

Mindful Kangaroo Care: Mindfulness Intervention for mothers during skin-to-skin care: a randomized control pilot study.

Additional file #8: Acceptability form, both groups

Thanks for participating in our study.

We would like to ask **how acceptable** to you were the different interventions that we used during this research project.

Please place an X under the appropriate column			
	Unacceptable*	Neutral	Acceptable
General Demographic Form (1st week)			
Mindfulness instructions (live) (if applicable)			
Mindfulness audio recordings (if applicable)			
Weekly visit with one of the team member			
Kangaroo care log (weekly)			
Mindfulness scale (13 questions) (1st and last week)			
Parent Stress scale (45 questions) (1st and last week)			
Depression and Anxiety scale (4 quest) (1st and last week)			

* For each unacceptable, please provide some comments to help us to improve this research study:
