

Multimedia Appendix 8. Multilevel model results for the individual questionnaire subscales.

Table 1. Multilevel models of trait measures of well-being.

| Scale/subscale                         | Mindfulness training |                 | Cognitive training |                 | Group by time <i>P</i> value |
|--|----------------------|-----------------|--------------------|-----------------|------------------------------|
|  | Mean pre score       | Mean post score | Mean pre score     | Mean post score |                              |
| PSS <sup>a</sup> -short version        | 6.51                 | 5.44            | 8.20               | 7.02            | .87                          |
| BFI <sup>b</sup> /Extraversion         | 24.96                | 25.42           | 23.40              | 24.61           | .31                          |
| BFI/Agreeableness                      | 34.11                | 34.91           | 34.85              | 34.76           | .21                          |
| BFI/Conscientiousness                  | 32.04                | 32.91           | 28.78              | 28.61           | .11                          |
| BFI/Neuroticism                        | 24.96                | 24.16           | 26.37              | 25.73           | .82                          |
| BFI/Openness                           | 35.56                | 36.04           | 34.73              | 34.78           | .60                          |
| PWBS <sup>c</sup> /Autonomy            | 55.87                | 59.07           | 53.95              | 55.15           | .20                          |
| PWBS/Environmental Mastery             | 55.20                | 58.89           | 48.63              | 52.27           | .97                          |
| PWBS/Personal Growth                   | 68.51                | 69.58           | 67.66              | 67.51           | .47                          |
| PWBS/Positive Relations with Others    | 58.60                | 60.47           | 58.58              | 59.85           | .69                          |
| PWBS/Purpose in Life                   | 59.40                | 63.04           | 55.39              | 56.93           | .28                          |
| PWBS/Self-Acceptance                   | 56.47                | 60.27           | 53.66              | 54.17           | <b>.09<sup>j</sup></b>       |
| AAQ-II <sup>d</sup>                    | 25.24                | 27.82           | 25.85              | 25.02           | <b>.03<sup>i</sup></b>       |
| PHLMS <sup>e</sup> /Awareness Subscale | 32.98                | 33.36           | 31.07              | 31.56           | .92                          |
| PHLMS/Acceptance Subscale              | 26.58                | 29.04           | 26.41              | 27.12           | .16                          |
| MAIA <sup>f</sup> /Noticing            | 3.79                 | 3.86            | 3.43               | 3.51            | .97                          |
| MAIA/Not Distracting                   | 2.71                 | 2.90            | 2.74               | 2.76            | .54                          |
| MAIA/Not Worrying                      | 3.15                 | 3.11            | 2.77               | 2.96            | .30                          |
| MAIA/Attention Regulation              | 3.04                 | 3.72            | 2.89               | 3.22            | .13                          |
| MAIA/Emotional Awareness               | 3.85                 | 4.14            | 3.44               | 3.91            | .46                          |
| MAIA/Self-Regulation                   | 2.95                 | 3.95            | 2.99               | 3.42            | <b>.04<sup>i</sup></b>       |
| MAIA/Body Listening                    | 2.34                 | 3.27            | 2.24               | 2.50            | <b>.04<sup>i</sup></b>       |
| MAIA/Trusting                          | 3.90                 | 4.53            | 3.50               | 3.89            | .36                          |
| SEI-R <sup>g</sup> /Support            | 45.04                | 47.87           | 47.95              | 49.66           | .62                          |
| SEI-R/Openness                         | 41.24                | 41.80           | 40.71              | 42.15           | .42                          |
| MLQ <sup>h</sup> /Presence of Meaning  | 21.64                | 23.98           | 21.17              | 22.22           | .24                          |
| MLQ/Search for Meaning                 | 24.71                | 24.91           | 25.29              | 26.15           | .66                          |
| Mood Board/Intense Negative Emotions   | 2.60                 | 1.33            | 2.34               | 2.12            | <b>.02<sup>i</sup></b>       |

|                                      |      |      |      |      |      |
|--------------------------------------|------|------|------|------|------|
| Mood Board/Mild Negative Emotions    | 2.38 | 1.62 | 2.78 | 2.02 | >.99 |
| Mood Board/Intense Positive Emotions | 2.82 | 2.69 | 1.44 | 1.59 | .50  |
| Mood Board/Mild Positive Emotions    | 2.93 | 3.49 | 2.10 | 2.41 | .65  |

---

<sup>a</sup>PSS: Perceived Stress Scale.

<sup>b</sup>BFI: Big Five Inventory.

<sup>c</sup>PWBS: Psychological Well-Being Scale.

<sup>d</sup>AAQ-II: Acceptance and Action Questionnaire.

<sup>e</sup>PHLMS: Philadelphia Mindfulness Scale.

<sup>f</sup>MAIA: Multidimensional Assessment of Interoceptive Awareness.

<sup>g</sup>SEI-R: Spiritual Experience Index.

<sup>h</sup>MLQ: Meaning in Life Questionnaire.

<sup>i</sup>Represents significant findings

<sup>j</sup>Represents marginal findings