Table DS1 Cox regression proportional hazards analyses for time to relapse/recurrence in patients with recurrent depression receiving mindfulness-based cognitive therapy followed by discontinuation of maintenance antidepressant medication (MBCT+discontinuation) or mindfulness-based cognitive therapy plus maintenance antidepressant medication (MBCT+mADM), with moderator variables of interest

Variable	Intention-to-treat analysis (N=249)			Per-protocol analysis (N=135)		
	Hazard ratio	95% confidence interval	*p*	Hazard ratio	95% confidence interval	*p*
Condition (MBCT+Discontinuation vs. MBCT+mADM)	1.59	1.10 to 2.31	.01	1.59	1.01 to 2.51	.05
Condition, adjusted[a]	1.60	1.11 to 2.33	.01	1.69	1.07 to 2.68	.03
Remission (full vs. partial)	0.64	0.45 to 0.93	.02	0.61	0.39 to 0.96	.03
Remission x Condition	1.17	0.55 to 2.45	.69	1.06	0.42 to 2.67	.91
Nr of episodes (3–4 vs. 5+)	1.00	0.70 to 1.44	.99	0.91	0.58 to 1.43	.69
Episodes x Condition	0.58	0.28 to 1.23	.16	0.93	0.37 to 2.32	.88
Prior CBT (no vs. yes)	0.68	0.46 to 1.00	.05	0.73	0.46 to 1.15	.17
CBT x Condition	0.70	0.32 to 1.52	.36	0.56	0.22 to 1.43	.22
Gender (male vs. female)	0.75	0.50 to 1.11	.15	0.81	0.50 to 1.32	.40
Gender x Condition	0.61	0.27 to 1.35	.22	0.50	0.18 to 1.38	.18

CBT, cognitive-behavioural therapy.
a. Adjusted for depressive symptoms (Inventory of Depressive Symptomatology, Clinican Rated) at baseline and number of depressive episodes in the past.

Table DS2 Quality of life for the MBCT+Discontinuation group (N=128) and MBCT+mADM group (N=121) at baseline, 3 and 15 months.

Variable	Baseline		3 months		15 months			
	Mean (SD)	*N*	*Mean (SD)*	*N*	*Mean (SD)*	*N*	*p [a]*	*p [b]*
WHO-QoL – Q1: overall perception of quality of life							.36	.24
MBCT+Discontinuation	3.5 (0.8)	116	3.4 (0.9)	93	3.6 (0.8)	83		
MBCT+mADM	3.5 (0.8)	113	3.6 (0.8)	86	3.7 (0.9)	68		
WHO-QoL – Q2: overall perception of health							.55	.29
MBCT+Discontinuation	3.5 (1.0)	116	3.3 (1.0)	92	3.4 (1.0)	83		
MBCT+mADM	3.4 (1.0)	113	3.3 (1.0)	85	3.4 (1.1)	68		
WHO-QoL – physical domain							.48	.36
MBCT+Discontinuation	24.6 (4.3)	116	24.4 (4.5)	93	25.4 (4.9)	83		
MBCT+mADM	24.2 (4.4)	113	24.6 (4.7)	86	25.6 (4.5)	67		
WHO-QoL – psychological domain							.21	.22
MBCT+Discontinuation	19.1 (3.1)	116	18.8 (3.7)	93	19.7 (3.6)	82		
MBCT+mADM	18.7 (3.2)	113	19.9 (3.6)	86	20.0 (3.8)	68		
WHO-QoL – social domain							.94	.60
MBCT+Discontinuation	10.1 (2.2)	115	10.1 (2.1)	93	10.5 (2.3)	83		
MBCT+mADM	9.8 (2.2)	113	10.0 (2.2)	86	10.1 (2.2)	68		
WHO-QoL – environmental domain							.60	.65
MBCT+Discontinuation	30.9 (4.2)	115	30.7 (4.9)	93	31.6 (4.5)	83		
MBCT+mADM	30.6 (4.0)	113	30.5 (4.2)	86	31.9 (4.0)	68		

WHO-QoL = WHO Quality of Life. [a] p-value reported for the repeated measures analysis on condition – time interaction based on observed data. [b] p-value reported for the repeated measures analysis on condition – time interaction based on imputed data.