**Mental health**

1) PHQ-9 Depression

2)      OASIS – Anxiety

3)      WHO-5 – Well-being

4)      I-PANAS-SF-Trait

**Cognitive Vulnerabilities**

~~6)      PSWQ – Worry~~

7)      PTQ – Negative repetitive thinking

1)      RRS – Brooding (if not all in screening)

?) CFQ – cognitive fusion, thoughts stickiness

?) DERS-16 – emotional regulation (?)

\*Doug - RRQ

**Mindfulness measures**

8)      MAIA- 2 – Body-awareness

~~9)      SOC-S – Self -compassion~~

10)   FFMQ – Mindfulness

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

12) experience in mindfulness (from Tovana screening of control)