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)
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

Session 5: Controlling your action
- Breaking up stress
- 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

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MCBT, mindfulness-based cognitive therapy.