Baseline characteristics were compared between treatment groups using chi-square and two-sample t tests. There were significant differences between BMI in treatment groups at baseline (p = .053). There were no significant differences between treatment groups for other variables (p > .100). We only controlled for BMI in the outcome analysis.

To examine baseline predictors of ISI, we conducted attrition analysis with 17 (10%) inevaluable participants due to missing outcome data. Comparison of evaluable and inevaluable participants using chi-square, Fisher exact test, and t tests revealed that the distributions of the study site (p = .089) and annual household income (p = .052) were different. Therefore, study site and annual household income were controlled in the outcome analysis.

The effect of the intervention on the outcome of ISI at baseline was estimated using a linear regression model with univariate analysis and multivariate analysis. In univariate analysis, higher CES-D scores at baseline (p < .001) and FSI scores at baseline (p < .001) were associated with higher ISI scores at baseline. In multivariate results, after adjusting for other variables, significant associations remained for CES-D scores at baseline and FSI scores at baseline. There are no significant associations between ISI scores at baseline and these predictor variables: age at baseline, race, study site, marital status, and annual household income (p > .100). Together, these seven variables explained about 24.5% of the variability in ISI index scores at baseline.

The outcome analysis indicated that the participants in the control group had mean ISI scores at follow-up that were 1.43 (standard error = 0.69) points higher than the mindful awareness practices group, controlling for ISI scores at baseline, BMI, study site and annual household income. The P-value of the control and treatment groups is .040. ISI scores at baseline was also a significant predictor of ISI at follow-up (p < .001). Together, these five variables explained about 56.42% of the variability in ISI index scores at follow-up.

Word counts: 332 words

**Table 1.** Summary of participant characteristics at baseline (N = 166)

| Variable | Total Sample (n=166), Mean ±SD [range] or No. (%) | Waitlist Control (n=81), Mean ±SD [range] or No. (%) | Mindful Awareness Practice (n = 85), Mean ±SD [range] or No. (%) | P-value* |
|---|---|---|---|---|
| **Age at baseline, years** | 45.2 ±6.8 [23.2-54.5] | 45.9 ±5.6 [33.0-53.7] | 44.5 ±7.7 [23.2-54.5] | .203 |
| **Age at diagnosis, years** | 42.5 ±6.6 [20.9-50.8] | 43.2 ±5.5 [29.3-50.8] | 41.9 ±7.5 [20.9-50.8] | .220 |
| **Time since diagnosis, years** | 2.7 ±1.1 [0.4-5.7] | 2.7 ±1.2 [0.4-5.7] | 2.6 ±1.1 [0.9-5.2] | .634 |
| **BMI, kg/m$^2$** | 27.1 ±6.1 [16.6-44.7][a] | 28.0 ±6.5 [16.9-44.7][a] | 26.2 ±5.5 [16.6-42.9] | .053 |
| **Baseline CES-D score** | 17.5 ±10.0 [0.0-48.0] | 16.5 ±9.9 [0.0-48.0] | 18.5 ±10.1 [1.0-46.0] | .199 |
| **Baseline FSI score** | 4.4 ±1.6 [0.0-8.3] | 4.4 ±1.7 [0.0-8.3] | 4.5 ±1.6 [0.0-8.0] | .576 |
| **Baseline ISI score** | 11.7 ±6.2 [0.0-27.0] | 11.2 ±6.6 [0.0-26.0] | 12.1 ±5.8 [2.0-27.0] | .373 |
| **Study site** | | | | .966 |
| DF | 66 (39.7) | 33 (40.7) | 33 (38.8) | |
| JH | 33 (19.9) | 16 (19.8) | 17 (20.0) | |
| LA | 67 (40.4) | 32 (39.5) | 35 (41.2) | |
| **Marital status** | | | | .312 |
| currently married or living with partner | 119 (71.7) | 61 (75.3) | 58 (68.2) | |
| not | 47 (28.3) | 20 (24.7) | 27 (31.8) | |
| **Annual household income[b]** | | | | .762 |
| <$60,000 | 30 (19.5) | 16 (21.3) | 14 (17.7) | |
| $60,000-$100,000 | 34 (22.1) | 15 (20.0) | 19 (24.1) | |
| >$100,000 | 90 (58.4) | 44 (58.7) | 46 (58.2) | |

%: percent proportion of the stratum total was displayed. [a]: 1 participant was missing data. [b]: 12 participants were missing data.

*We used the $\chi^2$ test for categorical and the t-test for continuous variables to conduct the p-values. All p-values were greater than .05.

Abbreviation: SD, standard deviation; No., number; BMI, body mass index; CES-D, center for epidemiologic studies-depression; FSI, fatigue severity index; ISI, insomnia severity index; DF, Dana-Farber Cancer Institute, Boston, MA; JH, Johns Hopkins Kimmel Cancer Center, Baltimore, MD; LA, UCLA Jonsson Comprehensive Cancer Center, Los Angeles, CA

**Table 2.** Attrition analysis (N = 166)

| Variable | Evaluable data (n=149), Mean ±SD [range] or No. (%) | Inevaluable data (n = 17), Mean ±SD [range] or No. (%) | P-value* |
|---|---|---|---|
| Age at baseline, years | 45.4 ±6.5 [26.5-54.5] | 43.7 ±8.7 [23.2-53.9] | .348 |
| Age at diagnosis, years | 42.7 ±6.3 [24.9-50.8] | 41.2 ±8.6 [20.9-50.6] | .395 |
| Time since diagnosis, years | 2.7 ±1.2 [0.4-5.7] | 2.5 ±1.1 [0.6-4.9] | .510 |
| BMI, kg/m2 | 27.1 ±6.2 [16.6-44.7][a] | 26.9 ±5.0 [19.0-37.5] | .881 |
| Baseline CES-D score | 17.2 ±10.0 [0.0-48.0] | 19.6 ±10.2 [4.0-40.0] | .369 |
| Baseline FSI score | 4.5 ±1.6 [0.0-8.3] | 4.1 ±1.8 [0.7-7.3] | .380 |
| Baseline ISI score | 11.9 ±6.2 [0.0-27.0] | 9.9 ±6.0 [1.0-24.0] | .213 |
| Study site | | | .089[c] |
|    DF | 55 (36.9) | 11 (64.7) | |
|    JH | 32 (21.5) | 1 (5.9) | |
|    LA | 62 (41.6) | 5 (29.4) | |
| Marital status | | | .500 |
|    currently married or living with partner | 108 (72.5) | 11 (64.7) | |
|    not | 41 (27.5) | 6 (35.3) | |
| Annual household income[b] | | | .052 |
|    <$60,000 | 24 (17.4) | 6 (37.4) | |
|    $60,000-$100,000 | 29 (21.0) | 5 (31.3) | |
|    >$100,000 | 85 (61.6) | 5 (31.3) | |

%: percent proportion of the stratum total was displayed. [a]: 1 participant was missing data. [b]: 12 participants were missing data.

[c]: We used Fisher exact test to conduct the p-value due to small cell counts.

*We used the $\chi^2$ test for categorical and the t-test for continuous variables to conduct the p-values.

Abbreviation: SD, standard deviation; No., number; BMI, body mass index; CES-D, center for epidemiologic studies-depression; FSI, fatigue severity index; ISI, insomnia severity index; DF, Dana-Farber Cancer Institute, Boston, MA; JH, Johns Hopkins Kimmel Cancer Center, Baltimore, MD; LA, UCLA Jonsson Comprehensive Cancer Center, Los Angeles, CA

**Table 3.** Linear regression analysis of baseline data ($N^a$ = 153)

| Variable | Univariate results | | Multivariate results[b] | |
|---|---|---|---|---|
| | Coefficient (SE) | P-value | Coefficient (SE) | P-value |
| **Age at baseline (1-year increase)** | -0.016 (0.075) | .835 | 0.064 (0.072) | .380 |
| **Baseline CES-D score (1-point increase)** | 0.254 (0.046) | <.001 | 0.203 (0.057) | <.001 |
| **Baseline FSI score (1-point increase)** | 1.567 (0.281) | <.001 | 0.963 (0.338) | .005 |
| **Race** | | | | |
| Non-white (reference) | | | | |
| White | -1.434 (1.492) | .338 | -1.453 (1.381) | .295 |
| **Study site[c]** | | .685 | | .936 |
| DF (reference) | | | | |
| JH | 0.609 (1.381) | .660 | -0.443 (1.278) | .729 |
| LA | 0.980 (1.131) | .388 | -0.253 (1.042) | .809 |
| **Marital status** | | | | |
| not married or living with partner (reference) | | | | |
| currently married or living with partner | -0.103 (1.115) | .926 | 0.240 (1.164) | .837 |
| **Annual household income[c]** | | .887 | | .467 |
| <$60,000 (reference) | | | | |
| $60,000-$100,000 | -0.449 (1.581) | .777 | 0.388 (1.480) | .794 |
| >$100,000 | 0.167 (1.336) | .901 | 1.487 (1.377) | .282 |

[a]: 13 participants were omitted due to missing values. [b]: $R^2$ value for the multivariate model is .245. P-value of overall F-test is smaller than .001.

[c]: P-values from F-tests are shown for categorical variables with more than 2 categories.

Abbreviation: SE, standard error; CES-D, center for epidemiologic studies-depression; FSI, fatigue severity index; DF, Dana-Farber Cancer Institute, Boston, MA; JH, Johns Hopkins Kimmel Cancer Center, Baltimore, MD; LA, UCLA Jonsson Comprehensive Cancer Center, Los Angeles, CA