

Supplementary S6. Descriptive statistics continued from Table 2

	Item	Skewness	Kurtosis	α If Deleted	Min-Max	
					Min	Max
1	I am open to the experience of the present moment.	-0.07	-0.49	0.87	1	4
2	I sense my body, whether eating, cooking, cleaning or talking.	-0.17	-0.5	0.87	1	4
3	When I notice an absence of mind, I gently return to the experience of the here and now.	0.21	-0.51	0.87	1	4
4	I am able to appreciate myself.	-0.11	-0.75	0.86	1	4
5	I pay attention to what's behind my actions.	-0.07	-0.64	0.87	1	4
6	I see my mistakes and difficulties without judging them.	0.38	-0.52	0.87	1	4
7	I feel connected to my experience in the here-and-now.	-0.02	-0.48	0.87	1	4
8	I accept unpleasant experiences.	0.38	-0.13	0.87	1	4
9	I am friendly to myself when things go wrong.	0.25	-0.68	0.87	1	4
10	I watch my feelings without getting lost in them.	-0.1	-0.75	0.86	1	4
11	In difficult situations, I can pause without immediately reacting.	-0.04	-0.55	0.86	1	4
12	I experience moments of inner peace and ease, even when things get hectic and stressful.	0.16	-0.73	0.86	1	4
13	I am impatient with myself and with others.	-0.37	-0.64	0.88	1	4
14	I am able to smile when I notice how I sometimes make life difficult.	0.25	-0.57	0.87	1	4