program*Follow-Up = 0.73 [0.02, 1.45]

		0.88, 0.44]	1.12]		Male*Follow-Up = -0.21 [-0.93, 0.51]	
Conceal	F(1, 455) = 0 p = 0.979 η2=0 B [CI] Distributed*Training Program = 0.17 [-0.35, 0.69]	F(2, 435) = 0.58 p = 0.562 η2=0 B [CI] Distributed*Post-Training = 0.2 [-0.12, 0.52] Distributed*Follow-Up = -0.19 [-0.67, 0.29]	F(2, 435) = 1.76 p = 0.172 η2=0.01 B [CI] Distributed*Training Program*Post-Training = -0.07 [-0.39, 0.25] Male*Training Program*Follow-Up = 0.37 [-0.11, 0.86]	F(1, 449) = 0.15 p = 0.702 η2=0 B [CI] Male*Training Program = 0.05 [-0.54, 0.63]	F(2, 435) = 0.12 p = 0.887 η2=0 B [CI] Male*Post-Training = 0.02 [-0.34, 0.37] Male*Follow-Up = 0.03 [-0.49, 0.55]	F(2, 435) = 2.36 p = 0.096 η2=0.01 B [CI] Male*Training Program*Post-Training = -0.39 [-0.74, -0.03] Male*Training Program*Follow-Up = 0.48 [-0.04, 1]
Divert	F(1, 448) = 0.01 p = 0.919 η2=0 B [CI] Distributed*Training Program = 0.13 [-0.18, 0.44]	F(2, 447) = 2.4 p = 0.092 η2=0.01 B [CI] Distributed*Post-Training = 0.12 [-0.1, 0.33] Distributed*Follow-Up = -0.39 [-0.71, -0.07]	**F(2, 448) = 4.4** **p = 0.013** **η2=0.02** **B [CI]** **Distributed*Training Program*Post-Training = -0.32 [-0.54, -0.1]** **Distributed*Training Program*Follow-Up = 0.43 [0.11, 0.75]** **<u>Post-Hoc Contrasts</u>** ***Training (Compressed)*** **Post-Training – Baseline: -0.51, t(425) = -1.86, p = 0.064** **Follow Up – Post-Training: -0.39, t(446) = -0.83, p = 0.408** **Follow-Up – Baseline: -0.9, t(454) = -1.91, p = 0.057** ***Training (Distributed)*** **Post-Training – Baseline: -1.24, t(457) = -4.14, p < 0.001** **Follow-Up – Post-Training = 0.09, t(437) = 0.22, p = 0.83** **Follow-Up – Baseline = -1.15, t(463) = -2.63, p = 0.009** ***Placebo (Compressed)* Post-Training – Baseline = -0.15, t(433) = -0.51, p = 0.610** **Follow-Up – Post-Training = -0.35, t(447) = -0.69, p = 0.493** **Follow-Up – Baseline = -0.49, t(456) = -0.99, p = -0.32** ***Placebo (Distributed)*** **Post-Training – Baseline = -0.04, t(446) = -0.15, p = 0.881** **Follow-Up – Post-Training = -2.85, t(452_ = -4.69, p < 0.001** **Follow-Up – Baseline = -2.89, t(463) = -4.79, p < 0.001**	F(1, 444) = 0.41 p = 0.523 η2=0 B [CI] Male*Training Program = 0.13 [-0.21, 0.48]	F(2, 447) = 0.38 p = 0.685 η2=0 B [CI] Male*Post-Training = -0.1 [-0.34, 0.14] Male*Follow-Up = 0.08 [-0.26, 0.43]	F(2, 448) = 0.09 p = 0.913 η2=0 B [CI] Male*Training Program*Post-Training = -0.01 [-0.25, 0.23] Male*Training Program*Follow-Up = 0.06 [-0.29, 0.41]
Worsen	F(1, 450) = 0.26 p = 0.609 η2=0 B [CI] Distributed*Training Program = -0.42 [-1.13, 0.29]	F(2, 444) = 1.49 p = 0.227 η2=0.01 B [CI] Distributed*Post-Training = 0.03 [-0.45, 0.52] Distributed*Follow-Up = 0.43 [-	F(2, 445) = 1.62 p = 0.2 η2=0.01 B [CI] Male*Training Program*Post-Training = 0.36 [-0.13, 0.84] Male*Training Program*Follow-Up = -0.66 [-1.38, 0.06]	F(1, 445) = 0.03 p = 0.858 η2=0 B [CI] Male*Training Program = -0.32 [-1.11, 0.47]	F(2, 444) = 1.35 p = 0.261 η2=0.01 B [CI] Male*Post-Training = -0.51 [-1.04, 0.03]	F(2, 445) = 2.89 p = 0.057 η2=0.01 B [CI] Male*Training Program*Post-Training = 0.38 [-0.16, 0.91] Male*Training Program*Follow-Up = -0.93 [-1.71, -0.15]

		0.29, 1.15]			Male*Follow-Up = 0.51 [-0.27, 1.29]	
Inauthentic	F(1, 454) = 1.13 p = 0.289 η2=0 B [CI] Distributed*Training Program = -0.39 [-1.08, 0.3]	F(2, 436) = 1.96 p = 0.143 η2=0.01 B [CI] Distributed*Post-Training = 0.29 [-0.14, 0.72] Distributed*Follow-Up = -0.01 [-0.64, 0.63]	F(2, 436) = 0.06 p = 0.942 η2=0 B [CI] Male*Training Program*Post-Training = 0.03 [-0.39, 0.46] Male*Training Program*Follow-Up = -0.1 [-0.74, 0.53]	F(1, 449) = 0.56 p = 0.455 η2=0 B [CI] Male*Training Program = 0.13 [-0.64, 0.89]	F(2, 436) = 0.05 p = 0.95 η2=0 B [CI] Male*Post-Training = 0.04 [-0.43, 0.51] Male*Follow-Up = 0.02 [-0.67, 0.71]	F(2, 436) = 0.51 p = 0.598 η2=0 B [CI] Male*Training Program*Post-Training = 0.14 [-0.33, 0.61] Male*Training Program*Follow-Up = -0.35 [-1.04, 0.34]
STEM-B						
Total	F(1, 432) = 0.75 p = 0.388 η2=0 B [CI] Distributed*Training Program = 0.01 [0, 0.02]	F(2, 486) = 1.94 p = 0.145 η2=0.01 B [CI] Distributed*Post-Training = 0.01 [0, 0.01] Distributed*Follow-Up = -0.01 [-0.02, 0]	F(2, 488) = 2.21 p = 0.111 η2=0.01 B [CI] Male*Training Program*Post-Training = -0.01 [-0.01, 0] Male*Training Program*Follow-Up = 0.01 [0, 0.02]	F(1, 429) = 1.75 p = 0.186 η2=0 B [CI] Male*Training Program = 0.01 [0, 0.02]	F(2, 489) = 0.74 p = 0.477 η2=0 B [CI] Male*Post-Training = 0 [0, 0.01] Male*Follow-Up = 0 [-0.01, 0.01]	F(2, 493) = 1.85 p = 0.158 η2=0.01 B [CI] Male*Training Program*Post-Training = 0 [0, 0.01] Male*Training Program*Follow-Up = 0 [-0.01, 0.02]

Note: Effects of time and group were treatment coded (i.e., baseline = 0, post-training = 1; placebo program = 0, training program = 1). Age and IQ were centered. Sex and Schedule were sum coded (i.e., males = -1, females = 1; distributed = -1, compressed = 1), such that coefficients for other predictors were interpretable as main effects centered between levels of these variables.

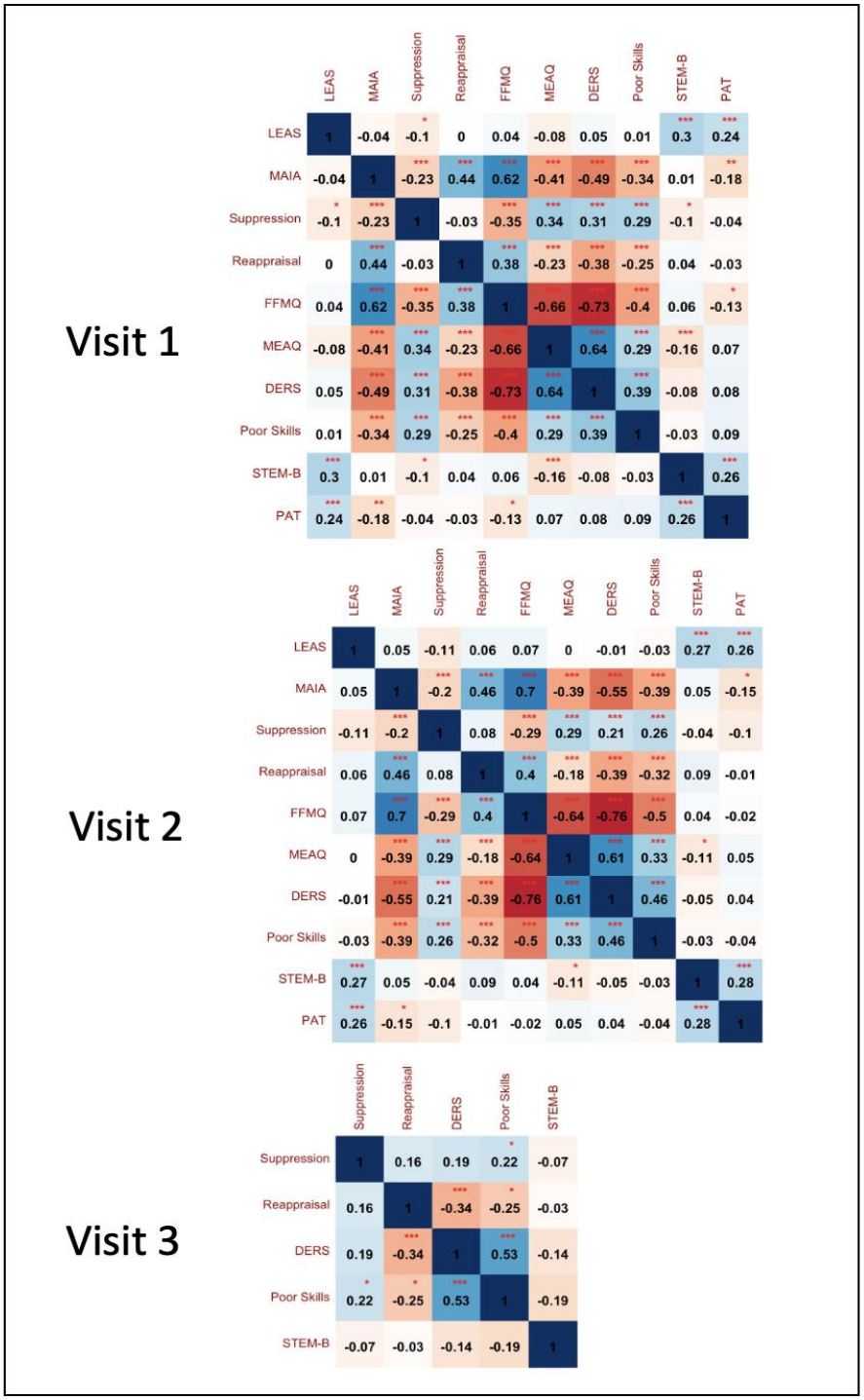


Figure S13. Correlation matrix of primary outcome variables of interest. Table displays Total scores for: LEAS, MAIA, ERQ Suppression, ERQ Cognitive Reappraisal, FFMQ, MEAQ, DERS, STEM-B, and PAT. MEOS Poor Skills total is shown, but the other subscales are not. Colors range from dark red, which reveals a strong negative correlation, to dark blue, which reveals a strong positive correlation. Note: * $p < .05$, ** $p < .01$, *** $p < .001$ (uncorrected).

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