

Additional File 1. Training course content details

Section 1 (basic concepts)

In this section, while teaching the concept of mindfulness, basic techniques based on mindfulness that are used in mindful eating are taught.

File 1- Introduction

During this audio file, the current course is introduced and it is explained how to use it. The contacts of the study conductors are also presented in case of any problems or questions.

File 2- Mindfulness

During this file, while teaching the concept of mindfulness and its nature, its proven benefits and applications are discussed. Also, during an exercise, different mental anchors are introduced for use in future exercises.

File 3- Present moment awareness

During this file, while expressing the importance of paying attention to perceived experiences from moment to moment, the listener will be asked to choose a mental anchor and try to keep his awareness of it in all moments, and every time he notices that his focus is no longer on the anchor, return his focus towards it in complete peace of mind. In order to practice the learned skill, the listener will be asked to do his activities during the day (such as talking to others, brushing his teeth, washing his hands and face, etc.) with awareness.

File 4- Non-judgment

During this file, while familiarizing with the concept of acceptance and non-judgment, the listener will be asked to focus on his mental anchor, and every time he gets separated from it, to consider this as a natural event and to refocus without judgment. Also, the listener will be asked to examine the nature of the distractions (feelings, emotions, sensations, etc.) without judgment, and then refocus. Also, the listener will be asked, during the day whenever he notices that he is busy judging events or his emotions, while considering this state as a natural state, to try to see them simply as what they are and to not judge them, and to separate his judgments from them.

File 5- Body scan

During this file, the listener will be asked to choose his body as a mental anchor and move step by step from the head to the tip of the toes and try to examine all the sensations perceived in each part without judgment. Also, the listener will be asked to check the effect of different emotions on his body during the day and how this in turn affects his emotions.

File 6- Decentering

During this file, while familiarizing with the concept of decentering, the listener will be asked to focus on his mental anchor, and whenever faced with feelings and thoughts, instead of drowning and becoming one with them, try to see them as transitory phenomena and to distinguish them from the self. In order to help in obtaining this perspective, examples of appropriate mental imagery scenarios will be presented (such as imagining sitting on the side of the highway and considering thoughts and feelings as vehicles, imagining thoughts and emotions as clouds passing in the sky). Also, the listener will be asked to, during the day, whenever he realizes that he is immersed in his emotions and thoughts, try to understand himself apart from them and as transitory phenomena, without judgment.

File 7- Beginner's mind

During this file, while familiarizing with the concept of the beginner's mind, the listener will be asked to focus on his mental anchor and imagine that he is experiencing it for the first time in his life and try to do it without any prejudgment, with an open mind and curiosity, just like a newborn baby. Also, the listener will be asked to perceive and examine the phenomena in his daily life in this way during the day.

File 8- Gratitude

During this file, while familiarizing with the concept of gratitude, the listener will be asked to think about the phenomena in his life for which he is grateful and to understand the emotions and feelings related to gratitude. Also, the patient will be asked to bring in mind simple everyday phenomena and people around him and try to cultivate a feeling of gratitude towards them. Also, the listener will be asked, during the day, to try to not to consider the facilities and people around him as minimal granted phenomena and to be grateful for them.

File 9- Self acceptance

During this educational file, while familiarizing with the concept of self-acceptance, the listener will be asked to try to remember some of the achievements or things he has done so far to help himself or others and try to be more grateful towards himself for doing them. Also, the listener will be asked to bring in mind different aspects of himself, such as his body appearance, thoughts and emotions, and while paying attention to his judgments in this regard, try to leave them aside and accept himself as he is. Also, the listener will be asked to, during the day, whenever he realizes that he's judging himself, try to acknowledge this without judgment and to try to put aside these judgments and accept himself as he is.

Section 2 (mindful eating)

In this section, while teaching the concept of mindful eating, the techniques and concepts that created upon the basic techniques taught in the first section, developed to cultivate a mindful approach to food and related concepts and emotions, are introduced and taught.

File 10- Mindful eating

During this file, listeners will get to know the concept of mindful eating and its possible benefits.

File 11- Mindful snack

During this file, the listener will be asked to choose a snack such as an apple or a raisin to perform this exercise. During this exercise, the person first assumes that it is the first time that he encounters this food, and as a result, he puts aside all his judgments, expectations and imaginations. The listener will then be asked to review all the perceived sensations, including seeing what the food looks like, how it feels when touching it, and its smell, taste, and texture. He/she will be asked to chew each bite of food with full concentration on the sensations and emotions caused by it, until it is fully grinded, and then swallow. Also, the listener will be asked to be grateful for the ability to eat and to be able to perceive the sensations and emotions caused by it. Finally, he/she will be asked to check the effects of this exercise on himself/herself. As extra training, the listener will be asked to gradually consume more meals mindfully.

File 12- Connecting to food

During this file, the listener will be asked to choose a food such as an apple to perform this exercise. During this exercise, the listener will be asked to try to bring in mind the people and external and internal factors that contributed to his access to and to consume this food. For example, in relation to an apple, these people can include farmers who planted and harvested the product, fruit sellers and drivers. External factors include soil, water, sun, money and internal factors include teeth, tongue, hands, five senses and etc. The listener will be asked to think of each of these factors and people, and dedicate a moment to cultivate a sense of gratitude towards them. Also, the listener will be asked to repeat this exercise during the day in relation to different foods and meals and try to identify more and more different people and factors each time.

File 13- Kinds if hunger

During this file, while introducing the concept of physiological hunger and its various aspects and other eating stimuli, the listener will be asked to choose a food such as an apple to perform this exercise. Then the listener will be asked to check the intensity of his hunger in each of its aspects (i.e. hunger of eyes, touch, ears, nose, mouth, stomach, body, mind and heart). He/she will then examine his emotions and

thoughts and their possible impact on the desire to eat, and then learn how to respond to each kind of hunger according to its specific needs and meaning. He/she will then examine the impact of facing hunger and the desire to eat in this way on himself/herself. As extra training, the listener will be asked to pay attention to the 9 kinds of hunger and how to respond to them during the day while eating.

File 14- Satiety cues

During this file, while learning about the satiety cues, the listener will be asked to check these signs while consuming a meal after taking a few bites, and then repeat this process until these cues appear, and then to stop eating and drink a glass of water, and again to check his/her desire to continue eating. The listener will also be asked to do this during the day when consuming other meals.

File 15- Food craving

During this file, while introducing the concept of food craving, the listener will be asked to imagine a food he/she normally craves for or one of his/her favorite foods in his mind and then to examine his/her emotions and thoughts towards it without judgment. Then he/she should try to separate himself from these thoughts and emotions with the help of decentering technique and then decide mindfully how he/she wants to respond to these emotions and thoughts. Also, the listener will be asked to determine how to respond to these cravings during the day using this exercise without judgment.

File 16- Putting it together

During this file, the listener will be asked to continue to listen to an audio file each day in the follow-up duration and also try to eat more meals mindfully over time. Also, during a practice, the listener will be taught how to use a combination of different techniques during practice or in their daily life.