Appendix A: Table to show literature examining the change in PSS using different interventions-available in the online version of this paper

							Post	Diff				effect			
						Pre	Mea	ere		Post		size		Length of	Delive
BeMindfulOnline Paper	Journal	Authors	Year	Sample	Ν	Means	ns	nce	Pre SD	SD	value	(d)	Intervention	Interv.	ry
Mindfulness Online: A	BMJ	University	2012	Non-clinical sample,	100	23.73	14.44	9.2	5.95	5.86	t14.6	1.57	MBSR/MBC	4 weeks.	Online
Preliminary Evaluation of	Open	of Oxford,		74% female				9			9**		Т	Follow-up	
the Impact of a Web-based		MHF,												at post &	
Mindfulness Course on		Wellmind												1 month	
Stress		Media												1	

Comparison of BeMindfulOnline and other MBCT/MBSR courses

							Post	Diff							
						Pre	Mean	ere		Post		d		Length of	Delive
Paper	Journal	Authors	Year	Sample	Ν	Means	s	nce	Pre SD	SD	value	value	Intervention	Interv.	ry
An Empirical Study of the Mechanisms of Mindfulness in a Mindfulness-Based Stress Reduction Program [1]	Clin Psych	Carmody, Baer, Lykins & Olendzki	2009	Wide range of problems-illness related stress, chronic pain, anxiety, personal &	320/4 73 conse nted	20.9	14.59	6.3 1	6.73	5.94	t17.7 3***	1.02	MBSR	8 sessions over 7 wks	Face to face
				employment related											i i
The Role of Mindfulness- Based Stress Reduction on Perceived Stress: Preliminary Evidence for the Moderating Role of Attachment Style [2]	Journal of Cognitive Psychothe rapy: An Internatio nal Quarterly	Cordon, Brown & Gibson	2009	stress Does not state whether clinical sample. Ppts separated into securely-attached & insecurely attached, m age 48, gender 79% female, 96% white	131/1 85	19.94	14.63	5.3 1	7.15	5.76	f88.7 7**	0.81	MBSR	8 sessions over 8 weeks	Face to face
Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction program [3]	J Behav Med	Carmody & Baer	2008	Wide range of problems-illness related stress, chronic pain, anxiety, personal & employment related stress	174	22.13	15.78	6.3 5	6.19	6.33	t13.1 4**	1.02	MBSR	8 sessions over 8 weeks	Face to face
Mindfulness-based stress reduction: What processes are at work? [4]	Complem entary Therapies in Clinical Practice	Dobkin	2008	Women treated for breast cancer, m age 54	13	20.62	14.46	6.1 6	5.28	5.92	t 3.17* *	1.09	MBSR	8 sessions over 8 weeks	Face to face

A Pilot Study Comparing the Effects of Mindfulness- Based and Cognitive- Behavioural Stress Reduction [5]	Jnl of Alternativ e & Complem entary Medicine	Smith, Shelley, Dalen, Wiggins, Tooley & Bernard	2008	Recruits from community, av. Age approx. 43, majority female	50 (36)	19.7	14.8	4.9	0.69	0.64	f4.99 0***	0.736	MBSR	8 week course	Face to face
A Pilot Study Comparing the Effects of Mindfulness- Based and Cognitive- Behavioural Stress Reduction [5]	Jnl of Alternativ e & Complem entary Medicine	Smith, Shelley, Dalen, Wiggins, Tooley & Bernard	2008	Recruits from community, av. Age approx. 43, majority female	50 (14)	18.2	13.3	4.9	0.87	0.61	f2.87 5**	0.652	CBSR	8 week course	Face to face
The effects of a mindfulness-based stress reduction program on stress, mindfulness self-efficacy, and positive states of mind [6]	Stress and Health	Chang, Palesh, Caldwell, Glasgow, Abramson, Luskin, Gill, Burke & Koopman	2004	Community volunteers, m age 47, 93% Caucasian, 57.1% women	43	21.4	18.25	3.1 5	6.4	5.72	f7.29 *	0.52	MBSR	8 week course	Face to face
Stress reduction correlates with structural changes in the amygdale [7]	Social Cognitive and Affective Neuroscie nce Advance Access	Holzel, Carmody, Evans, Hoge, Dusek, Morgan, Pitman & Lazar	2009	Community sample, reported high levels of stress during previous months. 41% male, m. age 35.2	27	20.7	15.2	5.5	5.6	4.7	f3.7* **	1.06	MBSR	8 week course	Face to face
A pilot study of mindfulness-based stress reduction for hot flashes [8]	Jnl of the North American Menopaus e Society	Carmody, Crawford & Churchill	2006	Women reporting severe hot flashes	15	22	15.5	6.5	11.5	8.5	Not report ed	0.64	MBSR	7 week course	Face to face
Mindfulness-Based Stress Reduction for Health Care Professionals: Results from a Randomized Trial [9]	Internatio nal Jnl of Stress Managem ent	Shapiro, Astin, Bishop & Cordova	2005	Health care professionals, e.g. nurses, physicians, social workers, therapists, psychologists, aged 18+	38	26.7	21.1	5.6	8.4	6.9	N/A	0.73	MBSR	8 week course	Face to face

							Post	Diff							
						Pre	Mean	ere		Post		d		Length of	Delive
Paper	Journal	Authors	Year	Sample	Ν	Means	S	nce	Pre SD	SD	value	value	Intervention	Interv.	ry
Correlations between Perceived Stress and Depressive Symptoms among Depressive Outpatients [10]	Stress Medicine	Fava, Rosenbaum, McCarthy, Pava, Steingard & Fox	1992	MDD Compared to control group	60/10 2	38.8	25.1	13. 7	6.4	8.9	t(10.8 ; p<0.0 001	1.76	Fluoxetine	8-12 wks.	N/A
Life Event, Mood, and Cognitive Predictors of Perceived Stress Before and After Treatment for Major Depression. [11]	Cognitive Therapy & Research	Otto, Fava, Penava, Bless, Muller & Rosenbaum	1997	MDD	63	38	25.4	12. 6	6.1	9.4	t9.9	1.59	Fluoxetine	8 weeks	N/A
Randomised controlled evaluation of the effects of cognitive-behavioural stress management on cortisol responses to acute stress in healthy subjects [12]	Psychone uroendocr inology	Gaab, Blaater, Menzi, Pabst, Stoyer & Ehlert	2003	Healthy subjects, all male non-smokers. Training either before or after Trier Social Stress Test	48	38.92	N/A	N/A	1.41	N/A	Not report ed	N/A	Cognitive Behavioural stress management training	2 days	Face to face
Differences in cognitive factors between "true drug" versus "placebo pattern" response to fluoxetine as defined by pattern analysis [13]	Human Psychoph armacolog y	Farabaugh, Sonawalla, Fava, Pedrelli, Papakostas, Schwartz & Mischoulton	2006	MDD, True drug response	310	36.2	23.5	12. 7	5.8	7.5	t - 0.6*	1.91	Fluoxetine	8 weeks, 20mg/day	N/A
Differences in cognitive factors between "true drug" versus "placebo pattern" response to fluoxetine as defined by pattern analysis [13]	Human Psychoph armacolog y	Farabaugh, Sonawalla, Fava, Pedrelli, Papakostas, Schwartz & Mischoulton	2006	MDD, placebo pattern response	310	36.8	19	17. 8	7.7	7.5	t - 0.6*	2.34	Fluoxetine	8 weeks, 20mg/day	N/A
Comparison of Three Different Approaches Used in Large-Scale Stress Workshops for the General Public [14]	Behaviour al and Cognitive Psychothe rapy	Main, Elliot & Brown	2005	General public, 78% female, trial targeting "stressed" individuals, non-clinical sample	12	32.83	25.33	7.5	4.9	7.16	f10.4 7*	1.14	СТ	One day, post at 3 month follow-up	Face to face
Comparison of Three Different Approaches Used	Behaviour al and	Main, Elliot & Brown	2005	General public, 78% female, trial targeting	13	32.69	28.15	4.5 4	8.1	6.99	f10.4 7*	0.6	BT	One day, post at 3	Face to face

Comparison of BeMindfulOnline and other treatments/anti-depressants

in Large-Scale Stress Workshops for the General Public [14]	Cognitive Psychothe			"stressed" individuals, non-clinical sample										month follow-up	
Comparison of Three Different Approaches Used in Large-Scale Stress Workshops for the General Public [14]	Behaviour al and Cognitive Psychothe rapy	Main, Elliot & Brown	2005	General public, 78% female, trial targeting "stressed" individuals, non-clinical sample	22	36.36	29.86	6.5	8.12	7.29	f10.4 7*	0.84	СВТ	One day, post at 3 month follow-up	Face to face
A Randomized Controlled Trial of the Effects of Applied Relaxation Training on Reducing Anxiety and Perceived Stress in Pregnant Women [15]	Jnl of Midwifery & Women's Health	Bastani, Hidarnia, Kazemnejad , Vafaei & Kashanian	2005	Pregnant women, in second trimester, m. age 24, moderate to high anxiety on the Spielberger State/Trait Anxiety Inventory, all married	110	31.29	24.44	6.8 5	5.72	5.84	p<.00 1	1.19	Applied relaxation. e.g. version of progressive relaxation- tense & release, Ost	7 weeks	Face to face

Dispositional, no intervention

Paper	Journal	Authors	Year	Sample	N	Pre Means	Post Mean s	Diff ere nce	Pre SD	Post SD	value	d value	Intervention	Length of Interv.	Delive ry
A Global Measure of Perceived Stress [16]	J of Health and Social Beh	Cohen, Kamarck & Mermelstein	1983	Students, majority fem, m age 19	332	23.18	N/A		7.31						
A Global Measure of Perceived Stress [16]	J of Health and Social Beh	Cohen, Kamarck & Mermelstein	1983	Students, approx. 50% gender split, m age 20.75	114	23.67	N/A		7.79						
A Global Measure of Perceived Stress [16]	J of Health and Social Beh	Cohen, Kamarck & Mermelstein	1983	Smoking Cessation, cohabiting or married, m age 38.4	64	25	N/A		8						

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