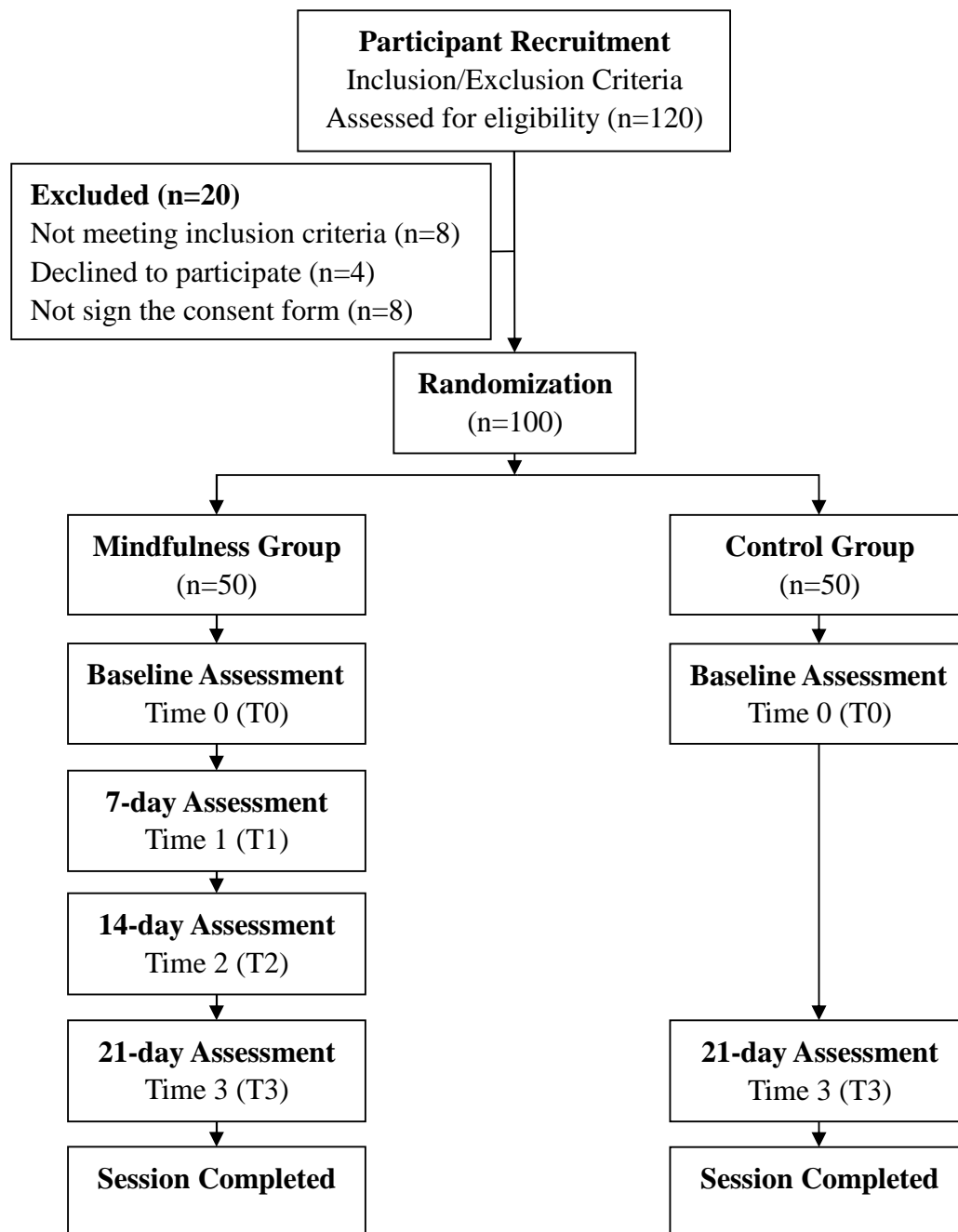


## Participant Flow



## Baseline Characteristics

This study recruited participants who met the following criteria via the Internet in China. Inclusion criteria consist of those who were over 18 years old, could understand and read Mandarin, had consistent internet access, could receive audio every day, and had spare time to listen to the training audio for 10-20 minutes every day for 21 consecutive days. Exclusion criteria include those who had been practiced mindfulness meditation before, were receiving any medication or psychotherapies currently, or had been diagnosed with depression, anxiety, or other mental illness.

A total of 120 participants were recruited. However, 8 participants were ineligible, 4 participants declined to participate, and 8 participants did not sign the consent form, producing a total of 100 samples. Then 50 samples were randomized to the intervention group and 50 samples were randomized to the control group. All participants finished the trial without dropout during the study (Fig.2). Table 1 displays the demographic information of samples in two groups. In the intervention group, the mean age of samples was 37.9 years (SD = 8.16). 48% of the people were males and 52% females. Most samples had high school or college education (60%) and were married (84%). The demographic variables of the two groups did not show a significant difference at T0 ( $p>.05$ ).

## Outcome Measures

**Table 1** Results of within-group outcomes

Group	Variable	Mean	SD	Lower Bound	Upper Bound	<i>F/t-test</i>	<i>d</i>
SAM	PA					10.75***	.18
	T0	29.30	5.34	27.78	30.82		
	T1	30.88	5.55	29.30	32.46		
	T2	32.14	5.92	30.46	33.82		
	T3	32.80	6.41	30.98	34.62		
	NA					7.66***	.14
	T0	20.98	6.52	19.13	22.83		
	T1	19.28	.77	17.73	20.83		
	T2	18.60	4.62	17.29	19.91		
	T3	18.06	5.08	16.62	19.50		
	ANX					41.41***	.46
	T0	15.10	2.25	14.46	15.74		
	T1	12.68	1.99	12.11	13.25		
	T2	12.78	2.05	11.20	12.36		
	T3	12.36	2.36	10.69	12.03		
	DEP					66.93***	.58
	T0	12.60	1.77	12.10	13.10		
	T1	9.56	1.88	9.03	10.09		
	T2	9.38	1.82	8.86	9.90		
	T3	8.96	1.97	8.40	9.52		
Control	PA			-1.44	1.48	.03	.00
	T0	29.48	6.13				
	T3	29.46	7.14				
	NA			-1.38	2.02	.38	.05
	T0	20.74	6.22				
	T3	20.42	5.94				
	ANX			-.84	1.00	.18	.03
	T0	15.85	2.88				

T3	15.76	2.41				
DEP			-.10	.02	-1.43	.13
T0	12.28	2.15				
T3	12.32	2.19				

**Note.**  $*p < .05$ ,  $**p < .01$ ,  $*** p < .001$ . SAM=short-term audio mindfulness intervention, Control=control group, PA=positive affect, NA=negative affect, ANX=anxiety, DEP=depression, SD=standard deviation.

**Table 2** Results of between-group outcomes

Time	Scale	Group	Mean	SD	Lower Bound	Upper Bound	<i>t</i>	<i>d</i>
T0	PA	SAM	29.30	5.34	-2.46	2.10	-.16	.03
		Control	29.48	5.34				
	NA	SAM	20.98	6.52	-2.29	2.77	.19	.03
		Control	20.74	6.22				
	ANX	SAM	15.10	2.25	-1.77	.29	-1.43	.09
		Control	15.84	2.88				
T3	DEP	SAM	12.60	1.77	-.46	1.10	.81	.16
		Control	12.28	2.15				
	PA	SAM	32.80	6.41	.65	6.03	2.46*	.49
		Control	29.46	7.14				
	NA	SAM	18.06	5.08	-4.55	-.17	-2.14*	.43
		Control	20.42	5.94				
	ANX	SAM	12.36	2.36	-4.35	-2.45	-7.12***	.81
		Control	15.76	2.41				
	DEP	SAM	8.96	1.97	-4.19	-2.53	-8.07***	.62
		Control	12.32	2.19				

**Note.**  $*p < .05$ ,  $**p < .01$ ,  $*** p < .001$ . SAM=short-term audio mindfulness intervention, Control=control group, PA=positive affect, NA=negative affect, ANX=anxiety, DEP=depression, SD=standard deviation.

### Adverse Events

There were no adverse events associated with this trial.