

Supplementary file 3 – TIDieR checklist items

Study/ checklist item	Mills & Allen 2000	Grossman et al. 2010	Bogosian et al. 2015	Kolahkaj & Zargar 2015	Amiri et al. 2016	Mahdavi et al. 2016	Nejati et al. 2016	Bahrani et al. 2017	Simpson et al. 2017	Carletto et al. 2017	Cavalera et al. 2017	Senders et al. 2018
1. Brief name	Mindfulness of Movement	MBSR	MBCT	MBSR	MBCT	MBCT	MBSR and Conscious Yoga	MiCBT	MBSR	Modified MBSR - Body Affective Mindfulness	MBSR	MBSR
2. Why? (rationale/ theory/ goal)	Develop moment to moment awareness of breath, posture, movement with compassion	Cultivate interested, accepting, non- judgmental attitude to experience, including difficult sensations, emotions, thoughts and behavior	Adaptation of MBSR. Focus on negative thinking, engaging low mood, changing relationship with thoughts, feelings, sensations, no longer avoiding/ reacting to them automatically	Cultivate interested, accepting, non- judgmental attitude to experience, including difficult sensations, emotions, thoughts and behavior	Adaptation of MBSR. Focus on negative thinking, engaging low mood, changing relationship with thoughts, feelings, sensations, no longer avoiding/ reacting to them automatically	Adaptation of MBSR. Focus on negative thinking, engaging low mood, changing relationship with thoughts, feelings, sensations, no longer avoiding/ reacting to them automatically	Facilitate the compliance with and adaptation to medical conditions. Pay attention to being present in a non- judgmental manner	Attention regulation, emotion regulation, interpersonal relations, empathy, relapse prevention. Trained in awareness of body movement, behavior, emotions and mental contents	Cultivate interested, accepting, non- judgmental attitude to experience, including difficult sensations, emotions, thoughts and behavior	Cultivation of mindful awareness, loving kindness, enrichment of listening, self- compassion, sensorimotor psychotherapy principles 'window of tolerance'	Cultivate interested, accepting, non- judgmental attitude to experience, including difficult sensations, emotions, thoughts and behavior	Cultivate interested, accepting, non- judgmental attitude to experience, including difficult sensations, emotions, thoughts and behavior
3. What - Materials provided to participants	Written handout, audio and video aids	NR	Headset, webcam, Audio CDs for home practice	NR	NR	NR	Leaflets for each session and home practice CDs	Audio CDs, 25 page booklet on sessions and instructions on mindful exercises	Course manual, home practice CDs, Book - <i>Full Catastrophe Living</i>	NR	Dedicated website with online multimedia for home practices	NR
4. What - Procedures pre session	Had to make a commitment to regular practice	Personal intake interview; goal planning	Screened for evidence of distress on GHQ	NR	Screened for above average anxiety,	Personal intake interview	Personal intake interview	NR	NR	NR	NR	Score of at least 10 on PSS
4. What - Procedures – in session	General description only -	General description only -	Session content reported in paper –	Session content reported in paper –	Session content reported in paper –	Session outline reported in paper –	Session outline reported in paper –	Session outline reported in paper –	Session content reported in paper –	General description in trial protocol –	General description only -	Session content reported in paper –

	Body awareness, breath awareness, mindful movement, Tui Na self-massage	Observation of sensory, cognitive and affective experience in lying, sitting, and dynamic yoga postures	Raisin exercise, Mindful awareness, body scan, sitting practice, 3-minute breathing space, psycho-education, cognitive exercises	Raisin exercise, body scan, breath awareness, sitting practice, 3-minute breathing, mindful-walking, education on stress, behavioural activation	Raisin exercise, sitting practices, 3-minute breathing, mindful-walking, body awareness, cognitive exercises	Sustained attentional focus on the body and breath, decentered view of thoughts as passing mental events	Body awareness, raisin exercise, 3-minute breathing, yoga, sitting meditation, psycho-education on stress, mountain meditation	Mindful breathing, body scan, loving kindness, compassion, empathy, CBT exposure methods, assertiveness, attention, emotion and behavioural regulation	Raisin exercise, Mindful breathing, body scan, mindful movement, psycho-education	Emphasis on sensorimotor resources: grounding, centring, self-soothing, psycho-education on stress, self-compassion, body scan, breath meditation, walking meditation, yoga exercises	Based on original MBSR protocol	Mindful breathing, body scan, mindful movement, loving kindness, sitting meditation, push-pull exercise, psycho-education on stress
4. What – Procedures for home practice	30 minutes daily	40 minutes daily	10-20 minutes daily	NR	NR	NR	NR	15 – 45 minutes daily	45 minutes daily	45 minutes daily	NR	45 minutes daily
4. What - Procedures – post course	NR	Post course interviews for all participants	Post course interviews for some participants	NR	NR	NR	NR	NR	Post course interviews for some participants	NR	NR	NR
5. Who provided	NR	Two experienced (>9 years), certified teachers	Study author. Had completed MBI teacher training	Trained psychologist	NR	NR	NR	Clinical psychologist	Two experienced (7.5 years), certified physician teachers	Trained clinical psychologists, used to working with PwMS	Expert MBSR trainer	Certified MBSR teacher with 16 years experience
6. How - Mode of delivery	One-to-one, face-to-face	Group, face-to-face, 10-15 people per group	Group, via Skype, max 5 people per group	Group, face-to-face, 20 people per group	Group, 20 people per group	Group, 12 per group	Group, 12 people per group	Group, 28 people per group	Group, face-to-face, 25 people per group	Group, number per group NR	Group, via Skype, average of 5 people per group	Group, number per group NR
7. Where - Intervention location	Unclear	Unclear	Participant's own homes	Ahvaz MS Society	Unclear	Unclear	Unclear	Unclear	NHS Centre for Integrative Care	Unclear	In patients own homes	NR
8. When and how much	6 weekly sessions	9 weekly 2.5 hour sessions	8 weekly hour sessions	8 weekly 2 hour sessions	8 weekly 2 hour sessions	8 weekly 2 hour sessions	8 weekly two hour sessions	8 weekly 2 hour sessions	8 weekly 2.5 hour sessions	8 weekly 3 hour sessions 7hr practice day	8 weekly sessions (? duration)	8 weekly 2 hour sessions 6 hour practice

		7hr practice day at week 6										day at week 6
9. Tailoring	Individualised application of core techniques	Exercises did not exceed level of function	Developed with PwMS. MBCT manual adapted for Progressive MS issues Mindful-movement removed	NR	NR	NR	NR	NR	Developed with PwMS, informed MBSR optimisation for future iteration	Protocol reports tailoring to needs of participants, but not reported in paper	Music meditations and acceptance of MS symptoms introduced	NR
10. In study modifications	NR	NR	NR	NR	NR	NR	NR	NR	Mindful movement simplified	NR	NR	NR
11. How well-Treatment adherence	Average 32 minutes home practice/day (>100%)	92% session attendance; Average 29.2 minutes home practice/day	18/19 (95%) completed >= 4 sessions, Home practice NR	NR	88% session attendance	NR	NR	NR	60% session attendance; Average 32.5 minutes home practice/day	NR	79% session attendance	85% attended >= 6/8 sessions; median home practices 38 minutes day (range 14-80 minutes); only 55% practiced as assigned
12. How well - Fidelity assessment	NR	NR	Senior clinical psychologist listened to session recordings for every session	NR	All sessions recorded and assessed as consistent with protocol	NR	NR	NR	As per NIH guidance (2004) minus session observation/recording	NR	Treatment integrity monitored, but NR how	NR

1. NR – Not reported; 2. MBSR – Mindfulness-Based Stress Reduction; 3. MBCT – Mindfulness-Based Cognitive Therapy; 4. PwMS – People with MS; 5. GHQ – General Health Questionnaire; 6. MiCBT – Mindfulness-integrated CBT; 7. PSS – Perceived Stress Scale