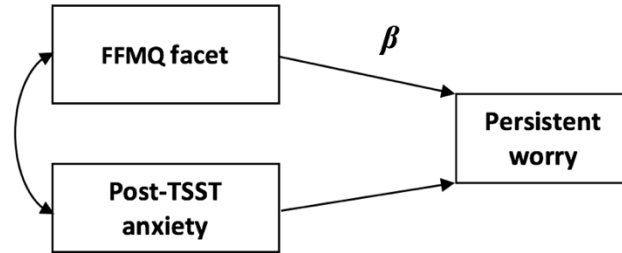


TSST

FACETS OF MINDFULNESS PREDICTING PERSISTENT WORRY (Fig 1)

Fig 1



Facet	β	SE	p-value
Observing	-0.04	-0.063	0.552
Describing	-0.17	-0.068	0.011
Acting with awareness	-0.03	-0.066	0.638
Accepting	-0.12	-0.066	0.104
Non-reacting	-0.13	-0.062	>.001

EXPRESSIVE WRITING TASK

FACETS OF MINDFULNESS AND SELF-DISTANCING ZERO ORDER CORRELATIONS

Facet	r	SE	p-value
Observing	0.13	-0.061	0.032
Describing	0.22	-0.062	>.001
Acting with awareness	0.15	-0.069	0.037
Accepting	0.19	-0.064	0.003
Non-reacting	0.22	-0.062	>.001

FACETS OF MINDFULNESS AND AVOIDANCE ZERO ORDER CORRELATIONS

Facet	r	SE	p-value
Observing	-0.04	-0.068	0.587
Describing	-0.2	-0.071	0.006
Acting with awareness	-0.2	-0.077	0.011
Accepting	-0.15	-0.072	0.038
Non-reacting	-0.24	-0.068	0.001

ANXIETY MEDIATION MODELS (Fig 2)

Observing

Path	Standardized coefficient	SE	p-value
a1	0.13	0.059	0.024
a2	-0.043	0.068	0.524
b1	-0.2	0.057	>.001
b2	0.23	0.076	0.003
c	-0.014	0.05	0.774
c'	0.01	0.048	0.835
Total effect	-0.027	0.05	0.591

SADNESS MEDIATION MODELS (Fig 2)

Observing

Path	Standardized coefficient	SE	p-value
a1	-0.13	0.06	0.024
a2	-0.054	0.066	0.42
b1	-0.28	0.056	>.001
b2	0.27	0.067	>.001
c	-0.12	0.073	0.023
c'	-0.08	0.049	0.1
Total effect	-0.133	0.054	0.013

Total indirect	-0.037	0.022	0.095
Indirect 1 (a1 + b1)	-0.027	0.014	0.052
Indirect 2 (a2 + b2)	-0.01	0.015	0.515

Total indirect	-0.052	0.028	0.062
Indirect 1 (a1 + b1)	-0.038	0.019	0.047
Indirect 2 (a2 + b2)	-0.015	0.018	0.41

Describing			
Path	Standardized coefficient	SE	p-value
a1	0.22	0.061	>.001
a2	-0.2	0.071	0.005
b1	-0.21	0.058	>.001
b2	0.23	0.077	0.003
c	-0.05	0.055	0.338
c'	0.023	0.052	0.659
Total effect	-0.068	0.055	0.216
Total indirect	-0.091	0.028	0.001
Indirect 1 (a1 + b1)	-0.045	0.017	0.007
Indirect 2 (a2 + b2)	-0.046	0.022	0.039

Describing			
Path	Standardized coefficient	SE	p-value
a1	0.22	0.061	>.001
a2	-0.2	0.072	0.006
b1	-0.29	0.059	>.001
b2	0.26	0.067	>.001
c	-0.14	0.056	-.13
c'	-0.039	0.055	0.473
Total effect	-0.153	0.056	0.006
Total indirect	-0.114	0.031	>.001
Indirect 1 (a1 + b1)	-0.062	0.22	0.005
Indirect 2 (a2 + b2)	-0.052	0.22	0.018

Acting with awareness			
Path	Standardized coefficient	SE	p-value
a1	0.15	0.068	0.034
a2	-0.21	0.077	0.007
b1	-0.2	0.059	0.001
b2	0.22	0.08	0.006
c	-12	0.055	0.03
c'	-0.06	0.056	0.285
Total effect	-0.14	0.055	0.014
Total indirect	-0.075	0.032	0.018
Indirect 1 (a1 + b1)	-0.029	0.016	0.07
Indirect 2 (a2 + b2)	-0.046	0.025	0.062

Acting with awareness			
Path	Standardized coefficient	SE	p-value
a1	0.14	0.069	0.036
a2	-0.2	0.077	0.01
b1	-0.28	0.057	>.001
b2	0.26	0.068	>.001
c	-0.18	0.065	0.007
c'	-0.1	0.056	0.076
Total effect	-0.19	0.065	0.004
Total indirect	-0.091	0.035	0.008
Indirect 1 (a1 + b1)	-0.042	0.021	0.047
Indirect 2 (a2 + b2)	-0.051	0.024	0.033

Accepting			
Path	Standardized coefficient	SE	p-value
a1	-0.14	0.063	0.049
a2	0.19	0.071	0.003
b1	-0.2	0.058	>.001

Accepting			
Path	Standardized coefficient	SE	p-value
a1	0.18	0.06	0.003
a2	-0.14	0.071	0.051
b1	-0.29	0.056	>.001

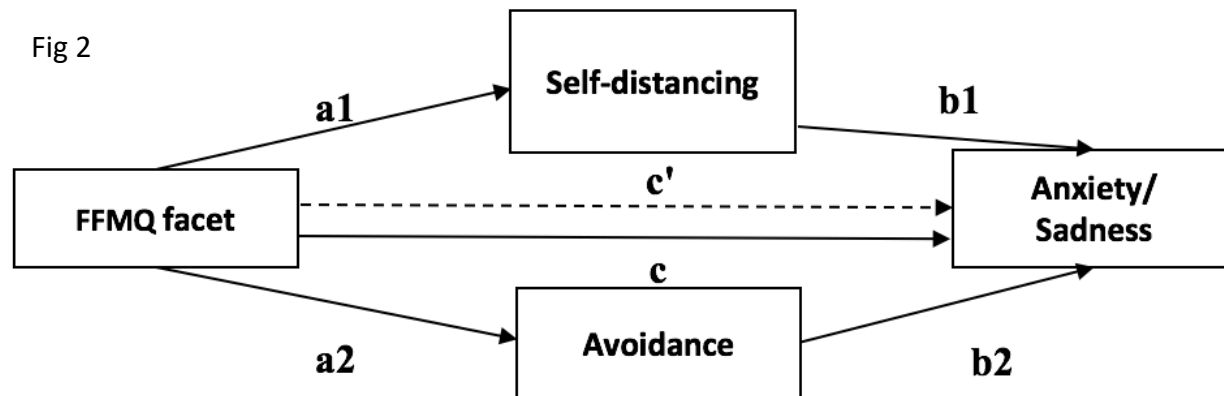
b2	0.22	0.077	0.004
c	-0.07	0.062	0.267
c'	-0.02	0.059	0.782
Total effect	-0.085	0.064	0.184
Total indirect	-0.069	0.025	0.007
Indirect 1 (a1 + b1)	-0.038	0.017	0.024
Indirect 2 (a2 + b2)	-0.031	0.018	0.086

b2	0.27	0.068	>.001
c	-0.11	0.06	0.073
c'	-0.028	0.054	0.609
Total effect	-0.054	0.06	0.055
Total indirect	-0.041	0.03	0.004
Indirect 1 (a1 + b1)	-0.024	0.021	0.017
Indirect 2 (a2 + b2)	-0.017	0.02	0.064

Non-reacting			
Path	Standardized coefficient	SE	p-value
a1	0.21	0.061	0.001
a2	-0.23	0.068	0.001
b1	-0.2	0.057	0.001
b2	0.21	0.079	0.007
c	-0.16	0.058	0.006
c'	-0.08	0.057	0.144
Total effect	-0.175	0.059	0.003
Total indirect	-0.091	0.029	0.002
Indirect 1 (a1 + b1)	-0.042	0.017	0.013
Indirect 2 (a2 + b2)	-0.05	0.024	0.037

Non-judging			
Path	Standardized coefficient	SE	p-value
a1	0.21	0.062	0.001
a2	-0.24	0.068	0.001
b1	-0.28	0.057	>.001
b2	0.26	0.067	>.001
c	-0.19	0.058	0.001
c'	-0.08	0.051	0.165
Total effect	-0.197	0.057	0.001
Total indirect	-0.12	0.032	>.001
Indirect 1 (a1 + b1)	-0.06	0.021	0.004
Indirect 2 (a2 + b2)	-0.06	0.023	0.009

Fig 2



Pre-writing task anxiety/sadness and time since the occurrence of the low moment event were controlled for in all mediational analyses (see example Mplus code #3). Estimates of total and indirect effects and p values are derived from Mplus (for exploratory analyses *only*; Monte Carlo confidence intervals are reported in the paper; see Preacher & Selig, 2012).

Exploratory Linguistic Analyses

Verbal Immediacy is a factor-analytically derived measure that is based on people's use of words belonging to five linguistic categories, and it is believed to tap the degree to which individuals engage vs. detach when describing an event (Cohn et al., 2004; Pennebaker et al., 2003; Pennebaker & King, 1999). In the present study, Linguistic Inquiry and Word Count (LIWC, Pennebaker et al., 2015) software was used to analyze the low moment narratives and derive the percentages of words belonging to each of these five categories: first-person singular pronouns (e.g., *I, me*), words longer than six letters (reverse coded), articles (e.g., *a, the*; reverse coded), present tense words, and discrepancy words (e.g., *should, would*). Percentages from all five categories were averaged to derive the total Verbal Immediacy score for each participant. Intercorrelations among the total Verbal Immediacy score, its subcomponents, and key variables of interest are presented in the table below.

	1	2	3	4	5	6	7	8	9	10	11	12
1 – Verbal Immediacy	1.00											
2 – First person singular pronouns	.47***	1.00										
3 – Discrepancy words	.28***	.09	1.00									
4 – Present focus	.55***	.11	.17*	1.00								
5 – Six + letter words	.71***	-.09	-.01	.11†	1.00							
6 – Articles	.54***	.05	.08	.12†	.25**	1.00						
7 – Word count	-.17**	.01	.20**	.01	-.26***	-.15*	1.00					
8 – Anxiety (EW)	-.10†	-.03	-.03	.001	-.12*	-.005	.12†	1.00				
9 – Sadness (EW)	.08	-.05	.06	.05	.11†	.05	-.03	.55***	1.00			
10 – Self-distancing	-.09	.18*	-.02	-.20**	-.17**	.008	-.07	-.36***	-.42***	1.00		
11 – Avoidance	.11	.08	.02	.04	.13†	-.03	-.12†	.38***	.41***	-.36***	1.00	
12 – Mindfulness	-.23***	-.11†	.008	-.16*	-.15*	-.12*	.15†	-.28***	-.30***	.27***	-.25***	1.00

Note. Zero-order correlations derived from two-level random-intercepts models. EW = Expressive Writing. Variables 2 – 6 are percentages of words belonging to five categories that make up Verbal Immediacy. *, $p < .05$; **, $p < .01$; ***, $p < .001$; †, $p < .10$.

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- Pennebaker, J. W., Mehl, M. R., & Niederhoffer, K. G. (2003). Psychological aspects of natural language use: Our words, our selves. *Annual Review of Psychology*, 54(1), 547-577. <http://dx.doi.org/10.1146/annurev.psych.54.101601.145041>
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