**File Name Directory**

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| **File Name** | **File Description** |
| InterviewScheduleLinked to files: *Policyexperinterviews1-12*  | List of questions that were used in semi-structured qualitative interviews of behavior change experts and policy-makers. |
| EvaluationScheduleLinked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5* | List of questions that were used in semi-structured qualitative interviews of participants on mindfulness and behaviour change trial.  |
| EthicalconsentLinked to files:*Mindfulnessinterview1-5**Policyexperinterviews1-12* | Letter sent to research participants outlining the nature of the research project and seeking their consent to use the data they provided. |
| Mindfulnessquestions1/1Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Mindfulness and Behaviour Change survey questions Trial 1 Survey 1 (survey conducted before the programme commenced) |
| Mindfulnessquestions1/2Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Mindfulness and Behaviour Change survey questions Trial 1 Survey 2 (survey conducted after the programme was complete) |
| Mindfulnessresults1Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Mindfulness and Behaviour Change survey results Trial 1 Surveys 1 and 2  |
| Mindfulnessquestions2/1Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Mindfulness and Behaviour Change survey questions Trial 2 Survey 1 (survey conducted before the programme commenced) |
| Mindfulnessquestions2/2Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Mindfulness and Behaviour Change survey questions Trial 2 Survey 2 (survey conducted after the programme was complete) |
| Mindfulnessresults2Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Mindfulness and Behaviour Change survey results Trial 2 Surveys 1 and 2 results  |
| Mindfulnessinterview1Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Transcript of qualitative interview with participant evaluating Mindfulness and Behaviour Change programme |
| Mindfulnessinterview2Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Transcript of qualitative interview with participant evaluating Mindfulness and Behaviour Change programme |
| Mindfulnessinterview3Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Transcript of qualitative interview with participant evaluating Mindfulness and Behaviour Change programme |
| Mindfulnessinterview4Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Transcript of qualitative interview with participant evaluating Mindfulness and Behaviour Change programme |
| Mindfulnessinterview5Linked to files: *Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**EvaluationSchedule* | Transcript of qualitative interview with participant evaluating Mindfulness and Behaviour Change programme |
| Policyexpertinterview1Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with NGO behaviour change policy expert |
| Policyexpertinterview2Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with private sector behaviour change expert. |
| Policyexpertinterview3Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with NGO behaviour change expert. |
| Policyexpertinterview4Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with private sector behaviour change expert. |
| Policyexpertinterview5Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with private sector behaviour change expert. |
| Policyexpertinterview6Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with academic behaviour change expert. |
| Policyexpertinterview7Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with two academic behaviour change experts. |
| Policyexpertinterview8Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with two academic behaviour change experts. |
| Policyexpertinterview9Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with NGO behaviour change expert. |
| Policyexpertinterview10Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with NGO behaviour change expert. |
| Policyexpertinterview11Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with academic behaviour change expert. |
| Policyexpertinterview12Linked to files:*InterviewSchedule;**Ethicalconsent* | Qualitative interview with private sector behaviour change expert. |
| Methods Description:Linked files:*Mindfulnessquestions1/1; Mindfulnessquestions1/2; Mindfulnessquestions2/1; Mindfulnessquestions2/2;* *Mindfulnessresults1;**Mindfulnessresults2;**Mindfulnessinterview1-5**InterviewSchedule;**Ethicalconsent**EvaluationSchedule**Policyexperinterviews1-12* | Outlines of nature of project and methods deployed. |