

Table 2. Dropout rates and reasons for dropout per condition.

Dropout	Reason	<i>After week 1</i>	<i>After week 2</i>	<i>After week 3</i>	<i>Total</i>
MBCT	Other expectations	2	1	0	3
	Too burdensome	0	1	0	1
	No reason provided	0	0	1	1
	Schedule	0	0	0	0
	Familiar with mindfulness	1	0	0	1
	No motivation	1	0	0	1
	Medical reason	1	1	2	4
	Computer difficulties	0	0	0	0
		5	3	3	11
eMBCT	Other expectations	4	1	1	6
	Too burdensome	1	1	1	3
	No reason provided	3	1	1	5
	Schedule	2	1	1	4
	Familiar with mindfulness	0	0	0	0
	No motivation	0	0	0	1
	Medical reason	0	1	1	2
	Computer difficulties	2	1	0	3
		13	6	5	24