

*Developing Professional Caregivers' Empathy and Emotional Competencies Through Mindfulness-Based Stress Reduction (MBSR): Results of two Proof-of-Concept Studies*

**SUPPLEMENTARY TABLES**

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Table S1  
*Study 1 and Study 2 Participants Compared at Baseline*

Measure	Study 1 (Students, N = 12)		Study 2 (Professionals, N = 25)		Study 1 vs Study 2 Scores at Baseline			
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>t</i>	<i>df</i>	<i>p</i>	<i>d</i>
Mindfulness (MAAS)	3.11	.67	3.27	.13	1.166	35	.256	.41
Perspective Taking (IRI)	2.58	.52	2.63	.67	.227	35	.822	.08
Empathic Concern (IRI)	2.79	.31	2.96	.63	.880	35	.385	.31
Identify my Emotions (PEC)	3.07	.88	3.47	.64	1.573	35	.125	.55
Identify Others' Emotions (PEC)	3.97	.69	3.86	.60	.497	35	.622	.18
Acceptance (AAQ-II)	42.25	10.83	44.08	7.85	.586	35	.562	.21
Expressive Suppression (ERQ)	2.75	.81	3.18	1.09	1.212	35	.234	.43
Recognition of Emotions (GERT) <sup>a</sup>	58.58	4.01	52.89	11.29	1.69	35	.106	.59

<sup>a</sup> Study 2 GERT's mean was adjusted to take into account the difference in the number of items between the 2 versions of the task (83-item GERT for Study 1 and 42-item GERT-S for Study 2)

Table S2  
*Study 2 Results of Pairwise Comparisons across time on outcomes measured at pre, post, follow-up of an MBSR-based program followed by 25 paediatric haematology-oncology professionals*

Measure	(I) Time	(J) Time	Mean Difference (I-J)	SE	<i>p</i> <sup>a</sup>	<i>d</i>	95% confidence interval for difference <sup>a</sup>	
							Lower Bound	Upper Bound
Mindfulness (MAAS)	Pre	Post	-.903*	.140	.000	1.72	-1.264	-.541
	Pre	Follow-up	-.719*	.114	.000	1.54	-1.014	-.425
	Post	Follow up	.183	.075	.069		-.011	.378
Perspective Taking (IRI)	Pre	Post	-.310*	.094	.009	.50	-.551	-.068
	Pre	Follow-up	-.143	.108	.594	.23	-.421	.135
	Post	Follow up	.167	.066	.056		-.337	.003
Empathic Concern (IRI)	Pre	Post	-.024	.102	1.00	.04	-.283	.236
	Pre	Follow-up	-.012	.112	1.00	.02	-.300	.277
	Post	Follow up	.012	.119	1.00		-.294	.318
Identify my Emotions (PCE)	Pre	Post	-.533*	.116	.000	.90	.234	.833
	Pre	Follow-up	-.542*	.121	.001	.89	-.855	-.229
	Post	Follow up	-.008	.081	1.000		-.201	.218
Identify Others' Emotions (PCE)	Pre	Post	-.133	.095	.515	.24	-.377	.111
	Pre	Follow-up	-.092	.104	1.000	.15	-.361	.177
	Post	Follow-up	.042	.072	1.000		-.145	.228
ACCEPTANCE (AAQ-II)	Pre	Post	-7.458*	1.137	.000	.93	-10.395	-4.522
	Pre	Follow-up	-7.792*	1.273	.000	.96	-11.078	-4.506
	Post	Follow-up	-.333	1.266	1.000		-3.603	2.937

EXPRESSIVE SUPPRESSION  
(ERQ)

Pre	Post	.500*	.171	.023	.45	.059	.941
Pre	Follow-up	.438	.209	.143	.40	-.103	.978
Post	Follow-up	-.063	.168	1.000		-.497	.372

EMOTION RECOGNITION  
(GERT)

Pre	Post	-2.250	1.213	.250	.45	-5.517	1.017
Pre	Follow-up	-2.250	1.031	.136	.39	-5.027	.527
Post	Follow-up	.000	.970	1.000		-2.614	2.614

\* The mean difference is significant at the .05 level.

<sup>a</sup> Adjustment for multiple comparison: Bonferroni.