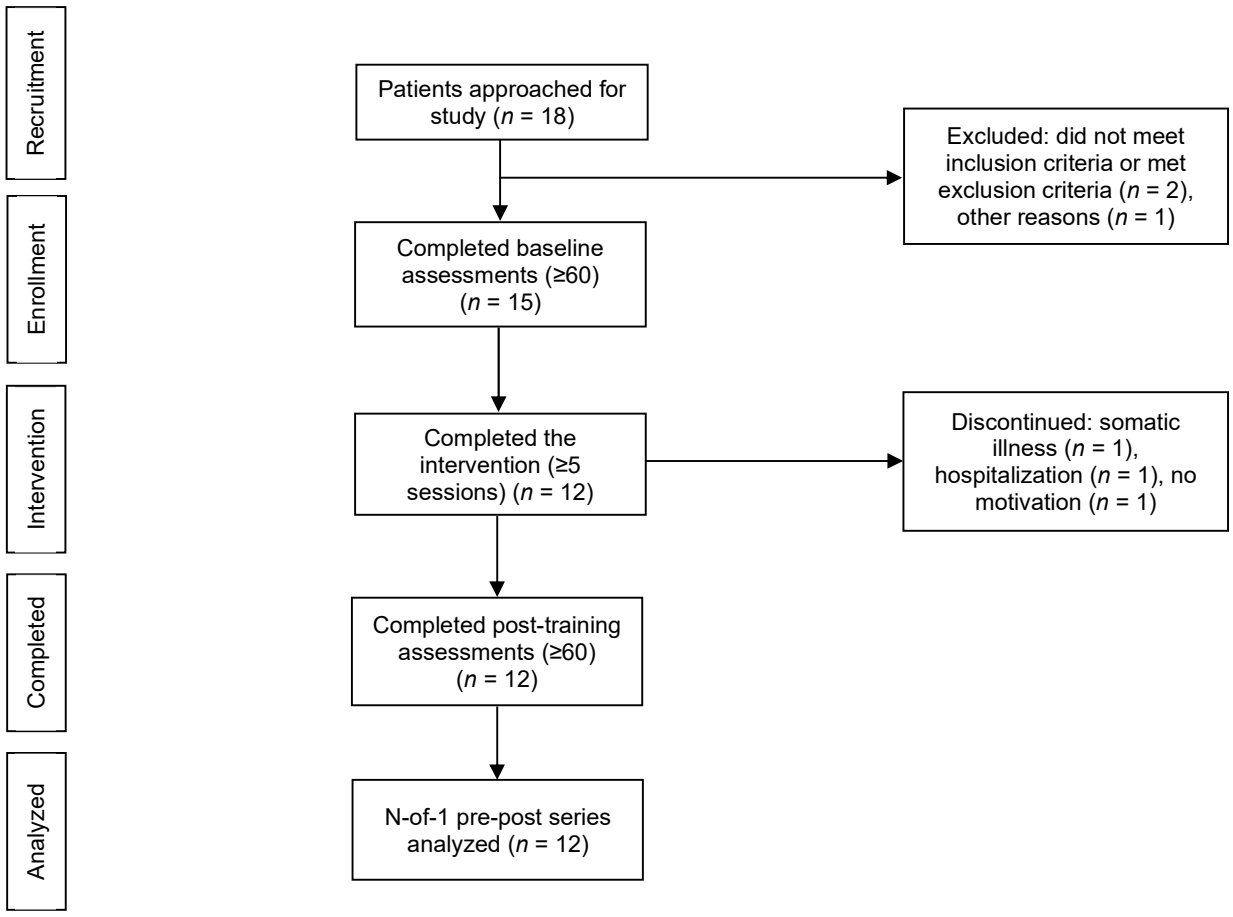
Participant flow diagram



Participant recruitment and flow through the study.

Participant baseline characteristics

Variable	Mean (*SD*)
Age, years	39.83 (12.03)
Gender, *n*	
Male	3
Female	9
Diagnosis, *n*	
Depressive disorder	4
Bipolar disorder	3
Anxiety disorder	2
PTSD	3
Illness duration, years	13.25 (7.76)
Current treatment duration, years	3.61 (3.59)
DASS	46.67 (19.23)
Depression	14.33 (7.48)
Anxiety	13.67 (7.95)
Stress	18.67 (8.88)

Note. DASS = Depression, Anxiety and Stress Scales; PTSD = post-traumatic stress disorder;

Outcome measures

Variable	Item(s)
Positive affect	Energetic
	Cheerful
	Relaxed
	Calm
Negative affect	Blue
	Fatigued
	Anxious
	Restless
Stressful events	"Think about the most important event that has happened since the last assessment (or since getting up [for the first assessment of the day]). How stressful was this event?"
Rumination	"Many negative thoughts are going through my head
	"I worry a lot"
Fear of emotion	"I feel overwhelmed with my emotions"
	"I accept the way I am feeling"
Acting with awareness	"Over the last period I did tasks and errands automatically, without being aware of what I was doing"
	"Over the last period I was living in the moment"
Body awareness	"Over the last period I was aware of things that were happening in my body, for example tension, emotional responses or other sensations"
	"Over the last period I felt at home in my body"

Results

Table 1

Pre- and post-intervention changes in the study variables

PP	Affect balance	Rumination	Fear of emotion	Acting with awareness	Body awareness	Stress
	Estimate (*SE*)	Estimate (*SE*)	Estimate (*SE*)	Estimate (*SE*)	Estimate (*SE*)	Estimate (*SE*)
01	1.710 (.318)***	.062 (.198)	-.254 (.098)*	.241 (.279)	.289 (.309)	-.612 (.277)*
02	1.411 (.239)***	-1.230 (.342)***	-1.352 (.420)**	.448 (.107)***	.168 (.052)**	-.374 (.256)
03	.377 (.256)	-.388 (.160)*	-.431 (.180)*	.066 (.193)	.125 (.078)	-.136 (.136)
04	1.902 (.556)**	-1.894 (.343)***	-1.018 (.368)**	.914 (.270)**	.887 (.229)***	-.160 (.427)
05	.673 (.363)^{x}	.378 (.324)	-.529 (.227)*	.563 (.235)*	.664 (.154)***	-.407 (.250)
06	-.22 (.243)	-.103 (.157)	-.578 (.233)*	.086 (.164)	.722 (.163)***	-.257 (.270)
07	-.066 (.402)	-.040 (.412)	-.037 (.250)	.169 (.156)	-.851 (.296)**	1.015 (.304)**
08	1.594 (.355)***	-.799 (.275)**	-.525 (.124)***	1.453 (.103)***	1.094 (.135)***	-.614 (.345)^{x}
09	1.831 (.427)***	.062 (.380)	-.391 (.267)	.625 (.235)**	.676 (.134)***	-.984 (.297)**
10	-.113 (.607)	-1.213 (.426)**	-.961 (.374)*	.818 (.202)***	-.011 (.255)	-.780 (.269)**
11	.282 (.317)	-.395 (.269)	-.042 (.215)	.009 (.067)	.108 (.172)	-.112 (.208)
12	1.441 (.343)**	-1.038 (.303)**	-.558 (.432)	.594 (.219)**	.682 (.200)**	-.213 (.242)
Total†	6	6	8	6	7	4

Note. PP = Participant number; *SE* = Standard Error.

* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$, ^{x} $p < 0.10$ (trend)

† number of significant changes in the expected direction

Adverse events

There were no adverse events associated with this trial.