

Table S1. Results of the MLM *protocol analysis* for the main effects - group, time and interaction factors.

| Variable | Interaction | | | Time | | | Group | | |
|------------------|-------------|-------|------------|-------|-------|------------|-------|------|------------|
| | F | p | ω^2 | F | p | ω^2 | F | p | ω^2 |
| GHQ | | | | | | | | | |
| Coping | 1.33 | .25 | .03 | 10.64 | <.01* | .29## | 3.57 | .03* | .07# |
| Self-esteem | 1.11 | .36 | .01 | 8.10 | <.01* | .23## | 1.04 | .36 | .01 |
| Stress | 1.06 | .39 | .01 | 7.17 | <.01* | .20## | 1.09 | .34 | .01 |
| Total | 1.53 | .17 | .04 | 14.77 | <.01* | .36## | .85 | .43 | <.01 |
| PSQ | | | | | | | | | |
| Harassment-SA | 3.63 | <.01* | .18## | 6.35 | <.01* | .18## | 1.31 | .27 | .01 |
| Overload | 2.24 | .04* | .09# | 7.57 | <.01* | .21## | .75 | .48 | <.01 |
| Irritab.-fatigue | 2.15 | .05* | .09# | 7.45 | <.01* | .21## | 1.64 | .20 | .02 |
| Energy-joy | .51 | .80 | <.01 | .94 | .42 | <.01 | 1.65 | .20 | .02 |
| Fear-anxiety | 1.37 | .23 | .03 | 6.78 | <.01* | .20## | .28 | .76 | <.01 |
| Self-realisation | 1.09 | .37 | .01 | 5.20 | <.01* | .15## | 1.56 | .22 | .01 |
| Total | 2.45 | .03* | .11# | 7.90 | <.01* | .22## | 1.95 | .15 | .03 |
| IgA | .77 | .55 | <.01 | .88 | .42 | <.01 | .98 | .38 | <.01 |

* $p < 0.05$. # ω^2 . Moderate effect size. ## ω^2 . High effect size.

Table S2. Means and standard deviations for the MF, PE and CG, at different time points, in those dependent variables that have been significant in the analysis of the main effects.

| Variable / Group | Time | | | |
|-------------------------|------------|-------------|---------------|---------------|
| | M (SD) | M (SD) | M (SD) | M (SD) |
| Harassment-SA | Pre | Post | F.up 1 | F.up 2 |
| MM | .48 (.20) | .42 (.16) | .39 (.17) | .42 (.24) |
| PE | .47 (.15) | .26 (.17) | .41 (.13) | .36 (.18) |
| CG | .45 (.15) | .44 (.17) | .44 (.18) | .42 (.20) |
| Overload | | | | |
| MM | .76 (.19) | .62 (.15) | .66 (.18) | .65 (.20) |
| PE | .76 (.13) | .59 (.13) | .63 (.10) | .71 (.16) |
| CG | .73 (.15) | .71 (.20) | .70 (.14) | .70 (.17) |
| Irritab.-fatigue | | | | |
| MM | .65 (.21) | .59 (.17) | .53 (.24) | .49 (.18) |
| PE | .62 (.14) | .45 (.18) | .49 (.20) | .48 (.15) |
| CG | .60 (.14) | .58 (.19) | .61 (.17) | .55 (.17) |
| Fear-anxiety | | | | |
| MM | .53 (.26) | .44 (.24) | .39 (.29) | .36 (.23) |
| PE | .47 (.18) | .31 (.25) | .40 (.23) | .35 (.17) |
| CG | .47 (.23) | .44 (.21) | .36 (.22) | .34 (.21) |
| Self-realisation | | | | |
| MM | .57 (.23) | .54 (.18) | .51 (.19) | .47 (.19) |

| | | | | |
|--------------------|-----------------|-----------------|-----------------|-----------------|
| PE | .56 (.15) | .40 (.22) | .44 (.19) | .41 (.19) |
| CG | .53 (.20) | .50 (.21) | .53 (.26) | .49 (.23) |
| Total PSQ | | | | |
| MM | .63 (.18) | .56 (.13) | .53 (.17) | .52 (.17) |
| PE | .61 (.11) | .43 (.16) | .50 (.15) | .49 (.14) |
| CG | .59 (.12) | .57 (.17) | .58 (.16) | .55 (.17) |
| Coping | | | | |
| MM | 6.96 (3.32) | 4.26 (1.63) | 4.35 (2.29) | 5.79 (2.66) |
| PE | 6.50 (1.70) | 5.06 (1.39) | 4.89 (2.08) | 6.61 (3.73) |
| CG | 7.40 (2.86) | 6.39 (2.08) | 5.79 (1.87) | 6.05 (2.27) |
| Self-esteem | | | | |
| MM | 5.07 (3.91) | 3.22 (3.49) | 2.52 (2.69) | 3.16 (2.73) |
| PE | 3.63 (2.58) | 1.63 (1.31) | 2.00 (1.60) | 2.89 (2.49) |
| CG | 3.67 (2.93) | 2.87 (2.14) | 2.32 (1.95) | 2.63 (2.01) |
| Stress | | | | |
| MM | 5.11 (2.04) | 3.87 (1.91) | 3.61 (1.70) | 3.05 (2.22) |
| PE | 4.77 (1.36) | 2.88 (1.45) | 3.42 (1.35) | 4.11 (1.91) |
| CG | 4.43 (1.77) | 4.09 (1.31) | 4.05 (1.43) | 4.21 (1.51) |
| Total GHQ | | | | |
| MM | 17.14 (7.20) | 11.35 (5.18) | 10.48 (4.81) | 12.89 (6.66) |
| PE | 14.90 (4.71) | 9.56 (2.78) | 10.32 (4.22) | 13.61 (6.52) |
| CG | 15.50 (6.32) | 13.35 (4.96) | 12.16 (4.50) | 12.89 (4.86) |

Table S3. Comparisons of simple effects - time factor PSQ.

| Variable | Group | Comparisons | M _{diff} | S.E. | p | C.I. 95% | |
|--------------------|-------------------|---------------|-------------------|------|------|----------|------|
| | | | | | | LLCI | ULCI |
| Total (PSQ) | Mindfulness | Pre-Post-test | .09 | .03 | .03* | .01 | .18 |
| | | Pre-Fup 1 | .09 | .03 | .06 | .00 | .17 |
| | | Pre-Fup 2 | .10 | .03 | .03* | .01 | .19 |
| | Physical exercise | Pre-Post-test | .10 | .03 | .03* | .01 | .20 |
| | | Pre-Fup 1 | .07 | .03 | .45 | -.02 | .17 |
| | | Pre-Fup 2 | .08 | .03 | .44 | -.02 | .18 |
| Harassment | Mindfulness | Pre-Post-test | .14 | .04 | .04* | .00 | .28 |
| | | Pre-Fup 1 | .04 | .04 | .39 | -.05 | .12 |
| | | Pre-Fup 2 | .06 | .04 | .19 | -.03 | .15 |
| | Physical exercise | Pre-Post-test | .18 | .05 | .01* | .03 | .33 |
| | | Pre-Fup 1 | .12 | .05 | .66 | -.05 | .28 |

| | | | | | | | |
|-------------------------|-------------------|---------------|-----|-----|------|------|-----|
| | | Pre-Fup 2 | .12 | .05 | .48 | -.04 | .28 |
| Overload | Mindfulness | Pre-Post-test | .15 | .03 | .00* | .05 | .25 |
| | | Pre-Fup 1 | .09 | .03 | .08 | .00 | .19 |
| | | Pre-Fup 2 | .10 | .04 | .22 | -.02 | .22 |
| | Physical exercise | Pre-Post-test | .16 | .03 | .00* | .05 | .27 |
| | | Pre-Fup 1 | .13 | .03 | .00* | .03 | .24 |
| | | Pre-Fup 2 | .10 | .04 | .22 | -.02 | .22 |
| Irritab.-Fatigue | Mindfulness | Pre-Post-test | .11 | .03 | .02* | .01 | .21 |
| | | Pre-Fup 1 | .10 | .03 | .01* | .02 | .19 |
| | | Pre-Fup 2 | .15 | .03 | .00* | .05 | .26 |
| | Physical exercise | Pre-Post-test | .15 | .03 | .00* | .04 | .26 |
| | | Pre-Fup 1 | .12 | .03 | .01* | .02 | .21 |
| | | Pre-Fup 2 | .14 | .03 | .00* | .03 | .25 |
| Fear-anxiet | Mindfulness | Pre-Post-test | .14 | .04 | .04* | .00 | .28 |
| | | Pre-Fup 1 | .17 | .05 | .02* | .02 | .32 |
| | | Pre-Fup 2 | .17 | .04 | .01* | .03 | .32 |
| | Physical exercise | Pre-Post-test | .18 | .05 | .01* | .03 | .33 |
| | | Pre-Fup 1 | .12 | .05 | .66 | -.05 | .28 |
| | | Pre-Fup 2 | .12 | .05 | .48 | -.04 | .28 |
| Self-realization | Mindfulness | Pre-Post-test | .13 | .05 | .01* | .03 | .22 |
| | | Pre-Fup 1 | .04 | .04 | .39 | -.05 | .12 |
| | | Pre-Fup 2 | .06 | .04 | .19 | -.03 | .15 |
| | Physical exercise | Pre-Post-test | .13 | .05 | .02* | .03 | .23 |
| | | Pre-Fup 1 | .09 | .05 | .06 | .00 | .18 |
| | | Pre-Fup 2 | .07 | .05 | .15 | -.03 | .17 |

* $p < .05$.

Table S4. Correlations between the amount of final practice and the degree of recovery (pretest - posttest change scores).

| Variable | Group | | | |
|----------|------------------------------|-----|------------------------------|-----|
| | Mindfulness | | Physical Exercise | |
| | ¹ r _{xy} | p | ¹ r _{xy} | p |
| PSQ | .29 | .16 | .26 | .25 |
| GHQ | .34 | .09 | .19 | .40 |
| IgA | .12 | .57 | -.19 | .41 |

¹. Pearson's correlation coefficient.
p < .05