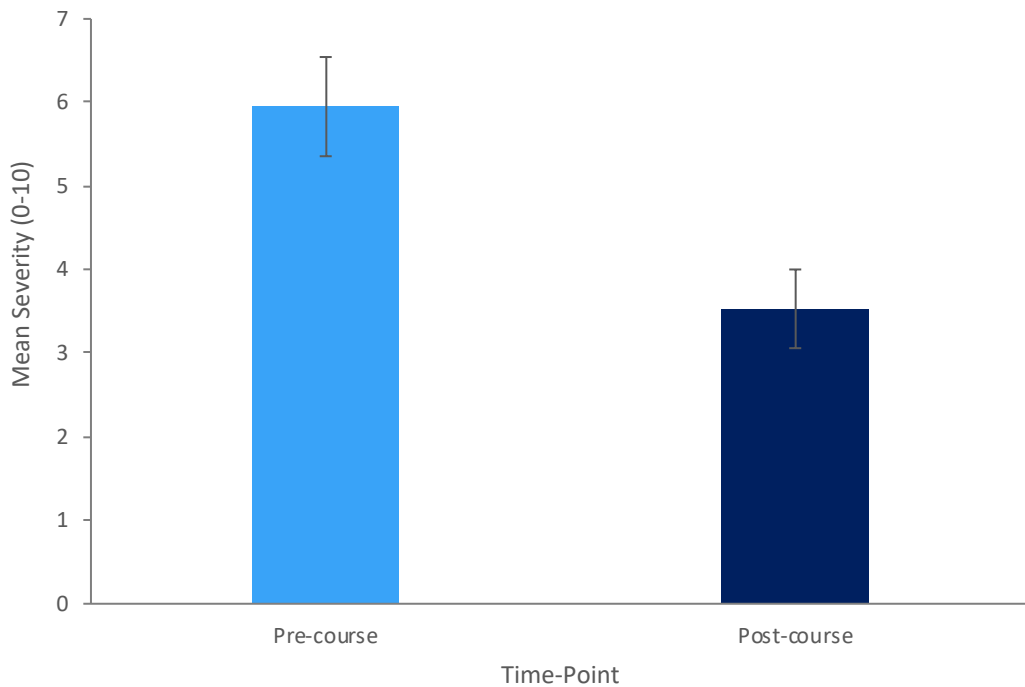


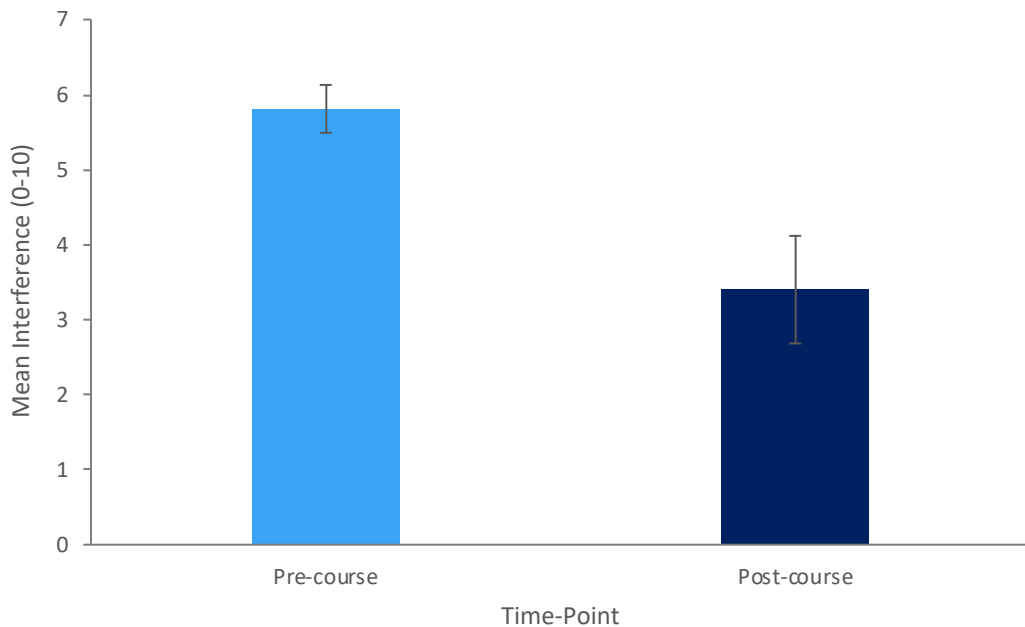
Pain Severity



Pain severity was measured using the Brief Pain Inventory (BPI), with lower scores signifying lower pain intensity. The mean pre-course score was 5.95 and the mean post-course score was 3.53. This reduction was statistically significant and the effect size was very large.

Statistical result: $t(9)=5.288$, $p=.001$, $d=1.67$

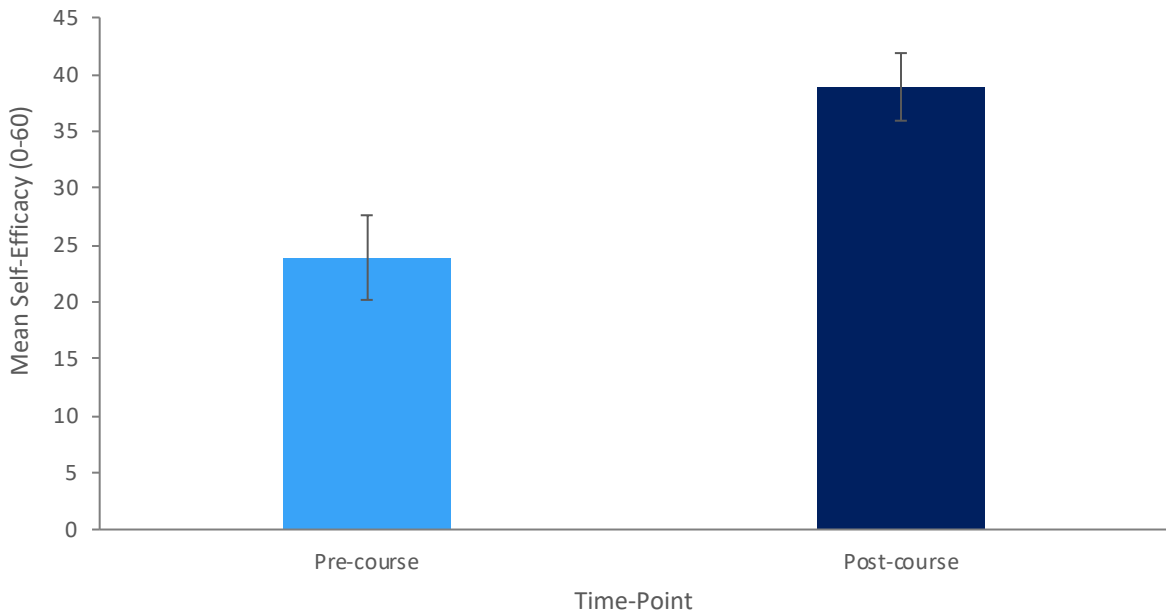
Pain Interference



Pain interference was measured using the Brief Pain Inventory (BPI), with lower scores signifying lower pain interference. The mean pre-course score was 5.81 and the mean post-course score was 3.40. This reduction was statistically significant and the effect size was very large.

Statistical result: $t(9)=3.478$, $p=.007$, $d=3.47$

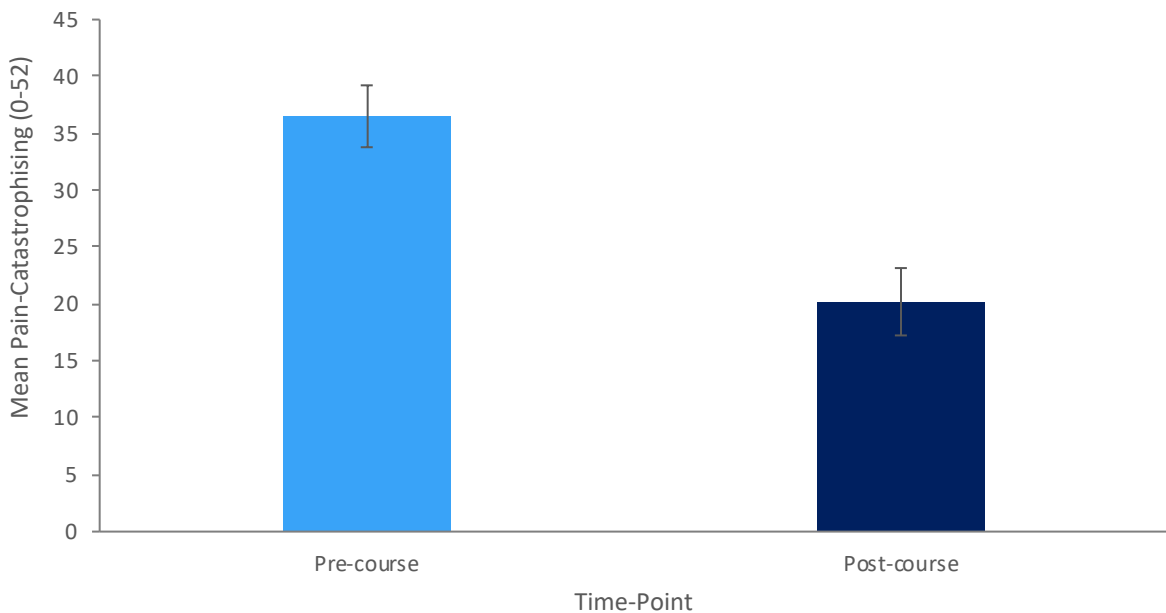
Pain Self-Efficacy



Pain self-efficacy was measured using the Pain Self-Efficacy Questionnaire (PSEQ) with lower scores signifying lower pain self-efficacy (ability to manage pain/ function despite the pain). The mean pre-course score was 23.9 and the mean post-course score was 38.9. This increase was statistically significant and the effect size was very large.

Statistical result: $t(9)=-5.394$, $p<.001$, $d=3.16$

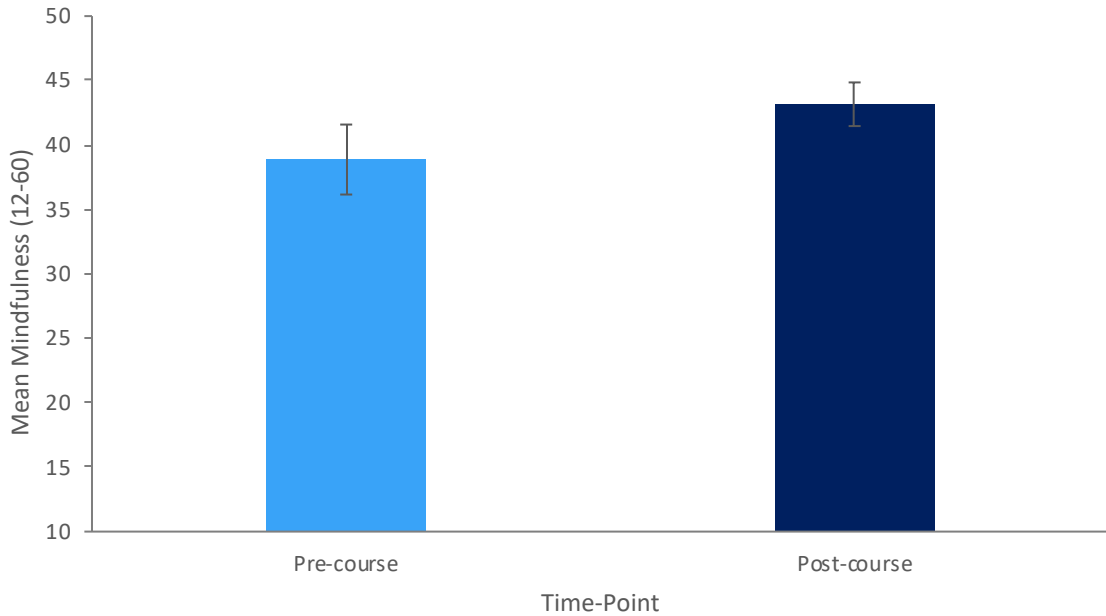
Pain Catastrophising



Pain catastrophising was measured using the Pain Catastrophising Scale (PCS) with lower scores signifying less catastrophic thinking regarding pain. The mean pre-course score was 36.5 and the mean post-course score was 20.2. This reduction was statistically significant and the effect size was very large.

Statistical result: $t(9)=4.464$, $p=.002$, $d=1.41$

Level of Mindfulness



Level of mindfulness was measured using the Five-Facet Mindfulness Questionnaire with lower scores signifying lower mindfulness.

For this measure, participants 009 and 006 were identified as outliers (extreme results) and excluded from the analysis to prevent skewing the data.

The mean pre-course score was 38.87 and the mean post-course score was 43.16. This increase was statistically significant and the effect size was large.

Statistical result: $t(7)=-2.472$, $p=.43$, $d=-.87$

Number of participants = 10 (except mindfulness measure which was 8 as 2 participants removed as outliers)