

Mindful Aging: The effects of regular brief mindfulness practice on electrophysiological markers of cognitive and affective processing in older adults

Mindfulness

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Tests for baseline differences

Supplementary Table 1 Summary of tests (independent t-tests; 2-tailed) for baseline differences of control variables, with mean values (standard deviations) and respective statistical values for the comparison between MTG and BTG

	MTG (N=25)	BTG (N=25)	Statistical Values	
Age (years)	65.3 (6.0)	64.0 (6.7)	$t(48) = .691$	$p = .493$
FFMQ-total	134.8 (17.6)	137.6 (18.6)	$t(48) = -.546$	$p = .587$
Computer Ability	6.0 (2.5)	6.4 (2.5)	$t(48) = -.644$	$p = .523$
Years in education (years)	13.2 (2.7)	13.3 (3.1)	$t(48) = -.147$	$p = .883$
Health**	8.0 (1.3)	7.6 (2.0)	$t(47) = .849$	$p = .400$
Speed of Processing (ms)	288 (46)	300 (46)	$t(48) = -.956$	$p = .344$
GSE	31.1 (4.2)	33.2 (4.0)	$t(48) = -1.830$	$p = .073$
WEMWBS	54.1 (7.0)	54.6 (9.8)	$t(48) = -.199$	$p = .843$
Cognitive Activity	42.8 (11.4)	50.6 (18.8)	$t(39.42^*) = -1.764$	$p = .084$
Physical Activity	32.5 (11.5)	33.6 (11.0)	$t(48) = -.351$	$p = .727$

* Levene's test for equality of variances violated, therefore degrees of freedom were adjusted accordingly

** Only 24 participants from the MTG were included in this analysis due to missing data

Supplementary Table 2 Summary of tests (independent t-tests; 2-tailed) for baseline differences of behavioural performance, with mean values (standard deviations) and respective statistical values for the comparison between MTG and BTG

	MTG (n=22)	BTG (n=22)	Statistical Values	
RT mean (ms)				
Incongruent	835 (140)	818 (120)	$t(42) = .437$	$p = .664$
Negative	762 (118)	766 (107)	$t(42) = -.141$	$p = .889$
Positive	759 (110)	761 (98)	$t(42) = -.084$	$p = .933$
Neutral	758 (117)	761 (96)	$t(42) = -.091$	$p = .928$
HR (%)				
Incongruent	92.5 (8.5)	96.5 (4.2)	$t(31^*) = -1.993$	$p = .055$
Negative	97.1 (2.6)	98.3 (2.2)	$t(42) = -1.674$	$p = .102$
Positive	97.7 (2.4)	98.6 (1.8)	$t(42) = -1.351$	$p = .184$
Neutral	97.4 (2.3)	97.9 (2.9)	$t(42) = -.625$	$p = .536$

* Levene's test for equality of variances violated, therefore degrees of freedom were adjusted accordingly

Tests for training-induced changes in control variables

Supplementary Table 3 Summary of FFMQ, GSE and WEMWBS pre and post mean values (standard deviations) and statistical values for the time x group interactions in the ANOVA

	MTG (N=25)		BTG (N=25)		Statistical Values	
	Pre	Post	Pre	Post	<i>F</i> (1,48)	<i>p</i>
FFMQ						
Non-reacting	22.7 (5.1)	22.6 (4.8)	22.3 (3.9)	22.2 (3.4)	0.002	.967
Observing	26.5 (5.6)	28.8 (4.3)	29.5 (4.4)	28.4 (3.9)	15.907	.001
Acting-aware	27.7 (5.5)	26.5 (5.8)	27.2 (5.3)	25.8 (5.1)	0.026	.872
Describing	28.6 (5.9)	30.4 (5.0)	30.6 (5.7)	30.6 (5.5)	3.343	.074
Non-judging	29.3 (6.2)	29.8 (6.1)	28.0 (7.3)	28.3 (6.6)	0.039	.844
Total	134.8 (17.6)	138.1 (16.6)	137.6 (18.6)	135.2 (15.1)	3.204	.080
GSE	31.1 (4.2)	32.2 (3.1)	33.2 (4.0)	34.1 (4.1)	0.081	.777
WEMWBS	54.1 (7.0)	55.2 (6.6)	54.6 (9.8)	54.3 (7.4)	0.889	.351