

Supplementary Material

Table S1 Description of "treatment as usual" (TAU).

Relaxation and therapies for psycho-vegetative regulation	<ul style="list-style-type: none">• Progressive muscle relaxation• Auricular acupuncture• Sound massage• Reiki
Movement and sports therapies	<ul style="list-style-type: none">• Body awareness training• Fitness training• Functional training• Nordic Walking• Pilates
Psychotherapy / psychoeducational therapy	<ul style="list-style-type: none">• Psychodynamic psychotherapy (single / group)• Client-centered psychotherapy (single / group)• Behavioral psychotherapy (single / group)• Social competence training• Art therapy• Stress management
Occupational therapies	<ul style="list-style-type: none">• Creative working on a workpiece• Garden therapy• Wood therapy

Patients in this group received a drug continuation /change /augmentation therapy as needed, administered by their consultant psychiatrist. Additionally, they were eligible for psychotherapeutic and complementary therapies as indicated, including the therapies mentioned above.

Table S2 Interview guidelines.

Topics addressed, outlined by examples of opening questions	
1.	How did you experience and evaluate the intervention in general?
2.	What was your experience with the different parts of the program?
3.	What, if any, changes do you perceive in everyday life?
4.	What, if any, new skills have you gained (intra- and interpersonal)?
5.	How did the intervention affect your depressive symptoms?
6.	What did you suffer most from? Do you perceive a change in this regard?
7.	Would you say your perspective on life has changed since then?
8.	Do you believe in a higher power in life? Do you perceive a change in this regard?

Note: The opening questions were not necessarily asked verbatim or in that particular order. It was more important to address the topic of each question in general, following the natural flow of conversation as directed by the interviewees.

Table S3 Additional examples of statements.

Theme	Subtheme	Examples MBLM	Examples MPT
Calmness	Feeling relaxed	“I am no longer such a perfectionist.” (63 years old)	“I don't have the stress, I do it myself [...] since I've been rethinking [...] it's given me a bit of freedom in my mind.” (55 years old).
		“At the moment, I am no longer afraid to return to work. What was not possible at all a few weeks ago.” (30 years old)	“And with my husband, that I don't blame him for everything. ... Now, of course, I am sometimes angry at my husband, where I say to myself ‘Stop for a moment, first go into myself, think. Is he really guilty here, or is it just my feeling?’ ” (55 years old)
	Slowing down	“And by meditating, I could distract myself from time to time and come to rest. So I have to say (...) that is something that has served me well.” (55 years old)	“Now, for example, I say, whether I do the housework today or tomorrow – it is just the way it is.” (55 years old)
		“That I have really become calmer.” (30 years old)	“And I notice just really working with wood brings me totally down, and also Pilates, yes, has always helped (me).” (40 years old)
	Being able to relax	None	“But in Progressive Muscle Relaxation, if you still have to do something like that in between [tensing the muscles], worked better for me. I could relax better.” (57 years old)
Increased awareness	Self	“That’s when I actually realized that I don't live that consciously at all.” (63 years old)	“It's difficult for me to assess that somehow. Maybe also that I have simply become a bit more aware of me even now.” (40 years old)
		“Self-compassion is also a big topic for me, a difficult topic where I don't think again from the outside 'Oh they need me and you have to and you said this and that'. So that's my	“She [the therapist] had such cards the other day and they were fantastic. Because I simply became aware of the things that one actually pushes away and where one has no opinion at all and that these are actually the things that are very, very important.” (40 years old)

task at the moment, to get inner clarity there.” (61 years old)

Positive effects of physical activity

“Well, it's just this, what you always say, this 'feeling of happiness after sport', which I've never had after sport, because I've always thought “uuh” (laughs), but now I can really feel it.” (55 years old)

Nutrition

“I sometimes had a glass of sparkling wine or a glass of red wine with a girlfriend, on the weekend, but now I no longer have any need or desire at all for that.” (64 years old)

None

Nature and environment

“You walk quite differently, just now in winter..., or even before it had snowed, when you went out early, so you see nature quite differently when it awakens. Then the spring with the birds and the flowers, so I never experienced that before. Or never noticed.” (63 years old)

None

Values

“Yes, the truthfulness, and also the non-stealing. I also found that impressive, because you didn't really take everything into the topic, what, (exhales) how you think about it, right?” (64 years old)

None

“Also on the topic of purity, I really went into the topics again, I also really thought that my tears will wash that out. That it might be that

None

not everything is healed yet. I feel that.” (64 years old)

Interpersonal relationships

Better relationships

“And at first I thought I was telling him a lie, but with the truth, we have become much closer. So I am glad that I told the truth.” (30 years old)

“And that I also tell them [the kids], because they are also like that to others. They are really very lively [...], um, yes, and they also accept that.” (40 years old)

Importance of social support

“Now I have found a friend who has also been meditating for a long time...and that's funny, now we have again a topic about which we can talk.” (30 years old)

“First of all, the stories you hear there [group sessions]. They are very similar to what you have experienced yourself... also what kind of feelings the others had, what they think and what they carry around with them and how they react to the environment. [...] You don't go through life alone, and no one in the whole group laughs or grabs their head.” (57 years old)

Setting boundaries

“I, too, am allowed to set boundaries and respect the other person's space. Yes, I have my space and am responsible for my boundaries, which is very difficult for me. I see that very clearly. So, but at least I get aware of it. And this becoming aware, that was clearly reinforced in the course.” (61 years old)

“And that I sometimes say to my children, ‘Not right now. Go and play now, I just want to drink my coffee in peace.’” (55 years old)

Depressive symptoms

Mood improvement

“It has increased massively, yes. Much more joy in life, also more desire to do something again.” (30 years old)

“In the course of the session, you always have a smile on your face.” (55 years old)

Change in energy

“Pilates is something I always plan to do at home, but I haven't done that yet [...], but definitely something that can be continued.” (55 years old)

		"What's new is also going to bed earlier and getting up earlier. [...] It's doable and it just feels nicer." (64 years old).	
Agility and physical pain		"Also these movements in yoga, that is such a bodylines that I feel there. Where I used to always rush over it like this." (64 years old)	None
Increased self-esteem		"I feel a completely different standing." (55 years old)	"The [physical exercise] also brings a whole load of self-confidence that you've made it." (57 years old)
Less rumination		"I mean, it happens when a thought comes, but then, it is gone again." (55 years old)	"A little bit, yes. So at least push that away, too. Yes, just to let go of a thought as well." (57 years old)
Exhausting program		None	None
Difficulties with the therapy	Undesired effects	None	"I had social skills training. That wasn't really my cup of tea, so I felt out of place. Because there were things like, I don't know, I bought something and it's not okay and I want to exchange it...there were simply many problems where I said, 'that doesn't concern me'" (55 years old)
