

**Appendix 1.** Summary of the operating instruction sessions for mindfulness-based stress reduction \*

<b>Sessions</b>	<b>Topic</b>
<b>First</b>	Practicing automatic guidance system/learning how to use the present moment awareness of bodily sensations, thoughts, and emotions in reducing stress/practicing how to eat raisins mindfully, providing feedback and discussing the practice/3-minute breathing exercise, receiving an assignment for the following week and leaflets on the first session and CDs about meditation
<b>Second</b>	Re-examining the body workout/providing feedback and discussing the body workout/practicing mindful breathing meditation/performing yoga stretching exercises/receiving leaflets on the second session and CDs about meditation
<b>Third</b>	Practicing conscious sitting with a focus on breathing awareness (sitting meditation)/doing yoga exercises/performing 3-minute breathing exercises/receiving leaflets in the third session and CDs about yoga exercises
<b>Fourth</b>	Re-examining the body workout / doing exercises related to conscious yoga/ 5-minute practicing of “seeing or hearing”/relearning awareness of the body, thoughts, and breathing/receiving leaflets on the 4th session and CDs about meditation
<b>Fifth</b>	Practicing breathing/re-practicing awareness of the body, thoughts, and breathing/learning the concept of stress and identifying one’s reactions to stress/examining the effect of awareness of pleasant and unpleasant events on feelings, thoughts, and bodily sensations/practicing conscious yoga exercises / practicing 3-minute breathing exercise/receiving leaflets
<b>Sixth</b>	Practicing conscious yoga/practicing sitting meditation (mindfulness of sounds and thoughts)/receiving leaflets on the 6th session and CDs on meditation
<b>Seventh</b>	Learning mountain meditation/sleep hygiene/repeating exercises of the previous session/making a list of enjoyable activities/receiving leaflets on the 7th session
<b>Eighth</b>	Examining the body workout/reviewing the program/examining and discussing the programs/learning stone, bead, and marble meditation

\* Reprinted from Kabat-Zinn J: Mindfulness-based interventions in context: past, present, and future. *Clinical Psychology: Science and Practice*, 2003; 2: 144-156, with permission from John Wiley & Sons.<sup>11</sup>