**Appendix 4 Quantitative results data**

Table 1.Five Facet Mindfulness Questionnaire. See:

<https://ggsc.berkeley.edu/images/uploads/Five_Facet_Mindfulness_Questionnaire.pdf>

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Measure** | **Mean Score at Start (Standard Deviation)** | **Mean Score at End** | **Clinical Change** | **Significant Change** |
| Non Judging (*n*=14) | 15(3.419) | 14.5(4.274) | On average, there was a small decrease in Non judging scores, however this was not found to be significant, *t*(13)=0.676, *p*=0.511 | No.  |
| Observing (*n*=14) | 14.86(2.316) | 17(2.418) | On average, Observing scores increased significantly, *t*(13)=-3.198, *p*=0.007 | Yes.  |
| Act with Awareness (*n*=14)  | 14.5(3.737) | 16.14(3.697) | On average, Acting with Awareness scores increased significantly, *t*(13)=-2.248 *p*=0.043 | Yes.  |
| Describing (*n*=14) | 15.93(4.779) | 17.07(3.832) | On average, Describing scores increased however this was not found to be significant, *t*(13)=--1.343, *p*=0.202 | No.  |
| Non-reactive(*n*=14) | 13.71(4.34) | 16(2.855) | On average, Non Reactivity scores increased significantly, *t*(13)=-2.760, *p*=0.016 | Yes.  |



Graph 1: CORE 10 outcome measures, pre and post group