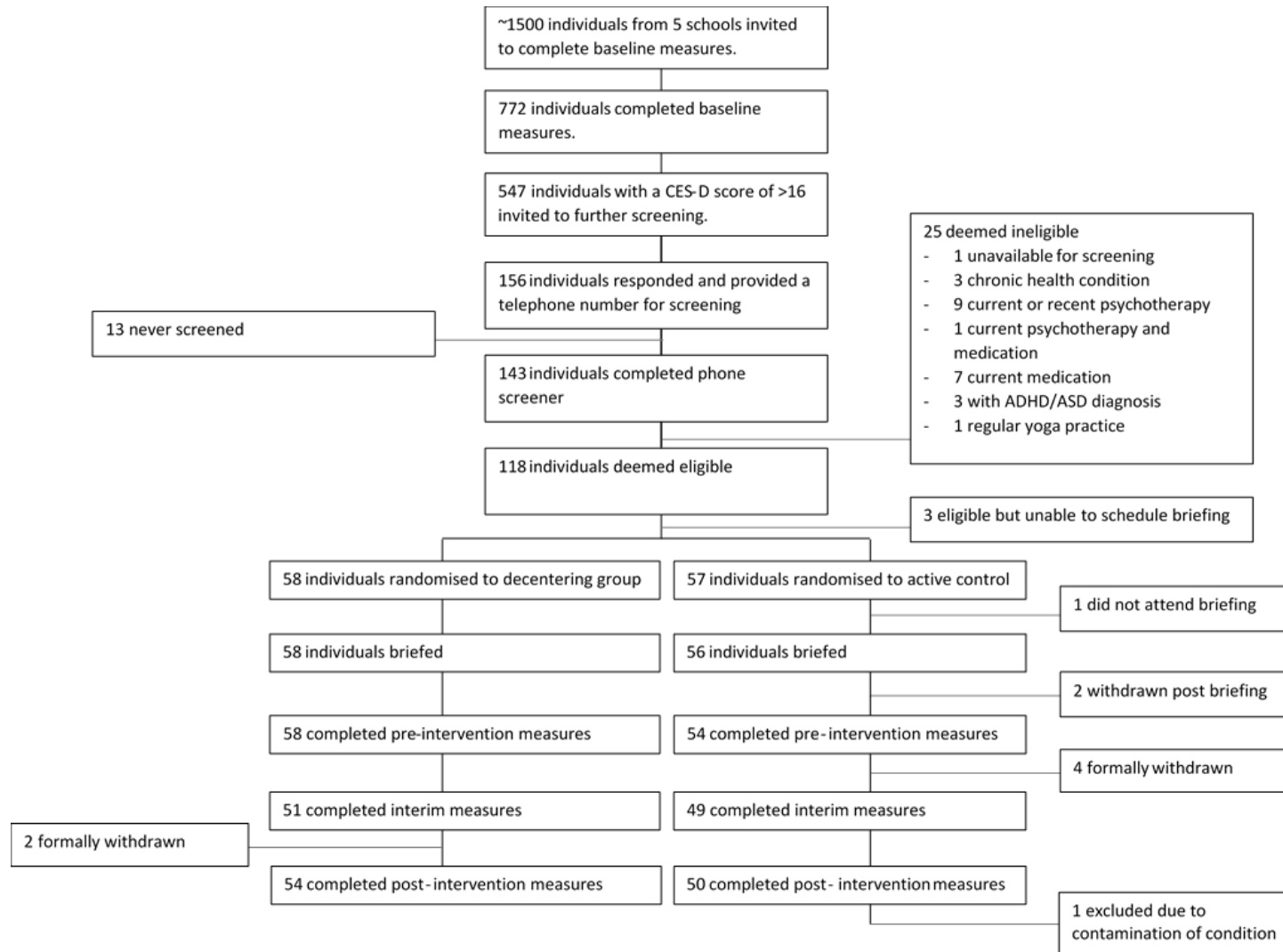


## Participant Flow



		STUDY PERIOD																																													
IN-TAKE		INTERVENTION																																			POST-INTERVENTION										
		WEEK 1							WEEK 2							WEEK 3							WEEK 4							WEEK 5																	
	days	-5	-4	-3	-2	-1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35						
Enrolment																																															
	Eligibility screening	•																																													
	Allocation	•																																													
	Briefing & Consent	•																																													
	ESM Tutorial	•																																													
Intervention																																															
	Decentering training & Active control					•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•			
Self-report assessments																																															
	ESM	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	EQ (Decentering)	•																					•	•																	•						
	CES-D (Depression)	•																					•	•																	•						
	RCADS (Anxiety)	•																					•	•																	•						
	WEMWBS (Well-being)	•																					•	•																	•						
	STAXI (Anger)	•																					•	•																	•						
	SDQ (General Well-being)	•																					•	•																	•						
	CERQ (Emotion Regulation)	•																					•	•																	•						
	DERS (Emotion Regulation)	•																					•	•																	•						
	CAMM (Mindfulness)	•																					•	•																	•						
	ADI (Adolescent Decentering)	•																					•	•																	•						
	CAS (COVID anxiety)	•																					•	•																	•						
	Patient Expectation Item	•																					•	•																	•						
Performance-based tasks																																															
	ESST (Attention and inhibitory control)	•																					•	•																	•						
	OBT (Self-perspective processing)	•																					•	•																	•						

Baseline Characteristics								
Variable		Active Control		Decentering		$\chi^2$	$df$	$P$
		n	%	n	%			
Sex: male		7	12.5	11	19.0	4.62	2	0.099
Free School Meals: yes		3	5.36	2	3.4	4.88	2	0.087
		Mean	SD	Mean	SD	$t$	$df$	$p$
Age		16.87	0.72	16.66	0.79	1.341	105.41	0.183
Family Affluence Scale		7.554	2.66	8.172	2.33	-1.32	109.07	0.190
Clinical Characteristics								
CAMM		23.43	6.32	23.53	6.10	-0.091	111.46	0.928
CAS		6	5.48	7.161	5.99	-1.052	105.98	0.295
CERQ		102.4	17.2	98.64	16.5	1.183	111.34	0.239
CESD		29.70	9.97	27.83	8.10	1.096	105.93	0.276
DERS		110.7	21.7	108.4	23.6	0.574	111.75	0.567
EQ		31.29	7.06	31.57	6.50	-0.223	110.45	0.824
RCADS	GAD	4.179	2.04	4.241	2.19	-0.158	111.83	0.874
	OCD	1.786	2.47	2.034	2.45	-0.540	111.79	0.590
	PD	2.732	2.26	2.862	2.33	-0.302	112	0.763
	SAD	1.875	1.72	2.603	1.86	-2.171	111.76	0.032*
	SOC	6.286	2.30	6.586	2.16	-0.718	110.92	0.474
	Total	16.86	7.25	18.33	8.23	-1.013	111.08	0.314
SDQ	Emotional Symptoms	6.143	2.01	6.259	2.31	-0.285	110.82	0.776
	Conduct Problems	3	1.78	3.190	1.62	-0.595	110.12	0.553
	Hyperactivity	5.268	1.68	5.534	1.65	-0.856	111.66	0.394
	Peer Problems	4.661	1.50	4.879	1.23	-0.848	106.18	0.399
	Prosocial Behaviour	7.571	1.92	7.466	1.96	0.291	111.96	0.771
	Total	26.64	4.65	27.33	4.74	-0.779	111.97	0.438
WEMWBS		41.48	8.01	41.10	7.09	0.053	109.28	0.958

CAMM = Child and Adolescent Mindfulness Measure, CAS = Covid Anxiety Scale, CERQ = Cognitive Emotion Regulation Questionnaire, CESD = Centre for Epidemiological Studies – Depression, DERS = Difficulties in Emotion Regulation Scale, EQ = Experiences Questionnaire, RCADS = Revised Child Anxiety and Depression Scale, GAD = Generalised Anxiety Disorder Subscale, OCD = Obsessive Compulsive Disorder Subscale, PD = Panic Disorder Subscale, SAD = Separation Anxiety Disorder Subscale, SOC = Social Anxiety Subscale, SDQ = Strengths and Difficulties Questionnaire, WEMWBS = Warwick Edinburgh Mental Wellbeing Subscale.

## Outcome Measures

Descriptive Statistics at Baseline and Post-Intervention and ANCOVA Results for Comparisons Between Groups at Post-Intervention

	Active Control (N = 56)									Decentering (N = 58)									Parameter Estimates		
	Pre			Post			Pre			Post											
	Mean	SE	CI	Mean	SE	CI	Mean	SE	CI	Mean	SE	CI	<i>t</i>	<i>p</i>	<i>d</i>						
EQ	31.581	0.833	29.948 33.214	31.878	0.884	30.140 33.615	31.664	0.817	30.063 33.265	36.015	0.795	34.456 37.574	-3.42	<0.001***	-0.64						
CESD	28.927	0.739	27.480 30.375	27.191	1.277	24.686 29.696	27.580	0.724	26.161 28.999	21.425	1.271	18.394 23.917	3.06	0.002**	0.57						
RCADS	16.497	0.941	14.652 18.342	16.547	0.778	15.020 18.075	18.212	0.923	16.403 20.020	15.156	0.742	13.700 16.613	1.23	0.220	1.34						
SDQ	18.892	0.489	17.933 19.850	19.635	0.501	18.652 20.618	19.804	0.479	18.865 20.744	18.488	0.495	17.517 19.459	1.62	0.105	0.97						
STAXI+	11.691	0.284	10.600 12.012	11.691	0.284	11.134 12.248	11.446	0.347	10.766 12.126	11.128	0.268	10.604 11.653	1.40	0.16	0.26						
WEMWBS	41.571	0.888	39.524 42.935	39.851	1.028	37.835 41.868	41.230	0.870	39.524 42.935	45.748	0.982	43.823 47.672	-4.07	<0.001***	-0.67						

EQ = Experiences Questionnaire, CES-D = Centre for Epidemiological Studies - Depression, RCADS = Revised Child Anxiety and Depression Scale, SDQ = Strengths and Difficulties Questionnaire, STAXI = State Trait Anger Expression Inventory, WEMWBS = Warwick Edinburgh Wellbeing Scale

df=110, \* =  $p < 0.05$ , \*\* =  $p < 0.01$ , \*\*\* =  $p < 0.001$

NOT CORRECTED

(+) taken from pre-intervention timepoint as no data available from baseline

**Adverse Events**

There were no adverse events associated with this study.

