

SUPPLEMENTARY MATERIAL

Reproducible R script

Statistics were done using the emmeans (v 1.15-15; Lenth et al., 2020) and the apaTablet (v2.0.5; Stanley, 2018) packages.

```
#Main regression analyses#
```

```
---Step 1---
```

```
Step1_sindrome<-lm(Sindrome_dif~Edad+Sexo+Exp_previa, Base)
```

```
summary(Step1_sindrome)
```

```
apa.reg.table(Step1_sindrome, filename = "apa_reg_sindrome1.doc")#paquete  
apa.tablet
```

```
---Step 2---
```

```
Step2_sindrome<-lm(Sindrome_dif~Edad+Sexo+Exp_previa
```

```
      +Grupo+c_persA+c_persC+c_persE+c_persF+
```

```
      c_persI+c_persL+c_persM+c_persQ2+c_persQ3+c_persQ4,Base)
```

```
summary(Step2_sindrome)
```

```
apa.reg.table(Step2_sindrome, filename = "apa_reg_sindrome2.doc")
```

```
---Step 3---
```

```
Step3_sindrome<-lm(Sindrome_dif~+Edad+Sexo+Exp_previa+Grupo*c_persA+
```

```
      Grupo*c_persC+Grupo*c_persE+Grupo*c_persF+
```

```
      Grupo*c_persI+Grupo*c_persL+Grupo*c_persM+Grupo*c_persQ2
```

```
      +Grupo*c_persQ3+Grupo*c_persQ4,Base)
```

```
summary(Step3_sindrome)
```

```
apa.reg.table(Step3_sindrome, filename = "apa_reg_sindrome3.doc")
```

```
#Simple slopes analyses#
```

```
mod<-lm(Sindrome_dif~Grupo*c_persQ3,Base)
emtrends(mod, ~ Grupo, var="c_persQ3")#paquete emmeans
```

```
#Secondary regression analyses#
```

```
Comparacion1<-filter(baseEM,Grupo!=2)#paquete dplyr
Comparacion2<-filter(baseEM,Grupo!=1)
```

```
---Step 1 burnout Group 1---
```

```
reg_3_1<-lm(Sind_diff~Edad+Sexo+Exp_previa,data = Comparacion1)
summary(reg_3_1)
apa.reg.table(reg_3_1,filename = "Sindrome_reg_3_1.doc")
```

```
---Step 2 burnout Group 1---
```

```
reg_3_2<-lm(Sind_diff~Edad+Sexo+Exp_previa+persA+persC+persE+persF+persI+
            persL+persM+persQ2+persQ3+persQ4,data = Comparacion1)
summary(reg_3_2)
apa.reg.table(reg_3_2,filename = "Sindrome_reg_3_2.doc")
```

```
---Step 3 burnout and informal practice---
```

```
reg_3_3a<-lm(Sind_diff~persC:Prac_3+persL:Prac_3+persQ2:Prac_3,data =
Comparacion1)
summary(reg_3_3a)
apa.reg.table(reg_3_3a,filename = "Sindrome_reg_3_3a.doc")
```

```
---Step 3 burnout and formal practice---
```

```
reg_3_3b<-lm(Sind_diff~persC:Prac_4+persL:Prac_4+persQ2:Prac_4,data =  
Comparacion1)
```

```
summary(reg_3_3b)
```

```
apa.reg.table(reg_3_3b,filename = "Sindrome_reg_3_3b.doc")
```

---Step 1 burnout Group 2---

```
reg_4_1<-lm(Sind_diff~Edad+Sexo+Exp_previa,data = Comparacion2)
```

```
summary(reg_4_1)
```

```
apa.reg.table(reg_4_1,filename = "Sindrome_reg_4_1.doc")
```

---Step 2 burnout Group 2---

```
reg_4_2<-lm(Sind_diff~Edad+Sexo+Exp_previa+persA+persC+persE+persF+persI+  
persL+persM+persQ2+persQ3+persQ4,data = Comparacion2)
```

```
summary(reg_4_2)
```

```
apa.reg.table(reg_4_2,filename = "Sindrome_reg_4_2.doc")
```

Supplementary references

Lenth, R., Singmann, H., Love, J., Buerkner, P., & Herve, M. (2020). *Package 'emmeans'*. R Package Version 1.15-15.
<https://doi.org/10.1080/00031305.1980.10483031>>.License

Stanley, D. (2018). *apaTables: Create American Psychological Association (APA) Style Tables*. R package version 2.0.5. <https://cran.r-project.org/package=apaTables>

Supplementary tables

Table S1. Means, standard deviations and Pearson correlations.

	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.
1. Burnout	-0.025	-0.220**	0.245*	-0.106	-0.024	-0.249*	0.119	0.178	-0.163	-0.026	-0.088	-0.038	0.025
2. 16PF-Warmth	-	-0.076	-0.122	-0.125	-0.123	0.182	0.072	0.225*	-0.216*	-0.073	-0.053	-0.096	-0.057
3. 16PF-Emotional stability		-	0.133	0.009	0.075	0.163	0.049	-0.121	0.002	0.294**	-0.144	-0.098	-0.068
4. 16PF-Dominance			-	-0.107	-0.015	0.048	-0.040	-0.140	0.217*	-0.147	-0.083	0.135	0.053
5. 16PF-Liveliness				-	0.106	0.081	0.038	0.114	-0.079	0.078	0.024	-0.028	0.027
6. 16PF-Sensitivity					-	0.054	0.082	0.007	0.032	-0.269**	-0.135	-0.261*	0.159
7. 16PF-Vigilance						-	-0.098	-0.025	0.081	-0.049	-0.057	-0.173	0.052
8. 16PF-Abstractedness							-	0.064	0.108	-0.104	0.056	0.160	0.082
9. 16PF-Self-reliance								-	0.021	0.010	-0.155	-0.081	<-0.001
10. 16PF-Perfectionism									-	0.032	-0.005	0.025	-0.076
11. 16PF-Tension										-	-0.096	-0.138	0.062
12. Formal practice											-	-0.573**	-0.123
13. Informal practice												-	<-0.001
14. Age													-
Mean	5.87		7.38	6.17	5.89	6.16	6.28	5.88	5.67		300.8	238.6	
(SD)	(2.00)	5.65 (1.7)	(1.97)	(1.80)	(2.00)	(1.99)	(1.70)	(1.57)	(1.76)	4.31 (1.97)	(192.6)	(168.1)	

NOTE: 16 PF = Cattell's 16 Personality Factors Test. ** $p < 0.01$. * $p < 0.05$.

Table S2. No significant interaction results in Model 3 (interaction: intervention group) examining burnout reduction in main regression.

	<i>b</i>	<i>b</i> 95% CI [LL, UL]	<i>sr</i> ²	<i>sr</i> ² 95% CI [LL, UL]
Model 3				
Group x Warmth	-0.15	[-1.17, 0.87]	0.00	[-0.01, .01]
Group x Emotional stability	0.64	[-0.40, 1.69]	0.01	[-0.02, .05]
Group x Dominance	0.57	[-0.37, 1.52]	0.01	[-0.02, .04]
Group x Liveliness	-0.22	[-1.10, 0.66]	0.00	[-0.01, .02]
Group x Abstractedness	0.67	[-0.40, 1.74]	0.01	[-0.02, .05]
Group x Self-reliance	-0.78	[-2.03, 0.47]	0.01	[-0.02, .05]
Group x Perfectionism	0.22	[-0.94, 1.38]	0.00	[-0.01, .01]

NOTES: *b* represents unstandardized regression weights; *LL* and *UL* indicate the lower and upper limits of a confidence interval, respectively.

Table S3. Intercept results and no significant interaction results in Step 3 (interaction: amount of home practice) examining burnout reduction for body-centered practices in secondary regression

	<i>b</i>	<i>b</i> 95% CI [LL, UL]	<i>sr</i> ²	<i>sr</i> ² 95% CI [LL, UL]
Step 3				
(Intercept)	1.69	[-0.34, 3.72]		
Emotional stability x informal practice	-0.00	[-0.00, 0.00]	0.03	[-0.13, -0.07]
(Intercept)	2.19	[-0.07, 4.44]		
Emotional stability x formal practice	-0.00	[-0.00, 0.00]	0.03	[-0.13, 0.07]
Vigilance x formal practice	-0.00	[-0.00, 0.00]	0.07	[-0.23, 0.08]
Self-reliance x formal practice	0.00	[-0.00, 0.00]	0.10	[-0.28, 0.08]

NOTES: *b* represents unstandardized regression weights; *LL* and *UL* indicate the lower and upper limits of a confidence interval, respectively