**Suplementary S1 File**

Contains:

Table 1. Content of online training compared to standardized 8-week MBSR protocol.

Table 2. Regression model of training adherence (N=215)

Table 3. Regression model of improvement on 6MWT when adherent (N=107).

**Table A.** Content of online training compared to standardized 8-week MBSR protocol.

|  |  |  |
| --- | --- | --- |
| **Week** | **MBSR** | **Online training** |
| **1** | **Automatic pilot** | **Do you really feel alive, don’t watch but see** |
|  | * Introduction to mindfulness
* Raisin exercise
* 40 minutes Bodyscan
* Working of the breath
* Automatic pilot
 | * Introduction film Edel Maex
* Likert-scale ‘really living’
* Exercise focused attention, watch your computer
* 15 minutes Bodyscan
* Observing pictures
* What deserves more attention in your life?
 |
| **Home-work** | * Daily 40 min Bodyscan
* Daily mindful eating
* 3x a day aware breathing
* Daily journal keeping
* Puzzle
 | * Weekly 15 min Bodyscan
 |
| **2** | **Supporting factors** | **Hear what people say, avoid the automatic pilot**  |
|  | * 40 min Bodyscan
* 8 supporting factors
* Plan your practices
* Pain, disease and attention
* Thoughts, feelings and bodily sensations
 | * Adjust questioning and listening behavior
* Short film on living separated from your surroundings
* List of daily activities performed on automatic pilot
 |
| **Home-work** | * Daily 40 min Bodyscan
* Daily 10 min. Sitting meditation
* Daily routine-activity
* Calendar of pleasant events
* 3x per day 3-minutes breathing space
 | * Execute 3 automatic activities with mindfulness
 |
| **3** | **Bodily experiences** | **Learn to meditate** |
|  | * 25 min sitting meditation
* 45 min Yoga
* Boundaries of the body
* Movement with health issues
 | * Short film Edel Maex
* 15 min sitting meditation
* Planning sitting meditation
* Remember what deserves more attention?
 |
| **Home-work** | * Daily Bodyscan or Yoga (40 min)
* Daily 15 min attention training
* Calendar of unpleasant events
* Noticing the automatic pilot
 | * Daily 15 min sitting meditation
 |
| **4** | **Stress** | **Dealing with stress, today is an important day** |
|  | * 40 min sitting meditation
* 25 min Yoga
* Stress reaction and symptoms
* Reaction on unpleasant events
* Resistance or avoidance
* Stress aware responding
* 3-minute breathing space
 | * Short film stress reaction
* 3-minute breathing space
* Description of current day
 |
| **Home-work** | * Daily Bodyscan or Yoga (40 min)
* Daily 20 min sitting meditation
* Calendar of stressful events
* 3x per day 3-minute breathing space
 |  |
| **5** | **Habits and change** | **Learn to stop aware, your own mindfulness-reminder** |
|  | * 40 min sitting meditation
* Habits and patterns
* Our self-healing abilities
* Change begins with awareness
* 10 min walking meditation
 | * Inventory stopping with current activity
* Short film with quotes
* Short film about death
 |
| **Home-work** | * Daily sitting meditation or Yoga (40 min)
* 3x per day 3-minute breathing space
* Calendar of stressful conversations
* Daily activity with awareness
 | * 3x per day 20 minutes stopping current activity; with awareness
 |
| **6** | **Thoughts and senses**  | **You are not your thoughts**  |
|  | * 40 min sitting meditation
* Approach without judgment
* Experience the senses
* 20 min walking meditation
 | * Thoughts are not facts, you are not your thoughts
* Difficult memories
* Being compassionate
 |
| **Home-work** | * Daily 40 min sitting meditation, Yoga or Bodyscan
* Integrating mindfulness in conversations
* Noticing sensory experiences
* Noticing the automatic pilot
 |  |
| **7** | **Feelings** | **The art of living consciously**  |
|  | * 40 min sitting meditation
* Present in the place you are
* The 4 quadrants
* The continuüm of anger
 | * Intention to give more love to…
* Attention to seasons/environment
 |
| **Home-work** | * Daily meditation without CD
* Noticing sensory experiences
* Evaluation of the training
 |  |
| **8** | **And now onwards…** | **Mindfulness for the rest of your life** |
|  | * 40 min sitting meditation
* Planning meditation after training
* Living with attention
* Formulating goals:
	+ 3 short term
	+ 3 long term
 | * Likert-scale feeling of being really alive
* Evaluation of what you have learned
* Short film of laughing people
 |
| **Follow-up online training Mindfulness for a healthier heart**  |
| **Phase 2** Four weeks continuing training | **Week 9** | **Staying Mindful**  |
|  | 6-minute meditation practice Planning mindfulness  |
| **Week 10** | **Rewrite your personal book of laws** |
|  | What rules do you impose on yourself?Which rules do you really have to adhere to? What do you allow yourself to do? |
| **Week 11** | **Mindful eating** |
|  | Short film about eating in between daily choresAssignment eating breakfast, lunch and dinner mindfullyNote your experiences |
| **Week 12** | **Yoga for your heart** |
|  | Yoga 30 minutes (film)Likert-scale experiencesPlanning Yoga into your schedule |
| **Phase 3**.Reminders every two weeks  | **Week 14** | **Rediscover your body** |
|  | Go back to week 1, 3 websites with more meditation information  |
| **Week 16** | **Really listening** |
|  | Go back to week 2 |
| **Week 18** | **Stopping consciously** |
|  | Go back to week 5, 4 websites with group training information  |
| **Week 20** | **Learning to meditate again** |
|  | Go back to week 3, 8 book titles about mindfulness |
| **Week 22** | **Planning Meditation** |
|  | Go back to week 3, 3 CD tips with guided meditations |
| **Week 24** | **Feeling alive** |
|  | 5 likert scales |
| **Phase 4** Monthly reminders | **Week 28** | **How do you deal with stress now?** |
|  | Reflection on stressful situations and reactions, what would be a mindful reaction? |
| **Week 32** | **Dealing with difficult thoughts** |
|  | Reminder: when ruminating, consider facts |
| **Week 37** | **Remember what you wanted to give more love?** |
|  | 3 things you can do with love |
| **Week 42** | **A beautiful quote** |
|  | Reflection on Kabat-Zinn’s quote ‘human beings vs human doings’ |
| **Week 46** | **Extra attention** |
|  | Choose an activity to do more aware this week |
| **Week 51** | **The feeling that you are alive** |
|  | 5 Likert scalesApps to continue practice |

**Table B.** Regression model of training adherence (N=215)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **β**  | **SE** | **Standardized B** | **p-value** |
| Intercept | -5.34 | 1.6 |  | 0.001 |
| Gender | 0.86 | 0.43 | 0.13 | 0.045 |
| Age | 0.03 | 0.02 | 0.16 | 0.084 |
| Diastolic Blood Pressure | 0.04 | 0.02 | 0.15 | 0.031 |

Dependent: LN (adherence%/1-adherence%), range -5 to 5.

**Table C.** Regression model of improvement on 6MWT when adherent (N=107).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **β**  | **SE** | **Standardized B** | **p-value** |
| Intercept | -71.0 | 48.9 |  | 0.151 |
| Gender | -23.1 | 9.3 | -0.28 | 0.015 |
| BMI | -2.1 | 1.0 | -0.23 | 0.048 |
| Perceived stress | 2.6 | 0.9 | 2.77 | 0.007 |
| Mental QoL | 1.7 | 0.6 | 0.46 | 0.011 |

Dependent: Delta6MWT.