

Supplementary Table 2. Timeline of outcome assessments.

	Screening Visit	Baseline Visit	Enrollment	CLASS 1	CLASS 2	CLASS 3	CLASS 4	CLASS 5	CLASS 6	Retreat	CLASS 7	CLASS 8	Immed. post	4 mos post	8 mos post	12 mos post
Time (days)	-120 to -30	-30 to 0	0	7	14	21	28	35	42	49	56	63	65	185	305	425
Randomization			x													
MBSR or Education Control Class				x	x	x	x	x	x	x	x	x				
Perceived Stress Scale	x	x					x						x	x	x	x
Mini Mental Status Exam	x															
Beck Depression Inventory	x															
Demographics		x														
Medication log		x					x						x	x	x	x
SF-36		x					x						x	x	x	x
Mindfulness Questionnaire		x					x						x	x	x	x
Resilience Scale		x					x						x	x	x	x
PROMIS Surveys		x					x						x	x	x	x
EDSS		x											x			x
PASAT 3'		x											x			x
Credibility and Expectancy Survey			x										x			