

Supplemental Material S1. Characteristics of third-wave therapies.

Name	Mindfulness-based Cognitive Therapy (MBCT)	Mindfulness-based Stress Reduction (MBSR)	Acceptance and Commitment Therapy (ACT)	Dialectical Behaviour Therapy (DBT)	Compassion-Focused Therapy (CFT)	Meta-cognitive Therapy (MT)
Key references	Segal et al. (2002)	Kabat-Zinn (1990)	Hayes et al. (1999)	Linehan (1993a,b)	Gilbert (2009)	Wells (2009)
Goals of therapy	To cultivate nonjudgmental, present-focused awareness of one's thoughts, emotions, and physical sensations, with an attitude of acceptance and self-compassion	To cultivate nonjudgmental, present-focused awareness of one's thoughts, emotions, and physical sensations, with an attitude of acceptance and self-compassion	To be more open to and accepting of one's internal experiences (e.g., thoughts, emotions, and physical sensations), to become more aware of one's internal experiences in the here-and-now, and to commit to doing things guided by what really matters to oneself	To help oneself engage in functional, meaningful behavior in the presence of intense emotions (e.g., by encouraging acceptance and tolerance of distressing internal experiences)	To foster a compassionate relationship with oneself and others, and to experience inner warmth, safeness and soothing through the development of self-compassion and compassion skills	To modify thoughts and beliefs about one's thinking processes rather than the content of one's thoughts, and to develop skills in attentional control and mindfulness
Mode of delivery	Group	Group	Individual or group	Both individual and group	Individual or group	Individual or group
Who typically provides the therapy*	Psychologists, psychotherapists, CBT therapists, and counselors	Psychologists, psychotherapists, CBT therapists, and counselors	Psychologists, psychotherapists, CBT therapists, and counselors	Psychologists, psychotherapists, CBT therapists, and counselors	Psychologists, psychotherapists, CBT therapists, and counselors	Psychologists, psychotherapists, CBT therapists, and counselors
Average number of sessions	8 (with or without a 1-day retreat)	8 (with or without a 1-day retreat)	6–12	6–12	4–6	8–12
Average duration of each session (mins)	120	120–150	60	60	60–120	60–90

Note: *Although psychologists, psychotherapists, CBT therapists, and counselors may typically provide these therapies, audiologists who are trained in these interventions can also deliver them.

References

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- Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2002). *Mindfulness-based cognitive therapy for depression*. Guilford Press.
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