

**Table S1.** Results of regression analyses, per-protocol

8 weeks	72.25 ± 26.01	75.88 ± 19.24	66.14 ± 22.61	0.25 [-0.19; 0.69]	0.267	0.47 [0.10; 0.84]	<b>0.014</b>	0.20 [-0.32; 0.72]	0.448		
6 months	73.66 ± 23.92	75.16 ± 18.66	68.95 ± 23.25	0.19 [-0.26; 0.64]	0.401	0.31 [-0.07; 0.70]	0.108	0.10 [-0.48; 0.68]	0.721		
Absenteeism											
Baseline	5.95 ± 14.33	5.46 ± 8.56	6.31 ± 11.99								
4 weeks	-	-	-	-	-	-	-	-	-		
8 weeks	7.41 ± 20.55	1.86 ± 5.54	6.02 ± 17.56	0.029 [-0.36; 0.41]	0.883	-0.17 [-0.54; 0.21]	0.382	-0.17 [-0.51; 0.16]	0.293		
6 months	9.15 ± 31.39	1.81 ± 4.05	4.52 ± 10.79	0.23 [-0.15; 0.61]	0.229	-0.22 [-0.61; 0.18]	0.273	-0.13 [-0.36; 0.11]	0.282		
Interoceptive sensibility (BPQ)											
Baseline	65.44 ± 18.68	60.20 ± 14.55	64.74 ± 18.16								
4 weeks	-	-	-	-	-	-	-	-	-		
8 weeks	66.06 ± 27.80	58.37 ± 15.02	60.89 ± 20.13	0.28 [-0.09; 0.65]	0.138	0.05 [-0.28; 0.37]	0.783	-0.20 [-0.66; 0.26]	0.391		
6 months	59.70 ± 24.78	58.23 ± 18.50	60.75 ± 19.06	-0.01 [-0.38; 0.36]	0.963	0.05 [-0.28; 0.37]	0.762	0.10 [-0.35; 0.56]	0.658		
Self-efficacy (SES)											
Baseline	26.40 ± 4.00	25.67 ± 4.99	25.74 ± 4.43								
4 weeks	28.77 ± 4.14	28.35 ± 3.80	25.65 ± 4.30	0.64 [0.33; 0.95]	<b>&lt;0.001</b>	0.62 [0.33; 0.91]	<b>&lt;0.001</b>	-0.05 [-0.47; 0.36]	0.797		
8 weeks	29.90 ± 5.18	29.86 ± 4.08	25.79 ± 4.82	0.74 [0.42; 1.05]	<b>&lt;0.001</b>	0.82 [0.55; 1.08]	<b>&lt;0.001</b>	0.05 [-0.38; 0.47]	0.826		
6 months	29.67 ± 5.72	29.36 ± 4.73	26.21 ± 5.15	0.58 [0.23; 0.92]	<b>0.001</b>	0.60 [0.28; 0.92]	<b>&lt;0.001</b>	-0.00 [-0.44; 0.43]	0.982		
Cognitive fusion (CFQ-D)											
Baseline	31.67 ± 8.28	32.66 ± 7.29	31.63 ± 8.20								
4 weeks	28.96 ± 8.53	25.87 ± 8.72	30.33 ± 8.50	-0.27 [-0.56; 0.01]	0.063	-0.62 [-0.89; -0.35]	<b>&lt;0.001</b>	-0.36 [-0.79; 0.07]	0.099		
8 weeks	24.40 ± 8.81	23.88 ± 7.84	30.58 ± 8.62	-0.80 [-1.10; -0.49]	<b>&lt;0.001</b>	-0.86 [-1.12; -0.60]	<b>&lt;0.001</b>	-0.07 [-0.51; 0.37]	0.753		
6 months	25.08 ± 8.37	23.69 ± 8.68	29.24 ± 9.34	-0.54 [-0.88; -0.21]	<b>0.002</b>	-0.69 [-0.98; -0.40]	<b>&lt;0.001</b>	-0.17 [-0.6; 0.26]	0.431		
Alexithymia (TAS-20)											
Baseline	49.98 ± 11.20	50.67 ± 11.83	48.50 ± 11.67								
4 weeks	47.46 ± 12.11	44.27 ± 8.20	48.16 ± 11.29	-0.26 [-0.50; -0.01]	<b>0.040</b>	-0.48 [-0.72; -0.23]	<b>&lt;0.001</b>	-0.26 [-0.62; 0.11]	0.162		
8 weeks	44.42 ± 11.43	42.54 ± 7.20	47.77 ± 11.30	-0.48 [-0.76; -0.2]	<b>&lt;0.001</b>	-0.61 [-0.83; -0.38]	<b>&lt;0.001</b>	-0.15 [-0.55; 0.25]	0.461		
6 months	45.04 ± 11.58	42.12 ± 9.40	47.05 ± 11.58	-0.35 [-0.68; -0.02]	<b>0.035</b>	-0.55 [-0.82; -0.28]	<b>&lt;0.001</b>	-0.22 [-0.62; 0.18]	0.270		
Emotion Regulation - Expressive Suppression (ERQ-SP)											
Baseline	14.95 ± 5.24	14.26 ± 4.94	14.53 ± 5.34								
4 weeks	14.69 ± 4.68	13.64 ± 4.10	15.04 ± 5.23	-0.12 [-0.43; 0.20]	0.464	-0.27 [-0.56; 0.03]	0.075	-0.19 [-0.61; 0.23]	0.369		
8 weeks	13.82 ± 6.00	13.10 ± 4.16	14.94 ± 5.58	-0.25 [-0.58; 0.07]	0.127	-0.33 [-0.61; -0.05]	<b>0.020</b>	-0.08 [-0.49; 0.33]	0.698		
6 months	14.14 ± 4.87	13.43 ± 4.29	14.96 ± 5.52	-0.20 [-0.56; 0.16]	0.266	-0.28 [-0.60; 0.04]	0.087	-0.11 [-0.61; 0.40]	0.675		
Emotion regulation - Cognitive Reappraisal (ERQ-RE)											
Baseline	23.98 ± 6.05	22.78 ± 7.02	27.61 ± 6.07								
4 weeks	25.81 ± 6.09	26.54 ± 6.71	23.70 ± 6.33	0.44 [0.12; 0.76]	<b>0.007</b>	0.61 [0.31; 0.92]	<b>&lt;0.001</b>	0.18 [-0.28; 0.64]	0.445		
8 weeks	28.87 5.01	27.83 ± 6.60	24.19 ± 6.82	0.77 [0.39; 1.15]	<b>&lt;0.001</b>	0.68 [0.37; 0.99]	<b>&lt;0.001</b>	-0.11 [-0.59; 0.37]	0.638		
6 months	27.14 ± 6.41	27.74 ± 6.27	24.65 ± 6.69	0.43 [0.01; 0.85]	<b>0.045</b>	0.58 [0.197; 0.97]	<b>0.003</b>	0.16 [-0.34; 0.66]	0.525		

Note. BPQ Body Perception Questionnaire, CFQ-D Cognitive Fusion Questionnaire, CI confidence interval, ERQ-RE Emotion Regulation Questionnaire (Cognitive Reappraisal), ERQ-SP Emotion Regulation Questionnaire (Expressive Suppression), FMI Freiburg Mindfulness Inventory, GAD-7 Generalized Anxiety Disorder Questionnaire, GoD guidance on demand, *M* mean, *n* number, PHQ-9 Patient Health Questionnaire, PSS-4 Short Form Perceived Stress Scale, *SD* standard deviation, SES Self-Efficacy Scale, SPS Stanford Presenteeism Scale, TAS-20 Toronto-Alexithymia Scale, UG unguided, WHO-5 World Health Organization Well-Being Index