

Supplemental Table 1

Intercorrelations, Means and Standard Deviations of All Investigated Variables

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)
(1) Meditation experience	1																					
(2) Observe (raw score)	.26	1																				
(3) Describe (raw score)	.18	.27	1																			
(4) Actaware ^a (raw score)	.08	.13	.33	1																		
(5) Nonjudge ^a (raw score)	.11	.01 ^{ns}	.31	.42	1																	
(6) Nonreact (raw score)	.18	.22	.26	.30	.29	1																
(7) Somatization	-.04 ^{ns}	.03 ^{ns}	-.15	-.27	-.26	-.19	1															
(8) Depression	-.10	-.01 ^{ns}	-.26	-.39	-.45	-.28	.52	1														
(9) Anxiety	-.06	.02 ^{ns}	-.15	-.33	-.32	-.28	.63	.60	1													
(10) Attentional control	.09	.04 ^{ns}	.27	.54	.31	.37	-.21	-.32	-.30	1												
(11) Inhibitory control	.12	.05 ^{ns}	.10	.30	.15	.32	-.16	-.14	-.25	.38	1											
(12) Activation control	.11	.05 ^{ns}	.26	.43	.26	.23	-.21	-.33	-.25	.53	.32	1										
(13) Body awareness	.23	.56	.33	.10	.04 ^{ns}	.12	.06	-.05 ^{ns}	.08	.04 ^{ns}	-.01 ^{ns}	.08	1									
(14) Body association ^a	.07	.10	.40	.31	.33	.17	-.19	-.26	-.22	.24	.13	.24	.10	1								
(15) Decentering	.20	.21	.37	.44	.46	.61	-.30	-.50	-.38	.46	.34	.33	.21	.31	1							
(16) Acceptance of emotions ^a	.12	-.01 ^{ns}	.30	.38	.58	.35	-.32	-.52	-.40	.38	.20	.30	.01 ^{ns}	.30	.49	1						
(17) Strategies ^a	.14	.07	.28	.37	.47	.44	-.31	-.59	-.42	.44	.27	.37	.06	.26	.60	.66	1					
(18) Emotional clarity ^a	.17	.24	.52	.38	.38	.29	-.28	-.41	-.28	.34	.20	.31	.28	.43	.47	.43	.47	1				
(19) Goal-directed behavior ^a	.09	-.03 ^{ns}	.17	.46	.32	.36	-.25	-.40	-.36	.63	.32	.48	-.05 ^{ns}	.19	.45	.46	.60	.30	1			
(20) Emotional awareness ^a	.19	.45	.45	.20	.15	.22	-.08	-.12	-.05 ^{ns}	.10	.06	.09	.54	.28	.34	.14	.12	.46	-.01 ^{ns}	1		
(21) Impulse control ^a	.08	.04 ^{ns}	.20	.36	.36	.38	-.29	-.40	-.41	.40	.36	.29	.00 ^{ns}	.25	.47	.51	.64	.39	.56	.08	1	
(22) Nonattachment	.19	.21	.31	.38	.40	.52	-.24	-.45	-.37	.45	.34	.40	.19	.32	.63	.45	.56	.41	.46	.28	.43	1
Mean	0.55	3.46	3.58	3.39	3.64	3.13	0.51	0.57	0.45	4.41	4.35	4.70	2.58	3.09	2.37	3.91	4.08	4.02	2.41	3.41	4.22	4.31
Standard deviation	1.12	0.62	0.71	0.61	0.74	0.59	0.65	0.55	0.54	1.04	0.86	0.97	0.58	0.42	0.37	0.77	0.72	0.68	0.82	0.75	0.64	0.61

Note. ^a Reverse scored to reflect greater ability; ^{ns} not significant; Strategies = Access to emotion regulation strategies. All *ps* < .05, unless noted otherwise.