

Supplementary Materials

1. Acceptance and Action Questionnaire (AAQ-II)

Below you will find a list of statements. Please rate how true each statement is for you by using the scale below to fill in your choice.

1	2	3	4	5	6	7
never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true
1. My painful experiences and memories make it difficult for me to live a life that I would value.						<input type="text"/>
2. I'm afraid of my feelings.						<input type="text"/>
3. I worry about not being able to control my worries and feelings.						<input type="text"/>
4. My painful memories prevent me from having a fulfilling life.						<input type="text"/>
5. Emotions cause problems in my life.						<input type="text"/>
6. It seems like most people are handling their lives better than I am.						<input type="text"/>
7. Worries get in the way of my success.						<input type="text"/>
TOTAL						<input type="text"/>

This is a one-factor measure of psychological inflexibility, or experiential avoidance. Score the scale by summing the seven items. Higher scores equal greater levels of psychological inflexibility [23].

2. Mindful Attention Awareness Scale (MAAS)

Instructions: Below is a collection of statements about your everyday experience. Using the 1–6 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. Please treat each item separately from every item [33,34].

- | | 1 | 2 | 3 | 4 | 5 | 6 |
|-----------|--|--------------------|------------------------|--------------------------|----------------------|--------------|
| | almost
always | very
frequently | somewhat
frequently | somewhat
infrequently | very
infrequently | almost never |
| _____ 1. | I could be experiencing some emotion and not be conscious of it until some time later. | | | | | |
| _____ 2. | I break or spill things because of carelessness, not paying attention, or thinking of something else. | | | | | |
| _____ 3. | I find it difficult to stay focused on what's happening in the present. | | | | | |
| _____ 4. | I tend to walk quickly to get where I'm going without paying attention to what I experience along the way. | | | | | |
| _____ 5. | I tend not to notice feelings of physical tension or discomfort until they really grab my attention. | | | | | |
| _____ 6. | I forget a person's name almost as soon as I've been told it for the first time. | | | | | |
| _____ 7. | It seems I am "running on automatic," without much awareness of what I'm doing. | | | | | |
| _____ 8. | I rush through activities without being really attentive to them. | | | | | |
| _____ 9. | I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there. | | | | | |
| _____ 10. | I do jobs or tasks automatically, without being aware of what I'm doing. | | | | | |
| _____ 11. | I find myself listening to someone with one ear, doing something else at the same time. | | | | | |
| _____ 12. | I drive places on 'automatic pilot' and then wonder why I went there. | | | | | |
| _____ 13. | I find myself preoccupied with the future or the past. | | | | | |
| _____ 14. | I find myself doing things without paying attention. | | | | | |
| _____ 15. | I snack without being aware that I'm eating. | | | | | |

Scoring: To score the scale, simply compute a mean (average) of the 15 items.

3. Cognitive Failure Questionnaire (CFQ)

The following questions are about minor mistakes which everyone makes from time to time, but some of which happen more often than others. We want to know how often these things have happened to you in the past 6 months. Please circle the appropriate number [25].

		Very often	Quite often	Occasion- ally	Very rarely	Never
1.	Do you read something and find you haven't been thinking about it and must read it again?	4	3	2	1	0
2.	Do you find you forget why you went from one part of the house to the other?	4	3	2	1	0
3.	Do you fail to notice signposts on the road?	4	3	2	1	0
4.	Do you find you confuse right and left when giving directions?	4	3	2	1	0
5.	Do you bump into people?	4	3	2	1	0
6.	Do you find you forget whether you've turned off a light or a fire or locked the door?	4	3	2	1	0
7.	Do you fail to listen to people's names when you are meeting them?	4	3	2	1	0
8.	Do you say something and realize afterwards that it might be taken as insulting?	4	3	2	1	0
9.	Do you fail to hear people speaking to you when you are doing something else?	4	3	2	1	0
10.	Do you lose your temper and regret it?	4	3	2	1	0
11.	Do you leave important letters unanswered for days?	4	3	2	1	0
12.	Do you find you forget which way to turn on a road you know well but rarely use?	4	3	2	1	0
13.	Do you fail to see what you want in a supermarket (although it's there)?	4	3	2	1	0
14.	Do you find yourself suddenly wondering whether you've used a word correctly?	4	3	2	1	0

4. Depression, Anxiety, and Stress Scales (DASS-21)

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree or a good part of time
- 3 Applied to me very much or most of the time

1 (s)	I found it hard to wind down	0	1	2	3
2 (a)	I was aware of dryness of my mouth	0	1	2	3
3 (d)	I couldn't seem to experience any positive feeling at all	0	1	2	3
4 (a)	I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5 (d)	I found it difficult to work up the initiative to do things	0	1	2	3
6 (s)	I tended to over-react to situations	0	1	2	3
7 (a)	I experienced trembling (e.g. in the hands)	0	1	2	3
8 (s)	I felt that I was using a lot of nervous energy	0	1	2	3
9 (a)	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
10 (d)	I felt that I had nothing to look forward to	0	1	2	3
11 (s)	I found myself getting agitated	0	1	2	3
12 (s)	I found it difficult to relax	0	1	2	3
13 (d)	I felt down-hearted and blue	0	1	2	3
14 (s)	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
15 (a)	I felt I was close to panic	0	1	2	3
16 (d)	I was unable to become enthusiastic about anything	0	1	2	3
17 (d)	I felt I wasn't worth much as a person	0	1	2	3
18 (s)	I felt that I was rather touchy	0	1	2	3
19 (a)	I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)	0	1	2	3
20 (a)	I felt scared without any good reason	0	1	2	3
21 (d)	I felt that life was meaningless	0	1	2	3