

Supplementary material.

Introducing a mindfulness-based intervention in school curriculum to 16–24-year-olds. A nationwide cluster-randomized trial. Juul, et al.

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Supplementary Table 1. Baseline characteristics for females, males and at risk group for mental health problems, the “On Top of Everything” trial, Denmark January-March 2021.

	Intervention			Controls		
	Females (n= 302)	Males (n= 135)	At-risk population ^c (n= 89)	Females (n= 364)	Males (n= 185)	At-risk population ^c (n= 99)
Age, mean (SD)	18.0 (1.7)	18.3 (1.6)	17.9 (1.4)	17.8 (1.7)	17.5 (1.6)	17.7 (1.4)
Type of school, n (%)						
Upper secondary school	157 (52.0)	102 (75.6)	63 (70.8)	260 (71.4)	167 (90.3)	89 (89.9)
Vocational school of social and health care	145 (48.0)	33 (24.4)	26 (29.2)	104 (28.6)	18 (9.7)	10 (10.1)
Geographical region, n (%)						
The Capital Region of Denmark	95 (31.5)	52 (38.5)	39 (43.8)	101 (27.8)	66 (35.7)	37 (37.4)
Region Zealand	24 (7.9)	30 (22.2)	14 (15.7)	21 (5.8)	12 (6.5)	6 (6.1)
Central Denmark Region	51 (16.9)	15 (11.1)	13 (14.6)	187 (51.3)	80 (43.2)	43 (43.4)
The Region of Southern Denmark	71 (23.5)	28 (20.8)	13 (14.6)	55 (15.1)	27 (14.6)	13 (13.1)
The North Denmark Region	61 (20.2)	10 (7.4)	10 (11.3)	0 (0.0)	0 (0.0)	0 (0.0)
Family setting, n (%)						
Lives with mom and dad who live together	146 (48.3)	75 (55.5)	44 (49.4)	206 (56.6)	120 (65.2)	57 (58.1)
Lives alternately with mom and dad. Equally with both	18 (6.0)	8 (5.9)	6 (6.7)	22 (6.0)	12 (6.5)	8 (8.2)
Lives alternately with mom and dad. Mostly with one	25 (8.3)	9 (6.7)	7 (7.9)	23 (6.3)	19 (10.3)	6 (6.1)
Lives only with one parent	49 (16.2)	19 (14.1)	19 (21.4)	55 (15.1)	18 (9.8)	18 (18.4)
Lives mostly with a foster family or other family	1 (0.3)	0 (0.0)	0 (0.0)	1 (0.3)	1 (0.5)	0 (0.0)
Lives alone	49 (16.2)	17 (12.6)	10 (11.2)	49 (13.5)	12 (6.6)	8 (8.2)
Other	14 (4.7)	7 (5.2)	3 (3.4)	8 (2.2)	2 (1.1)	1 (1.0)
Primary outcome						
SWEMWBS, mean (SD)	21.6 (3.2) ^a	22.5 (4.3) ^a	17.3 (1.5) ^a	21.8 (3.2) ^a	23.0 (3.7) ^a	17.4 (1.1) ^a
Secondary outcomes						
SDQ, mean (SD)						
Total Difficulties Score	13.5 (5.3) ^a	10.3 (4.5) ^a	16.4 (5.3) ^a	12.8 (5.4) ^a	10.4 (5.2) ^b	15.7 (5.5) ^a
Emotional Symptoms	4.8 (2.7) ^a	2.7 (2.1) ^a	5.8 (2.7) ^a	4.5 (2.5) ^a	2.3 (2.1) ^a	5.6 (2.7) ^a
Conduct Problems	2.1 (1.4) ^a	1.9 (1.3) ^a	2.4 (1.8) ^a	1.9 (1.3) ^a	2.0 (1.4) ^a	2.2 (1.4) ^a
Hyperactivity/Inattention	4.5 (2.2) ^a	3.8 (2.1) ^a	5.3 (2.0) ^a	4.3 (2.3) ^a	4.2 (2.4) ^a	5.6 (2.3) ^a
Peer Relationship Problems	2.3 (1.5) ^a	1.9 (1.5) ^a	2.8 (1.7) ^a	2.1 (1.4) ^a	1.9 (1.6) ^a	2.4 (1.6) ^a
Prosocial Behavior	8.4 (1.4) ^a	7.6 (1.8) ^a	7.6 (2.0) ^a	8.3 (1.3) ^a	7.6 (1.7) ^a	7.6 (1.6) ^a
DASS-21						
Depression, mean (SD)	12.0 (10.0) ^a	9.9 (9.5) ^a	21.9 (9.9) ^a	11.3 (10.2) ^a	8.7 (8.5) ^a	20.5 (10.8) ^a
Normal, n (%)	141 (47.5)	77 (58.3)	10 (11.2)	194 (54.0)	112 (63.3)	17 (17.7)
Mild, n (%)	38 (12.8)	10 (7.6)	5 (5.6)	39 (10.9)	22 (12.5)	11 (11.5)
Moderate, n (%)	61 (20.5)	25 (19.0)	27 (30.4)	60 (16.7)	23 (13.0)	19 (19.8)
Severe, n (%)	27 (9.1)	9 (6.8)	17 (19.1)	32 (8.9)	10 (5.6)	18 (18.7)
Extremely severe, n (%)	30 (10.1)	11 (8.3)	30 (33.7)	34 (9.5)	10 (5.6)	31 (32.3)
Anxiety, mean (SD)	10.1 (8.6) ^a	6.0 (6.0) ^a	13.9 (9.3) ^a	8.5 (8.2) ^a	5.5 (6.4) ^a	12.5 (9.9) ^a
Normal, n (%)	136 (45.8)	93 (70.4)	25 (28.4)	192 (53.5)	130 (73.0)	35 (36.5)
Mild, n (%)	17 (5.7)	12 (9.1)	8 (9.1)	37 (10.3)	11 (6.2)	11 (11.5)
Moderate, n (%)	70 (23.6)	15 (11.3)	19 (21.6)	66 (18.4)	21 (11.8)	18 (18.7)
Severe, n (%)	25 (8.4)	6 (4.6)	11 (12.5)	20 (5.6)	7 (3.9)	5 (5.2)
Extremely severe, n (%)	49 (16.5)	6 (4.6)	25 (28.4)	44 (12.2)	9 (5.1)	27 (28.1)
Stress, mean (SD)	14.6 (9.5) ^a	11.2 (8.7) ^a	20.9 (8.7) ^a	14.5 (9.2) ^a	10.3 (8.1) ^a	19.8 (9.6) ^a
Normal, n (%)	163 (55.5)	92 (70.2)	24 (27.9)	207 (57.3)	135 (75.0)	32 (33.0)
Mild, n (%)	35 (11.9)	14 (10.7)	9 (10.5)	45 (12.5)	13 (7.2)	15 (15.4)
Moderate, n (%)	50 (17.0)	16 (12.2)	24 (27.9)	58 (16.1)	21 (11.7)	19 (19.6)
Severe, n (%)	38 (12.9)	7 (5.4)	23 (26.7)	37 (10.2)	10 (5.5)	19 (19.6)
Extremely severe, n (%)	8 (2.7)	2 (1.5)	6 (7.0)	14 (3.9)	1 (0.6)	12 (12.4)
PSS, mean (SD)	17.7 (7.2) ^a	14.2 (6.8) ^a	22.8 (5.7) ^a	17.6 (6.9) ^a	14.8 (7.0) ^a	23.5 (6.0) ^a
High perceived stress level (PSS≥18), n (%)	151 (51.0)	41 (30.6)	73 (83.0)	167 (46.4)	56 (31.6)	80 (82.5)
BRS, mean (SD)	3.2 (0.8) ^a	3.6 (0.7) ^a	2.9 (0.7) ^a	3.3 (0.8) ^a	3.7 (0.7) ^a	2.8 (0.8) ^a
Low resilience (BRS≤2.99), n (%)	115 (39.0)	20 (14.9)	47 (54.7)	120 (33.2)	21 (11.7)	49 (50.5)
Experiences Questionnaire – Decentering, mean (SD)	34.6 (6.7) ^a	39.4 (6.4) ^a	31.6 (6.6) ^a	35.6 (6.4) ^a	40.3 (6.4) ^a	32.6 (6.6) ^a
EQ-5D-Y, mean (SD)	0.8 (0.2) ^a	0.8 (0.2) ^a	0.6 (0.3) ^a	0.8 (0.2) ^a	0.8 (0.2) ^a	0.6 (0.2) ^a
EQ VAS	68.4 (21.4) ^a	72.6 (21.9) ^a	52.1 (23.7) ^a	69.1 (22.2) ^a	74.5 (18.0) ^a	55.9 (24.0) ^a
T-ILS, mean (SD)	5.8 (1.6) ^a	5.3 (1.8) ^a	6.7 (1.4) ^a	6.0 (1.6) ^a	5.4 (1.6) ^a	6.6 (1.4) ^a
Lonely (T-ILS≥7), n (%)	103 (34.5)	34 (25.2)	52 (58.4)	142 (39.3)	47 (26.0)	59 (60.2)
DSI, mean (SD)	3.4 (0.9) ^a	3.6 (1.1) ^a	3.0 (1.1) ^a	3.6 (0.9) ^a	3.8 (0.9) ^a	3.3 (0.9) ^a
Disturbed sleep (DSI<3), n (%)	88 (29.7)	31 (23.1)	37 (41.6)	83 (22.9)	27 (14.8)	36 (36.4)
AWI, mean (SD)	2.9 (0.9) ^a	2.9 (1.0) ^a	2.5 (0.8) ^a	2.8 (0.9) ^a	2.8 (0.9) ^a	2.3 (0.8) ^a
Awakening problems (AWI<3), n (%)	136 (45.8)	52 (38.5)	54 (61.4)	168 (46.3)	88 (48.4)	67 (67.7)

^a:<5% missing data, ^b: <10% missing data, ^c: 15th percentile for the lowest SWEMWBS score (<20)

Abbreviations: AWI: Disturbed Awakening Index, BRS: Brief Resilience Scale, DASS-21: Depression, Anxiety and Stress Scale - 21, DSI: Disturbed Sleep Index, EQ-5D-Y: EuroQol-5 Domain-youth, EQ VAS: EuroQol Visual Analogue Scale, n: number, PSS: Perceived Stress Scale, SD: standard deviation, SDQ: Strengths & Difficulties Questionnaire, SWEMWBS: Short Warwick-Edinburgh Mental Wellbeing Scale, T-ILS: Three-Item Loneliness Scale

Supplementary Table 2. Baseline characteristics grouped by school type, the “On Top of Everything” trial, Denmark January-March 2021.

	Upper secondary school (n=689)				Vocational school of social and health care (n=300)			
	Intervention (n=260)		Control (n=429)		Intervention (n=178)		Control (n=122)	
	Females (n=157)	Males (n=102)	Females (n=260)	Males (n=167)	Females (n=145)	Males (n=33)	Females (n=104)	Males (n=18)
Age, mean (SD)	17.7 (1.2)	18.0 (1.3)	17.3 (1.3)	17.2 (1.1)	18.3 (2.1)	19.2 (2.0)	19.1 (1.9)	20.2 (2.8)
Geographical region, n (%)								
The Capital Region of Denmark	75 (47.8)	47 (46.1)	101 (38.8)	66 (39.5)	20 (13.8)	5 (15.2)	0 (0.0)	0 (0.0)
Region Zealand	16 (10.2)	25 (24.5)	9 (3.5)	12 (7.2)	8 (5.5)	5 (15.2)	12 (11.5)	0 (0.0)
Central Denmark Region	10 (6.4)	9 (8.8)	141 (54.2)	76 (45.5)	41 (28.3)	6 (18.1)	46 (43.3)	4 (22.2)
The Region of Southern Denmark	33 (21.0)	18 (17.7)	9 (3.5)	13 (7.8)	38 (26.2)	10 (30.3)	46 (43.3)	14 (77.8)
The North Denmark Region	23 (14.6)	3 (2.9)	0 (0.0)	0 (0.0)	38 (26.2)	7 (21.2)	0 (0.0)	0 (0.0)
Family setting, n (%)								
Lives with mom and dad who live together	81 (51.6)	64 (62.8)	177 (68.1)	116 (69.9)	65 (44.8)	11 (33.3)	29 (27.9)	4 (22.1)
Lives alternately with mom and dad. Equally with both	14 (8.9)	8 (7.8)	18 (6.9)	12 (7.2)	4 (2.8)	0 (0.0)	4 (3.8)	0 (0.0)
Lives alternately with mom and dad. Mostly with one	15 (9.6)	9 (8.8)	20 (7.7)	18 (10.9)	10 (6.9)	0 (0.0)	3 (2.9)	1 (5.6)
Lives only with one parent	27 (17.2)	13 (12.7)	33 (12.7)	16 (9.6)	22 (15.2)	6 (18.2)	22 (21.1)	2 (11.1)
Lives mostly with a foster family or other family	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	1 (0.7)	0 (0.0)	1 (1.0)	1 (5.6)
Lives alone	15 (9.6)	5 (4.9)	9 (3.5)	3 (1.8)	34 (23.4)	12 (36.4)	40 (38.5)	9 (50.0)
Other	5 (3.1)	3 (2.9)	3 (1.1)	1 (0.6)	9 (6.2)	4 (12.1)	5 (4.8)	1 (5.6)
Primary outcome								
SWEMWBS, mean (SD)	21.2 (3.2) ^a	22.2 (4.1) ^a	21.6 (3.3) ^a	23.0 (3.8) ^a	22.1 (3.2) ^a	23.6 (4.9) ^a	22.3 (2.9) ^a	23.1 (2.9) ^a
Secondary outcomes								
SDQ, mean (SD)								
Total difficulties score	13.8 (5.3) ^b	10.3 (4.5) ^a	12.5 (5.4) ^a	10.3 (5.3) ^b	13.2 (5.3) ^a	10.5 (4.7) ^a	13.6 (5.3) ^a	11.2 (4.0) ^b
Emotional symptoms	5.1 (2.5) ^a	2.5 (2.1) ^a	4.5 (2.5) ^a	2.3 (2.1) ^a	4.4 (2.8) ^a	3.2 (2.0) ^a	4.5 (2.3) ^a	2.4 (1.9) ^a
Conduct problems	2.0 (1.5) ^a	1.9 (1.4) ^a	1.8 (1.3) ^a	2.0 (1.4) ^a	2.1 (1.4) ^a	1.7 (0.9) ^a	2.2 (1.3) ^a	1.6 (1.5) ^a
Hyperactivity/inattention	4.6 (2.2) ^a	3.8 (2.1) ^a	4.3 (2.3) ^a	4.2 (2.4) ^a	4.3 (2.1) ^a	3.8 (2.1) ^a	4.5 (2.2) ^a	4.5 (1.8) ^b
Peer relationship problems	2.2 (1.5) ^a	1.9 (1.5) ^a	1.9 (1.4) ^a	1.8 (1.6) ^a	2.4 (1.4) ^a	1.8 (1.2) ^a	2.5 (1.4) ^a	2.6 (1.1) ^a
Prosocial behaviour	8.4 (1.5) ^a	7.5 (1.8) ^a	8.3 (1.4) ^a	7.6 (1.7) ^a	8.3 (1.3) ^a	8.0 (1.9) ^b	8.4 (1.2) ^a	8.3 (1.4) ^a
DASS-21								
Depression, mean (SD)	14.1 (9.9) ^a	10.7 (9.5) ^a	12.8 (10.4) ^a	8.8 (8.5) ^a	9.6 (9.5) ^a	7.6 (9.2) ^a	7.8 (8.9) ^a	8.5 (9.4) ^a
Normal, n (%)	55 (35.7)	55 (55.6)	121 (47.1)	103 (64.0)	86 (60.1)	22 (66.7)	73 (71.6)	9 (56.3)
Mild, n (%)	25 (16.2)	8 (8.1)	36 (14.0)	18 (11.2)	13 (9.1)	2 (6.1)	3 (2.9)	4 (25.0)
Moderate, n (%)	37 (24.0)	20 (20.2)	44 (17.1)	22 (13.6)	24 (16.8)	5 (15.1)	16 (15.7)	1 (6.2)
Severe, n (%)	18 (11.7)	6 (6.0)	27 (10.5)	9 (5.6)	9 (6.3)	3 (9.1)	5 (4.9)	1 (6.2)
Extremely severe, n (%)	19 (12.4)	10 (10.1)	29 (11.3)	9 (5.6)	11 (7.7)	1 (3.0)	5 (4.9)	1 (6.2)
Anxiety, mean (SD)	10.1 (8.0) ^a	5.8 (5.6) ^a	8.7 (8.4) ^a	5.5 (6.6) ^a	10.1 (9.2) ^a	6.5 (7.1) ^a	8.0 (7.4) ^a	5.4 (4.0) ^a
Normal, n (%)	64 (41.8)	71 (71.0)	135 (52.5)	119 (73.4)	72 (50.0)	22 (68.7)	57 (55.9)	11 (68.8)
Mild, n (%)	6 (3.9)	9 (9.0)	27 (10.5)	9 (5.6)	11 (7.6)	3 (9.4)	10 (9.8)	2 (12.5)
Moderate, n (%)	49 (32.1)	11 (11.0)	46 (17.9)	18 (11.1)	21 (14.6)	4 (12.5)	20 (19.6)	3 (18.7)
Severe, n (%)	8 (5.2)	6 (6.0)	13 (5.1)	7 (4.3)	17 (11.8)	0 (0.0)	7 (6.9)	0 (0.0)
Extremely severe, n (%)	26 (17.0)	3 (3.0)	36 (14.0)	9 (5.6)	23 (16.0)	3 (9.4)	8 (7.8)	0 (0.0)
Stress, mean (SD)	16.3 (9.3) ^a	11.4 (8.1) ^a	15.2 (9.5) ^a	10.3 (8.1) ^a	12.8 (9.4) ^a	10.5 (10.5) ^a	12.6 (8.2) ^a	9.9 (7.6) ^b
Normal, n (%)	74 (48.4)	68 (69.4)	145 (56.2)	122 (74.9)	89 (63.1)	24 (72.7)	62 (60.2)	13 (76.5)
Mild, n (%)	18 (11.8)	10 (10.2)	29 (11.3)	12 (7.4)	17 (12.1)	4 (12.1)	16 (15.5)	1 (5.9)
Moderate, n (%)	32 (20.9)	14 (14.3)	40 (15.5)	18 (11.0)	18 (12.8)	2 (6.1)	18 (17.5)	3 (17.6)
Severe, n (%)	25 (16.3)	6 (6.1)	31 (12.0)	10 (6.1)	13 (9.2)	1 (3.0)	6 (5.8)	0 (0.0)
Extremely severe, n (%)	4 (2.6)	0 (0.0)	13 (5.0)	1 (0.6)	4 (2.8)	2 (6.1)	1 (1.0)	0 (0.0)
PSS, mean (SD)	19.6 (6.9) ^a	14.9 (6.8) ^a	18.3 (7.1) ^a	14.8 (7.0) ^a	15.8 (6.9) ^a	12.0 (6.4) ^a	15.7 (6.2) ^a	14.2 (7.3) ^a
High perceived stress level (PSS≥18), n (%)	93 (60.8)	37 (36.3)	132 (51.4)	51 (32.1)	58 (40.6)	4 (12.5)	35 (34.0)	5 (27.8)
BRS, mean (SD)	3.2 (0.8) ^a	3.6 (0.7) ^a	3.3 (0.8) ^a	3.7 (0.7) ^a	3.2 (0.8) ^a	3.6 (0.6) ^a	3.2 (0.8) ^a	3.7 (0.7) ^a
Low resilience (BRS≤2.99), n (%)	61 (39.9)	17 (16.8)	80 (31.1)	18 (11.1)	54 (38.0)	3 (9.1)	40 (38.5)	3 (16.7)
Experiences Questionnaire – Decentering, mean (SD)	33.5 (6.4) ^b	39.0 (6.8) ^a	35.8 (6.5) ^a	40.2 (6.4) ^a	35.6 (6.8) ^a	40.5 (5.1) ^a	35.3 (6.4) ^b	41.1 (6.7) ^b
EQ-5D-Y, mean (SD)	0.7 (0.2) ^a	0.8 (0.2) ^a	0.8 (0.2) ^a	0.8 (0.2) ^a	0.8 (0.2) ^a	0.9 (0.1) ^a	0.8 (0.2) ^a	0.8 (0.2) ^a
EQ VAS	66.6 (21.4) ^a	70.8 (22.2) ^a	68.2 (22.1) ^a	74.0 (18.3) ^a	70.3 (21.4) ^a	78.0 (20.5) ^a	71.1 (22.3) ^a	78.9 (14.8) ^a
T-ILS, mean (SD)	5.8 (1.6) ^a	5.5 (1.7) ^a	6.0 (1.6) ^a	5.4 (1.6) ^a	5.7 (1.6) ^a	4.7 (1.7) ^a	5.9 (1.7) ^a	5.8 (1.9) ^a
Lonely (T-ILS≥7), n (%)	54 (35.1)	29 (28.4)	107 (41.3)	40 (24.5)	49 (33.8)	5 (15.2)	35 (34.3)	7 (38.9)
DSI, mean (SD)	3.4 (1.0) ^a	3.5 (1.1) ^a	3.6 (0.9) ^a	3.8 (0.9) ^a	3.4 (0.9) ^a	3.7 (1.1) ^a	3.5 (0.9) ^a	3.4 (0.8) ^a
Disturbed sleep (DSI<3), n (%)	45 (29.6)	25 (24.8)	56 (21.5)	23 (14.0)	43 (29.9)	6 (18.2)	27 (26.2)	4 (22.2)
AWI, mean (SD)	2.7 (1.0) ^a	2.8 (1.0) ^a	2.8 (0.9) ^a	2.8 (0.9) ^a	3.1 (0.8) ^a	3.4 (0.8) ^a	3.0 (0.8) ^a	2.8 (0.9) ^a
Awakening problems (AWI<3), n (%)	84 (54.6)	48 (47.1)	131 (50.4)	78 (47.6)	52 (36.4)	4 (12.1)	37 (35.9)	10 (55.6)

a: <5% missing data, b: <10% missing data, c: <20% missing data

Abbreviations: AWI: Disturbed Awakening Index, BRS: Brief Resilience Scale, DASS-21: Depression, Anxiety and Stress Scale - 21, DSI: Disturbed Sleep Index, EQ-5D-Y: EuroQol-5 Domain-youth, EQ VAS: EuroQol Visual Analogue Scale, n: number, PSS: Perceived Stress Scale, SD: standard deviation, SDQ: Strengths & Difficulties Questionnaire, SWEMWBS: Short Warwick-Edinburgh Mental Wellbeing Scale, T-ILS: Three-Item Loneliness Scale

Supplementary Table 3. Self-reported mindfulness practice* among students in intervention group, the “On Top of Everything” trial, Denmark 2021.

Any practice		
<i>Frequency of practice</i>	3 months, n (%)	6 months, n (%)
Never	62 (25.8)	40 (31.3)
Once or twice	87 (36.3)	53 (41.4)
About once a week	62 (25.8)	30 (23.4)
Several times a week	24 (10.0)	3 (2.3)
Every day	5 (2.1)	2 (1.6)
<i>Dichotomized frequency of practice</i>		
Maximum once or twice	149 (62.1)	93 (72.7)
At least once a week	91 (37.9)	35 (27.3)
Bodyscan		
<i>Frequency of practice</i>	3 months, n (%)	6 months, n (%)
Never	77 (32.1)	51 (39.8)
Once or twice	97 (40.4)	51 (39.8)
About once a week	51 (21.3)	24 (18.8)
Several times a week	13 (5.4)	0 (0.0)
Every day	2 (0.8)	2 (1.6)
<i>Dichotomized frequency of practice</i>		
Maximum once or twice	174 (72.5)	102 (79.7)
At least once a week	66 (27.5)	26 (20.3)
Yoga		
<i>Frequency of practice</i>	3 months, n (%)	6 months, n (%)
Never	101 (42.1)	66 (51.6)
Once or twice	83 (34.6)	42 (32.8)
About once a week	44 (18.3)	15 (11.7)
Several times a week	9 (3.7)	4 (3.1)
Every day	3 (1.3)	1 (0.8)
<i>Dichotomized frequency of practice</i>		
Maximum once or twice	184 (76.7)	108 (84.4)
At least once a week	56 (23.3)	20 (15.6)
Sitting meditation		
<i>Frequency of practice</i>	3 months, n (%)	6 months, n (%)
Never	112 (46.7)	62 (48.4)
Once or twice	76 (31.7)	48 (37.5)
About once a week	37 (15.4)	16 (12.5)
Several times a week	11 (4.6)	1 (0.8)
Every day	4 (1.6)	1 (0.8)
<i>Dichotomized frequency of practice</i>		
Maximum once or twice	188 (78.3)	110 (85.9)
At least once a week	52 (21.7)	18 (14.1)

* Student reported frequency of mindfulness practice following the On Top of Everything intervention among students allocated to the intervention group who contributed with data at 3 or 6 months follow-up or at both follow-ups

Supplementary Table 4. Loss to follow-up analysis, the “On Top of Everything” trial, Denmark 2021.

	Contributed at 3 or 6 months follow-up (n= 696)	Contributed neither at 3 nor 6 months follow-up (n= 293)	P-value ^a
<i>Randomization, n (%)</i>			
Intervention	277 (39.8)	161 (55.0)	<0.01
Control	419 (60.2)	132 (45.0)	
<i>Sex, n (%)</i>			
Female	477 (68.8)	189 (64.5)	0.19
Male	216 (31.2)	104 (35.5)	
Age, mean (SD)	17.6 (1.4)	18.5 (2.1)	<0.01
<i>Type of school, n (%)</i>			
Upper secondary school	523 (75.1)	166 (56.7)	<0.01
School of health and social care	173 (24.9)	127 (43.3)	
<i>Geographical region, n (%)</i>			
The Capital Region of Denmark	212 (30.5)	103 (35.2)	0.45
Region Zealand	62 (8.9)	25 (8.5)	
Central Denmark Region	240 (34.5)	93 (31.7)	
The Region of Southern Denmark	127 (18.3)	56 (19.1)	
The North Denmark Region	55 (7.9)	16 (5.5)	
<i>Family setting, n (%)</i>			
Lives with mom and dad who live together	436 (62.7)	112 (38.2)	<0.01
Lives alternately with mom and dad. Equally with both of them	39 (5.6)	21 (7.2)	
Live alternately with mom and dad. Mostly with one of them	60 (8.6)	16 (5.5)	
Lives only with one parent	87 (12.5)	56 (19.1)	
Lives mostly with a foster family or other family	2 (0.3)	1 (0.3)	
Lives alone	56 (8.1)	71 (24.2)	
Other	15 (2.2)	16 (5.5)	
Primary outcome			
SWEMWBS, mean (SD)	22.2 (3.4)	21.8 (3.7)	0.11
Secondary outcomes			
<i>SDQ, mean (SD)</i>			
Total Difficulties Score	11.9 (5.4)	13.1 (5.2)	<0.01
Emotional Symptoms	3.9 (2.6)	4.1 (2.7)	0.31
Conduct Problems	1.9 (1.4)	2.0 (1.3)	0.13
Hyperactivity/Inattention	4.2 (2.3)	4.6 (2.1)	0.01
Peer Relationship Problems	2.0 (1.5)	2.4 (1.5)	<0.01
Prosocial Behaviour	8.1 (1.5)	8.1 (1.6)	0.87
<i>DASS-21</i>			
Depression, mean (SD)	10.5 (9.6)	11.7 (10.2)	0.09
Anxiety, mean (SD)	7.7 (7.7)	9.1 (8.4)	0.01
Stress, mean (SD)	13.1 (9.0)	13.9 (9.6)	0.20
PSS, mean (SD)	16.5 (7.2)	17.1 (6.9)	0.22
BRS, mean (SD)	3.4 (0.8)	3.3 (0.8)	0.05
EQ – Decentering, mean (SD)	36.9 (6.7)	36.3 (7.2)	0.27
EQ-5D-Y	0.8 (0.2)	0.8 (0.2)	0.18
EQ VAS, mean (SD)	71.2 (20.5)	68.2 (23.0)	0.05
T-ILS, mean (SD)	5.7 (1.7)	5.6 (1.7)	0.39
DSIc, mean (SD)	3.6 (0.9)	3.4 (1.0)	<0.01
AWI, mean (SD)	2.9 (0.9)	2.7 (0.9)	0.01

^a: Pearson's Chi² test.

Abbreviations: AWI: Disturbed Awakening Index, BRS: Brief Resilience Scale, DASS-21: Depression, Anxiety and Stress Scale - 21, DSI: Disturbed Sleep Index, EQ - Decentering: Experiences Questionnaire - decentering subscale, EuroQol EQ VAS: EuroQol VAS, n: number, PSS: Perceived Stress Scale, SD: standard deviation, SDQ: Strengths & Difficulties Questionnaire, SWEMWBS: Short Warwick-Edinburgh Mental Wellbeing Scale, T-ILS: Three-Item Loneliness Scale

Supplementary Table 5. Effectiveness of introducing a mindfulness-based intervention into the school curriculum for students (n=989) aged 16-24 years at upper secondary schools (n=30) and vocational schools for social and health care across Denmark for subgroups of females, males and a risk group for mental health problems, 2021. The “On Top of Everything” trial.

		Females				Males		At-risk population ^d	
		Intervention	Controls	Adjusted Effect ^c					
		Students n F/M/AR ^e	Students n F/M/AR ^e	Between-group difference, mean (95% CI), P	Cohens d, mean (95%CI)	Between-group difference, mean (95% CI), P	Cohens d, mean (95%CI)	Between-group difference, mean (95% CI), P	Cohens d, mean (95%CI)
Primary outcome									
SWEMWBS ^a	Baseline	293/135/89	354/182/98						
	3 months	173/68/42	243/105/61	0.32 (-0.35; 0.99), 0.3476	0.10 (-0.11; 0.31)	0.03 (-0.92; 0.98), 0.9451	0.01 (-0.23; 0.25)	-0.43 (-1.45; 0.58), 0.4029	-0.32 (-1.09; 0.44)
	6 months	94/38/26	173/94/48	-0.42 (-1.35; 0.51), 0.3766	-0.13 (-0.42; 0.16)	-0.42 (-2.10; 1.27), 0.6280	-0.10 (-0.53; 0.32)	-0.16 (-1.66; 1.34), 0.8350	-0.12 (-1.25; 1.01)
Secondary outcomes									
SDQ									
Total Difficulties Score^b									
	Baseline	289/131/86	354/175/96						
	3 months	175/67/42	239/104/61	-0.13 (-0.78; 0.52), 0.7015	-0.02 (-0.15; 0.10)	0.11 (-1.26; 1.47), 0.8782	0.02 (-0.26; 0.30)	0.07 (-1.70; 1.84), 0.9390	0.01 (-0.32; 0.34)
	6 months	91/39/26	171/89/48	0.22 (-0.87; 1.30), 0.6961	0.04 (-0.16; 0.24)	0.75 (-0.72; 2.22), 0.3183	0.15 (-0.15; 0.45)	0.68 (-1.17; 2.54), 0.4715	0.13 (-0.22; 0.47)
Emotional Symptoms^b									
	Baseline	299/134/89	360/182/96						
	3 months	177/67/42	243/104/61	-0.25 (-0.61; 0.11), 0.1719	-0.10 (-0.24; 0.04)	-0.05 (-0.52; 0.42), 0.8364	-0.02 (-0.25; 0.20)	-0.22 (-0.87; 0.43), 0.5006	-0.08 (-0.33; 0.16)
	6 months	94/39/26	174/92/50	-0.10 (-0.62; 0.43), 0.7235	-0.04 (-0.24; 0.17)	-0.19 (-0.86; 0.48), 0.5863	-0.09 (-0.41; 0.23)	-0.27 (-1.21; 0.68), 0.5817	-0.10 (-0.45; 0.26)
Conduct Problems^b									
	Baseline	296/133/88	358/181/97						
	3 months	179/68/43	245/106/61	0.15 (-0.04; 0.34), 0.1248	0.11 (-0.03; 0.25)	-0.12 (-0.45; 0.22), 0.4833	-0.09 (-0.33; 0.16)	0.27 (-0.17; 0.72), 0.2324	0.17 (-0.11; 0.46)
	6 months	93/39/26	175/91/49	0.25 (-0.10; 0.59), 0.1619	0.18 (-0.07; 0.43)	-0.09 (-0.48; 0.29), 0.6341	-0.07 (-0.35; 0.21)	0.26 (-0.41; 0.93), 0.4411	0.17 (-0.26; 0.59)
Hyperactivity/Inattention^b									
	Baseline	297/135/87	363/179/97						
	3 months	178/68/43	244/106/61	-0.05 (-0.39; 0.28), 0.7533	-0.02 (-0.18; 0.13)	0.16 (-0.30; 0.62), 0.4947	0.07 (-0.13; 0.28)	0.00 (-0.76; 0.77), 0.9907	0.00 (-0.35; 0.35)
	6 months	94/39/26	173/92/49	-0.27 (-0.69; 0.15), 0.2154	-0.12 (-0.31; 0.07)	0.39 (-0.05; 0.83), 0.0842	0.17 (-0.02; 0.37)	0.25 (-0.58; 1.08), 0.5550	0.11 (-0.27; 0.50)
Peer Relationship Problems^b									
	Baseline	299/134/88	362/182/97						
	3 months	178/68/43	242/106/61	0.00 (-0.26; 0.26), 0.9988	0.00 (-0.18; 0.18)	0.17 (-0.27; 0.61), 0.4529	0.11 (-0.18; 0.40)	0.12 (-0.21; 0.44), 0.4842	0.07 (-0.13; 0.27)
	6 months	95/39/26	175/93/49	0.43 (0.13; 0.72), 0.0041	0.29 (0.09; 0.49)	0.61 (0.10; 1.12), 0.0192	0.40 (0.07; 0.73)	0.48 (-0.17; 1.14), 0.1502	0.29 (-0.11; 0.69)
Prosocial Behaviour^a									
	Baseline	299/130/88	360/185/96						
	3 months	176/68/43	242/104/59	0.11 (-0.09; 0.31), 0.2659	0.08 (-0.06; 0.23)	0.08 (-0.38; 0.54), 0.7410	0.05 (-0.22; 0.31)	-0.15 (-0.65; 0.36), 0.5718	-0.08 (-0.36; 0.20)
	6 months	95/38/25	176/92/49	-0.44 (-0.71; -0.17), 0.0014	-0.33 (-0.53; -0.13)	-0.48 (-1.14; 0.19), 0.1604	-0.28 (-0.66; 0.11)	-0.72 (-1.38; -0.06), 0.0325	-0.40 (-0.77; -0.03)
DASS-21									
Depression^b									
	Baseline	297/132/89	359/177/95						
	3 months	174/66/43	244/106/60	0.48 (-1.08; 2.03), 0.5490	0.05 (-0.11; 0.20)	0.68 (-1.40; 2.77), 0.5210	0.08 (-0.16; 0.31)	1.18 (-1.88; 4.25), 0.4489	0.11 (-0.18; 0.41)
	6 months	95/39/26	173/92/50	0.74 (-1.09; 2.57), 0.4269	0.07 (-0.11; 0.25)	-1.16 (-4.50; 2.18), 0.4951	-0.13 (-0.50; 0.24)	-0.29 (-4.39; 3.82), 0.8916	-0.03 (-0.42; 0.37)
Anxiety^b									
	Baseline	297/132/88	359/178/95						
	3 months	174/64/42	244/105/61	-0.45 (-1.82; 0.93), 0.5256	-0.05 (-0.22; 0.11)	0.90 (-0.79; 2.58), 0.2972	0.14 (-0.13; 0.41)	0.38 (-2.72; 3.49), 0.8084	0.04 (-0.28; 0.36)
	6 months	94/36/26	174/91/50	0.11 (-1.60; 1.81), 0.9036	0.01 (-0.19; 0.22)	0.30 (-2.07; 2.66), 0.8065	0.05 (-0.33; 0.43)	0.76 (-2.83; 4.35), 0.6790	0.08 (-0.29; 0.45)
Stress^b									
	Baseline	294/131/86	361/180/96						
	3 months	173/66/43	244/105/61	0.51 (-1.05; 2.07), 0.5196	0.05 (-0.11; 0.22)	0.88 (-1.31; 3.07), 0.4309	0.11 (-0.16; 0.37)	0.97 (-1.72; 3.65), 0.4807	0.10 (-0.19; 0.40)
	6 months	95/39/26	173/92/50	0.46 (-1.51; 2.43), 0.6481	0.05 (-0.16; 0.26)	-1.21 (-3.43; 1.00), 0.2833	-0.15 (-0.41; 0.12)	-1.28 (-5.27; 2.71), 0.5290	-0.14 (-0.57; 0.29)
PSS^b									
	Baseline	296/134/88	360/177/96						
	3 months	176/67/43	241/101/60	-1.15 (-2.32; 0.02), 0.0533	-0.16 (-0.33; 0.00)	1.24 (-0.88; 3.36), 0.2525	0.18 (-0.13; 0.48)	-0.31 (-2.41; 1.78), 0.7692	-0.05 (-0.41; 0.30)
	6 months	89/39/26	174/93/50	0.35 (-0.93; 1.64), 0.5879	0.05 (-0.13; 0.23)	1.11 (-0.84; 3.07), 0.2637	0.16 (-0.12; 0.44)	1.70 (-1.36; 4.77), 0.2757	0.29 (-0.23; 0.82)
BRS^a									
	Baseline	295/134/86	361/180/96						
	3 months	178/67/43	240/106/60	0.08 (-0.02; 0.18), 0.1282	0.10 (-0.03; 0.23)	-0.01 (-0.20; 0.18), 0.9175	-0.01 (-0.28; 0.25)	-0.01 (-0.28; 0.26), 0.9528	-0.01 (-0.36; 0.34)
	6 months	93/38/25	175/92/50	0.20 (0.06; 0.35), 0.0064	0.25 (0.07; 0.44)	0.01 (-0.20; 0.21), 0.9497	0.01 (-0.28; 0.30)	0.07 (-0.18; 0.31), 0.5983	0.09 (-0.23; 0.41)
Decentering^a									
	Baseline	291/131/86	349/178/96						
	3 months	175/65/43	240/104/61	1.21 (0.32; 2.09), 0.0077	0.18 (0.05; 0.32)	0.61 (-1.01; 2.23), 0.4628	0.09 (-0.16; 0.35)	0.36 (-1.65; 2.37), 0.7273	0.05 (-0.25; 0.36)
	6 months	90/39/26	174/91/49	0.22 (-1.22; 1.65), 0.7659	0.03 (-0.19; 0.25)	1.33 (-0.58; 3.24), 0.1728	0.21 (-0.09; 0.50)	1.23 (-1.13; 3.59), 0.3064	0.19 (-0.17; 0.55)
EQ-SD-Y^a									
	Baseline	297/133/88	359/181/97						
	3 months	175/66/43	243/105/61	-0.01 (-0.04; 0.03), 0.7262	-0.03 (-0.19; 0.14)	-0.04 (-0.10; 0.02), 0.2232	-0.19 (-0.50; 0.12)	-0.04 (-0.11; 0.03), 0.2894	-0.15 (-0.43; 0.13)
	6 months	91/39/26	171/90/49	0.02 (-0.03; 0.07), 0.4514	0.09 (-0.14; 0.31)	-0.01 (-0.09; 0.07), 0.8079	-0.05 (-0.45; 0.35)	0.09 (-0.00; 0.19), 0.0611	0.35 (-0.02; 0.73)
EQ VAS^a									
	Baseline	293/132/87	356/181/96						
	3 months	171/67/42	243/105/61	1.35 (-3.06; 5.76), 0.5490	0.06 (-0.14; 0.26)	-0.78 (-5.81; 4.25), 0.7613	-0.04 (-0.29; 0.22)	0.35 (-8.40; 9.10), 0.9373	0.01 (-0.35; 0.38)
	6 months	91/39/26	171/89/48	1.20 (-4.66; 7.06), 0.6881	0.05 (-0.21; 0.32)	-1.69 (-9.26; 5.88), 0.6614	-0.09 (-0.47; 0.30)	-0.74 (-10.36; 8.89), 0.8808	-0.03 (-0.43; 0.37)
T-ILS^b									
	Baseline	299/135/89	361/181/97						
	3 months	176/67/43	244/104/60	0.26 (-0.04; 0.56), 0.0933	0.16 (-0.03; 0.35)	0.50 (0.06; 0.94), 0.0261	0.30 (0.04; 0.56)	0.60 (0.04; 1.16), 0.0353	0.42 (0.03; 0.82)
	6 months	93/38/26	175/91/50	0.37 (-0.02; 0.75), 0.0662	0.23 (-0.02; 0.47)	0.47 (-0.18; 1.11), 0.1555	0.28 (-0.11; 0.66)	0.40 (-0.28; 1.07), 0.2484	0.28 (-0.20; 0.76)
DSI^a									
	Baseline	296/134/89	363/182/98						
	3 months	176/67/42	242/105/60	0.05 (-0.06; 0.16), 0.3597	0.05 (-0.06; 0.17)	0.37 (0.17; 0.58), 0.0003	0.38 (0.17; 0.59)	0.20 (-0.13; 0.54), 0.2364	0.20 (-0.13; 0.53)
	6 months	93/39/26	174/92/50	0.10 (-0.07; 0.28), 0.2553	0.11 (-0.08; 0.31)	0.27 (-0.03; 0.57), 0.0770	0.27 (-0.03; 0.58)	0.25 (-0.12; 0.63), 0.1812	0.25 (-0.12; 0.62)
AWI^a									
	Baseline	297/135/88	363/182/98						
	3 months	177/67/43	244/105/61	0.05 (-0.12; 0.22), 0.5647	0.05 (-0.13; 0.24)	0.01 (-0.24; 0.26), 0.9501	0.01 (-0.27; 0.28)	0.06 (-0.29; 0.41), 0.7370	0.07 (-0.36; 0.50)
	6 months	92/39/25	175/92/50	-0.07 (-0.29; 0.15), 0.5289	-0.08 (-0.32; 0.16)	-0.15 (-0.42; 0.13), 0.2875	-0.16 (-0.46; 0.14)	-0.19 (-0.53; 0.15), 0.2734	-0.23 (-0.65; 0.19)

^a an increase on the scale is positive. ^b a decrease on the scale is positive. ^c Number of students Females/Males/At-Risk. ^d 15th percentile for the lowest SWEMWBS score (<20) ^e adjusted for sex, age, class, region and cluster effect.

Abbreviations: AWI: Disturbed Awakening Index, BRS: Brief Resilience Scale, CI: Confidence Intervals, DASS: Depression, Anxiety and Stress-Scale, DSI: Disturbed Sleep Index, EQ-SD-Y: EuroQol-5 Domain-youth, EQ VAS: EuroQol Visual Analogue Scale, PSS: Perceived Stress Scale, SDQ: Strengths & Difficulties Questionnaire, SWEMWBS: Short Warwick-Edinburgh Mental Wellbeing Scale, T-ILS: Three Item Loneliness Scale. Effect estimate bold; statistically significant.

Supplementary Table 6. Effectiveness of introducing a mindfulness-based intervention into the school curriculum for students (n=689) aged 16-24 years at upper secondary schools (n=30) across Denmark, 2021. The “On Top of Everything” trial.

				All		Females		Males	
		Intervention	Controls	Adjusted Effect ^c					
				Students n F/M	Students n F/M	Between-group difference, mean (95% CI), P	Cohens d, mean (95%CI)	Between-group difference, mean (95% CI), P	Cohens d, mean (95%CI)
Primary outcome									
SWEMWBS ^a									
	Baseline	255 153/102	418 254/164						
	3 months	141 84/57	295 197/98	0.66 (0.11; 1.21), 0.0194	0.18 (0.03; 0.34)	0.91 (0.10; 1.73), 0.0277	0.28 (0.03; 0.53)	0.23 (-0.84; 1.29), 0.6772	0.06 (-0.21; 0.33)
	6 months	85 53/32	240 150/90	-0.05 (-0.84; 0.74), 0.8999	-0.01 (-0.23; 0.21)	0.10 (-0.84; 1.03), 0.8383	0.03 (-0.26; 0.32)	-0.15 (-1.55; 1.26), 0.8360	-0.04 (-0.40; 0.32)
Secondary outcomes									
SDQ									
Total Difficulties Score ^b									
	Baseline	247 149/98	412 254/158						
	3 months	138 82/56	291 194/97	-0.55 (-1.29; 0.19), 0.1429	-0.10 (-0.24; 0.03)	-0.87 (-1.71;-0.02), 0.0440	-0.16 (-0.32;-0.00)	-0.14 (-1.70; 1.41), 0.8554	-0.03 (-0.34; 0.28)
	6 months	86 53/33	233 148/85	0.41 (-0.41; 1.23), 0.3272	0.08 (-0.08; 0.23)	0.05 (-0.99; 1.10), 0.9181	0.01 (-0.18; 0.20)	0.92 (-0.63; 2.47), 0.2453	0.18 (-0.13; 0.49)
Emotional Symptoms ^b									
	Baseline	257 156/101	422 258/164						
	3 months	140 84/56	295 198/97	-0.29 (-0.63; 0.05), 0.0937	-0.11 (-0.24; 0.02)	-0.45 (-0.81;-0.08), 0.0157	-0.18 (-0.32;-0.03)	-0.06 (-0.56; 0.44), 0.8216	-0.03 (-0.26; 0.21)
	6 months	86 53/33	239 151/88	-0.11 (-0.50; 0.28), 0.5796	-0.04 (-0.19; 0.11)	-0.06 (-0.60; 0.48), 0.8253	-0.02 (-0.24; 0.19)	-0.18 (-0.76; 0.39), 0.5259	-0.09 (-0.36; 0.18)
Conduct Problems ^b									
	Baseline	252 152/100	420 257/163						
	3 months	142 85/57	299 200/99	-0.11 (-0.35; 0.13), 0.3678	-0.08 (-0.25; 0.09)	-0.08 (-0.31; 0.15), 0.4761	-0.06 (-0.23; 0.11)	-0.18 (-0.57; 0.22), 0.3787	-0.12 (-0.40; 0.15)
	6 months	86 53/33	239 152/87	0.04 (-0.21; 0.29), 0.7408	0.03 (-0.15; 0.21)	0.02 (-0.32; 0.36), 0.9192	0.01 (-0.24; 0.26)	0.06 (-0.43; 0.55), 0.8184	0.04 (-0.30; 0.39)
Hyperactivity/Inattention ^b									
	Baseline	255 153/102	421 259/162						
	3 months	141 84/57	298 199/99	-0.13 (-0.51; 0.25), 0.4991	-0.06 (-0.22; 0.11)	-0.25 (-0.67; 0.17), 0.2469	-0.11 (-0.30; 0.08)	0.00 (-0.52; 0.52), 0.9865	0.00 (-0.23; 0.23)
	6 months	86 53/33	238 150/88	-0.03 (-0.37; 0.31), 0.8766	-0.01 (-0.16; 0.14)	-0.32 (-0.79; 0.15), 0.1805	-0.14 (-0.35; 0.07)	0.42 (-0.15; 0.99), 0.1532	0.18 (-0.07; 0.43)
Peer Relationship Problems ^b									
	Baseline	256 155/101	423 259/164						
	3 months	141 84/57	296 197/99	-0.03 (-0.27; 0.22), 0.8167	-0.02 (-0.18; 0.14)	-0.14 (-0.42; 0.15), 0.3534	-0.09 (-0.29; 0.10)	0.17 (-0.25; 0.58), 0.4323	0.11 (-0.16; 0.37)
	6 months	86 53/33	241 152/89	0.52 (0.18; 0.85), 0.0023	0.34 (0.12; 0.56)	0.45 (0.01; 0.88), 0.0429	0.30 (0.01; 0.60)	0.62 (0.13; 1.11), 0.0131	0.39 (0.08; 0.70)
Prosocial Behaviour ^a									
	Baseline	255 155/100	424 257/167						
	3 months	142 85/57	294 197/97	0.17 (-0.09; 0.42), 0.1990	0.11 (-0.06; 0.27)	0.23 (-0.01; 0.47), 0.0596	0.16 (-0.01; 0.33)	0.04 (-0.44; 0.53), 0.8609	0.03 (-0.26; 0.31)
	6 months	85 53/32	241 153/88	-0.37 (-0.67;-0.08), 0.0130	-0.24 (-0.42;-0.05)	-0.26 (-0.50;-0.02), 0.0356	-0.19 (-0.36;-0.01)	-0.55 (-1.12; 0.02), 0.0569	-0.32 (-0.65; 0.01)
DASS-21									
Depression ^b									
	Baseline	253 154/99	418 257/161						
	3 months	138 83/55	298 199/99	-1.01 (-2.48; 0.46), 0.1770	-0.10 (-0.25; 0.05)	-1.72 (-3.58; 0.14), 0.0698	-0.17 (-0.35; 0.01)	-0.09 (-2.36; 2.18), 0.9390	-0.01 (-0.26; 0.24)
	6 months	86 53/33	238 150/88	-0.72 (-2.09; 0.65), 0.3011	-0.07 (-0.21; 0.07)	-0.70 (-3.27; 1.87), 0.5919	-0.07 (-0.32; 0.18)	-1.07 (-4.11; 1.96), 0.4891	-0.12 (-0.46; 0.22)
Anxiety ^b									
	Baseline	253 153/100	419 257/162						
	3 months	138 85/53	298 199/99	-0.21 (-1.42; 1.00), 0.7344	-0.03 (-0.18; 0.13)	-0.63 (-2.47; 1.22), 0.5048	-0.08 (-0.30; 0.15)	0.49 (-1.58; 2.57), 0.6404	0.08 (-0.25; 0.41)
	6 months	82 52/30	238 151/87	0.37 (-1.41; 2.15), 0.6842	0.05 (-0.18; 0.28)	0.18 (-2.02; 2.37), 0.8752	0.02 (-0.24; 0.29)	0.60 (-2.12; 3.33), 0.6639	0.10 (-0.34; 0.53)
Stress ^b									
	Baseline	251 153/98	421 258/163						
	3 months	140 85/55	298 199/99	-0.68 (-2.06; 0.70), 0.3325	-0.07 (-0.22; 0.08)	-1.45 (-3.46; 0.57), 0.1587	-0.15 (-0.37; 0.06)	0.59 (-1.33; 2.51), 0.5494	0.07 (-0.16; 0.31)
	6 months	86 53/33	238 150/88	-0.33 (-1.66; 1.00), 0.6298	-0.04 (-0.18; 0.11)	-0.25 (-2.80; 2.30), 0.8490	-0.03 (-0.30; 0.24)	-0.74 (-3.56; 2.09), 0.6098	-0.09 (-0.44; 0.26)
PSS ^b									
	Baseline	255 153/102	416 257/159						
	3 months	141 85/56	292 198/94	-1.16 (-2.49; 0.17), 0.0882	-0.16 (-0.34; 0.02)	-2.45 (-3.55;-1.34), <0.0001	-0.35 (-0.51;-0.19)	0.86 (-1.20; 2.93), 0.4122	0.12 (-0.17; 0.42)
	6 months	84 51/33	240 151/89	0.24 (-1.21; 1.69), 0.7493	0.03 (-0.17; 0.23)	-0.61 (-2.10; 0.89), 0.4274	-0.09 (-0.30; 0.13)	1.31 (-0.96; 3.57), 0.2575	0.19 (-0.14; 0.51)
BRS ^a									
	Baseline	254 153/101	419 257/162						
	3 months	141 85/56	296 197/99	0.04 (-0.06; 0.15), 0.4192	0.05 (-0.08; 0.19)	0.06 (-0.11; 0.23), 0.4644	0.08 (-0.13; 0.28)	0.03 (-0.20; 0.27), 0.7880	0.04 (-0.28; 0.37)
	6 months	85 53/32	240 152/88	0.09 (-0.04; 0.21), 0.1753	0.11 (-0.05; 0.26)	0.16 (-0.00; 0.32), 0.0518	0.19 (-0.00; 0.39)	-0.03 (-0.21; 0.15), 0.7446	-0.04 (-0.30; 0.21)
Decentering ^a									
	Baseline	248 149/99	412 251/161						
	3 months	139 85/54	295 198/97	1.78 (0.77; 2.79), 0.0006	0.26 (0.11; 0.40)	2.16 (1.11; 3.20), 0.0001	0.33 (0.17; 0.49)	1.32 (-0.64; 3.28), 0.1877	0.20 (-0.10; 0.50)
	6 months	83 50/33	238 151/87	1.27 (-0.26; 2.81), 0.1047	0.18 (-0.04; 0.41)	1.50 (0.04; 2.97), 0.0444	0.23 (0.01; 0.45)	1.05 (-0.82; 2.91), 0.2710	0.16 (-0.12; 0.44)
EQ-SD-Y ^a									
	Baseline	254 153/101	420 257/163						
	3 months	138 83/55	297 199/98	0.00 (-0.04; 0.04), 0.9544	0.01 (-0.17; 0.18)	0.02 (-0.03; 0.06), 0.5146	0.07 (-0.14; 0.28)	-0.02 (-0.08; 0.04), 0.5356	-0.10 (-0.40; 0.21)
	6 months	86 53/33	234 148/86	0.03 (-0.02; 0.08), 0.1935	0.14 (-0.07; 0.35)	0.05 (0.00; 0.11), 0.0485	0.24 (0.00; 0.48)	-0.00 (-0.09; 0.09), 0.9531	-0.01 (-0.45; 0.43)
EQ VAS ^a									
	Baseline	252 152/100	418 255/163						
	3 months	139 83/56	297 199/98	1.68 (-1.09; 4.45), 0.2356	0.08 (-0.05; 0.21)	3.13 (-1.10; 7.37), 0.1467	0.14 (-0.05; 0.34)	-0.35 (-6.34; 5.64), 0.9083	-0.02 (-0.32; 0.28)
	6 months	86 53/33	233 148/85	1.11 (-3.05; 5.26), 0.6022	0.05 (-0.14; 0.25)	2.90 (-1.71; 7.51), 0.2171	0.13 (-0.08; 0.34)	-1.20 (-9.18; 6.78), 0.7682	-0.06 (-0.46; 0.34)
T-ILS ^b									
	Baseline	256 154/102	422 259/163						
	3 months	141 85/56	296 199/97	0.33 (-0.01; 0.67), 0.0542	0.20 (-0.00; 0.40)	0.32 (-0.05; 0.69), 0.0921	0.20 (-0.03; 0.43)	0.40 (-0.11; 0.90), 0.1226	0.24 (-0.06; 0.55)
	6 months	86 53/33	239 152/87	0.40 (-0.01; 0.80), 0.0546	0.24 (-0.00; 0.49)	0.39 (-0.17; 0.95), 0.1688	0.24 (-0.10; 0.59)	0.42 (-0.34; 1.17), 0.2771	0.25 (-0.20; 0.71)
DSI ^a									
	Baseline	253 152/101	424 260/164						
	3 months	140 84/56	297 199/98	0.23 (0.08; 0.38), 0.0034	0.25 (0.08; 0.41)	0.12 (-0.10; 0.33), 0.2909	0.13 (-0.11; 0.36)	0.42 (0.18; 0.66), 0.0007	0.43 (0.18; 0.67)
	6 months	86 53/33	240 152/88	0.25 (0.08; 0.42), 0.0042	0.26 (0.08; 0.45)	0.24 (0.02; 0.45), 0.0348	0.26 (0.02; 0.50)	0.24 (-0.10; 0.59), 0.1648	0.25 (-0.10; 0.60)
AWI ^a									
	Baseline	256 154/102	424 260/164						
	3 months	140 84/56	297 199/98	0.10 (-0.06; 0.26), 0.2159	0.11 (-0.06; 0.28)	0.16 (-0.02; 0.34), 0.0872	0.17 (-0.02; 0.36)	0.01 (-0.24; 0.25), 0.9621	0.01 (-0.26; 0.28)
	6 months	86 53/33	240 152/88	-0.07 (-0.24; 0.11), 0.4585	-0.07 (-0.26; 0.12)	-0.02 (-0.27; 0.24), 0.8829	-0.02 (-0.29; 0.25)	-0.14 (-0.47; 0.19), 0.4068	-0.15 (-0.51; 0.21)

^a an increase on the scale is positive. ^b a decrease on the scale is positive. ^c adjusted for sex, age, class, region and cluster effect. Abbreviations: AWI: Disturbed Awakening Index, BRS: Brief Resilience Scale, CI: Confidence Intervals, DASS: Depression, Anxiety and Stress Scale, DSI: Disturbed Sleep Index, EQ-SD-Y: EuroQol-5 Domain-youth, EQ-VAS: EuroQol Visual Analogue Scale, PSS: Perceived Stress Scale, SDQ: Strengths & Difficulties Questionnaire, SWEMWBS: Short Warwick-Edinburgh Mental Wellbeing Scale, T-ILS: Three Item Loneliness Scale. Effect estimate bold; statistically

Supplementary Table 7. Effectiveness of introducing a mindfulness-based intervention into the school curriculum for students (n=300) aged 16-24 years at vocational schools for social and health care (n=13) across Denmark, 2021. The “On Top of Everything” trial.

				All		Females		Males	
		Intervention	Controls			Adjusted Effect ^c			
		Students n F/M	Students n F/M	Between-group difference, mean (95% CI), P	Cohens d, mean (95%CI)	Between-group difference, mean (95% CI), P	Cohens d, mean (95%CI)	Between-group difference, mean (95% CI), P	Cohens d, mean (95%CI)
Primary outcome									
SWEMWBS ^a	Baseline	173 140/33	118 100/18						
	3 months	100 89/11	53 46/7	-0.44 (-1.28; 0.39), 0.2990	-0.13 (-0.39; 0.12)	-0.33 (-1.23; 0.58), 0.4812	-0.11 (-0.40; 0.19)	-0.82 (-4.74; 3.10), 0.6810	-0.19 (-1.11; 0.73)
	6 months	47 41/6	27 23/4	0.37 (-1.48; 2.22), 0.6925	0.11 (-0.44; 0.67)	-0.23 (-1.65; 1.18), 0.7488	-0.08 (-0.54; 0.39)	4.52 (-0.08; 9.13), 0.0543	1.06 (-0.02; 2.14)
Secondary outcomes									
SDQ									
Total Difficulties Score ^b									
Emotional Symptoms ^b	Baseline	173 140/33	117 100/17						
	3 months	104 93/11	52 45/7	1.12 (-0.26; 2.51), 0.1122	0.21 (-0.05; 0.48)	0.99 (-0.39; 2.36), 0.1597	0.19 (-0.07; 0.45)	1.49 (-2.87; 5.85), 0.5024	0.34 (-0.65; 1.32)
	6 months	44 38/6	27 23/4	-0.59 (-2.88; 1.70), 0.6108	-0.11 (-0.55; 0.32)	-0.19 (-2.39; 2.01), 0.8657	-0.04 (-0.45; 0.38)	-3.67 (-9.88; 2.54), 0.2461	-0.83 (-2.23; 0.57)
Conduct Problems ^b	Baseline	176 143/33	120 102/18						
	3 months	104 93/11	52 45/7	0.10 (-0.62; 0.82), 0.7859	0.04 (-0.24; 0.32)	0.08 (-0.72; 0.88), 0.8482	0.03 (-0.28; 0.34)	0.04 (-1.77; 1.85), 0.9627	0.02 (-0.88; 0.93)
	6 months	47 41/6	27 23/4	-0.07 (-0.96; 0.81), 0.8689	-0.03 (-0.37; 0.31)	0.09 (-0.70; 0.89), 0.8201	0.04 (-0.27; 0.34)	-1.24 (-3.73; 1.25), 0.3290	-0.62 (-1.87; 0.63)
Hyperactivity/Inattention ^b	Baseline	177 144/33	119 101/18						
	3 months	105 94/11	52 45/7	0.64 (0.27; 1.01), 0.0007	0.48 (0.21; 0.76)	0.68 (0.21; 1.16), 0.0047	0.51 (0.16; 0.86)	0.44 (-0.40; 1.27), 0.3039	0.39 (-0.35; 1.12)
	6 months	46 40/6	27 23/4	0.23 (-0.31; 0.76), 0.4042	0.17 (-0.23; 0.58)	0.50 (-0.25; 1.25), 0.1930	0.37 (-0.19; 0.93)	-1.45 (-3.26; 0.37), 0.1190	-1.28 (-2.89; 0.33)
Peer Relationship Problems ^b	Baseline	177 144/33	121 104/17						
	3 months	105 94/11	52 45/7	0.18 (-0.34; 0.71), 0.4944	0.09 (-0.16; 0.33)	0.05 (-0.54; 0.64), 0.8618	0.02 (-0.25; 0.30)	1.03 (-0.56; 2.62), 0.2053	0.51 (-0.28; 1.29)
	6 months	47 41/6	27 23/4	-0.59 (-1.52; 0.34), 0.2163	-0.28 (-0.71; 0.16)	-0.62 (-1.52; 0.29), 0.1813	-0.29 (-0.71; 0.13)	-0.38 (-3.14; 2.38), 0.7899	-0.18 (-1.54; 1.17)
Prosocial Behaviour ^a	Baseline	177 144/33	121 103/18						
	3 months	105 94/11	52 45/7	0.24 (-0.22; 0.70), 0.2994	0.18 (-0.16; 0.51)	0.25 (-0.36; 0.86), 0.4245	0.18 (-0.26; 0.61)	0.18 (-1.48; 1.84), 0.8289	0.15 (-1.20; 1.50)
	6 months	48 42/6	27 23/4	-0.07 (-0.59; 0.45), 0.7879	-0.05 (-0.43; 0.32)	-0.02 (-0.78; 0.74), 0.9571	-0.01 (-0.55; 0.52)	-0.51 (-2.31; 1.28), 0.5738	-0.42 (-1.88; 1.04)
DASS-21 Depression ^b	Baseline	174 144/30	121 103/18						
	3 months	102 91/11	52 45/7	0.12 (-0.29; 0.53), 0.5563	0.09 (-0.22; 0.40)	0.08 (-0.35; 0.51), 0.7050	0.07 (-0.28; 0.42)	0.48 (-1.08; 2.04), 0.5502	0.28 (-0.64; 1.19)
	6 months	48 42/6	27 23/4	-0.25 (-0.87; 0.38), 0.4367	-0.19 (-0.66; 0.29)	-0.58 (-1.37; 0.20), 0.1434	-0.47 (-1.11; 0.16)	1.71 (-0.35; 3.77), 0.1039	1.00 (-0.21; 2.21)
Anxiety ^b	Baseline	176 143/33	118 102/16						
	3 months	102 91/11	52 45/7	2.48 (-0.22; 5.19), 0.0719	0.27 (-0.02; 0.56)	2.27 (0.15; 4.40), 0.0363	0.24 (0.02; 0.47)	2.99 (-3.24; 9.23), 0.3468	0.33 (-0.35; 1.00)
	6 months	48 42/6	27 23/4	-2.83 (-7.07; 1.42), 0.1916	-0.31 (-0.76; 0.15)	-0.95 (-5.20; 3.29), 0.6597	-0.10 (-0.56; 0.36)	-12.71 (-24.59; -0.83), 0.0351	-1.38 (-2.68; -0.09)
Stress ^b	Baseline	176 144/32	118 102/16						
	3 months	100 89/11	51 45/6	0.05 (-2.67; 2.77), 0.9714	0.01 (-0.32; 0.33)	-0.53 (-3.70; 2.64), 0.7421	-0.06 (-0.43; 0.31)	2.20 (-2.53; 6.94), 0.3620	0.35 (-0.41; 1.11)
	6 months	48 42/6	27 23/4	-1.34 (-4.17; 1.48), 0.3510	-0.16 (-0.50; 0.18)	-0.79 (-3.70; 2.11), 0.5925	-0.09 (-0.43; 0.25)	-6.19 (-15.22; 2.85), 0.1795	-0.99 (-2.43; 0.46)
PSS ^b	Baseline	174 141/33	120 103/17						
	3 months	99 88/11	51 45/6	2.75 (0.26; 5.24), 0.0304	0.30 (0.03; 0.58)	2.68 (-0.56; 5.91), 0.1052	0.30 (-0.06; 0.67)	1.00 (-6.73; 8.74), 0.7994	0.10 (-0.70; 0.91)
	6 months	48 42/6	27 23/4	-2.28 (-5.40; 0.84), 0.1523	-0.25 (-0.60; 0.09)	-0.62 (-4.05; 2.82), 0.7257	-0.07 (-0.46; 0.32)	-13.87 (-21.65; -6.08), 0.0001	-1.45 (-2.27; -0.64)
BRS ^a	Baseline	175 143/32	121 103/18						
	3 months	102 91/11	50 43/7	0.29 (-1.19; 1.78), 0.6991	0.04 (-0.18; 0.26)	-0.27 (-1.96; 1.42), 0.7563	-0.04 (-0.30; 0.21)	3.85 (-2.74; 10.44), 0.2519	0.57 (-0.41; 1.55)
	6 months	44 38/6	27 23/4	-1.90 (-4.60; 0.81), 0.1693	-0.28 (-0.68; 0.12)	-1.07 (-3.82; 1.68), 0.4458	-0.16 (-0.58; 0.25)	-6.26 (-11.58; -0.94), 0.0211	-0.93 (-1.72; -0.14)
Decentering ^a	Baseline	175 142/33	122 104/18						
	3 months	104 93/11	50 43/7	0.01 (-0.18; 0.20), 0.8896	0.02 (-0.23; 0.26)	0.06 (-0.15; 0.26), 0.6049	0.07 (-0.20; 0.34)	-0.32 (-1.07; 0.44), 0.4145	-0.48 (-1.65; 0.68)
	6 months	46 40/6	27 23/4	0.40 (0.16; 0.64), 0.0012	0.52 (0.20; 0.83)	0.39 (0.15; 0.64), 0.0018	0.51 (0.19; 0.84)	0.44 (-0.20; 1.07), 0.1766	0.67 (-0.30; 1.64)
EQ-5D-Y ^a	Baseline	174 142/32	115 98/17						
	3 months	101 90/11	49 42/7	0.92 (-0.96; 2.81), 0.3381	0.14 (-0.14; 0.42)	1.56 (-0.98; 4.10), 0.2293	0.24 (-0.15; 0.62)	-3.33 (-9.08; 2.43), 0.2570	-0.59 (-1.61; 0.43)
	6 months	46 40/6	27 23/4	-0.65 (-3.08; 1.78), 0.6018	-0.10 (-0.46; 0.26)	-1.77 (-4.20; 0.66), 0.1535	-0.27 (-0.64; 0.10)	5.60 (0.00; 11.19), 0.0499	0.99 (0.00; 1.98)
EQ VAS ^a	Baseline	176 144/32	120 102/18						
	3 months	103 92/11	51 44/7	-0.04 (-0.09; 0.02), 0.2032	-0.20 (-0.50; 0.11)	-0.02 (-0.09; 0.06), 0.6750	-0.08 (-0.47; 0.30)	-0.16 (-0.28; -0.05), 0.0038	-1.17 (-1.95; -0.38)
	6 months	44 38/6	27 23/4	0.05 (-0.04; 0.15), 0.2828	0.27 (-0.23; 0.78)	0.03 (-0.07; 0.13), 0.5643	0.15 (-0.37; 0.68)	0.18 (0.04; 0.33), 0.0133	1.30 (0.27; 2.33)
T-ILS ^b	Baseline	173 141/32	119 101/18						
	3 months	99 88/11	51 44/7	0.76 (-4.60; 6.12), 0.7809	0.04 (-0.21; 0.29)	0.85 (-6.57; 8.28), 0.8214	0.04 (-0.30; 0.38)	-3.05 (-13.15; 7.05), 0.5539	-0.17 (-0.71; 0.38)
	6 months	44 38/6	27 23/4	6.89 (-5.87; 19.65), 0.2899	0.32 (-0.27; 0.92)	5.20 (-4.80; 15.20), 0.3080	0.24 (-0.22; 0.70)	16.98 (-20.66; 54.62), 0.3766	0.92 (-1.12; 2.96)
DSI ^a	Baseline	178 145/33	120 102/18						
	3 months	102 91/11	52 45/7	0.35 (-0.09; 0.78), 0.1175	0.21 (-0.05; 0.47)	0.19 (-0.25; 0.62), 0.4011	0.12 (-0.15; 0.38)	1.36 (-0.03; 2.75), 0.0544	0.73 (-0.01; 1.47)
	6 months	45 40/5	27 23/4	-0.01 (-0.60; 0.58), 0.9695	-0.01 (-0.36; 0.34)	0.04 (-0.62; 0.70), 0.9102	0.02 (-0.38; 0.43)	-0.14 (-2.13; 1.85), 0.8912	-0.07 (-1.13; 0.98)
AWI ^a	Baseline	177 144/33	121 103/18						
	3 months	103 92/11	50 43/7	0.02 (-0.22; 0.27), 0.8569	0.02 (-0.24; 0.29)	-0.01 (-0.27; 0.26), 0.9652	-0.01 (-0.29; 0.28)	0.26 (-0.52; 1.04), 0.5098	0.26 (-0.50; 1.01)
	6 months	46 40/6	26 22/4	0.06 (-0.31; 0.43), 0.7532	0.06 (-0.33; 0.45)	0.06 (-0.39; 0.51), 0.7844	0.07 (-0.42; 0.56)	0.22 (-0.91; 1.36), 0.6999	0.22 (-0.89; 1.32)
	Baseline	176 143/33	121 103/18						
	3 months	104 93/11	52 45/7	-0.03 (-0.39; 0.34), 0.8747	-0.04 (-0.47; 0.40)	-0.07 (-0.34; 0.21), 0.6411	-0.08 (-0.41; 0.25)	0.38 (-0.66; 1.42), 0.4759	0.45 (-0.79; 1.69)
	6 months	45 39/6	27 23/4	-0.02 (-0.36; 0.33), 0.9278	-0.02 (-0.44; 0.40)	0.05 (-0.26; 0.36), 0.7548	0.06 (-0.32; 0.44)	-0.28 (-1.20; 0.64), 0.5495	-0.33 (-1.43; 0.76)

^aan increase on the scale is positive. ^ba decrease on the scale is positive. ^cadjusted for sex, age, class, region and cluster effect. Abbreviations: AWI: Disturbed Awakening Index, BRS: Brief Resilience Scale, CI: Confidence Intervals, DASS: Depression, Anxiety and Stress Scale, DSI: Disturbed Sleep Index, EQ-5D-Y: EuroQol-5 Domain-youth, EQ VAS: EuroQol Visual Analogue Scale, PSS: Perceived Stress Scale, SDQ: Strengths & Difficulties Questionnaire, SWEMWBS: Short Warwick-Edinburgh Mental Wellbeing Scale, T-ILS: Three Item Loneliness Scale. Effect estimate bold; statistically significant.

Supplementary Table 8. Four sensitivity scenarios* of effectiveness of introducing a mindfulness-based intervention into the school curriculum for students (n=989) aged 16-24 years at upper secondary schools (n=30) and schools of health and social care (n=13) across Denmark, 2021. The “On Top of Everything” trial.

		Total population					Females					Males					High risk population				
		Estimate (se)	I:+0.2sd	I:-0.2sd	C:+0.2sd	C:-0.2sd	Estimate (se)	I:+0.2sd	I:-0.2sd	C:+0.2sd	C:-0.2sd	Estimate (se)	I:+0.2sd	I:-0.2sd	C:+0.2sd	C:-0.2sd	Estimate (se)	I:+0.2sd	I:-0.2sd	C:+0.2sd	C:-0.2sd
Primary outcome																					
SWEMWBS ^a	3 months	0.23 (0.20)	0.61	-0.62	0.04	0.55	0.32 (0.34)	0.63	0.09	0.15	0.56	0.03 (0.48)	0.58	-0.25	-0.18	0.51	-0.43 (0.52)	-0.16	-0.78	-0.69	-0.25
	6 months	-0.44 (0.40)	0.19	-0.90	-0.76	-0.03	-0.42 (0.47)	0.03	-0.87	-0.76	-0.08	-0.42 (0.86)	0.25	-0.95	-0.74	-0.05	-0.16 (0.77)	0.28	-0.55	-0.43	0.17
Secondary outcomes																					
SDQ																					
Total difficulties score ^b																					
	3 months	-0.07 (0.31)	0.35	-0.54	-0.46	0.27	-0.13 (0.33)	0.37	-0.44	-0.37	0.31	0.11 (0.70)	0.44	-0.55	-0.45	0.35	0.07 (0.90)	0.97	-0.14	0.01	0.81
	6 months	0.39 (0.34)	0.98	-0.46	-0.27	0.79	0.22 (0.55)	1.04	-0.37	-0.20	0.88	0.75 (0.75)	1.07	-0.35	-0.12	0.84	0.68 (0.95)	1.04	-0.47	-0.26	0.84
Emotional symptoms ^b																					
	3 months	-0.21 (0.15)	0.03	-0.41	-0.37	-0.01	-0.25 (0.18)	0.03	-0.38	-0.34	-0.02	-0.05 (0.24)	0.12	-0.31	-0.27	0.09	-0.22 (0.33)	0.21	-0.37	-0.28	0.11
	6 months	-0.15 (0.20)	0.18	-0.52	-0.43	0.09	-0.10 (0.27)	0.26	-0.42	-0.34	0.17	-0.19 (0.34)	0.06	-0.54	-0.45	-0.03	-0.27 (0.48)	0.02	-0.76	-0.63	-0.11
Conduct problems ^b																					
	3 months	0.08 (0.10)	0.17	-0.06	-0.04	0.15	0.15 (0.10)	0.23	0.02	0.04	0.21	-0.12 (0.17)	-0.02	-0.29	-0.27	-0.04	0.27 (0.23)	0.49	0.18	0.22	0.45
	6 months	0.16 (0.14)	0.31	-0.06	-0.01	0.26	0.25 (0.18)	0.43	0.07	0.11	0.38	-0.09 (0.20)	0.03	-0.36	-0.30	-0.03	0.26 (0.34)	0.48	0.05	0.12	0.42
Hyperactivity/inattention ^b																					
	3 months	-0.00 (0.14)	0.20	-0.19	-0.15	0.16	-0.05 (0.17)	0.16	-0.19	-0.16	0.13	0.16 (0.24)	0.33	-0.12	-0.07	0.29	0.00 (0.39)	0.38	-0.06	-0.00	0.33
	6 months	-0.07 (0.19)	0.21	-0.41	-0.33	0.13	-0.27 (0.21)	0.08	-0.52	-0.46	0.01	0.39 (0.23)	0.52	-0.12	-0.02	0.41	0.25 (0.42)	0.44	-0.18	-0.09	0.35
Peer relationship problems ^b																					
	3 months	0.05 (0.09)	0.17	-0.10	-0.08	0.14	0.00 (0.13)	0.11	-0.12	-0.10	0.09	0.17 (0.23)	0.32	0.00	0.03	0.29	0.12 (0.17)	0.27	-0.07	-0.03	0.22
	6 months	0.09 (0.16)	0.66	0.24	0.29	0.60	0.43 (0.15)	0.60	0.20	0.25	0.55	0.61 (0.26)	0.83	0.37	0.44	0.75	0.48 (0.33)	0.60	0.12	0.19	0.53
Prosocial ^b behaviour ^a																					
	3 months	0.09 (0.11)	0.24	-0.03	-0.01	0.22	0.11 (0.10)	0.26	0.03	0.06	0.24	0.08 (0.24)	0.26	-0.06	-0.05	0.25	-0.15 (0.26)	-0.01	-0.37	-0.32	-0.06
	6 months	-0.46 (0.15)	-0.23	-0.65	-0.60	-0.28	-0.44 (0.14)	-0.22	-0.59	-0.54	-0.26	-0.48 (0.34)	-0.24	-0.71	-0.65	-0.30	-0.72 (0.34)	-0.42	-0.92	-0.84	-0.50
DASS-21																					
Depression ^b																					
	3 months	0.46 (0.48)	1.01	-0.62	-0.44	0.84	0.48 (0.79)	1.06	-0.52	-0.34	0.88	0.68 (1.06)	1.28	-0.45	-0.26	1.09	1.18 (1.56)	2.31	0.01	0.36	1.96
	6 months	0.07 (0.81)	1.27	-1.29	-0.94	0.92	0.74 (0.93)	1.93	-0.66	-0.36	1.62	-1.16 (1.70)	-0.05	-2.49	-2.08	-0.46	-0.29 (2.10)	0.86	-2.30	-1.74	0.31
Anxiety ^b																					
	3 months	-0.06 (0.60)	0.33	-1.06	-0.91	0.18	-0.45 (0.70)	0.05	-1.31	-1.16	-0.10	0.90 (0.86)	1.12	-0.17	-0.03	0.98	0.38 (1.58)	1.16	-0.82	-0.49	0.84
	6 months	0.05 (0.74)	1.23	-0.93	-0.63	0.93	0.11 (0.87)	1.47	-0.76	-0.49	1.20	0.30 (1.21)	1.04	-0.79	-0.48	0.73	0.76 (1.83)	1.71	-0.96	-0.50	1.26
Stress ^b																					
	3 months	0.56 (0.59)	1.09	-0.45	-0.31	0.96	0.51 (0.79)	1.28	-0.19	-0.04	1.13	0.88 (1.12)	1.16	-0.43	-0.30	1.04	0.97 (1.37)	1.59	-0.26	-0.02	1.35
	6 months	-0.11 (0.72)	0.94	-1.47	-1.18	0.64	0.46 (1.00)	1.73	-0.68	-0.42	1.47	-1.21 (1.13)	-0.41	-2.66	-2.32	-0.75	-1.28 (2.03)	-0.44	-3.02	-2.63	-0.83
PSS ^b																					
	3 months	-0.45 (0.50)	0.06	-	-1.05	-0.05	-1.15 (0.59)	-0.56	-1.65	-1.56	-0.65	1.24 (1.08)	1.56	0.19	0.30	1.44	-0.31 (1.07)	0.72	-0.63	-0.44	0.53
	6 months	0.59 (0.62)	1.70	-	0.03	1.42	0.35 (0.65)	1.62	-0.27	-0.03	1.38	1.11 (1.00)	1.88	-0.06	0.29	1.54	1.70 (1.56)	2.69	0.83	1.13	2.39
BRS ^a																					
	3 months	0.05 (0.05)	0.13	-0.00	0.01	0.12	0.08 (0.05)	0.14	0.02	0.02	0.13	-0.01 (0.10)	0.12	-0.02	-0.01	0.10	-0.01 (0.14)	0.07	-0.08	-0.06	0.06
	6 months	0.14 (0.06)	0.25	0.03	0.06	0.22	0.20 (0.07)	0.30	0.09	0.11	0.27	0.01 (0.10)	0.11	-0.09	-0.06	0.08	0.07 (0.13)	0.21	-0.00	0.03	0.18
Experiences Questionnaire-Decentering ^a																					
	3 months	1.04 (0.47)	1.56	0.41	0.52	1.44	1.21 (0.45)	1.64	0.61	0.73	-	0.61 (0.83)	1.32	0.06	0.18	1.21	0.36 (1.02)	0.90	-0.43	-0.26	0.73
	6 months	0.62 (0.56)	1.47	-0.38	-0.11	1.21	0.22 (0.73)	1.11	-0.67	-0.42	-	1.33 (0.97)	2.03	0.27	0.54	1.76	1.23 (1.20)	2.45	0.59	0.86	2.19
EQ-SD-Y ^a																					
	3 months	-0.02 (0.02)	0.00	-0.03	-0.03	-0.00	-0.01 (0.02)	0.01	-0.03	-0.02	0.00	-0.04 (0.03)	-0.01	-0.05	-0.05	-0.02	-0.04 (0.04)	-0.02	-0.07	-0.07	-0.03
	6 months	0.01 (0.02)	0.04	-0.02	-0.01	0.03	0.02 (0.02)	0.05	-0.01	-0.00	0.04	-0.01 (0.04)	0.02	-0.03	-0.02	0.01	0.09 (0.05)	0.13	0.06	0.07	0.12
EQ-VAS ^a																					
	3 months	0.75 (1.65)	2.54	-0.97	-0.63	2.20	1.35 (2.25)	2.74	-0.61	-0.22	2.36	-0.78 (2.57)	1.79	-2.02	-	1.51	0.35 (4.46)	1.40	-3.45	-2.74	0.69
	6 months	0.38 (2.14)	2.60	-2.94	-2.24	1.90	1.20 (2.99)	3.47	-2.08	-1.41	2.80	-1.69 (3.86)	0.96	-4.48	-	0.21	-0.74 (4.91)	1.60	-4.98	-4.04	0.66
T-ILS ^b																					
	3 months	0.32 (0.10)	0.45	0.15	0.17	0.42	0.26 (0.15)	0.36	0.09	0.12	0.34	0.50 (0.22)	0.63	0.29	0.32	0.60	0.60 (0.28)	0.79	0.45	0.49	0.74
	6 months	0.38 (0.18)	0.68	0.20	0.26	0.61	0.37 (0.20)	0.64	0.18	0.24	0.58	0.47 (0.33)	0.75	0.26	0.34	0.67	0.40 (0.34)	0.64	0.18	0.25	0.56
DSI ^a																					
	3 months	0.14 (0.05)	0.22	0.07	0.08	0.21	0.05 (0.05)	0.11	-0.03	-0.02	0.10	0.37 (0.10)	0.48	0.30	0.31	0.46	0.20 (0.17)	0.24	0.03	0.06	0.21
	6 months	0.15 (0.07)	0.26	0.01	0.04	0.23	0.10 (0.09)	0.21	-0.04	-0.01	0.18	0.27 (0.15)	0.39	0.13	0.17	0.35	0.25 (0.19)	0.38	0.10	0.14	0.34
AWI ^a																					
	3 months	0.03 (0.06)	0.14	-0.02	-0.01	0.12	0.05 (0.09)	0.16	0.01	0.03	0.15	0.01 (0.13)	0.10	-0.09	-0.07	0.08	0.06 (0.18)	0.13	-0.05	-0.02	0.11
	6 months	-0.09 (0.07)	0.05	-0.21	-0.17	0.02	-0.07 (0.11)	0.07	-0.18	-0.15	0.04	-0.15 (0.14)	0.03	-0.23	-0.19	-0.01	-0.19 (0.17)	-0.11	-0.35	-0.32	-0.15
*Missing outcomes were substituted with the model-based prediction additive or subtractive 0.27sd in the intervention (I) or control (C) arm																					

*Missing outcomes were substituted with the model-based prediction adding or subtracting 0.2*sd in the intervention (I) or control (C) arm

^a an increase on the scale is positive. ^b a decrease on the scale is positive. High risk population: 15th percentile for the lowest SWEMWBS score (<20) Abbreviations: AWI: Disturbed Awakening Index, BRS: Brief Resilience Scale, DASS: Depression, Anxiety and Stress-Scale, DSI: Disturbed Sleep Index, EQ-SD-Y: EuroQol-5 Domain-youth, EQ VAS: EuroQol Visual Analogue Scale, PSS: Perceived Stress Scale, SDQ: Strengths & Difficulties Questionnaire, SWEMWBS: Short Warwick-Edinburgh Mental Wellbeing Scale, T-ILS: Three Item Loneliness Scale. Fields are marked if they go in opposite direction than main result.

Supplementary Table 9. Four sensitivity scenarios* of effectiveness of introducing a mindfulness-based intervention into the school curriculum for students (n=689) aged 16-24 years at upper secondary schools (n=30) across Denmark, 2021. The “On Top of Everything” trial.

		Total population					Females					Males				
		Estimate (se)	I:+0.2sd	I:-0.2sd	C:+0.2sd	C:-0.2sd	Estimate (se)	I:+0.2sd	I:-0.2sd	C:+0.2sd	C:-0.2sd	Estimate (se)	I:+0.2sd	I:-0.2sd	C:+0.2sd	C:-0.2sd
Primary outcome																
SWEMWBS ^a																
	3 months	0.66 (0.28)	0.99	0.33	0.44	0.87	0.91 (0.41)	1.14	0.54	0.69	0.99	0.23 (0.54)	0.63	-0.11	-0.07	0.59
	6 months	-0.05 (0.40)	0.49	-0.49	-0.31	0.31	0.10 (0.48)	0.50	-0.37	-0.21	0.34	-0.15 (0.72)	0.52	-0.62	-0.42	0.32
Secondary outcomes																
SDQ																
Total difficulties score ^b																
	3 months	-0.55 (0.38)	-0.26	-1.18	-1.03	-0.41	-0.87 (0.43)	-0.51	-1.44	-1.23	-0.72	-0.14 (0.79)	0.24	-0.63	-0.58	0.19
	6 months	0.41 (0.42)	0.80	-0.56	-0.34	0.58	0.05 (0.53)	0.63	-0.70	-0.48	0.41	0.92 (0.79)	1.28	-0.07	0.14	1.07
Emotional symptoms ^b																
	3 months	-0.29 (0.17)	-0.02	-0.49	-0.41	-0.10	-0.45 (0.19)	-0.12	-0.59	-0.47	-0.24	-0.06 (0.25)	0.12	-0.26	-0.24	0.10
	6 months	-0.11 (0.20)	0.18	-0.51	-0.39	0.06	-0.06 (0.28)	0.23	-0.43	-0.31	0.11	-0.18 (0.29)	0.07	-0.50	-0.41	-0.02
Conduct problems ^b																
	3 months	-0.11 (0.12)	-0.05	-0.28	-0.24	-0.09	-0.08 (0.12)	-0.04	-0.27	-0.21	-0.10	-0.18 (0.20)	-0.06	-0.31	-0.30	-0.08
	6 months	0.04 (0.13)	0.18	-0.16	-0.12	0.12	0.02 (0.17)	0.16	-0.17	-0.11	0.10	0.06 (0.25)	0.19	-0.19	-0.13	0.13
Hyperactivity/inattention ^b																
	3 months	-0.13 (0.19)	0.07	-0.33	-0.26	0.00	-0.25 (0.21)	-0.02	-0.43	-0.33	-0.12	0.00 (0.27)	0.21	-0.20	-0.17	0.18
	6 months	-0.03 (0.17)	0.24	-0.36	-0.26	0.14	-0.32 (0.24)	0.02	-0.56	-0.46	-0.08	0.42 (0.29)	0.58	-0.04	0.07	0.48
Peer relationship problems ^b																
	3 months	-0.03 (0.13)	0.03	-0.24	-0.19	-0.01	-0.14 (0.15)	-0.09	-0.36	-0.30	-0.16	0.17 (0.21)	0.29	0.01	0.03	0.28
	6 months	0.52 (0.17)	0.64	0.23	0.30	0.57	0.45 (0.22)	0.56	0.17	0.24	0.48	0.62 (0.25)	0.80	0.37	0.44	0.73
Prosocial ^b behaviour ^a																
	3 months	0.17 (0.13)	0.32	0.04	0.08	0.28	0.23 (0.12)	0.40	0.14	0.20	0.33	0.04 (0.25)	0.18	-0.12	-0.12	0.18
	6 months	-0.37 (0.15)	-0.15	-0.57	-0.49	-0.22	-0.26 (0.12)	-0.03	-0.40	-0.33	-0.10	-0.55 (0.29)	-0.33	-0.80	-0.73	-0.40
DASS-21																
Depression ^b																
	3 months	-1.01 (0.75)	-0.33	-2.04	-1.73	-0.64	-1.72 (0.95)	-0.80	-2.61	-2.15	-1.26	-0.09 (1.16)	0.42	-1.10	-0.99	0.32
	6 months	-0.72 (0.70)	0.45	-2.04	-1.60	0.02	-0.70 (1.31)	0.44	-2.13	-1.66	-0.02	-1.07 (1.55)	0.19	-2.10	-1.73	-0.18
Anxiety ^b																
	3 months	-0.21 (0.62)	0.22	-1.16	-0.91	-0.03	-0.63 (0.94)	0.01	-	-1.08	-0.34	0.49 (1.06)	0.79	-0.40	-0.29	0.68
	6 months	0.37 (0.91)	1.41	-0.65	-0.26	1.04	0.18 (1.12)	1.55	-	-0.18	1.16	0.60 (1.39)	1.26	-0.50	-0.20	0.95
Stress ^b																
	3 months	-0.68 (0.70)	0.04	-1.52	-1.27	-0.22	-1.45 (1.03)	-0.31	-1.92	-1.53	-	0.59 (0.98)	0.98	-0.40	-0.34	0.92
	6 months	-0.33 (0.68)	0.68	-1.64	-1.26	0.30	-0.25 (1.30)	1.13	-1.24	-0.82	-	-0.74 (1.44)	0.02	-2.06	-1.76	-0.29
PSS ^b																
	3 months	-1.16 (0.68)	-0.59	-1.85	-1.63	-0.80	-2.45 (0.56)	-1.59	-2.80	-2.51	-1.88	0.86 (1.05)	1.19	-0.05	0.03	1.11
	6 months	0.24 (0.74)	1.19	-0.71	-0.35	0.83	-0.61 (0.76)	0.74	-1.08	-0.74	0.40	1.31 (1.15)	1.83	-0.04	0.32	1.48
BRS ^a																
	3 months	0.04 (0.05)	0.13	-0.01	0.01	0.10	0.06 (0.09)	0.12	-0.02	0.01	0.09	0.03 (0.12)	0.14	0.02	0.02	0.13
	6 months	0.09 (0.06)	0.19	-0.02	0.02	0.15	0.16 (0.08)	0.26	0.06	0.09	0.22	-0.03 (0.09)	0.05	-0.14	-0.11	0.02
Experiences Questionnaire-Decentering ^a																
	3 months	1.78 (0.52)	2.26	1.09	-	2.05	2.16 (0.53)	2.48	1.38	1.66	2.21	1.32 (1.00)	1.95	0.80	0.88	1.87
	6 months	1.27 (0.78)	2.14	0.37	-	1.82	1.50 (0.75)	2.39	0.69	1.02	2.05	1.05 (0.95)	1.84	0.15	0.41	1.57
EQ-5D-Y ^a																
	3 months	0.00 (0.02)	0.02	-0.02	-0.02	0.01	0.02 (0.02)	0.02	-0.01	-0.00	0.01	-0.02 (0.03)	0.01	-0.03	-0.03	0.00
	6 months	0.03 (0.02)	0.05	-0.00	0.01	0.04	0.05 (0.03)	0.08	0.02	0.03	0.07	-0.00 (0.05)	0.03	-0.02	-0.02	0.02
EQ VAS ^a																
	3 months	1.68 (1.41)	3.36	-0.21	0.41	2.73	3.13 (2.16)	4.10	0.46	1.39	3.18	-0.35 (3.06)	1.96	-1.45	-1.28	1.60
	6 months	1.11 (2.12)	3.35	-1.89	-1.04	2.50	2.90 (2.35)	4.74	-0.48	0.43	3.84	-1.20 (4.07)	2.08	-3.12	-2.37	1.33
T-ILS ^b																
	3 months	0.33 (0.17)	0.45	0.14	0.19	0.40	0.32 (0.19)	0.43	0.13	0.20	0.36	0.40 (0.26)	0.53	0.23	0.25	0.51
	6 months	0.40 (0.21)	0.65	0.19	0.27	0.57	0.39 (0.29)	0.64	0.19	0.27	0.56	0.42 (0.38)	0.67	0.21	0.29	0.59
DSI ^a																
	3 months	0.23 (0.08)	0.33	0.17	0.19	0.30	0.12 (0.11)	0.20	0.04	0.08	0.16	0.42 (0.12)	0.49	0.33	0.34	0.48
	6 months	0.25 (0.09)	0.36	0.13	0.17	0.32	0.24 (0.11)	0.33	0.10	0.14	0.29	0.24 (0.17)	0.34	0.10	0.14	0.30
AWI ^a																
	3 months	0.10 (0.08)	0.22	0.06	0.08	0.20	0.16 (0.09)	0.31	0.14	0.18	0.27	0.01 (0.13)	0.08	-0.09	-0.08	0.07
	6 months	-0.07 (0.09)	0.09	-0.16	-0.12	0.05	-0.02 (0.13)	0.13	-0.12	-0.07	0.06	-0.14 (0.17)	0.03	-0.22	-0.18	-0.01
Missing outcomes were substituted with the model-based prediction adding or subtracting 0.2*sd in the intervention (I) or control (C) arm																

*Missing outcomes were substituted with the model-based prediction adding or subtracting 0.2*sd in the intervention (I) or control (C) arm

^a an increase on the scale is positive. ^b a decrease on the scale is positive. Abbreviations: AWI: Disturbed Awakening Index, BRS: Brief Resilience Scale, DASS: Depression, Anxiety and Stress-Scale, DSI: Disturbed Sleep Index, EQ-5D-Y: EuroQol-5 Domain-youth, EQ VAS: EuroQol Visual Analogue Scale, PSS: Perceived Stress Scale, SDQ: Strengths & Difficulties Questionnaire, SWEMWBS: Short

Fields are marked if they go in opposite direction than main result.

Supplementary Table 10. Four sensitivity scenarios* of effectiveness of introducing a mindfulness-based intervention into the school curriculum for students (n=300) aged 16-24 years at schools of health and social care (n=13) across Denmark, 2021. The “On Top of Everything” trial.

		Total population					Females					Males				
		Estimate (se)	I:+0.2sd	I:-0.2sd	C:+0.2sd	C:-0.2sd	Estimate (se)	I:+0.2sd	I:-0.2sd	C:+0.2sd	C:-0.2sd	Estimate (se)	I:+0.2sd	I:-0.2sd	C:+0.2sd	C:-0.2sd
Primary outcome																
SWEMWBS ^a																
	3 months	-0.44 (0.43)	-0.05	-0.63	-0.72	0.03	-0.33 (0.46)	-0.07	-0.54	-0.65	0.04	-0.82 (2.00)	-0.10	-1.28	-1.23	-0.15
	6 months	0.37 (0.94)	0.85	-0.15	-0.17	0.88	-0.23 (0.72)	0.04	-0.87	-0.91	0.08	4.52 (2.35)	5.43	3.99	4.03	5.40
Secondary outcomes																
SDQ																
Total difficulties score ^b																
	3 months	1.12 (0.71)	1.75	0.95	0.80	1.90	0.99 (0.70)	1.68	1.01	0.79		1.49 (2.22)	1.91	0.69	0.79	1.81
	6 months	-0.59 (1.17)	0.36	-1.14	-1.15	0.37	-0.19 (1.12)	0.98	-0.48	-0.52		-3.67 (3.17)	-3.30	-4.80	-4.71	-3.39
Emotional symptoms ^b																
	3 months	0.10 (0.37)	0.29	-0.11	-0.18	0.36	0.08 (0.41)	0.27	-0.07	-0.17	0.37	0.04 (0.92)	0.15	-0.39	-0.37	0.13
	6 months	-0.07 (0.45)	0.29	-0.42	-0.44	0.31	0.09 (0.41)	0.53	-0.16	-0.19	0.56	-1.24 (1.27)	-1.12	-1.79	-1.78	-1.14
Conduct problems ^b																
	3 months	0.64 (0.19)	0.77	0.55	0.52	0.81	0.68 (0.24)	0.82	0.63	0.58	0.87	0.44 (0.42)	0.57	0.28	0.30	0.56
	6 months	0.23 (0.27)	0.42	0.03	0.02	0.43	0.50 (0.38)	0.71	0.32	0.31	0.72	-1.45 (0.93)	-1.29	-1.64	-1.63	-1.30
Hyperactivity/inattention ^b																
	3 months	0.18 (0.27)	0.44	0.09	0.03		0.05 (0.30)	0.33		-0.06	0.43	1.03 (0.81)	1.17	0.63	0.67	1.13
	6 months	-0.59 (0.48)	-0.24	-0.86	-0.87		-0.62 (0.46)	-0.20		-0.83	-0.17	-0.38 (1.41)	-0.30	-0.97	-0.93	-0.34
Peer relationship problems ^b																
	3 months	0.24 (0.23)	0.47	0.23	0.19	0.51	0.25 (0.31)	0.47	0.27	0.21	0.53	0.18 (0.85)	0.38	-0.02	-0.00	0.36
	6 months	-0.07 (0.26)	0.24	-0.18	-0.20	0.25	-0.02 (0.39)	0.32	-0.09	-0.11	0.33	-0.51 (0.92)	-0.25	-0.74	-0.73	-0.26
Prosocial ^b behaviour ^a																
	3 months	0.12 (0.21)	0.21	-0.01	-0.06	0.25	0.08 (0.22)	0.16	-0.03	-0.08	0.21	0.48 (0.80)	0.70	0.30	0.29	0.71
	6 months	-0.25 (0.32)	-0.10	-0.49	-0.51	-0.08	-0.58 (0.40)	-0.43	-0.80	-0.82	-0.42	1.71 (1.05)	1.96	1.46	1.45	1.98
DASS-21																
Depression ^b																
	3 months	2.48 (1.38)	3.35	1.89	1.67	3.57	2.27 (1.09)	2.73	1.47	1.14	3.07	2.99 (3.18)	5.21	2.84	3.14	4.92
	6 months	-2.83 (2.16)	-1.27	-3.80	-3.85	-1.22	-0.95 (2.17)	0.47	-1.98	-2.09	0.58	-12.71 (6.06)	-11.75	-14.67	-14.40	-12.02
Anxiety ^b																
	3 months	0.05 (1.39)	0.33	-1.08	-1.28	0.53	-0.53 (1.62)	-0.26	-1.54	-1.83	0.02	2.20 (2.42)	2.96	1.33	1.43	2.86
	6 months	-1.34 (1.44)	-0.27	-2.63	-2.68	-0.22	-0.79 (1.48)	0.44	-1.94	-2.03	0.53	-6.19 (4.61)	-5.21	-7.24	-7.08	-5.37
Stress ^b																
	3 months	2.75 (1.27)	3.50	2.02	1.77	3.76	2.68 (1.65)	3.36	2.07	1.74	3.69	1.00 (3.95)	2.46	0.10	0.20	2.36
	6 months	-2.28 (1.59)	-0.78	-3.28	-3.37	-0.69	-0.62 (1.75)	0.91	-1.48	-1.64	1.06	-13.87 (3.97)	-12.35	-15.24	-15.07	-12.52
PSS ^b																
	3 months	0.29 (0.76)	0.84	-0.25	-0.47	1.07	-0.27 (0.86)	0.26	-0.68	-0.96	0.55	3.85 (3.36)	4.14	2.40	2.43	4.11
	6 months	-1.90 (1.38)	-0.35	-2.30	-2.35	-0.30	-1.07 (1.40)	0.65	-1.24	-1.30	0.71	-6.26 (2.72)	-5.77	-7.93	-7.91	-5.78
BRS ^a																
	3 months	0.01 (0.10)	0.12	-0.00	-0.03	0.15	0.06 (0.11)	0.12	0.02	-0.02	0.16	-0.32 (0.39)	-0.07	-0.26	-0.25	-0.08
	6 months	0.40 (0.12)	0.52	0.30	0.29	0.53	0.39 (0.13)	0.48	0.27	0.26	0.49	0.44 (0.32)	0.69	0.46	0.47	0.68
Experiences Questionnaire-Decentering ^a																
	3 months	0.92 (0.96)	1.58	0.49	0.31	1.76	1.56 (1.30)	2.11	1.16	0.93	2.34	-3.33 (2.94)	-1.95	-3.47	-3.38	-2.05
	6 months	-0.65 (1.24)	0.13	-1.79	-1.79	0.13	-1.77 (1.24)	-1.00	-2.85	-2.88	-0.97	5.60 (2.85)	6.33	4.45	4.53	6.25
EQ-5D-Y ^a																
	3 months	-0.04 (0.03)	-0.03	-0.06	-0.07	-0.03	-0.02 (0.04)	-0.01	-0.04	-0.05	-0.00	-0.16 (0.06)		-0.18	-0.18	-0.14
	6 months	0.05 (0.05)	0.07	0.01	0.01	0.07	0.03 (0.05)	0.04	-0.02	-0.02	0.04	0.18 (0.07)		0.17	0.17	0.22
EQ VAS ^a																
	3 months	0.76 (2.73)	2.78	-0.67	-1.25	3.36	0.85 (3.79)	2.42	-0.62	-1.38	3.18	-3.05 (5.15)	2.03	-3.00	-2.90	1.93
	6 months	6.89 (6.51)	9.19	3.19	3.07	9.31	5.20 (5.10)	7.48	1.57	1.41	7.65	16.98 (19.20)	20.92	14.68	14.72	20.88
T-ILS ^b																
	3 months	0.35 (0.22)	0.48	0.19	0.15	0.52	0.19 (0.22)	0.29	0.04	-0.01	0.34	1.36 (0.71)	1.52	1.02	1.04	1.50
	6 months	-0.01 (0.30)	0.27	-0.23	-0.23	0.28	0.04 (0.34)	0.35	-0.12	-0.13	0.36	-0.14 (1.01)	-0.02	-0.65	-0.63	-0.04
DSI ^a																
	3 months	0.02 (0.13)	0.09	-0.07	-0.10	0.12	-0.01 (0.14)	0.03	-0.11	-0.15	0.07	0.26 (0.40)	0.50	0.23	0.24	0.49
	6 months	0.06 (0.19)	0.18	-0.10	-0.11	0.19	0.06 (0.23)	0.16	-0.11	-0.12	0.17	0.22 (0.58)	0.47	0.13	0.14	0.46
AWI ^a																
	3 months	-0.03 (0.19)	0.01	-0.13	-0.16	0.04	-0.07 (0.14)	-0.03	-0.15	-0.19	0.00	0.38 (0.53)	0.50	0.27	0.28	0.49
	6 months	-0.02 (0.18)	0.12	-0.13	-0.14	0.13	0.05 (0.16)	0.16	-0.08	-0.09	0.17	-0.28 (0.47)	-0.11	-0.39	-0.38	-0.12
*Missing outcomes were substituted with the model-based prediction additive or subtractive 0.2*sd in the intervention (I) or control (C) arm																

*Missing outcomes were substituted with the model-based prediction adding or subtracting 0.2*sd in the intervention (I) or control (C) arm

^a an increase on the scale is positive. ^b a decrease on the scale is positive. Abbreviations: AWI: Disturbed Awakening Index,

BRS: Brief Resilience Scale, DASS: Depression, Anxiety and Stress-Scale, DSI: Disturbed Sleep Index, EQ-5D-Y: EuroQol-5 Domain-youth, EQ VAS: EuroQol Visual Analogue Scale, PSS: Perceived Stress Scale, SDQ: Strengths & Difficulties Questionnaire, SWEMWBS: Short Warwick-Edinburgh Mental Wellbeing Scale, T-ILS: Three Item Loneliness Scale. Fields are marked if they go in opposite direction than main result.



CONSORT 2010 checklist of information to include when reporting a randomised trial*

Section/Topic	Item No	Checklist item	Reported on page No**
Title and abstract			
	1a	Identification as a randomised trial in the title	1
	1b	Structured summary of trial design, methods, results, and conclusions (for specific guidance see CONSORT for abstracts)	2
Introduction			
Background and objectives	2a	Scientific background and explanation of rationale	3-4
	2b	Specific objectives or hypothesis	4
Methods			
Trial design	3a	Description of trial design (such as parallel, factorial) including allocation ratio	5
	3b	Important changes to methods after trial commencement (such as eligibility criteria), with reasons	-
Participants	4a	Eligibility criteria for participants	5
	4b	Settings and locations where the data were collected	5
Interventions	5	The interventions for each group with sufficient details to allow replication, including how and when they were actually administered	7-8
Outcomes	6a	Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed	8-9
	6b	Any changes to trial outcomes after the trial commenced, with reasons	-
Sample size	7a	How sample size was determined	9
	7b	When applicable, explanation of any interim analyses and stopping guidelines	-
Randomisation:			
Sequence generation	8a	Method used to generate the random allocation sequence	6
	8b	Type of randomisation; details of any restriction (such as blocking and block size)	6
Allocation concealment mechanism	9	Mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned	6
Implementation	10	Who generated the random allocation sequence, who enrolled participants, and who assigned participants to interventions	6
Blinding	11a	If done, who was blinded after assignment to interventions (for example, participants, care providers, those	7

		assessing outcomes) and how	
	11b	If relevant, description of the similarity of interventions	-
Statistical methods	12a	Statistical methods used to compare groups for primary and secondary outcomes	9-10
	12b	Methods for additional analyses, such as subgroup analyses and adjusted analyses	9-10
Results			
Participant flow (a diagram is strongly recommended)	13a	For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome	Figure 1
	13b	For each group, losses and exclusions after randomisation, together with reasons	Figure 1
Recruitment	14a	Dates defining the periods of recruitment and follow-up	8, Figure 1
	14b	Why the trial ended or was stopped	
Baseline data	15	A table showing baseline demographic and clinical characteristics for each group	Table 1
Numbers analysed	16	For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups	Table 2
Outcomes and estimation	17a	For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (such as 95% confidence interval)	Table 2
	17b	For binary outcomes, presentation of both absolute and relative effect sizes is recommended	-
Ancillary analyses	18	Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory	Supplementary Tables 1-10
Harms	19	All important harms or unintended effects in each group (for specific guidance see CONSORT for harms)	11
Discussion			
Limitations	20	Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses	15-17
Generalisability	21	Generalisability (external validity, applicability) of the trial findings	17-18
Interpretation	22	Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence	15-18
Other information			
Registration	23	Registration number and name of trial registry	2,5,10
,10Protocol	24	Where the full trial protocol can be accessed, if available	5
Funding	25	Sources of funding and other support (such as supply of drugs), role of funders	18

*We strongly recommend reading this statement in conjunction with the CONSORT 2010 Explanation and Elaboration for important clarifications on all the items. If relevant, we also recommend reading CONSORT extensions for cluster randomised trials, non-inferiority and equivalence trials, non-pharmacological treatments, herbal interventions, and pragmatic trials. Additional extensions are forthcoming: for those and for up to date references

relevant to this checklist, see www.consort-statement.org.

****Please note that some items have been marked as N/A (not relevant) because the information has been reported elsewhere. The current manuscript is not the main results of the PAL trial (which has been published elsewhere and referred to throughout the manuscript).**