

## Online Supplement

### Supplement DS1

#### Summary of MBCT session

Session 1: Automatic pilot – identifying and stepping out of automatic pilot

- Group orientation
- Ground rules and introduction
- Mindful eating: raisin exercise and review
- Body scan practise and review

Session 2: Dealing with barriers – reactions to everyday events

- Body scan practise
- Practise and homework review
- Thoughts and feelings (anxiety) exercise
- Pleasant events calendar
- Sitting meditation

Session 3: Mindfulness of the breath – maintaining awareness using the breath as an anchor

- Sitting meditation
- Practise and homework review
- 3-minute breathing space and review
- Mindful stretching and review
- Mindful walking and review
- Unpleasant events calendar

Session 4: Staying present – to take a wider perspective and relate differently to experience

- Sitting meditation
- Practise and homework review
- Defining the ‘territory’ of generalised anxiety disorder
- Explore common coping strategies (avoidance, safety behaviours, rumination/worry) versus taking a breathing space as the ‘first step’ before taking a wider view of what is happening
- 3-minute breathing space (extended instructions) and review

Session 5: Allowing/letting be – acceptance of one’s experience

- Sitting meditation (working with difficulties)
- Practise and homework review
- 3-minute breathing space and review

Session 6: Thoughts are not facts – seeing thoughts as mental events

- Sitting meditation (working with difficulties)
- Practise and homework review
- Mood (anxiety), thoughts and alternative viewpoints exercise
- 3-minute breathing space and review
- Discuss breathing space as the ‘first step’ before taking a wider view of thoughts

Session 7: How can I best take care of myself – developing an action plan

- Sitting meditation (includes working with difficulties)
- Practise and homework review
- Explore links between activity and mood
- Generate list of pleasure and mastery activities
- Plan how best to schedule such activities
- 3-minute breathing space as the ‘first step’ before choosing whether to take mindful action
- Identifying warning signs and actions to deal with them
- Identify realistic and meaningful goals for a life with satisfaction
- 3-minute breathing space or mindful walking

Session 8: Using what has been learned to deal with future moods – linking practise to everyday life

- Body scan practise
- Practise and homework review
- Course review
- Discuss plans to maintain the practise and link them to positive reasons for doing so
- End the classes with a concluding meditation (marble or stone)

## Supplement DS2

### Psychoeducation session summary

#### Session 1: Preparing for stress control

- Introduction
- Course overview and how it works
- Describing your stress
- Introducing stress diary
- Set goals for yourself

#### Session 2: Learning about stress

- Myths and facts about stress
- Thoughts, action and body: the TAB model
- The role of stress
- Different types of anxiety disorder
- The cause of stress
- What keeps stress going

#### Session 3: Controlling your body

- The role of the body in stress
- The TAB model
- Body symptoms
- Progressive muscular relaxation

#### Session 4: Controlling your thoughts

- The role of thoughts in stress
- The TAB model
- The interaction of thoughts and stress
- Challenging your thoughts
- The court case
- Short cuts

- Breaking up stress

#### Session 5: Controlling your action

- The role of action in stress
- The TAB model
- Avoidance and stress
- Four techniques when dealing with stress
- Finding hidden problems
- Exposure
- Coping strategies
- Problem-solving

#### Session 6: Controlling your panic and insomnia

##### Panic

- The TAB vicious model
- Controlling your panic body
- Controlling your panic thoughts
- Controlling your panic actions

##### Insomnia

- The TAB vicious model
- Evaluating your insomnia
- Treating your insomnia
- Six steps to successful problem-solving

#### Session 7: Controlling your depression

- The nature of depression
- Knowing the symptoms
- Learning to deal with your depression

#### Session 8: Trying it all together and controlling your future

- Review the course
- Stress control after the course ends

Table DS1 The number of sessions participants attended		
No. of sessions attended	MBCT group <i>n</i> (%)	Psychoeducation group <i>n</i> (%)
0	2 (3.3)	1 (1.6)
3	3 (4.9)	2 (3.3)
4	4 (6.6)	0
5	9 (14.8)	4 (6.6)
6	5 (8.2)	6 (9.8)
7	14 (23.0)	14 (23.0)
8	24 (39.3)	34 (55.7)
MCBT, mindfulness-based cognitive therapy.		