

Multimedia Appendix 7. Multilevel model figures for acceptance, awareness, openness, alerting, and orienting.

Figure 1. Changes in acceptance before and after MT and cognitive training. MT: mindfulness training.

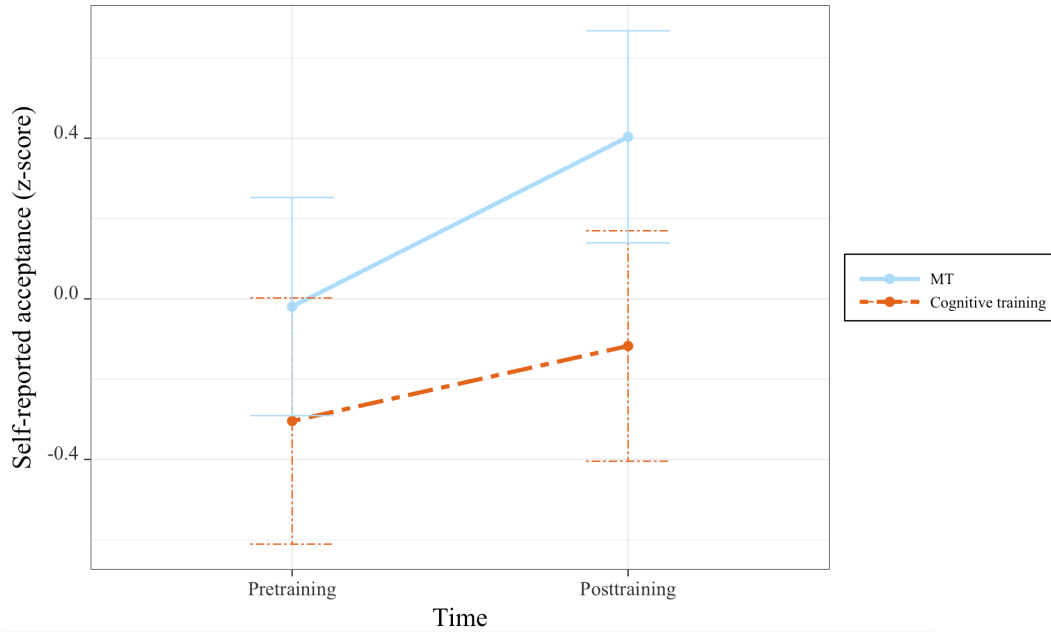


Figure 2. Changes in awareness before and after MT and cognitive training. MT: mindfulness training.

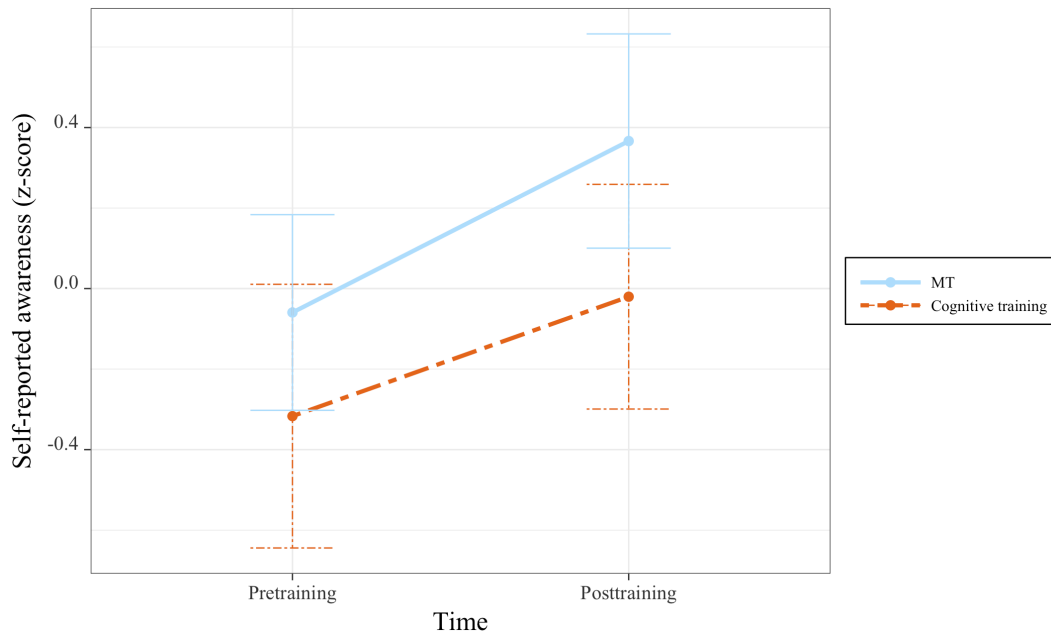


Figure 3. Changes in openness before and after MT and cognitive training. MT: mindfulness training.

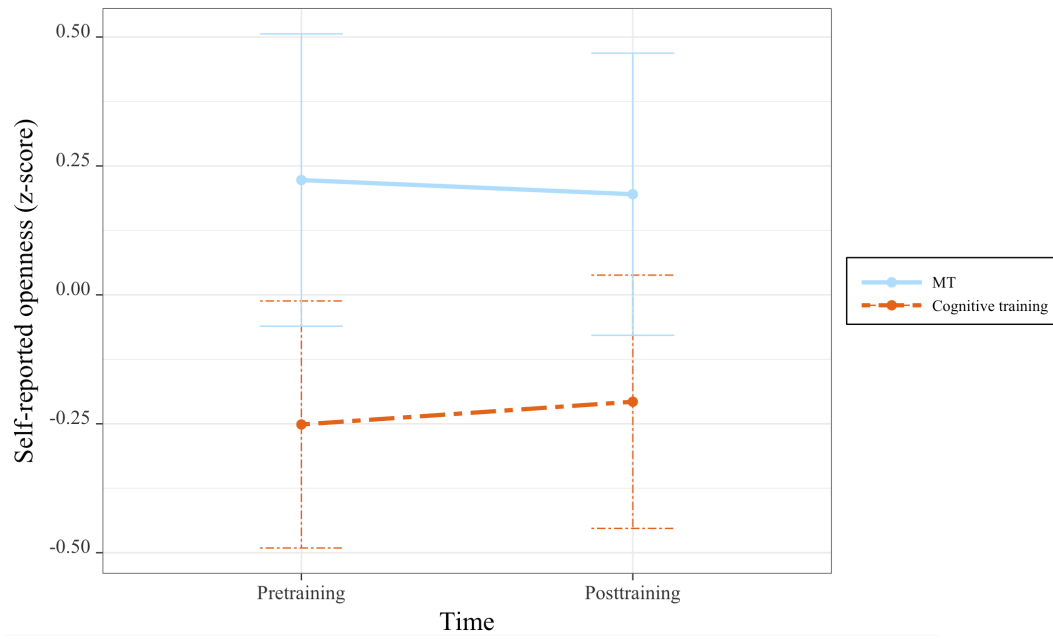


Figure 4. Changes in alerting effect before and after MT and cognitive training. MT: mindfulness training.

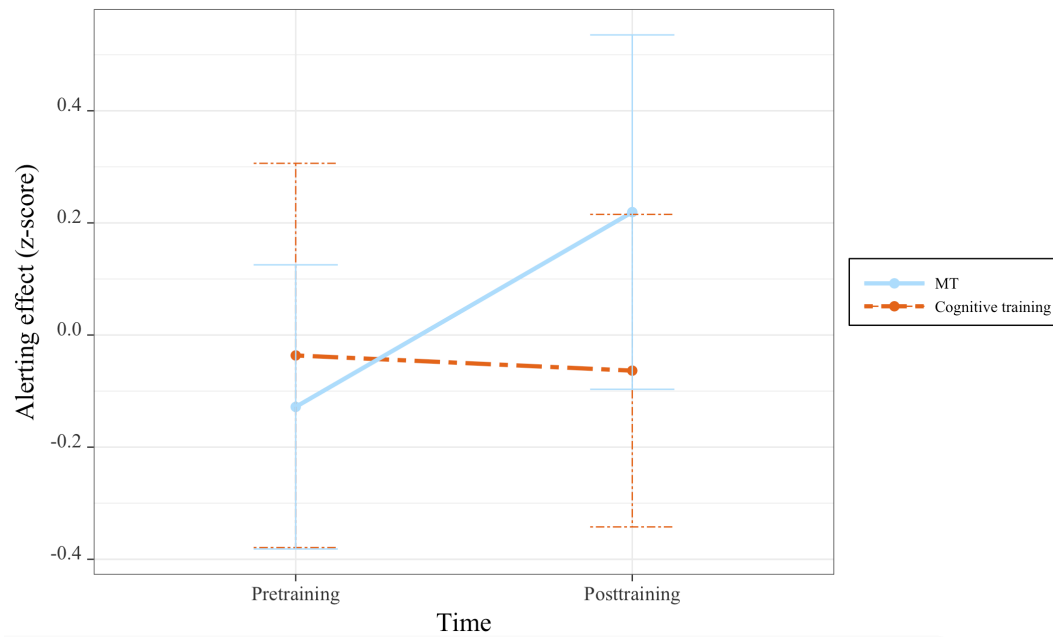


Figure 5. Changes in orienting effect before and after MT and cognitive training. MT: mindfulness training.

