

Supplement 1

*Correlations of the psychological and physiological predictors with the WAI-T index.*

Dependent variables	<i>WAI-T index</i>
<i>WAI-S som t<sub>1</sub></i>	.48**
<i>WAI-S cog t<sub>1</sub></i>	.47**
<i>WAI-S conf t<sub>1</sub></i>	-.42**
<i>Anxiety thermometer t<sub>1</sub></i>	.33**
<i>Anxiety thermometer t<sub>2</sub></i>	.31**
<i>WAI-S som t<sub>3</sub></i>	.42**
<i>WAI-S cog t<sub>3</sub></i>	.40**
<i>WAI-S conf t<sub>3</sub></i>	-.35**
AUC <sub>g</sub>	.08
AUC <sub>i</sub>	.13
Rise	.10
Cortisol <i>t<sub>4</sub></i>	.11
<i>SS total</i>	.16
<i>KIMS index</i>	.32***

Notes. AUC<sub>g</sub>: Area under the curve with respect to ground; AUC<sub>i</sub>: Area under the curve with respect to increase; SS = Sensation Seeking; KIMS = Kentucky Inventory of Mindfulness Skills.

\*  $p < .05$ . \*\*  $p < .01$ . \*\*\*  $p < .001$ .