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Table SI. Attendance and mindfulness practice in the experimental group during t2 in the short-term analysis ($n = 18$)

Attendance and mindfulness practice	n (%)	
Attended training sessions		
7 (one missed session)	3 (16.67)	
8 (no missed session)	15 (83.33)	
Average daily practice time outside of the intervention		
No practice	0 (0)	
1 to 5 min	6 (33.33)	
6 to 15 min	12 (66.67)	
16 to 30 min	0 (0)	
more than 30 min	0 (0)	
	M (STD)	range
On how many days did you practice mindfulness outside of the mindfulness-based intervention?	6.56 (2.90)	3 – 12

Table SII. Mindfulness practice after the stay at the clinic in the experimental group during t3 in the medium-term analysis ($n = 14$)

Mindfulness practice	<i>n</i> (%)
Mindfulness practice at home	
Never	0 (0)
< once a month	1 (7.14)
> once a month but < once a week	4 (28.57)
> once a week, but < once a day	9 (64.29)
daily	0 (0)
Average practice time at home	
None	0 (0)
1 to 5 min	6 (42.86)
6 to 15 min	7 (50.00)
16 to 30 min	0 (0)
More than 30 min	1 (7.14)
Practiced mindfulness techniques (multiple answers possible)	
Mindfulness on breath	7 (50.00)
Mindful walking	1 (7.14)
Body-Scan	2 (14.29)
Mindful moving	1 (7.14)
Mindfulness during everyday life (e.g. while showering or washing the dishes)	12 (85.71)