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| **Additional Table S1.** Hypotheses tested for concurrent validity. | 　 |
| **Associations between MAIA scales, FFMQ, and Body Awareness Scale** | **Confirmed?** |
| 1) | MAIA Noticing will have moderate positive association (coefficient = 0.3–0.5) with the BAS Awareness of Bodily Feeling scale | Yes |
| 2) | MAIA Noticing will have moderate positive association (coefficient = 0.3–0.5) with the BAS Actual Bodily Feeling scale | Yes |
| 3) | MAIA Not Distracting will have weak positive association (coefficient = 0.1–0.3) with the BAS Awareness of Bodily Feeling scale | No |
| 4) | MAIA Attention Regulation will have moderate positive association (coefficient = 0.3–0.5) with the BAS Awareness of Bodily Feeling scale | Yes |
| 5) | MAIA Attention Regulation will have moderate positive association (coefficient = 0.3–0.5) with the BAS Actual Bodily Feeling scale | Yes |
| 6) | MAIA Emotional Awareness will have weak positive association (coefficient = 0.1–0.3) with the BAS Awareness of Bodily Feeling scale | Yes |
| 7) | MAIA Emotional Awareness will have weak positive association (coefficient = 0.1–0.3) with the BAS Actual Bodily Feeling scale | Yes |
| 8) | MAIA Body Listening will have moderate positive association (coefficient = 0.3–0.5) with the BAS Awareness of Bodily Feeling scale | Yes |
| 9) | MAIA Body Listening will have moderate positive association (coefficient = 0.3–0.5) with the BAS Awareness of Actual Bodily Feeling scale | Yes |
| 10) | MAIA Trusting will have moderate positive association (coefficient = 0.3–0.5) with the BAS Awareness of Actual Bodily Feeling scale | Yes |