Supplementary Materials

Table S1. Baseline variables predicting completion at post-test and follow-up.

Title	Post-Test		Follow-Up	
	OR	95% CI	OR	95% CI
Age	1.11	1.02–1.21	1.06	0.99–1.14
Gender				
Male	Ref.		Ref.	
Female	0.79	0.21–2.97	1.07	0.40–2.89
Ethnicity				
White	Ref.		Ref.	
Other	2.59	0.66–10.18	1.46	0.47–4.52
Degree level, n (%)				
Bachelor's degree	Ref.		Ref.	
Master's degree	2.82	0.47–16.76	0.69	0.21–2.24
Doctorate	2.95	0.50–17.70	1.29	0.43–3.90
Diagnosed Mental Health Problem				
no	Ref.		Ref.	
yes	2.22	0.62–7.96	1.67	0.65–4.28
Currently Mental Health Problem				
no	Ref.		Ref.	
yes	3.95	1.07–14.58	3.66	1.33–10.08
Mental Health Intervention Received				
no	Ref.		Ref.	
yes	2.62	0.72–9.51	2.31	0.87–6.12
Previous experience meditating				
no	Ref.		Ref.	
yes	0.21	0.02–2.07	0.71	0.23–2.22
Expectations for the course	0.75	0.51–1.08	0.86	0.65–1.14
WEMWBS	0.89	0.75–1.07	0.89	0.78–1.03
CORE-10	1.12	1.02–1.23	1.07	0.99–1.14
FFMQ-SF	0.85	0.76–0.96	0.92	0.86–0.99
SCS-SF	0.20	0.06–0.70	0.46	0.22–0.96
CDRISC	0.96	0.88–1.05	0.97	0.91–1.04
Academic goal orientation				
Likelihood	0.97	0.65–1.46	0.92	0.68–1.24
Skills and resources	1.10	0.76–1.60	0.88	0.67–1.15
Commitment	0.86	0.61–1.21	0.69	0.52–0.92
Extrinsic motivation	0.92	0.69–1.23	1.07	0.89–1.29
Intrinsic motivation	1.03	0.73–1.44	0.89	0.70–1.14

OR: odds ratio. Ref.: reference category. 95% CI (95% confidence interval). WEMWBS: Warwick Edinburgh Mental Well-being scale; CORE-10: Clinical Outcomes Routine Evaluation-10. FFMQ-SF: Five-Facet Mindfulness Questionnaire-Short Form. SCS-SF: Self-Compassion Scale-Short Form. CDRISC: Connor–Davidson Resilience Scale.

Table S2. Adjusted and imputed analysis of primary outcomes.

Title	Title		**Adjusted** [a]			**Imputed** [b]	
Variable	**Time**	**d**	**B (95% CI)**	p	d	B (95% CI)	p
WEMWBS	T0						
	T1	0.57	1.98 (1.14 to 2.83)	<0.001	0.61	1.89 (1.65 to 2.12)	<0.001
	T2	0.47	1.97 (1.09 to 2.87)	<0.001	0.53	1.94 (1.44 to 2.44)	<0.001
CORE-10	T0						

	T1	−0.41	−2.29 (−3.60 to −0.99)	<0.001	−0.30	−1.60 (−1.99 to −1.21)	<0.001
	T2	−0.32	−2.03 (−3.40 to −0.65)	0.004	−0.29	−1.76 (−2.60 to −0.92)	<0.001

WEMWBS: Warwick Edinburgh Mental Wellbeing scale. CORE–10: Clinical Outcomes Routine Evaluation–10. [a] Adjusted models include previous experience meditating and treatment expectations as covariates. [b]Imputed models used linear multiple imputations based on chained equations to address missing data at post–test and follow up in the main outcomes, considering: a) those variables included in the primary outcome analysis (e.g. WEMWBS and CORE at baseline); b) variables significantly related or potentially related to non–response (e.g. age, current mental health problem, previous experience meditating, expectations, as well as FFMQ, SCS and commitment at baseline); c) variables that explained a significant amount of variance (r > 0.5) of the main outcomes (e.g. FFMQ, SCS and CDRISC at post–test and at follow–up).

Table S3. Adjusted and imputed analysis of the interaction effect between the time and mental health problems (current or previous) on distress (CORE–10) scores.

Title	Title	**Adjusted** [a]			**Imputed** [b]		
Mental Health Problems	**Time**	**d**	**B (95% CI)**	***p***	**d**	**B (95% CI)**	***p***
Current case	T0						
	T1	−0.87	−5.16 (−8.36 to −1.95)	0.002	−0.40	−2.08 (−2.90 to −1.26)	<0.001
	T2	−0.71	−4.23 (−7.64 to −0.83)	0.015	−0.57	−2.95 (−5.07 to −0.83)	0.006
Previous case	T0						
	T1	−0.63	−3.87 (−6.62 to −1.12)	0.006	−0.39	−2.10 (−2.91 to −1.30)	<0.001
	T2	−0.51	−3.14 (−6.02 to −0.27)	0.032	−0.43	−2.32 (−4.08 to −0.56)	0.010

CORE–10: Clinical Outcomes Routine Evaluation–10. [a] Adjusted models include previous experience meditating and treatment expectations as covariates. [b] Imputed models used linear multiple imputations based on chained equations to address missing data at post–test and follow up in the main outcomes, considering: a) those variables included in the primary outcome analysis (e.g. WEMWBS and CORE at baseline); b) variables significantly related or potentially related to non–response (e.g. age, current mental health problem, previous experience meditating, expectations, as well as FFMQ, SCS and commitment at baseline); c) variables that explained a significant amount of variance (r >.5) of the main outcomes (e.g. FFMQ, SCS and CDRISC at post–test and at follow–up).

Table S4. Correlations between the pre–post–treatment changes in the proposed mediators and pre–intervention to follow up changes in the main outcomes (n = 60).

Process variables / *Outcomes*		**FFMQ–SF**	**SCS–SF**	**CDRISC**	***WEMWBS***	***CORE–10***
FFMQ–SF		1				
SCS–SF	r (*p*)	0.60 (<0.001)	1			
CDRISC	r (*p*)	0.55 (<0.001)	0.44 (<0.001)	1		
WEMWBS	r (*p*)	0.51 (<0.001)	0.36 (0.005)	0.32 (0.013)	1	
CORE–10	r (*p*)	0.50 (<0.001)	−0.22 (0.096)	−0.30 (0.021)	−0.54 (<0.001)	1

FFMQ–SF: Five–Facet Mindfulness Questionnaire–Short Form. SCS–SF: Self–Compassion Scale–Short Form. CDRISC: Connor–Davidson Resilience Scale. WEMWBS: Warwick Edinburgh Mental Wellbeing scale. CORE–10: Clinical Outcomes Routine Evaluation–10. r: Pearson's coefficient.