

## APPENDIX S1

Results of the intention-to-treat analysis.

**Sample characteristics:**  $N = 55$  patients could be included in the ITT-analysis. Missings were replaced via last observation carried forward (LOCF). Assumption of normality was violated for measurement time point t1 for severity of PS (SAPASI) in the control group. However, as this might be a result of the LOCF method, no transformation was used. There was no homogeneity of the error variances for t1 for itch catastrophizing (ICQ) (Levene-test;  $p = .048$ ). Results for this variable therefore have to be interpreted with caution.

**Baseline-tests:** No significant group differences were detected at baseline regarding sex, education level, age, pre-existing mental disorders, previous experience with mindfulness/ meditation and the dependent variables.

**Results of the repeated measures ANOVAs for the primary variables:** The interaction effect was significant for mindfulness (CHIME) [ $F(1.84,93.96) = 4.26, p = .019, \eta^2_p = 0.08$ ] indicating that the course of mindfulness (CHIME) both from t1 to t2 [ $F(1,51) = 5.41, p = .024, \eta^2_p = 0.10$ ] and from t1 to t3 [ $F(1,51) = 5.47, p = .023, \eta^2_p = 0.10$ ] differed between the groups. There was found a tendency to a significant effect for self-compassion (SCS-D) [ $F(2,102) = 2.75, p = .069, \eta^2_p = 0.05$ ].

Significant time effects were detected both for mindfulness (CHIME) [ $F(1.84,93.96) = 14.20, p < .001, \eta^2_p = 0.22$ ] and self-compassion (SCS-D) [ $F(2,102) = 7.03, p = .001, \eta^2_p = 0.12$ ]. No significant group effects occurred.

**Results of the repeated measures ANOVAs for the secondary variables:** No significant interaction effects were detected. Significant time effects were found for perceived stress (PSS-10) [ $F(2,106) = 9.41, p < .001, \eta^2_p = 0.15$ ] and severity of PS (SAPASI) [ $F(1.80, 75.75) = 8.58, p < .001, \eta^2_p = 0.17$ ]. No significant group effects occurred.

## APPENDIX S2

Due to imprecise inclusion criteria we initially included  $n = 4$  patients in the study procedure, however we specified our criteria while conducting the study. Therefore, we decided to exclude those patients post-hoc that finally did not fully meet the criteria anymore (e.g. reported diagnosis of psoriasis but did not suffer from symptoms in last 6 months). To take this decision into account in the analysis, we calculated the per-protocol analysis without the exclusion of the  $n = 4$  patients that did not fulfil the inclusion criteria. Results are presented here:

**Sample characteristics:**  $N = 42$  patients were included in the per-protocol analysis of the short-term effects and  $N = 33$  patients were included in the per-protocol analysis of the medium-term effects.

**Baseline-tests:** No significant group differences were detected at baseline regarding sex, education level, age, pre-existing mental disorders, previous experience with mindfulness/ meditation and the dependent variables.

### **Results of the repeated measures ANOVAs for the primary variables:**

Short-term analysis: The interaction effect was significant for mindfulness (CHIME) [ $F(1,38) = 5.19, p = .028, \eta^2_p = 0.12$ ] and not significant for self-compassion (SCS-D) [ $F(1,39) = 2.81, p = .101, \eta^2_p = 0.07$ ]. Significant time effects were found both for mindfulness (CHIME) [ $F(1,38) = 26.20, p < .001, \eta^2_p = 0.41$ ] and self-compassion (SCS-D) [ $F(1,39) = 10.39, p = .003, \eta^2_p = 0.21$ ]. No group effects occurred.

Medium-term analysis: The interaction effect was marginally significant for mindfulness (CHIME) [ $F(2,58) = 2.42, p = .098, \eta^2_p = 0.08$ ] and not significant for self-compassion (SCS-D) [ $F(2,58) = 0.64, p = .531, \eta^2_p = 0.02$ ]. Significant time effects were found both for mindfulness (CHIME) [ $F(2,58) = 7.37, p = .001, \eta^2_p = 0.20$ ] and self-compassion (SCS-D) [ $F(2,58) = 3.19, p = .049, \eta^2_p = 0.10$ ]. No group effects occurred.

**Results of the repeated measures ANOVAs for the secondary variables:** No significant interaction effects were detected. Significant time effects were found for perceived stress (PSS-10) [ $F(2,62) = 10.18, p < .001, \eta^2_p = 0.25$ ] and severity of PS (SAPASI) [ $F(2,44) = 5.39, p = .008, \eta^2_p = 0.20$ ]. No significant group effects occurred.