**Mental health**

PHQ-9 Depression

OASIS – Anxiety

WHO-5 – Well-being

I-PANAS-SF-Trait

**Cognitive Vulnerabilities**

~~PSWQ – Worry~~

PTQ – Negative repetitive thinking

RRS – Brooding (if not all in screening)

CFQ – cognitive fusion, thoughts stickiness

DERS-16 – emotional regulation (?)

\*Doug - RRQ

**Mindfulness measures**

MAIA- 2 – Body-awareness (MAIA 2 = Original MAIA version + 5 new items)

~~SOC-S – Self -compassion~~

FFMQ – Mindfulness

MPOD-t – Decentering (+state pre-post?)

experience in mindfulness (from Tovana screening of control)