

Supplementary Table S1 - Estimate means

	Mean	Standard Error
Baseline		
Mindfulness	10.396	0.704
Control	10.508	0.619
Exercise	7.900	0.541
Week 5		
Mindfulness	7.830	0.614
Control	8.918	0.714
Exercise	6.050	0.473
Week 12		
Mindfulness	5.829	0.676
Control	8.376	0.588
Exercise	5.649	0.489

Supplementary Table S2 - Group x time interactions

	Contrast Estimate	Std. Error	T	Df	Adj. Sig.	95% CI	
Group						Lower	Upper
Mindfulness							
Baseline - 5week	2.565	0.780	3.291	213	0.002	0.806	4.325
Baseline - 12week	4.566	0.762	5.993	213	0.000	2.728	6.404
Control							
Baseline - 5week	1.590	0.600	2.650	213	0.017	0.236	2.945
Baseline - 12week	2.132	0.761	2.801	213	0.017	0.295	3.968
Exercise							
Baseline - 5week	1.850	0.543	3.409	213	0.002	0.540	3.160
Baseline - 12week	2.251	0.671	3.355	213	0.002	0.679	3.822
Time							
Baseline							
Exercise - mindfulness	-2.496	0.757	-3.299	213	0.002	-4.203	-0.788
Exercise - control	-2.608	0.696	-3.747	213	0.001	-4.288	-0.929
Mindfulness - control	-0.112	0.788	-0.143	213	0.887	-1.667	1.442
Week 5							
Exercise - mindfulness	-1.781	0.674	-2.642	213	0.018	-3.302	-0.259
Exercise - control	-2.868	0.760	-3.773	213	0.001	-4.703	-1.034
Mindfulness - control	-1.088	0.826	-1.317	213	0.189	-2.715	0.540
Week 12							
Exercise - mindfulness	-0.181	0.711	-0.254	213	0.800	-1.583	1.222
Exercise - control	-2.727	0.635	-4.295	213	0.000	-4.260	-1.195
Mindfulness - control	-2.547	0.747	-3.408	213	0.002	-4.234	-0.860