

Supplementary Table 3. Qualitative analysis of changes in the cognitive dimension following Soma e-motion program

	Category	Subcategory	Meaning unit
Non-clinical group			
Awareness and perception of the body	Perceived need for balance	I realized I only used the right side and didn't sufficiently use the left side of my body and thought I should try to find balance in my body. (Participant D)	
		It wasn't easy to feel awareness of each movement. I only sleep on one side, so I knew generally that my body was out of balance, but when I rotated my body left and right, I could immediately feel one side was more difficult. I felt I needed to direct more movement to the side I don't normally use. (Participant I)	
	Perceived body sensations	At first, I was obtuse and oblivious to the movements of my body. Gradually I realized I was feeling my own bodily sensations. (Participant H)	
Understood and focused on oneself	Systematically utilized the body	I tried to systematically utilize my body to achieve relaxation, which was very helpful. (Participant G)	
	Discovered self-connected with the body	I appreciated sensing how my body is awake. I think there is a difference between moving the body technically and moving for the purpose of getting to know myself. (Participant F)	
	Learned to regulate body and mind	I think the key is how much one can intentionally modulate and control one's body. Experiencing the soma e-motion program, I was able to reflect on how intentionally I am moving my body. (Participant J) I realized that focusing on the body could result in regulating negative emotions. I learned that I could investigate my own emotions or states in different ways than with language. (Participant H) Through trying new movements, I came to enjoy the process of adjusting the range and speed of movements. There was space for me to adjust the margins between different movements, and I came to fully appreciate the process of making these adjustments. (Participant B)	
Increased concentration	Immersed in the movements	Focusing on myself has increased my capacity to concentrate. By concentrating on one aspect or part of the body, I was able to turn away from distracting thoughts and immerse in my core self within the body. (Participant D)	
		While doing the movements, I would sometimes let body sensations pass me by. Still, I liked the feeling of concentrating on the movements. I thought it would be good to allow sufficient time to fully feel each sensation. (Participant E)	
		It gave me a chance to focus on the breath. I am now able to feel the air being drawn out with every breath, something I hadn't noticed before. (Participant B)	
Improved understanding of somatics	Increased curiosity about somatics	As I became more comfortable with moving my body, I'm interested in learning more about somatics. I'm noticing more detailed insights about my body through this program. (Participant I)	
	Became comfortable with non-directive approach	Before, I used to be more comfortable having someone explicitly direct and teach me how to do certain movements, but as time goes on, I am getting more comfortable with a non-directive approach. (Participant A)	
	Noticed differences with other interventions	Somatics allows me to precisely notice body movements, and this sets it apart from other meditation practices. (Participant G)	
	Made effort to understand somatics	I realized this is what somatics is intending, to make myself aware of my spine and re-align it. (Participant D)	
	Benefitted from moving slowly	At times I felt that it was helpful to move more slowly. (Participant H) What makes somatics attractive is that I do the movements slowly. I felt that it released overburdened points in my body. When I slowly bent my upper body forward and slowly raised it, I could even feel the movements of each bone in my spine. (Participant J)	
	Mentioned benefits of using music	The meditation music in the background was pleasant and calming. The music also helped me concentrate on my reflections. (Participant D)	
Clinical group			
Awareness and perception of the body	Ability to respond to physical symptoms	I reminded myself about grounding techniques and the feeling of comfort and discovered how I can respond when my breathing gets out of control. (Participant S)	
Understood and focused on oneself	Discovered self-connected with the body	I was able to focus on my own body and reflect on my present self. (Participant L)	
	Learned to regulate body and mind	I concentrated on observing the condition of my body. During this process unwanted emotions sometimes arose, but I had the chance to practice working through these moments. (Participant P)	
Increased concentration	Immersed in the movements	I completely immersed in my physical sensations and learned about the emotions connected to these physical sensations. (Participant Q)	
	Concentrated on the breath	I learned how to use breathing meditation to turn my attention inwards and concentrate on the self. (Participant P)	
Improved understanding of somatic	Noticed differences with other interventions	I think it's different from typical group programs where people simply gather and talk about themselves. (Participant L) It felt different from a big, sweaty workout. This program activated all parts of the body, and I could almost feel every corner of the body, even the bones. (Participant R)	
Expected internal growth	Expected positive change	I now look forward to seeing a lot of changes in my life if I repeatedly and regularly practice noticing my sensations and staying in the present. (Participant O)	
	Intended to utilize as resource	I expect to face a lot of challenges in the future; it is my earnest hope that I can use what I've learned in this program as a resource to keep me going forward, not to give up. (Participant N)	