

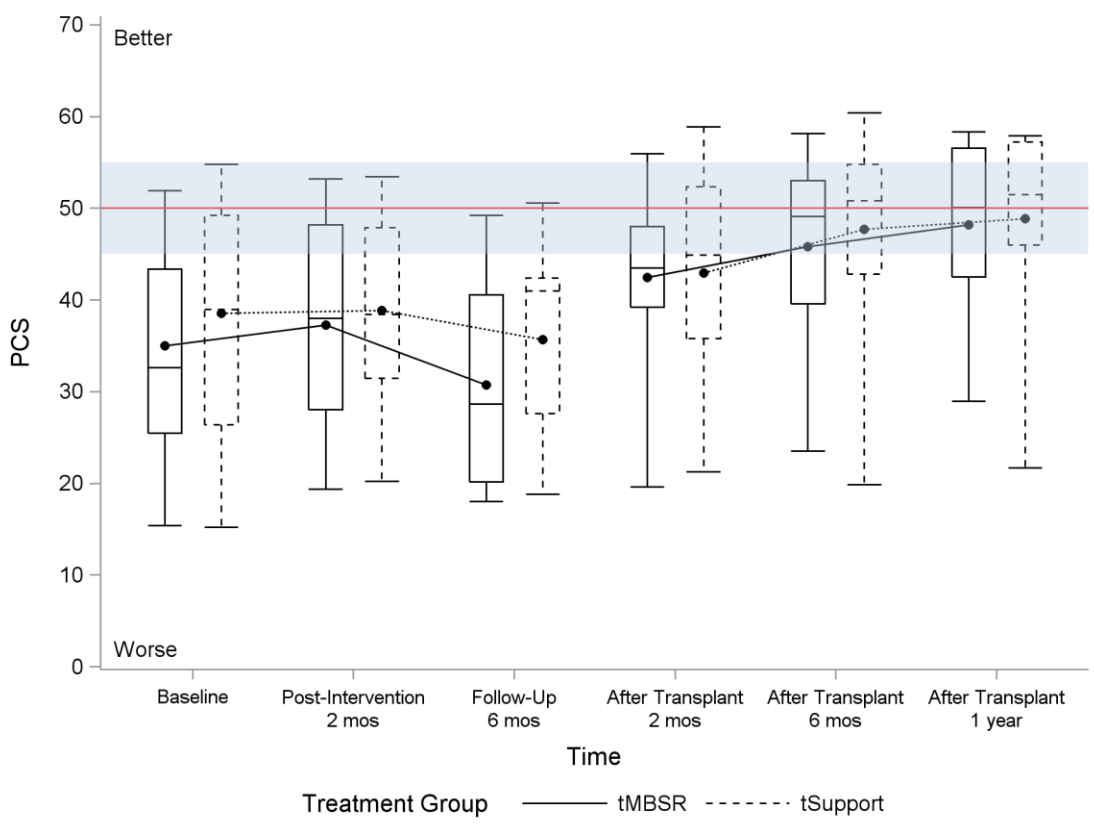
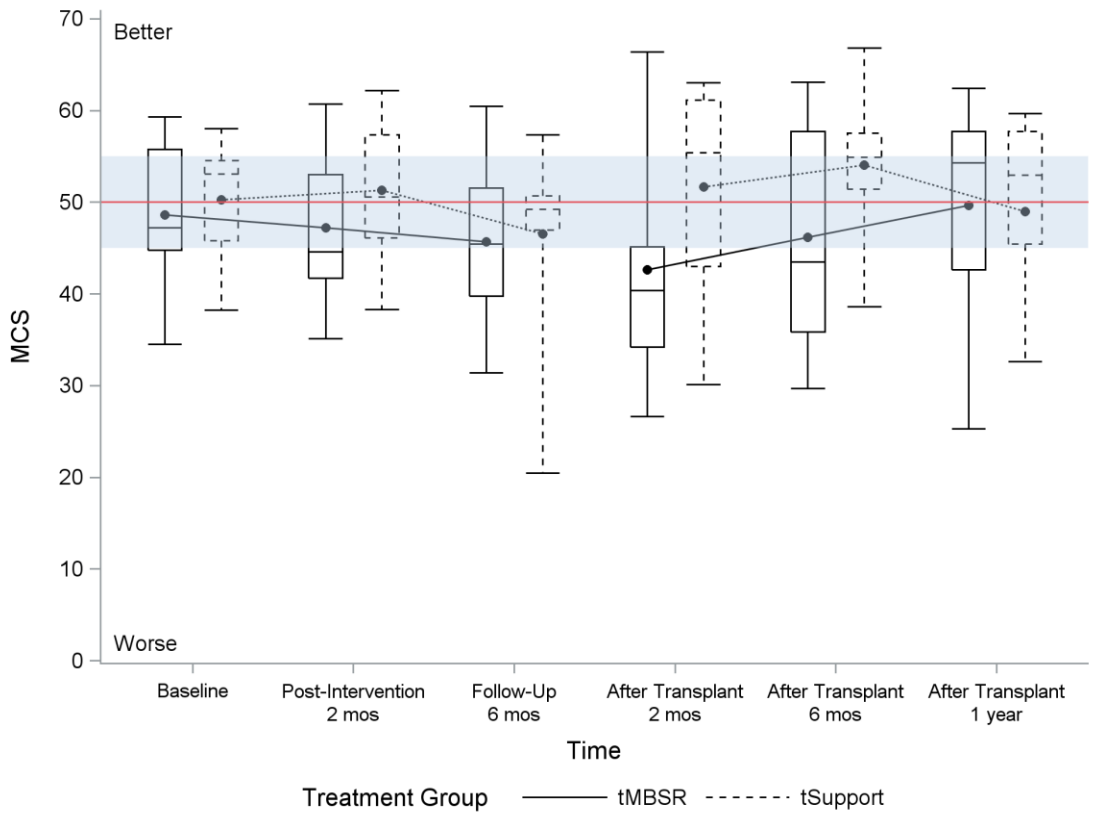
Supplementary information

Supplemental Figure 1. HRQOL before and after kidney transplantation

An exploratory graphical analysis was conducted to provide context for findings of improved mental HRQOL outcomes in tMBSR at follow-up. Mental and physical HRQOL data (MCS and PCS scores) for the subset of participants (n=32) who underwent transplantation are shown at all pre-transplantation and post-transplantation time points. MCS and PCS scores declined during the months prior to transplantation, and improved following transplantation. MCS scores were close to the adult population norm (50 points) at baseline (49.4 ± 6.9), but after 6 more months on the waiting-list, a clinically meaningful decline (3.2 points) dropped the sample mean toward the lower limit of the normative range for mental HRQOL. This trend was reversed after transplantation, and by one year after surgery, average MCS scores were again close to the population norm (49.3 ± 10.4). PCS scores at baseline (mean 36.6 ± 11.5) indicated major impairment (scores ≤ 40) in physical HRQOL. By two months after transplantation, clinically meaningful improvements in physical HRQOL were reported (mean 42.7 ± 10.2). Average PCS scores entered the normal range (45 to 55 points) by 6 months, and continued to improve by one year (mean 48.6 ± 10.1).

Supplemental Figure 1 Legend

The SF-12 Mental and Physical Component Summary scores (MCS, top panel; PCS, bottom panel) of participants who received kidney transplants during the Journeys trials are shown by treatment group. SF-12 scores are on the y-axis, with a solid line at 50 indicating the population norm, and a shaded horizontal band from 45 to 55, showing the normative range for the adult US population. Boxplots are drawn for each treatment group (tMBSR, solid lines; tSupport groups, dashed lines) at each time-point. A line across the box is the median value, and the box length extends from the 25th to 75th percentile. Vertical lines reach from the box to the minimum and maximum values. A dot represents the mean value. The x-axis is marked by assessment times. The tMBSR samples sizes are: 17, 14, 8, 13, 12 and 9, and the tSupport samples sizes are 15, 14, 9, 14, 13, and 13, at baseline, post-intervention (2-mos) and follow-up (6-mos) before transplantation, and 2-mos, 6-mos and one year after transplantation, respectively.



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Supplemental Table 1. Sensitivity analysis: Between groups outcome differences adjusted for baseline, design strata, sex and co-morbidity index

Measures	Means			Adjusted between group differences	
	Group	Baseline	Post-intervention	Follow-up	at Post-intervention
		Means \pm SD		Difference [95% CI], <i>P</i>	
		n			
STAI ^a					
tMBSR	42.1 \pm 12.7	40.8 \pm 14.7	41.2 \pm 15.3	3.97 [-1.12, 9.05], 0.12	-2.25 [-8.81, 4.32], 0.49
	27	24	20		
tSupport	37.8 \pm 12.7	34.9 \pm 10.1	38.1 \pm 11.6		
	28	27	22		
CESD ^a					
tMBSR	15.4 \pm 9.9	14.7 \pm 9.4	16.9 \pm 11.6	2.91 [-0.11,5.92], 0.06	-0.69 [-5.36,3.98], 0.77
	27	24	18		
tSupport	11.1 \pm 7.5	9.1 \pm 5.8	11.1 \pm 8.6		
	28	27	21		
PSQI ^a					
tMBSR	7.4 \pm 3.6	7.3 \pm 4.7	8.5 \pm 5.4	0.69 [-1.03,2.41], 0.42	0.79 [-1.46,3.04], 0.48
	27	24	18		
tSupport	6.3 \pm 3.7	6.1 \pm 3.4	7.1 \pm 4.1		
	28	27	21		
PROMIS – Fatigue 7 ^a					
tMBSR	55.9 \pm 7.0	56.6 \pm 7.0	57.0 \pm 6.3	0.72 [-2.25,3.69], 0.63	-0.13 [-3.98,3.72], 0.95
	27	23	18		
tSupport	56.4 \pm 7.5	55.5 \pm 7.4	56.6 \pm 8.4		
	28	26	20		
MCS ^b					
tMBSR	48.9 \pm 8.6	48.3 \pm 8.4	49.7 \pm 10.0	-2.51[-6.18,1.17], 0.18	6.07 [0.90,11.24], 0.02
	27	23	17		
tSupport	49.6 \pm 7.7	51.1 \pm 7.2	46.7 \pm 9.8		
	28	27	19		
PCS ^b					
tMBSR	34.5 \pm 11.0	38.1 \pm 10.5	33.2 \pm 9.8	3.25 [-1.09,7.58], 0.14	1.84 [-4.30,7.98], 0.55
	27	23	17		
tSupport	38.1 \pm 11.0	38.3 \pm 11.3	38.5 \pm 10.4		
	28	27	19		
Pain, SF-12 ^b					
tMBSR	39.3 \pm 15.0	43.9 \pm 12.6	39.9 \pm 13.9	0.74 [-4.12,5.60], 0.76	-1.24 [-9.24,6.76], 0.75
	27	24	18		
tSupport	44.7 \pm 12.0	46.1 \pm 11.1	44.7 \pm 10.4		
	28	27	20		

Notes: Baseline assessment was obtained prior to the start of the intervention. Post-intervention assessment was obtained 2 months from the start of the intervention. Follow-up assessment was 6 months from the start of the intervention. Adjusted mean differences are (tMBSR – tSupport). The statistical test for assessing between group differences tests the coefficient for the group indicator variable in a multiple regression model adjusted for baseline value, and design strata variables - dialysis (yes/no), diabetes (yes/no), sex (male/female) and Charlson co-morbidity index scores at baseline.

Abbreviations: STAI, State-Trait Anxiety Inventory; CESD, Center for Epidemiologic Studies Depression Scale; PSQI, Pittsburgh Sleep Quality Index; PROMIS – Fatigue 7, Patient Reported Outcomes Management Information System Fatigue 7 - item Short Form; MCS, Mental Component Summary, Short Form-12; PCS, Physical Component Summary, Short Form-12.

^a Higher scores indicate more symptoms

^b SF-12 scores are standardized to the general US adult population (mean=50, SD =10), and higher scores indicate better health states, less pain.
