



Note. Adapted from the Calm Thinking main outcomes paper CONSORT diagram. Analysis exclusions are included in flow but not analyzed. S1-5 = Session 1-5; FU = Follow-Up.^a needed for stratification. ^b analyzed sample before exclusions. ^c condition classification count before exclusions. ^d 1 did not start S1 training; 1 started S1 training but did not complete classif. measures.