**Participant Flow**

Initial Recruitment

N = 90

Participants assessed for eligibility

Participants that respond to mail out

N = 22

Feasibility Study - Baseline

Did not meet inclusion criteria

Participants attend baseline appointment

N = 17

N = 5

Feasibility Study - Intervention

N = 14

Participants attended focus group

Participants contacted to attend focus group

Participants attend intervention

N = 8

N = 3

N = 8

Participants completed telephone interview

N = 1

Participants contacted via follow-up phone-call

Feasibility Study - Follow up

Participants attended follow-up appointment

N = 9

Feasibility Study - Analysis

Included in analysis

N = 10

**Baseline Characteristics**

|  |  |
| --- | --- |
| *Gender* | 82% Female; 18% Male |
| *Age (years)* | 45.9 ± 10.0 |
| *Asthma control score (ACQ)* | 2.7 ± 1.4 |
| *Asthma-related quality of life score (AQLQ)* | 4.1 ± 1.1 |
| FEV1-predicted | ­69 ± 21 |
| FEV1/FVC | 71.2% ± 17.0 |
| *Anxiety score* | HADS-A*M* = 9.2, SD = 2.5 |
| *Depression score* | HADS-D*M* = 6.8, SD = 4.7 |

**Outcome measures**

**Primary measures (paired comparisons, N = 10)**

|  |  |  |
| --- | --- | --- |
|  | ***Pre-test M (SD)*** | ***Post-test M (SD)*** |
| *Quality of Life (AQLQ)* | 4.3 (1.2) | 4.8 (1.3) |

**Secondary measures**

|  |  |  |
| --- | --- | --- |
|  | ***Pre-test M (SD)*** | ***Post-test M (SD)*** |
| *Asthma Control (ACQ)* | 2.6 (0.9) | 2.3 (1.4) |
| *Anxiety (HADS-A)* | 8.6 (2.7) | 7.1 (4.4) |
| *Depression (HADS-D)* | 7.5 (4.7) | 5.7 (5.7) |
| *Mindfulness (MAAS)* | 5.4 (1.7) | 4.6 (0.6) |
| *Medication adherence (MARS-A)* | 4.3 (0.4) | 4.3 (0.5) |
| *Perceived breathlnessness (Nijmegen)* | 23.8 (12.5) | 23.1 (12.5) |
| *Trait Anxiety (STAI-T)* | 41.7 (5.9) | 40.7 (11.0) |
| *Mindfulness Dose* |  | 2.3 (1.5) |

**Adverse Events**

There were no adverse events reported during this study.