

Appendix A

Table 1: Baseline characteristics of the study population for waitlist and treatment group

Variable	Waitlist (M; SD)	MBCT (M; SD)	Significance (2-tailed)
Age (mean years)	43.5; 12.0	44.9; 11.5	0.64
Female (%)	64.5	62.0	0.85
Level of Education Completed (%)			0.58
High school or below	13.0	3.5	
College/Bachelor degree	41.9	51.7	
Professional/Graduate degree	45.1	44.8	
Current Employment			0.26
Employed at least part-time (%)	90.3	80.0	
Employed full-time (%)	40.0	49.0	
Unemployed/Unable to work (%)	9.7	20.0	
Previous Mindfulness Experience (%)	51.7	62.1	0.44
Mean BDI Depression score	20.3; 13.3	19.4; 11.3	0.79
Mean SCL-90-R Depression score	21.4; 10.8	19.9; 9.5	0.57
Mean BAI Anxiety score	13.9; 10.6	12.8; 10.2	0.71
Mean SCL-90-R Anxiety score	10.9; 8.0	8.5; 7.6	0.23
Mean SDI 1 (Work) score	5.1; 3.5	5.6; 3.1	0.52
Mean SDI 2 (Social/Leisure) score	5.8; 3.2	5.5; 2.7	0.67
Mean SDI 3 (Family/Home) score	5.1; 3.0	4.2; 2.7	0.22
Mean # of DSM-IV Diagnoses	4.2; 2.4	3.3; 2.7	0.18
Current Major Depressive Episode (non-primary) (%)	66.7	63.3	0.79
Current Dysthymia (%)	26.7	23.3	0.77
Current Panic Disorder (%)	50.0	40.0	0.45
Current Agoraphobia (%)	30.0	26.7	0.78
Current Social Phobia (%)	60.0	43.3	0.20
Current Obsessive-	23.3	20.0	0.76

Compulsive Dis. (%)			
Current Generalized Anxiety Dis. (%)	43.3	40.0	0.80
Mean # of psychiatric medications	1.5	1.6	0.77
Taking antidepressant (%)	78.79	72.41	0.57
Taking mood stabilizer (%)	9.09	24.14	0.11
Taking antipsychotic (%)	18.18	10.34	0.39
Taking anxiolytic (%)	18.18	17.24	0.93

Note: Baseline measures including diagnoses of both waitlist and treatment groups prior to entering into the study

Table 2: Assessment data for all groups at baseline, post intervention, and 3 month follow up.

Variable	Waitlist			MBCT		
	Baseline (M; SD)	Post (M; SD)	3 month FU (M; SD)	Baseline (M; SD)	Post (M; SD)	3 month FU (M; SD)
BDI	20.3; 13.3	22.2; 13.1	17.3; 14.1	19.4; 11.3	13.5; 11.0	13.2; 9.3
BAI	13.9; 10.6	14.9; 12.3	11.8; 8.9	12.8; 10.2	10.8; 8.0	7.2; 5.1
Mean SCL-90-R Depression score	21.4; 10.8	18.3; 11.5	21.0; 10.2	19.9; 9.5	16.6; 10.5	14.1; 12.3
Mean SCL-90-R Anxiety score	10.9; 8.0	10.4; 8.0	12.2; 9.4	8.5; 7.6	6.9; 5.3	4.8; 4.7
RSQ Rumination score	54.4; 13.6	46.4; 10.2	57.4; 18.6	48.8; 13.4	48.0; 15.5	44.3; 12.5
RSQ Distraction score	22.6; 5.0	22.8; 6.2	26.3; 8.1	22.8; 5.5	22.8; 6.2	22.3; 8.1
Mean SDI 1 (Work) score	5.1; 3.5	5.1; 3.5	5.2; 3.9	5.6; 3.1	4.4; 3.0	3.9; 3.2
Mean SDI 2 (Social/Leisure) score	5.8; 3.2	5.8; 3.2	5.7; 3.2	5.5; 2.7	4.1; 2.5	4.9; 2.9
Mean SDI 3 (Family/Home) score	5.1; 3.0	5.1; 3.0	4.3; 3.1	4.2; 2.7	3.8; 2.9	3.8; 3.2

Table 3: Comparison of difference in scores between waitlist and MBCT groups baseline vs. post intervention.

Measure	Significance (2-tailed)	Mean difference	t	df	95% Confidence Interval	Effect Size (Cohen's <i>d</i>)
BDI	0.007*	7.63	2.84	34	2.18, 13.09	0.95
BAI	0.33	2.58	0.99	35	-2.70, 7.85	0.34
Mean SCL-90-R Depression score	0.45	-2.59	-0.78	27	-9.45, 4.25	0.29
Mean SCL-90-R	0.61	-1.07	-0.51	28	-5.34, 3.20	0.19

Anxiety score						
RSQ Rumination score	0.32	-5.60	-1.04	15	-17.11, 5.92	0.54
RSQ Distraction score	0.48	1.16	0.72	17	-2.24, 4.55	0.35
Mean SDI 1 (Work) score	0.08	1.31	1.76	35	-0.20, 2.82	0.61
Mean SDI 2 (Social/Leisure) score	0.03*	1.58	2.20	35	0.12, 3.03	0.73
Mean SDI 3 (Family/Home) score	0.06	0.05	0.06	35	-1.65, 1.75	0.02

*Correlation is significant at the 0.05 level (2-tailed)

Table 4: Comparison of difference in scores between waitlist and MBCT groups post intervention vs. 3 month follow up.

Measure	Significance (2-tailed)	Mean difference	t	df	95% Confidence Interval	Effect Size (Cohen's <i>d</i>)
BDI	0.006*	-10.26	-3.03	24	-17.24, -3.27	1.25
BAI	0.28	-3.82	-1.1	25	-10.93, 3.29	0.46
Mean SCL-90-R Depression score	0.15	6.60	1.52	18	-2.50, 15.69	0.69
Mean SCL-90-R Anxiety score	0.48	1.77	0.73	18	-3.36, 6.89	0.32
RSQ Rumination score	0.29	4.87	1.13	9	-4.89, 14.61	0.68
RSQ Distraction score	0.83	-0.53	-0.22	9	-6.09, 5.02	0.13
Mean SDI 1 (Work) score	0.43	-0.80	-0.81	23	-2.85, 1.25	0.32
Mean SDI 2 (Social/Leisure) score	0.07	-1.77	-1.90	25	-3.69, 0.16	0.73
Mean SDI 3 (Family/Home) score	0.56	-0.70	0.59	25	-3.13, 1.73	0.23

*Correlation is significant at the 0.05 level (2-tailed)

Table 5: Within group comparisons of scales for the MBCT intervention group.

Measure	Significance (2-tailed)	Mean difference	SD	t	df	95% Confidence Interval	Effect Size (Cohen's d)
BDI							
Pre vs. Post intervention	0.008*	6.8	8.50	3.10	14	2.10, 11.50	0.8
Post vs. 3 month follow up	0.348	-2.10	7.03	-0.99	10	-6.82, 2.64	0.30
BAI							
Pre vs. Post intervention	0.72	0.63	6.82	0.37	15	-3.01, 4.26	0.09
Post vs. 3 month follow up	0.75	0.58	6.07	0.33	11	-3.27, 4.44	0.10
Mean SCL-90-R Depression score							
Pre vs. Post intervention	0.07	4.14	7.94	1.95	13	-0.44, 8.73	0.52
Post vs. 3 month follow up	0.09	3.82	6.65	1.91	10	-0.65, 8.28	0.57
Mean SCL-90-R Anxiety score							
Pre vs. Post intervention	0.17	1.67	4.47	1.45	14	-0.81, 4.14	0.37
Post vs. 3 month follow up	.31	1.55	4.74	1.08	10	-1.64, 4.73	0.33
RSQ Rumination score							
Pre vs. Post intervention	0.43	3.78	13.67	0.83	8	-6.73, 14.29	0.28
Post vs. 3 month follow up	0.20	-4.33	7.15	-1.49	5	-11.83, 3.17	0.61
RSQ Distraction score							
Pre vs. Post intervention	0.33	0.60	1.84	1.03	9	-0.71, 1.91	0.33
Post vs. 3 month follow up	0.78	-0.33	2.73	-0.30	5	-3.20, 2.53	0.12
Mean SDI 1 (Work) score							
Pre vs. Post intervention	0.02*	1.50	2.16	2.57	15	0.25, 2.75	0.69
Post vs. 3 month follow up	0.73	0.27	2.57	0.35	10	-1.46, 2.00	0.11
Mean SDI 2 (Social/Leisure) score							
Pre vs. Post intervention	0.01*	1.63	2.19	2.97	15	0.46, 2.79	0.74
Post vs. 3 month follow up	0.14	-1.17	2.55	0.46	11	-2.79, 0.46	0.46
Mean SDI 3 (Family/Home) score							
Pre vs. Post intervention	1.00	0.00	3.08	1.64	15	-1.64, 1.64	0.00
Post vs. 3 month follow up	0.66	0.50	3.88	2.96	11	-1.96, 2.96	0.13

*Correlation is significant at the 0.05 level (2-tailed)

Table 6: Within group comparisons of scales for the waitlist control group.

Measure	Significance (2-tailed)	Mean difference	SD	t	df	95% Confidence Interval	Effect Size (Cohen's d)
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BDI							
Pre vs. Post intervention	0.62	-0.83	7.52	-0.51	20	-4.26, 2.59	0.11
Post vs. 3 month follow up	0.005*	8.17	9.45	3.35	14	2.93, 13.40	0.86
BAI							
Pre vs. Post intervention	0.31	-1.95	8.51	-1.05	20	-5.83, 1.92	0.23
Post vs. 3 month follow up	0.13	4.4	10.63	1.60	14	-1.49, 10.29	0.41
Mean SCL-90-R Depression score							
Pre vs. Post intervention	0.02*	6.73	9.89	2.64	14	1.26, 12.21	0.68
Post vs. 3 month follow up	0.52	-2.78	12.39	-0.67	8	-12.30, 6.74	0.22
Mean SCL-90-R Anxiety score							
Pre vs. Post intervention	0.14	2.73	6.72	1.57	14	-0.99, 6.46	0.41
Post vs. 3 month follow up	0.92	-0.22	6.18	-0.11	8	-4.97, 4.53	0.04
RSQ Rumination score							
Pre vs. Post intervention	0.01*	9.37	7.15	3.71	7	3.40, 15.35	1.31
Post vs. 3 month follow up	0.04*	-9.2	7.09	-2.90	4	-18.00, -0.40	1.30
RSQ Distraction score							
Pre vs. Post intervention	0.73	-0.56	4.72	-0.35	8	-4.2, 3.07	0.12
Post vs. 3 month follow up	0.94	0.20	5.26	0.09	4	-6.33, 6.73	0.04
Mean SDI 1 (Work) score							
Pre vs. Post intervention	0.69	0.19	2.16	0.40	20	-0.79, 1.17	0.09
Post vs. 3 month follow up	0.11	1.07	2.37	1.69	13	-0.30, 2.44	0.45
Mean SDI 2 (Social/Leisure) score							
Pre vs. Post intervention	0.92	0.48	2.13	0.10	20	-0.92, 1.02	0.23
Post vs. 3 month follow up	0.33	0.60	2.29	1.01	14	-0.67, 1.87	0.26
Mean SDI 3 (Family/Home) score							
Pre vs. Post intervention	0.92	-0.05	2.01	-0.11	20	-0.96, 0.87	0.02
Post vs. 3 month follow up	0.05*	1.20	2.18	2.13	14	-0.01, 2.41	0.55

*Correlation is significant at the 0.05 level (2-tailed)

Table 7: Self-reported weekly mindfulness practice for MBCT intervention group post intervention.

Group	Mean Practice Time (h); SD	Pearson Correlation with BDI score	Significance (2-tailed)	Pearson Correlation with BAI score	Significance (2-tailed)
MBCT	4.38; 2.26	-0.62*	0.04*	-0.24	0.45

*Correlation is significant at the 0.05 level (2-tailed)

Table 8: Correlations of BDI score baseline to post intervention with demographic variables.

Variable	Waitlist			MBCT Group		
	Pearson Correlation (r-value)	Significance (p-value)	df	Pearson Correlation (r-value)	Significance (p-value)	df
Age	-0.09	0.69	18	-0.11	0.70	13
Sex	0.16	0.51	18	0.12	0.67	13
Level of Education Completed	0.43	0.06	19	-0.34	0.23	12
Current Employment	0.11	0.63	19	-0.10	0.74	13
Previous Mindfulness Experience	0.07	0.78	18	-0.35	0.22	12
Mean # of DSM-IV Diagnoses	0.21	0.37	18	-0.48	0.07	13
Current Dysthymia	0.08	0.74	18	-0.42	0.12	13
Current Major Depressive Episode (non-primary)	-0.16	0.50	18	0.19	0.51	13
Current Panic Disorder	0.32	0.17	18	-0.66*	0.008*	13
Current Social Phobia	0.21	0.38	18	-0.30	0.28	13
Current Obsessive-Compulsive Disorder	-0.02	0.93	18	0.05	0.86	13
Current Generalized Anxiety Disorder	0.06	0.81	18	-0.55*	0.03*	13
Mean # of psychiatric medications	-0.06	0.81	19	0.006	0.98	12
Taking antidepressant	0.41	0.06	19	0.07	0.80	13
Taking mood stabilizer	-0.17	0.46	19	0.36	0.19	13
Taking antipsychotic	-0.27	0.24	19	0.06	0.83	13
Taking anxiolytic	0.03	0.91	19	0.13	0.63	13

*Correlation is significant at the 0.05 level (2-tailed)

Table 9: Correlations of BAI score baseline to post intervention with demographic variables.

Variable	Waitlist			MBCT Group		
	Pearson Correlation	Significance (p-value)	df	Pearson Correlation	Significance (p-value)	df

	(r-value)			(r-value)		
Age	0.13	0.58	18	-0.46	0.07	14
Sex	-0.11	0.65	18	0.17	0.54	14
Level of Education Completed	0.24	0.29	19	-0.08	0.79	13
Current Employment	0.19	0.40	19	0.30	0.27	14
Previous Mindfulness Experience	0.06	0.81	18	-0.36	0.19	13
Mean # of DSM-IV Diagnoses	-0.02	0.95	18	-0.68*	0.004*	14
Current Dysthymia	-0.05	0.83	18	-0.61*	0.01*	14
Current Major Depressive Episode (non-primary)	-0.11	0.65	18	-0.12	0.65	14
Current Panic Disorder	0.40	0.08	18	-0.57*	0.02*	14
Current Social Phobia	0.30	0.20	18	-0.41	0.11	14
Current Obsessive-Compulsive Disorder	-0.49*	0.03*	18	0.02	0.94	14
Current Generalized Anxiety Disorder	-0.07	0.79	18	-0.59*	0.02*	14
Mean # of psychiatric medications	-0.27	0.23	19	-0.28	0.31	13
Taking antidepressant	0.17	0.45	19	0.19	0.49	14
Taking mood stabilizer	-0.39	0.08	19	0.06	0.81	14
Taking antipsychotic	-0.16	0.49	19	-0.39	0.13	14
Taking anxiolytic	-0.06	0.79	19	-0.02	0.94	14

*Correlation is significant at the 0.05 level (2-tailed)

Table 10: Correlations of SDI-work score baseline to post intervention with demographic variables.

Variable	Waitlist			MBCT Group		
	Pearson Correlation (r-value)	Significance (p-value)	df	Pearson Correlation (r-value)	Significance (p-value)	df
Age	0.13	0.58	18	-0.46	0.07	14
Sex	-0.11	0.65	18	0.17	0.54	14

Level of Education Completed	0.24	0.29	19	-0.08	0.79	13
Current Employment	0.19	0.40	19	0.30	0.27	14
Previous Mindfulness Experience	0.06	0.81	18	-0.36	0.19	13
Mean # of DSM-IV Diagnoses	-0.02	0.95	18	-0.68*	0.004*	14
Current Dysthymia	-0.05	0.83	18	-0.61*	0.01*	14
Current Major Depressive Episode (non-primary)	-0.11	0.65	18	-0.12	0.65	14
Current Panic Disorder	0.40	0.08	18	-0.57*	0.02*	14
Current Social Phobia	0.30	0.20	18	-0.41	0.11	14
Current Obsessive-Compulsive Disorder	-0.49*	0.03*	18	0.02	0.94	14
Current Generalized Anxiety Disorder	-0.07	0.79	18	-0.59*	0.02*	14
Mean # of psychiatric medications	-0.27	0.23	19	-0.28	0.31	13
Taking antidepressant	0.17	0.45	19	0.19	0.49	14
Taking mood stabilizer	-0.39	0.08	19	0.06	0.81	14
Taking antipsychotic	-0.16	0.49	19	-0.39	0.13	14
Taking anxiolytic	-0.06	0.79	19	-0.02	0.94	14

*Correlation is significant at the 0.05 level (2-tailed)

Table 11: Correlations of SDI-social/leisure score baseline to post intervention with demographic variables.

Variable	Waitlist			MBCT Group		
	Pearson Correlation (r-value)	Significance (p-value)	df	Pearson Correlation (r-value)	Significance (p-value)	df
Age	-0.20	0.39	18	-0.25	0.35	14

Sex	-0.03	0.90	18	-0.44	0.09	14
Level of Education Completed	0.26	0.26	19	-0.10	0.71	13
Current Employment	0.19	0.42	19	0.10	0.71	14
Previous Mindfulness Experience	0.13	0.58	18	0.26	0.36	13
Mean # of DSM-IV Diagnoses	0.12	0.63	18	-0.38	0.15	14
Current Dysthymia	-0.07	0.76	18	-0.24	0.38	14
Current Major Depressive Episode (non-primary)	0.04	0.89	18	0.16	0.56	14
Current Panic Disorder	-0.14	0.57	18	-0.45	0.08	14
Current Social Phobia	0.26	0.26	18	-0.51	0.04*	14
Current Obsessive-Compulsive Disorder	0.24	0.32	18	0.37	0.16	14
Current Generalized Anxiety Disorder	-0.09	0.69	18	-0.32	0.23	14
Mean # of psychiatric medications	-0.06	0.81	19	-0.02	0.93	13
Taking antidepressant	0.30	0.18	19	-0.03	0.9	14
Taking mood stabilizer	-0.15	0.52	19	0.07	0.79	14
Taking antipsychotic	-0.10	0.68	19	-0.51	0.04*	14
Taking anxiolytic	0.009	0.97	19	0.11	0.68	14

*Correlation is significant at the 0.05 level (2-tailed)

Table 12: Correlations of SDI-family/home score baseline to post intervention with demographic variables.

Variable	Waitlist			MBCT Group		
	Pearson Correlation (r-value)	Significance (p-value)	df	Pearson Correlation (r-value)	Significance (p-value)	df
Age	-0.10	0.68	18	0.07	0.80	14

Sex	-0.33	0.16	18	-0.18	0.50	14
Level of Education Completed	0.39	0.08	19	-0.33	0.24	13
Current Employment	0.29	0.21	19	-0.05	0.86	14
Previous Mindfulness Experience	0.09	0.71	18	-0.39	0.15	13
Mean # of DSM-IV Diagnoses	0.29	0.22	18	-0.10	0.72	14
Current Dysthymia	0.36	0.12	18	0.27	0.31	14
Current Major Depressive Episode (non-primary)	0.32	0.17	18	0.38	0.15	14
Current Panic Disorder	0.12	0.61	18	-0.51	0.05*	14
Current Social Phobia	0.28	0.23	18	-0.30	0.27	14
Current Obsessive-Compulsive Disorder	0.31	0.19	18	0.05	0.84	14
Current Generalized Anxiety Disorder	0.03	0.92	18	-0.39	0.14	14
Mean # of psychiatric medications	0.009	0.97	19	-0.36	0.19	13
Taking antidepressant	0.50	0.02*	19	-0.29	0.28	14
Taking mood stabilizer	-0.50	0.02*	19	-0.09	0.74	14
Taking antipsychotic	0.16	0.50	19	-0.32	0.23	14
Taking anxiolytic	0.20	0.39	19	-0.19	0.48	14

*Correlation is significant at the 0.05 level (2-tailed)