Pre-to-Post Changes in Positive and Negative Affect

PANAS Subscale Score Total

Positive Affect

Negative Affect

Pre-to-Post Changes in State Anxiety

STICSA Score

Attitudes about the Intervention

How pleasant did it feel to pay attention to your body (heart activity, breathing, or muscle tension) during the training?

How successful were you by the end of the training at changing your bodily activity (heart activity, breathing, or muscle tension)?

Please indicate to what degree you agree with the following statement:

“Based on my experience today, I believe that this procedure could be helpful for lowering feelings of anxiety.”

Scale: 1 Very unpleasant to 5 Very pleasant

Scale: 1 Not at all successful to 5 Very successful

Scale: 1 Strongly disagree to 5 Strongly agree