eprints@whiterose.ac.uk
https://eprints.whiterose.ac.uk/

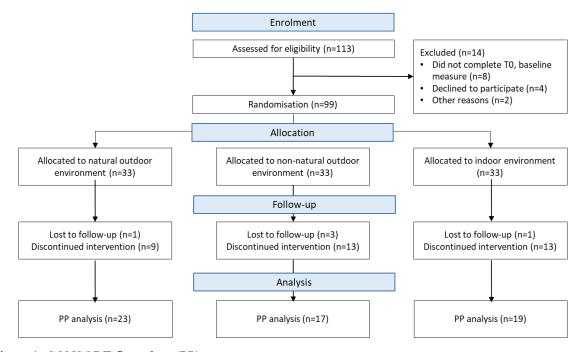**Results of Per-Protocol (PP) analysis**

Figure 1. CONSORT flow chart (PP)

MANOVA was used to examine the main effects of time and environments on all measures. An initial MANOVA that included gender revealed no gender interactions in the multivariate or univariate effects, all $p > .05$. It revealed the main effect of time was significant, $F(27,30)= 4.94$, $p< .001$, $\eta^2= .82$, indicating that measures changed over time. There were also significant interactions between the three environments (natural outdoor, built outdoor and indoor environment) and the four time points (T0, T1, T2 and T3), $F(54,60)= 1.82$, $p= .048$, $\eta^2= .55$, at the multivariate level, indicating that changes in the MBSR outcomes over time were different in the environments.

There was a significant interaction of time and environment; the changes over time of participants' levels of nature connectedness, $F(4,108)= 2.61$, $p= .04$, $\eta^2= .08$, and rumination, $F(4,116)= 3.57$, $p= .01$, $\eta^2= .11$, were affected by environments (natural outdoor vs. built outdoor vs. indoor).
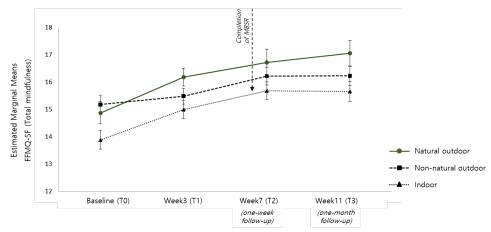
1. Level of mindfulness

Figure 2. Interaction graph for mindfulness; Error bars denote using a 95% confidence interval.
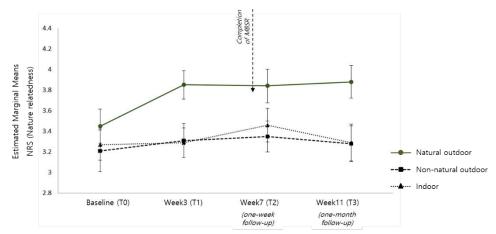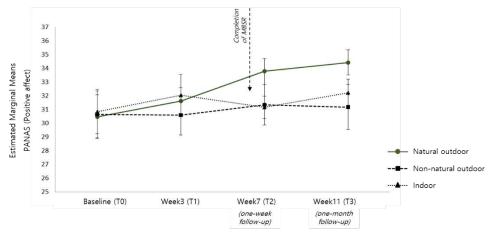
2. Nature relatedness

Figure 3. Interaction graph for nature relatedness; Error bars denote using a 95% confidence interval.

3. Positive and negative affect

Positive affect

Figure 4. Interaction graph for positive affect; Error bars denote using a 95% confidence interval.

Negative affect

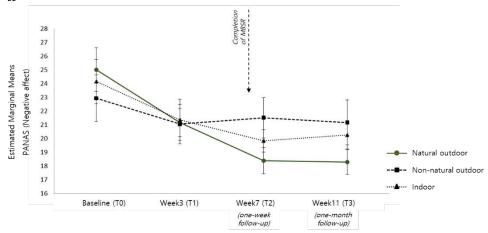Figure 5. Interaction graph for negative affect; Error bars denote using a 95% confidence interval.

4. Rumination and reflection
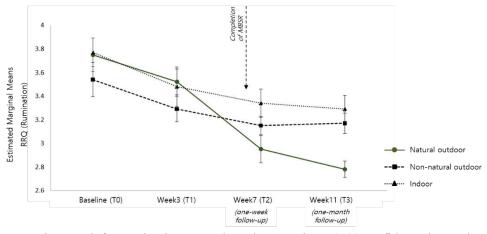
Rumination

Figure 6. Interaction graph for rumination; Error bars denote using a 95% confidence interval.
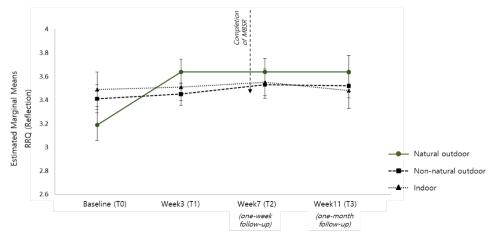
Reflection

Figure 7. Interaction graph for reflection; Error bars denote using a 95% confidence interval.

5. Depression, anxiety and stress
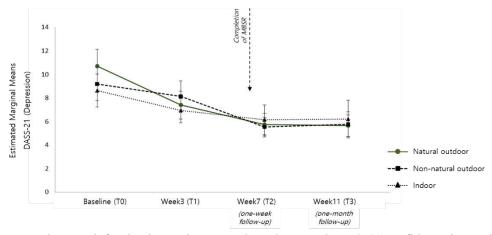
Depression

Figure 8. Interaction graph for the depression; Error bars denote using a 95% confidence interval.
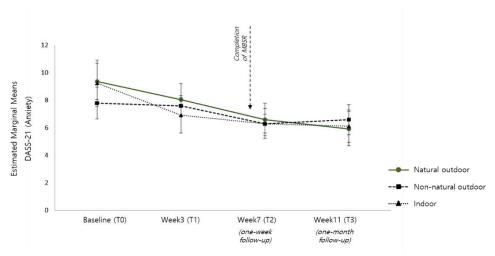
Anxiety

Figure 9. Interaction graph for anxiety; Error bars denote using a 95% confidence interval.
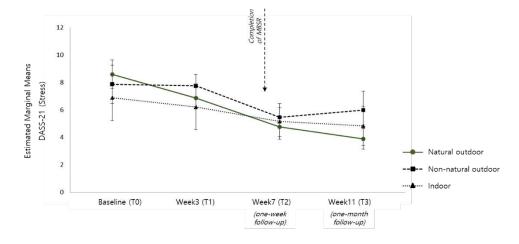
Stress

Figure 10. Interaction graph for the stress; Error bars denote using a 95% confidence interval.