

Supplemental Material

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Table S1. Treatment Group (BMI) Thematic Analysis.

Overarching Themes	Interpretative Themes	Descriptive Themes and Quotes
1. Therapeutic Benefits	Improved psychological well-being	Improvements in participants' mood "I've been able to control my anger much better."
		Improved memory "[Mindfulness] made me focus more and not on all my issues and problems, also helped me retain memory when reading."
		Improved stress "I used to be nervous and stressed much more [before the program]." "[Mindfulness] helped to notice stress and get rid of bad thoughts."
		Brings you closer to your soul "It's [mindfulness] opening communication between my mind and body." "It [mindfulness] brings you closer to your soul, puts you in the right direction instead of down or lost."
	Improved physiological well-being	Improved participants' blood pressure "Morning meditation has helped me tremendously; as a matter of fact my blood pressure has gone down drastically." "My blood pressure goes down because it [mindfulness] calms me."
		Enjoyed interaction with an instructor "It was fun getting to know the instructor, too bad it has to come to an end."
		Not enough time to do homework "I am so busy and I didn't have time to do the meditation at home."
		Home environment inhibited informal practice "[Difficult to practice at home] because of my situation, family with 2 young kids, little sleep 3 – 4hrs; no space for quiet at home."
2. Practice and Homework	Didn't engage in homework	Did not like some of the informal practices "I didn't enjoy the tapping exercise as I found it hard to get in to."
		Too tired "I like the [informal] mindfulness practices but I was often too tired to practice outside of sessions."
		STOP (Stop, Take a breath, Observe, Proceed) exercise was helpful
	Informal mindfulness practices beneficial	

		<p><i>"I think it's helpful. It makes you aware of your environment."</i></p> <p><i>"I really enjoyed practicing this technique as it was easy and yielded a good result."</i></p> <p><i>"I practice [STOP exercise] when waiting when others are late, such as the nurse or [dialysis] transport, and it helps."</i></p> <p>Body Scan helps to engage with what is going on in the body</p> <p><i>"Body scan makes you get in touch with the body and you see what is happening."</i></p>
3. Challenges	Dialysis environment not optimal	<p>Interrupted during formal mindfulness practice</p> <p><i>"I was annoyed being interrupted in [mindfulness] session as not a closed room and had distractions."</i></p> <p>Dialysis is stressful enough</p> <p><i>"Situation [for conducting the program] wasn't right, somewhere else would have been better as dialysis is stressful enough."</i></p> <p>Disturbed during dialysis to practice mindfulness</p> <p><i>"I didn't like being woken up for [mindfulness] sessions."</i></p>
	Not enough information on mindfulness	<p>Perceived mindfulness to be a religious practice</p> <p><i>"I would have appreciated more background information about mindfulness because it felt a bit religious."</i></p> <p>Unclear of the purpose of mindfulness</p> <p><i>"Some of it [mindfulness] was very helpful but other parts less so because I was unclear of the goal [of the program]."</i></p>
	Increased symptoms	<p>Body scan caused physiological and psychological symptoms</p> <p><i>"I started to get itchy all over when doing the body scan."</i></p> <p><i>"I enjoyed the techniques taught by the instructor, except the body scan as it made me agitated."</i></p> <p><i>"I like the body scan but because I have constant pain it can amplify the pain."</i></p> <p>Formal practice cause hypotension during dialysis</p> <p><i>"[I experienced] lower blood pressure during sessions which in dialysis is not always good."</i></p>

Table S2. Active Control Group (HEP) Thematic Analysis.

Overarching Themes	Interpretative Themes	Descriptive Themes and Quotes
1. Therapeutic Benefits	Improved psychological well-being	Improved Depression <i>"It [HEP] helped with depression, I try not to cry as much and have better mood."</i> <i>"It [HEP] helped me to fight depression quite a bit and made me more aware."</i>
		Improved Mood <i>"[HEP] helps take me out of my suffering when I am in a bad mood."</i> <i>"I used to yell at people at home but now I try not to."</i>
		Improved Sleep <i>"[I have been] sleeping better since I started [HEP]."</i> <i>"Used it [HEP] when I had a hard time sleeping."</i>
		Broke Monotony <i>"Really enjoyed something [HEP] that broke up the monotony of being in dialysis."</i>
		Increased physical activity <i>"I will keep pushing to exercise, and I am presently looking for a new hobby...dance class?"</i> <i>"I feel better when exercising and I am taking longer walks now."</i>
		Gained knowledge of how to increase physical health through nutrition and exercise <i>"Health improvement [benefits]...it [HEP] put everything down in front of me of what I should be doing."</i> <i>"Food section was beneficial, I learned a lot."</i>
		Face-to-face delivery enhanced program <i>"The program was well planned, well executed and the lady [instructor] took good care of me."</i> <i>"She [instructor] makes it clear and reminds me what to do which makes things clearer."</i>
		Participants liked to have someone to talk to <i>"[HEP] was a good chance to talk, good opportunity to talk with someone else."</i>
		Other priorities <i>"It's [HEP homework] not a priority in my life."</i>
		Not enough time to do homework <i>"I was involved too much in hospital care so didn't have much time [for homework]."</i> <i>"Lack of time, I am busier than I want to be."</i>
2. Practice and Homework	Didn't engage in homework	
	Practice at home became part of everyday life	Found ways to incorporate into daily activities <i>"I incorporated it into what I was already doing."</i>
3. Challenges	Not enough information	Like to know more about stress management <i>"Prefer more emphasis on stress management."</i>
		More information needed on self-care <i>"More information on self-care, mental health concerns and mood and how these affect physical health"</i>

Barriers to physical exercises	Felt embarrassed carrying out exercises <i>"Sometimes I felt embarrassed as I can't move as well with exercise...self-conscious."</i>
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