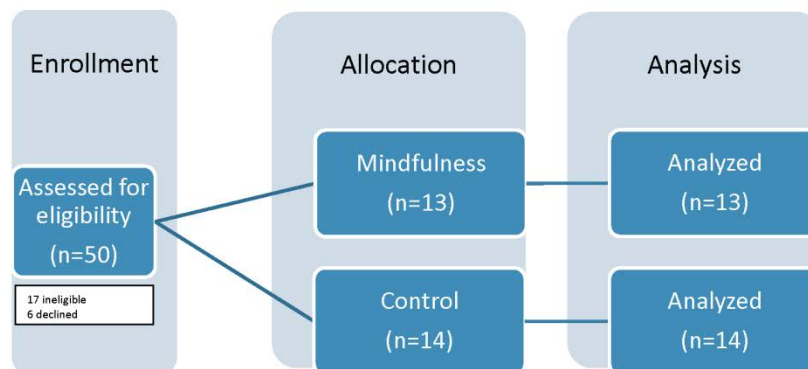


Participant flow



Baseline characteristics

Demographics			
	Mindfulness	Control	p-value
Age [^]	59.23 (10.83)	57.46 (14.85)	0.73
Male (n)	8% (1)	0% (0)	
Female (n)	92% (12)	100% (13)	0.23
Race (n)			0.80
—White	38% (5)	54% (7)	
—Black	31% (4)	15% (2)	
—Hispanic	23% (3)	23% (3)	
—Other	8% (1)	8% (1)	
Perceived Health [^]	2.54 (0.66)	1.85 (0.69)	0.02
Education (n)			0.16
—Less than High School	0% (0)	0% (0)	
—High School Equivalent	0% (0)	25% (3)	
—Some College	33.33% (4)	16.67% (2)	
—College Degree	50% (6)	50% (6)	
—Graduate Degree	16.67% (2)	8.33% (1)	
Urinary Symptoms			
Leakage/Incontinence	69% (9)	77% (10)	0.66
Obstruction/Hesitancy	31% (4)	15% (2)	0.35
Urgency	77% (10)	62% (8)	0.39
Frequency	54% (7)	62% (8)	0.69

[^] mean (standard deviation)

Outcome measures

Pain

Visual Analog Scale	After UDS	p-value
Mindfulness	2.25	0.88
Control	2.39	

Anxiety

STAI-6	After UDS	p-value
Mindfulness	9.54	0.13
Control	11.64	

UDS Components/Concerns			
	Mindfulness (n)	Control (n)	p -value
Worst Part			0.03
-- Bladder Catheter	46% (6)	15% (2)	
-- Rectal Catheter	23% (3)	38% (5)	
-- Filling	8% (1)	0% (0)	
-- Holding	15% (2)	8% (1)	
-- Urinating	8% (1)	0% (0)	
-- None	0% (0)	38% (5)	
Worst Feeling			0.50
-- Anxiety	23% (3)	38% (5)	
-- Embarrassment	15% (2)	23% (3)	
-- None	62% (8)	38% (5)	
Worst Part			0.39
-- Physical	31% (4)	23% (3)	
-- Emotional	0% (0)	15% (2)	
-- Both	8% (1)	8% (1)	
-- Neither	62% (8)	54% (7)	
	Mindfulness (SD)	Control (SD)	p-value
Anxious	1.00 (1.08)	1.31 (1.11)	0.48
Afraid	0.08 (0.28)	0.85 (1.21)	0.04
Embarrassed	0.54 (0.88)	1.23 (1.09)	0.09
Uncomfortable	1.25 (1.22)	1.23 (1.36)	0.97

Pain	0.92 (1.04)	1.31 (1.38)	0.43
Bladder Pain	1.39 (1.12)	0.62 (0.18)	0.05
Rectal Pain	0.92 (0.49)	1.08(1.04)	0.64
Worry about Radiation	0.08 (0.28)	0.23 (0.60)	0.41
Worry about UTI	0.15 (0.56)	0.92 (1.32)	0.07
Worry about Results	0.54 (0.66)	0.62 (0.77)	0.79

Adverse events

There were no adverse events associated with this trial.