

Appendix 1. A summary of the mindfulness-based stress reduction program

Session	Content
One	Introducing the automatic guidance system/using present-moment awareness of bodily sensations, thoughts, and emotions to reduce stress/the Raisin Exercise, giving feedback, and discussing the exercise/the three-minute breathing space
Two	Repeating the practice of body scan/giving feedback and discussing this practice/mindfulness meditation breathing exercise/yoga stretching exercise
Three	Sitting mindfully with awareness of breathing (sitting meditation)/yoga exercises/the three-minute breathing exercise
Four	Repeating the body scan exercise/mindfulness yoga exercises/conducting five-minute “seeing or hearing” exercises/repeating mindful sitting with breath and body awareness
Five	Doing breathing exercise/repeating mindful sitting (awareness of breath, body, sounds, thoughts)/explanations regarding stress and determining participants' reactions to stress/examining awareness of pleasant and unpleasant events on feelings, thoughts, and bodily sensations/mindful yoga exercises/the three-minute breathing space exercise
Six	Doing mindful yoga/sitting meditation (awareness of sounds and thoughts)
Seven	Conducting mountain meditation/repeating exercises from previous sessions/preparing a list of enjoyable activities
Eight	Doing the body scan exercise/reviewing the entire program/examining and discussing the program/doing stone, bead, and marble meditation

Appendix 2. A summary of intensive short-term dynamic psychotherapy sessions

Session	Content
One	After the interview and obtaining preliminary information, there was a search for the symptoms and personal problems of the patients. The focus was on objective responses and feelings (encouraging the patients to experience authentic feelings). Vague and general answers by the respondents were expressed more objectively with appropriate speech intervention and problem description. Finally, the patients were helped to gain a better and more thorough understanding of their feelings and to express problems objectively and clearly. Taking the ego strength and insight of the participants into problems and feelings into consideration, the stages of ISTDP were pursued as thoroughly as possible.
Two	The personal problems of the patients were dealt with more objectively and in more detail. The deeper examination of internal problems and conflicts activated more psychological defenses. One of the most important goals of this session was to familiarize the patients with their defenses and change them from self-congruent to self-incongruent.
Three	When the participants faced deeper emotions and psychological defenses, more interpretations and investigations were made. Incongruent self-defenses were targeted again and challenged considering the patient's anxiety tolerance level. These challenges led to the emergence of transference resistance and provided an appropriate content related to subconscious concepts. One of the most important objectives of this session was interpreting and revealing defenses for experiencing transference feelings.
Four	This meeting started with questions about the status quo and the problem raised by the patient. Given the increase in the capacity and insight of the patient and the experiences of previous sessions, the intervention continued in a deeper and more objective way. The pressure to experience and then interpret and analyze transitional feelings was one of the most important parts of this session.

Five	The problems and emotions of the patients were investigated in the specific stages. The relationships between the patients' depression and intolerance of uncertainty and alexithymia, and the severity of their fibromyalgia symptoms were explained to them. Then, the patients were asked to contemplate their life problems based on the new insight they gained from the sessions. During this session, the problems the patients faced were raised. In addition, exploration of feelings, neutralization of defenses and attempts at experiencing authentic feelings continued.
Six	The discussed items were mostly exploration of the feelings of the patients and study of how these feelings were related to their relationships with the disease, the scanning process, defense, defense neutralization, and the feelings they experienced and their interpretation process. These items were carried out continuously taking into account the patients' ego strength.
Seven	In this ISTDP session also, the patients expressed their real-life problems. Any content expressed in the session was followed up and explored and finally the feelings were really experienced. At the end of the session, the patients' thinking patterns in relation to their internal conflicts, and also with respect to their disease, were investigated and interpreted.
Eight	This session was devoted to summing up all the therapeutic content. Insight into one's underlying feelings, revelation of defense mechanisms and thought patterns related to one's internal conflict, and the way these defense mechanisms were raised with regards to one's disease and existing problems were investigated and analyzed during this session.
