

Baseline Associations with Diabetes Distress (PAID Scale) (n=132)

Variable	β (95% CI)
Age	-0.27 (-0.59, 0.06)
BMI	0.04 (-0.29, 0.37)
Race (Black or AA)	-1.71 (-9.14, 5.72)
Diabetes Duration	-0.03 (-0.37, 0.31)
A1C (n=131)	0.93 (-1.33, 3.18)
Mindful Attention Awareness Scale (MAAS)	-9.73 (-13.18, -6.28)**
Self-Efficacy for Diabetes (SED)	-3.27 (-4.97, -1.57)*
PTSD Check List (PCL-C)	2.09 (1.60, 2.59)**
Depression (PHQ-8)	1.87 (1.35, 2.39)**

*p<0.001, **p<0.0001

DiNardo M, Phares A, Beyer N. et al. Trait Mindfulness Predicts Diabetes Distress in U.S. Veterans. Poster Presented at the virtual International Congress on Integrative Medicine and Health (ICIMH), April 2020.