

## Erratum to: Feasibility of Cognitively-Based Compassion Training (CBCT) for breast cancer survivors: a randomized, wait list controlled pilot study

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Table 3. The words “Intervention – Control (95 % CI) in the top row refer to the headings in the row beneath labeled “Post” and “1-month FU” in the last two columns of the table.

The 8th of 10 columns in this table refers to the 1-month FU for the control group.

Table 4. The label for the second column is “post-intervention” and the label for the third column is “1-month follow-up”

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**Table 3** Means, standard deviations and differences between intervention and control for all psychosocial and biomarker outcomes at baseline, post-intervention, and at 4-weeks FU

Outcome	Mean (SD)							Intervention - Control (95 % CI)	
	Intervention			Control				Post	1-month FU
	Possible range	Baseline (N=12)	Post (N=12)	1-mo FU (N=11)	Baseline (N=16)	Post (N=16)	1-mo FU (N=11)		
Perceived stress	0–16	5.4 (2.1)	3.5 (1.5)	3.5 (2.7)	5.4 (2.9)	4.7 (2.5)	5.1 (3.0)	-1.2 (-2.5, 0.2)	-1.6 (-3.1, -0.2)*
Depression	0–30	6.4 (4.6)	2.8 (3.1)	4.2 (5.2)	6.3 (5.7)	6.5 (6.3)	5.5 (5.0)	-3.7 (-6.3, -1.1)**	-1.3 (-4.2, 1.6)
FCR: Triggers	0–32	14.3 (6.3)	12.4 (5.6)	14.2 (8.2)	13.3 (5.4)	14.6 (6.9)	12.5 (5.8)	-2.2 (-6.0, 1.6)	1.7 (-2.4, 5.8)
FCR: Severity	0–36	15.2 (5.6)	12.9 (6.6)	14.2 (6.9)	15.1 (8.0)	13.8 (6.8)	13.7 (8.5)	-0.9 (-2.9, 1.2)	0.6 (-1.7, 2.8)
FCR: Psychological distress	0–16	4.9 (4.2)	3.3 (3.1)	3.7 (3.4)	4.6 (2.7)	3.4 (2.3)	3.3 (4.5)	-0.1 (-1.5, 1.3)	0.4 (-1.2, 2.0)
FCR: Functioning Impairments	0–32	2.7 (3.5)	1.2 (1.9)	3.0 (3.2)	2.6 (3.7)	2.5 (3.0)	1.7 (2.7)	-1.3 (-2.5, -0.1)*	1.3 (-0.1, 2.7)
FCR: Insight	0–12	1.4 (2.1)	0.9 (2.0)	0.7 (1.5)	1.2 (2.0)	1.2 (1.8)	1.1 (2.1)	-0.3 (-0.8, 0.2)	-0.3 (-0.9, 0.3)
Traumatic stress: Intrusion	0–4	0.7 (0.8)	0.6 (0.6)	0.4 (0.8)	0.6 (0.3)	0.6 (0.4)	0.5 (0.3)	-0.1 (-0.3, 0.2)	-0.1 (-0.3, 0.2)
Traumatic stress: Avoidance	0–4	1.0 (1.0)	0.6 (0.6)	0.8 (0.8)	0.9 (0.8)	0.9 (0.8)	0.7 (0.8)	-0.3 (-0.6, -0.02)*	0.1 (-0.2, 0.4)
Traumatic stress: Hyper-arousal	0–4	0.6 (0.6)	0.3 (0.4)	0.4 (0.7)	0.5 (0.5)	0.4 (0.5)	0.4 (0.4)	-0.1 (-0.3, 0.2)	-0.003 (-0.3, 0.3)
Traumatic stress: Global	0–16	2.2 (2.2)	1.5 (1.4)	1.7 (2.1)	2.1 (1.4)	1.9 (1.2)	1.6 (1.3)	-0.4 (-1.0, 0.2)	0.04 (-0.6, 0.7)
Loneliness	20–80	38.3 (10.6)	34.5 (9.4)	35.5 (10.2)	38.8 (16.2)	37.4 (15.4)	37.9 (16.6)	-2.9 (-7.7, 2.0)	-2.5 (-7.9, 3.0)
Mindfulness	10–40	28.8 (4.1)	31.9 (4.2)	31.2 (4.8)	28.6 (5.5)	28.3 (5.0)	28.1 (5.3)	3.6 (1.2, 6.0)*	3.1 (0.4, 5.8)*
Gratitude	6–42	36.1 (4.9)	38.1 (5.8)	38.2 (5.3)	35.7 (6.4)	37.5 (5.0)	37.0 (5.7)	0.5 (-1.9, 3.0)	1.2 (-1.5, 3.9)
Vitality/fatigue	0–100	54.6 (6.6)	56.2 (5.8)	53.6 (6.9)	54.5 (8.9)	50.7 (9.4)	53.3 (9.1)	5.5 (1.5, 9.6)**	0.3 (-4.2, 4.9)
Bodily pain	0–100	48.2 (10.2)	51.6 (8.1)	50.1 (10.3)	48.4 (9.8)	49.6 (10.2)	52.0 (7.0)	2.0 (-3.1, 7.0)	-1.9 (-7.5, 3.8)
Physical well-being	0–100	50.4 (7.0)	50.9 (7.6)	49.7 (7.6)	50.6 (9.8)	51.1 (8.8)	54.0 (4.9)	-0.1 (-3.2, 2.9)	-4.3 (-7.7, -0.9)*
Mental well-being	0–100	49.6 (5.9)	50.4 (5.4)	50.9 (7.1)	48.9 (11.7)	48.4 (10.6)	46.5 (10.4)	2.0 (-2.4, 6.5)	4.4 (-0.6, 9.3)
<b>Biomarkers</b>									
Salivary cortisol (AM)		-1.3 (0.4)	-1.1 (0.3)	-1.3 (0.5)	-1.3 (0.3)	-1.2 (0.5)	-1.2 (0.5)	0.1 (-0.2, 0.4)	-0.01 (-0.3, 0.3)
Salivary cortisol (PM)		-3.0 (0.5)	-3.3 (0.9)	-2.9 (0.8)	-3.0 (0.8)	-3.0 (0.8)	-2.8 (1.0)	-0.3 (-0.9, 0.3)	-0.01 (-0.6, 0.6)
Change in salivary cortisol/hr <sup>a</sup>		-0.1 (0.1)	-0.2 (0.1)	-0.1 (0.1)	-0.1 (0.1)	-0.1 (0.1)	-0.1 (0.1)	-0.04 (-0.1, 0.005)	-0.02 (-0.1, 0.04)

SD standard deviation, CI Confidence Interval, FCR Fear of Cancer Recurrence

<sup>a</sup> Salivary cortisol (N): Intervention (12, 12, 12); Control (15, 13, 14)

\* < 0.05

\*\* < 0.01

**Table 4** Partial correlation of total practice time (in minutes) with psychosocial and biomarker outcomes at post-intervention and 4-weeks FU (accounting for baseline values) in the CBCT Arm ( $n=12$ )

Outcome	Post intervention Correlation (95 % CI)	One month follow-up Correlation (95 % CI)
Perceived stress	-0.27 (-0.75, 0.39)	-0.01 (-0.64, 0.62)
Depression	0.17 (-0.48, 0.70)	-0.26 (-0.77, 0.44)
FCR: Triggers	-0.16 (-0.72, 0.52)	-0.14 (-0.71, 0.53)
FCR: Severity	-0.56 (-0.87, 0.07)	-0.65 (-0.91, -0.03)
FCR: Psychological distress	-0.33 (-0.78, 0.33)	-0.65 (-0.91, -0.04)
FCR: Functioning impairments	-0.13 (-0.51, 0.68)	-0.20 (-0.74, 0.49)
FCR: Insight	-0.26 (-0.74, 0.41)	-0.15 (-0.71, 0.53)
Traumatic stress: Intrusion	0.41 (-0.53, 0.66)	0.05 (-0.60, 0.66)
Traumatic stress: Avoidance	0.10 (-0.68, 0.51)	-0.08 (-0.68, 0.58)
Traumatic stress: Hyper-arousal	-0.14 (-0.53, 0.66)	-0.01 (-0.63, 0.63)
Traumatic stress	0.11 (-0.68, 0.51)	-0.03 (-0.65, 0.61)
Loneliness	-0.07 (-0.64, 0.56)	-0.04 (-0.66, 0.60)
Mindfulness	-0.10 (-0.66, 0.53)	0.01 (-0.62, 0.63)
Gratitude	-0.03 (-0.62, 0.58)	0.21 (-0.49, 0.74)
Vitality/fatigue	0.39 (-0.28, 0.80)	0.55 (-0.12, 0.88)
Bodily Pain	0.14 (-0.50, 0.69)	-0.38 (-0.81, 0.33)
Physical well-being	0.22 (-0.44, 0.72)	-0.39 (-0.82, 0.31)
Mental well-being	0.07 (-0.56, 0.64)	0.13 (-0.54, 0.70)
Biomarkers		
Salivary cortisol (AM)	-0.08 (-0.65, 0.55)	0.21 (-0.45, 0.72)
Salivary cortisol (PM)	0.25 (-0.41, 0.74)	0.37 (-0.30, 0.79)
Change in salivary cortisol/hr <sup>a</sup>	0.41 (-0.27, 0.81)	0.04 (-0.57, 0.62)

CI Confidence Interval, FCR Fear of Cancer Recurrence