

Table S1

Absolute cytokine and growth factor concentrations (pg/mL) as measured with the multi-array platform of MesoScaleDiscovery.

	WLC			WLC		
	Women			Men		
	T1	T2	T3	T1	T2	T3
	(n = 21)	(n = 21)	(n = 18)	(n = 5)	(n = 5)	(n = 2)
IL-1 β	1.44 (1.38)	1.80 (1.58)	1510 (2638)	0.88 (0.90)	2.04 (2.43)	5593 (1842)
IL-6	118 (104)	604 (376)	4843 (4195)	193 (153)	725 (547)	8759 (326)
IL-8	44.3 (37.1)	77.4 (52.7)	5341 (2170)	99.7 (59.8)	144 (94.1)	8255 (268)
TNF- α	4.51 (4.46)	6.23 (5.53)	1201 (2402)	5.08 (3.34)	6.77 (2.71)	5112 (218)
PlGF	-	-	20.0 (11.1)	-	-	26.8 (7.33)
VEGF	-	-	580 (555)	-	-	3351 (1615)
sFlt-1	-	-	482 (717)	-	-	4869 (3776)

Table S1 (continued)

	MBSR			MBSR		
	Women			Men		
	T1	T2	T3	T1	T2	T3
	(n = 19)	(n = 19)	(n = 18)	(n = 3)	(n = 3)	(n = 2)
IL-1 β	0.51 (0.39)	1.29 (1.16)	692 (994)	0.30 (0.34)	0.78 (0.80)	3784 (828)
IL-6	118 (101)	565 (482)	4686 (5064)	144 (140)	384 (114)	6582 (3363)
IL-8	45.8 (40.4)	76.4 (51.4)	3970 (2167)	31.7 (13.5)	64.8 (27.4)	7405 (1848)
TNF- α	3.03 (2.24)	5.14 (3.55)	894 (1360)	5.72 (5.23)	7.51 (7.82)	3815 (2042)
PIGF	-	-	11.6 (5.30)	-	-	31.9 (15.4)
VEGF	-	-	412 (381)	-	-	761 (132)
sFlt-1	-	-	477 (692)	-	-	815 (890)

Table S1 (continued)

Note Data are presented as mean (SD). WLC = waiting-list control group; MBSR = Mindfulness-Based Stress Reduction group; T1 = 3 hours post wound induction; T2 = 6 hours post wound induction; T3 = 22 hours post wound induction; IL = interleukin; TNF- α = tumor necrosis factor α ; PlGF = placental growth factor; VEGF = vascular endothelial growth factor; sFlt-1 = soluble Fms-like tyrosine kinase-1.