Recruitment – track total # invited through registry and other sources – Target 5% response rate

Eligible (30% of those screened)

Consent (85% of those eligible)

Enrollment

Assessment 1 (T1)

Allocation

Online MBSR Program (8 weeks)

Wait-list Control (8 weeks)

Follow-Up

Assessment 2 (T2) (85% of those who consented)

Assessment 2 (T2) (85% of those who consented)

Assessment 3 (T3) (85% of those who completed Assessment 2)

Note: percentages are estimates of continued participation, and are based on previous F2F MBSR research studies conducted through the Tom Baker Cancer Centre, and hypothesized eligibility and drop-out rates.