**Supplementary tables**

**Table 1**. Differences in sociodemographic and clinical characteristics between the individual *vs.* group psychotherapy within the MCP-EC treatment.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **All (n=20)** | **MCP-EC Individual (n= 10)** | **MCP-EC Group****(n=10)** | **p** |
| Sex |  |  |  | 0.628 |
| Women | 14 (70%) | 8 (80%) | 6 (60%) |  |
| Men | 6 (30%) | 2 (20%) | 4 (40%) |  |
| Age (years) | 54.9 (9.71) | 58.0 (8.91) | 51.8 (9.91) | 0.159 |
| Nationality |  |  |  | 0.211 |
| Spain | 17 (85%) | 10 (100%) | 7 (70%) |  |
| Other | 3 (15%) | 0 (0%) | 3 (30%) |  |
| Place of residence |  |  |  | 0.650 |
| Urban | 12 (60%) | 5 (50%) | 7 (70%) |  |
| Rural | 8 (40%) | 5 (50%) | 3 (30%) |  |
| Marital status |  |  |  | 0.087 |
| Single | 2 (10%) | 1 (10%) | 1 (10%) |  |
| Married | 14 (70%) | 5 (50%) | 9 (90%) |  |
| Divorced | 4 (20%) | 4 (40%) | 0 (0%) |  |
| Education level |  |  |  | 1.000 |
| Primary | 5 (25%) | 3 (30%) | 2 (20%) |  |
| Secondary | 1 (5%) | 0 (0%) | 1 (10%) |  |
| Technical/Higher Secondary | 9 (45%) | 5 (50%) | 4 (40%) |  |
| University | 5 (25%) | 2 (20%) | 3 (30%) |  |
| Religion |  |  |  | 1.000 |
| Practicing Catholic | 8 (40%) | 4 (40%) | 4 (40%) |  |
| Non-practicing Catholic | 5 (25%) | 3 (30%) | 2 (20%) |  |
| Agnostic  | 4 (20%) | 2 (20%) | 2 (20%) |  |
| Non-believer – Atheist | 2 (10%) | 1 (10%) | 1 (10%) |  |
| Other | 1 (5%) | 0 (0%) | 1 (10%) |  |
| Smoking status |  |  |  | 0.168 |
| Non-smoker | 6 (30%) | 5 (50%) | 1 (10%) |  |
| Previous smoker | 11 (55%) | 4 (40%) | 7 (70%) |  |
| Smoker | 3 (15%) | 1 (10%) | 2 (20%) |  |
| Previous psychotherapy | 3 (15%) | 0 (0%) | 3 (30%) | 0.211 |
| Tumor location |  |  |  | 0.848 |
| Lung | 7 (35%) | 4 (40%) | 3 (30%) |  |
| Breast | 6 (30%) | 4 (40%) | 2 (20%) |  |
| Gynecological tumor | 2 (10%) | 1 (10%) | 1 (10%) |  |
| Kidney | 1 (5%) | 0 (0%) | 1 (10%) |  |
| Urothelial | 1 (5%) | 0 (0%) | 1 (10%) |  |
| Brain | 1 (5%) | 0 (0%) | 1 (10%) |  |
| Soft tissue | 1 (5%) | 0 (0%) | 1 (10%) |  |
| Unknown origin | 1 (5%) | 1 (10%) | 0 (0%) |  |
| Tumor histology |  |  |  | 0.066 |
| Squamous/epidermoid carcinoma | 3 (15%) | 2 (20%) | 1 (10%) |  |
| Adenocarcinoma | 9 (45%) | 6 (60%) | 3 (30%) |  |
| Small cell or neuroendocrine carcinoma | 3 (15%) | 2 (20%) | 1 (10%) |  |
| Other | 5 (25%) | 0 (0%) | 5 (50%) |  |
| Tumor stage |  |  |  |  |
| IV (advanced) | 20 (100%) | 10 (100%) | 10 (100%) | . |
| Line of Therapy |  |  |  | 0.408 |
| First line | 12 (60%) | 6 (60%) | 6 (60%) |  |
| Second line | 4 (20%) | 3 (30%) | 1 (10%) |  |
| Third line or later | 4 (20%) | 1 (10%) | 3 (30%) |  |

Data are expressed as number of cases (%).

 p: p-value for the comparison between groups.

**Table 2.** Baseline (pre-intervention) evaluation according the scales/ questionnaires used within the MCP-EC subgroups.

|  |  |  |  |
| --- | --- | --- | --- |
| **Scale - Questionnaire** | **MCP-EC Individual (n= 10)** | **MCP-EC Group****(n=10)** | **p** |
| HADS (total) | 19.4 (6.98) | 19.1 (8.21) | 0.931 |
| Anxiety | 9.10 (3.60) | 11.3 (4.45) | 0.241 |
| Depression | 10.3 (4.83) | 7.80 (4.59) | 0.251 |
| FACIT (total) | 27.3 (5.14) | 29.8 (8.51) | 0.439 |
| Meaning and peace | 20.3 (4.37) | 20.9 (5.63) | 0.793 |
| Faith | 7.00 (4.78) | 8.90 (4.95) | 0.394 |
| Demoralization scale(total) | 14.5 (6.11) | 15.8 (7.60) | 0.679 |
| Meaning and purpose | 5.90 (3.75) | 6.70 (4.37) | 0.666 |
| Distress and coping | 8.60 (2.99) | 9.10 (3.48) | 0.734 |
| Hopelessness Scale – HAI questionnaire | 8.30 (3.47) | 6.50 (4.01) | 0.297 |
| Self-compassion Scale (SCS-SF)(total) | 18.2 (4.58) | 16.8 (3.23) | 0.426 |
| Self-kindness / Self-judgment | 6.00 (1.51) | 6.00 (1.39) | 1.000 |
| Common humanity / Isolation | 6.00 (1.31) | 5.65 (1.58) | 0.597 |
| Mindfulness / Over-identification | 6.25 (2.20) | 5.15 (1.62) | 0.220 |
| Distress Thermometer (global) | 6.25 (1.72) | 5.35 (2.77) | 0.396 |

Data are expressed as mean (standard deviation).

p: p-value for the comparison between groups.

HADS: Hospital Anxiety and Depression Scale, FACIT: Functional Assessment of Chronic Illness Therapy, HAI: Hopelessness Assessment in Illness, SCS-SF: Self-compassion Scale-short form.

**Table 3.** Post-intervention evaluation according the scales/ questionnaires used within the B-MCP-EC subgroups.

|  |  |  |  |
| --- | --- | --- | --- |
| **Scale - Questionnaire** | **MCP-EC Individual (n= 9)** | **MCP-EC Group****(n=9)** | **p** |
| HADS (total) | 14.6 (6-44) | 13.7 (6.20) | 0.769 |
| Anxiety | 7.56 (3.71) | 8.89 (3.55) | 0.448 |
| Depression | 7.00 (4.27) | 4.78 (2.91) | 0.218 |
| FACIT (total) | 32.1 (7.37) | 34.0 (7.76) | 0.604 |
| Meaning and peace | 23.0 (6.20) | 24.0 (5.10) | 0.714 |
| Faith | 9.11 (4.81) | 10.0 (4.09) | 0.679 |
| Demoralization scale(total) | 12.2 (5.83) | 10.8 (6.96) | 0.640 |
| Meaning and purpose | 4.11 (4.01) | 4.00 (4.30) | 0.956 |
| Distress and coping | 8.11 (2.26) | 6.78 (3.15) | 0.319 |
| Hopelessness Scale – HAI questionnaire | 6.11 (3.33) | 4.67 (4.24) | 0.434 |
| Self-compassion Scale (SCS-SF)(total) | 18.3 (3.57) | 19.2 (4.34) | 0.663 |
| Self-kindness / Self-judgment | 6.22 (1.75) | 6.72 (1.46) | 0.520 |
| Common humanity / Isolation | 6.22 (1.39) | 6.56 (1.38) | 0.617 |
| Mindfulness / Over-identification | 5.89 (1.22) | 5.89 (2.06) | 1.000 |
| Distress Thermometer (global) | 5.17 (1.54) | 4.44 (2.79) | 0.509 |

Data are expressed as mean (standard deviation).

p: p-value for the comparison between groups.

HADS: Hospital Anxiety and Depression Scale, FACIT: Functional Assessment of Chronic Illness Therapy, HAI: Hopelessness Assessment in Illness, SCS-SF: Self-compassion Scale-short form.