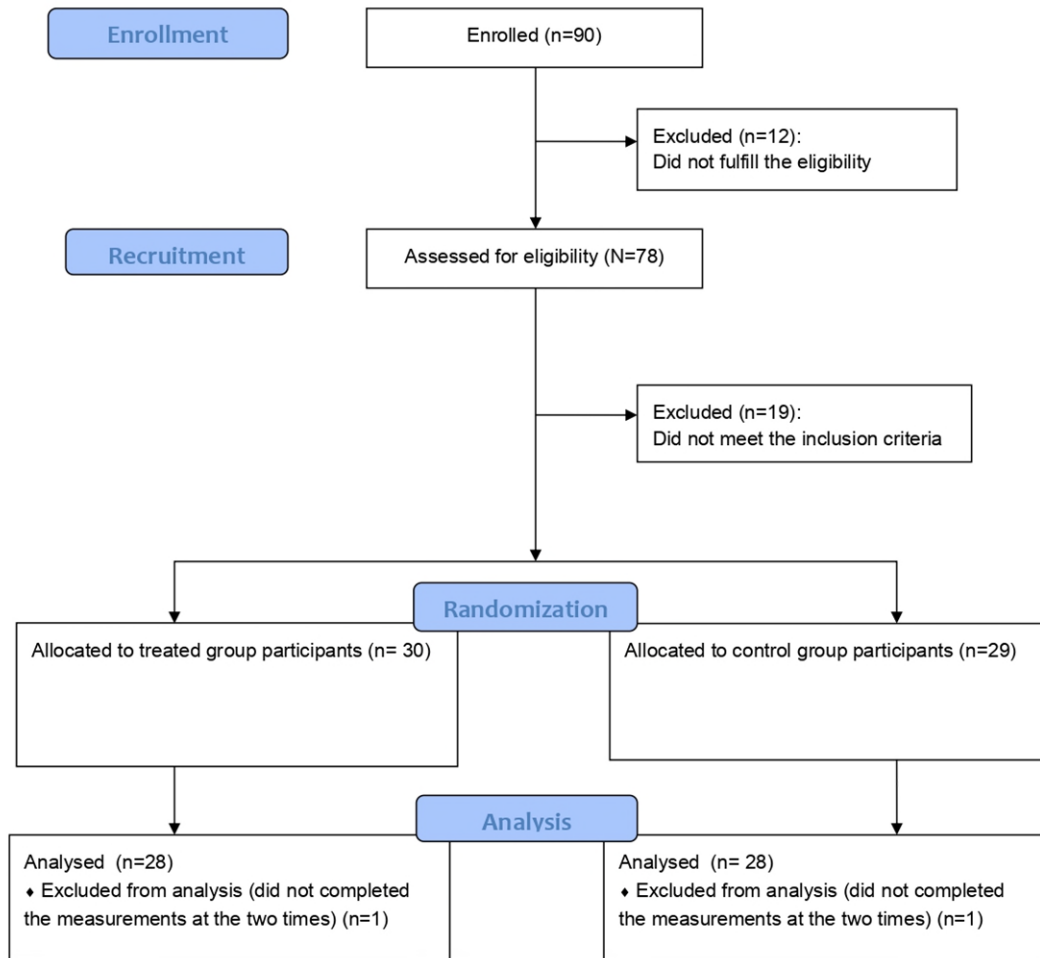


## Participant flow



## Baseline characteristics

Variables	Mean (SD) controls	Mean (SD) treated	p-value <sup>a</sup>
<b>Age</b>	53.96 (13.31)	53.46 (10.04)	0.87
	<b>N (%) controls</b>	<b>N (%) treated</b>	
<b>Sex</b>			
Male	5 (18%)	5 (18%)	1
Female	23 (82%)	23 (82%)	
<b>Nationality</b>			
Italian	26 (93%)	28 (100%)	0.49
Non-Italian	2 (7%)	0 (0%)	
<b>Marital status</b>			
Cohabitant/married	11 (39%)	16 (57%)	0.36
Unmarried/single	8 (29%)	4 (14%)	
Separated/Divorced	8 (29%)	8 (29%)	
Widowed	1 (4%)	0 (0%)	
<b>Number of children</b>			
0	10 (36%)	11 (39%)	0.43
1	6 (21%)	8 (28%)	
2	9 (32%)	9 (32%)	

≥3	3 (11%)	0 (0%)	
<b>Dependent children/family members</b>			
No	18 (64%)	18 (64%)	1
Yes	10 (36%)	10 (36%)	
<b>Unpaid loans</b>			
No	21 (75%)	22 (79%)	1
Yes	7 (25%)	6 (21%)	
<b>Education</b>			
Middle school	1 (4%)	1 (4%)	1
High school	11 (39%)	10 (36%)	
Degree	13 (46%)	14 (50%)	
Post-graduate course (e.g. PhD)	3 (11%)	3 (11%)	
<b>Job</b>			
Public or private employee	15 (54%)	16 (57%)	0.35
Freelance (e.g., lawyer, doctor etc)	4 (14%)	3 (11%)	
Student	0 (0%)	1 (4%)	
Unemployed or looking for a job	3 (11%)	0 (0%)	
Housewife	0 (0%)	2 (7%)	
Retired	6 (21%)	6 (21%)	
<b>Type of employment agreement</b>			
Undetermined term	13 (46%)	15 (54%)	0.80
Fixed term	4 (14%)	2 (7%)	
Not applicable	11 (39%)	11 (39%)	
<b>Employee satisfaction</b>			
No	12 (43%)	7 (25%)	0.26
Yes	16 (57%)	21 (75%)	
<b>Sport</b>			
No	5 (18%)	8 (29%)	0.53
Yes	23 (82%)	20 (71%)	
<b>Smoker</b>			
Yes	4 (14%)	4 (14%)	1
No	24 (86%)	24 (86%)	
<b>Knowledge about meditation</b>			
Clear idea	19 (68%)	16 (57%)	0.40
Vague idea	8 (29%)	12 (43%)	
Just heard of	1 (4%)	0 (0%)	
<b>Previous meditation experience</b>			
Yes	22 (79%)	24 (86%)	0.73
No	6 (21%)	4 (14%)	
<b>Religious</b>			
No	13 (46%)	16 (57%)	0.59
Yes	15 (54%)	12 (43%)	
<b>Number of books read in a year</b>			
0 -1	4 (14%)	2 (7%)	0.52
2 -3	6 (21%)	4 (14%)	
>3	18 (64%)	22 (79%)	
<b>Member of a cultural/sportive association</b>			
No	20 (71%)	17 (61%)	0.57
Yes	8 (29%)	11 (39%)	
<b>Diet</b>			
Mediterranean	22 (79%)	24 (86%)	0.69
a	2 (7%)	1 (4%)	
Vegan	3 (11%)	1 (4%)	
Macrobiotic	1 (4%)	2 (7%)	
<b>Disease/disability</b>			
No	20 (71%)	15 (54%)	0.27
Yes	8 (29%)	13 (46%)	
<b>Addiction</b>			
No	27 (96%)	25 (89%)	0.61
Yes	1 (4%)	3 (11%)	
<b>Have you ever gone to a psychologist</b>			
No	10 (36%)	11 (39%)	1
Yes	18 (64%)	17 (61%)	
<b>Drug for insomnia</b>			
No	21 (75%)	17 (61%)	0.39
Yes	7 (25%)	11 (39%)	

<sup>a</sup> p-value for between-groups comparison.

## Outcome measures

Questionnaire	Mean (SD) controls t0	Mean (SD) treated t0	Mean (SD) controls t1	Mean (SD) treated t1	Internal consistency t0	Internal consistency t1
<b>ERQ</b>						
Reappraisal	4.97 (1.09)	5.09 (1.20)	5.05 (1.13)	4.88 (1.26)	0.89	0.91
Suppression	3.68 (1.05)	3.39 (1.36)	3.52 (1.25)	3.60 (1.04)	0.70	0.61
<b>FFMQ</b>						
All Items	3.26 (0.52)	3.18 (0.51)	3.25 (0.44)	3.30 (0.41)	0.93	0.88
Observing	3.41 (0.84)	3.49 (0.68)	3.37 (0.79)	3.49 (0.67)	0.85	0.83
Describing	3.59 (0.81)	3.50 (0.77)	3.57 (0.73)	3.64 (0.75)	0.92	0.91
Acting with awareness	3.22 (0.78)	3.01 (0.73)	3.27 (0.77)	3.15 (0.63)	0.91	0.88
Non-judging of inner experience	3.18 (0.92)	3.18 (0.88)	3.22 (0.79)	3.28 (0.84)	0.93	0.91
Non-reactivity to inner experience	2.83 (0.65)	2.68 (0.59)	2.73 (0.73)	2.88 (0.58)	0.81	0.83
<b>PSQI</b>						
All Items	11.61 (3.71)	10.64(3.03)	9.86 (3.97)	6.96 (3.18)	0.60	0.70
Subjective sleep quality (Component 1)	1.86 (0.65)	1.82 (0.72)	1.75 (0.58)	1.18 (0.47)		
Sleep latency (Component 2)	2.14 (1.04)	1.46 (0.79)	1.50 (1.14)	1.04 (0.79)		
Sleep duration (Component 3)	1.79 (0.83)	1.96 (0.69)	1.61 (0.99)	1.25 (0.89)		
Sleep efficiency (Component 4)	1.46 (1.26)	1.29 (0.98)	1.54 (1.35)	0.82 (1.06)		
Sleep disturbance (Component 5)	1.64 (0.68)	1.57 (0.50)	1.50 (0.64)	1.18 (0.48)		
Use of sleep medication (Component 6)	1.29 (1.18)	1.32 (1.36)	0.71 (1.08)	0.86 (1.27)		
Daytime dysfunction (Component 7)	1.43 (0.63)	1.21 (0.63)	1.25 (0.64)	0.64 (0.56)		
<b>APS</b>						
All Items	38.96 (6.24)	37.57 (6.62)	39.00 (7.59)	38.39 (6.05)	0.85	0.86
<b>SCI</b>						
All Items	13.39 (6.78)	13.82 (5.68)	16.46 (5.56)	20.28 (5.01)	0.81	0.78
<b>FIRST</b>						
All Items	22.03 (6.86)	23.07 (5.45)	22.71 (6.51)	23.21 (6.12)	0.90	0.89
<b>ISI</b>						
All Items	11.75 (4.35)	11.64 (4.33)	11.32 (5.00)	7.71 (3.89)	0.82	0.83
<b>SHI</b>						
All Items	29.61 (5.76)	28.11 (4.72)	28.57 (5.80)	26.61 (5.29)	0.61	0.64

SD: Standard Deviation

## Adverse event

There were no adverse events associated with this trial.