

Appendix 1. Enrollment

Assessed for eligibility (n=289)

Excluded (n=96)

- Not meeting inclusion criteria (n=96)

Reasons for Ineligibility

- engage in meditation (n=42)
- engage in mindful activity (n=42)
- left important question blank (n=5)
- international patient (n=26)
- already utilize one of the apps (n=3)
- not willing to be randomized (n=4)
- don't own smartphone (n=7)
- unwilling to download app (n=6)
- previously filled out eligibility questionnaire (n=2)
- non-MPN diagnosis (n=1)

Randomized (n=128)

Allocation

Group #1: 10% *Happier* /*Calm* (n=33)

Lost to follow-up (n=2)

- stopped responding (n=3)
- Discontinued intervention (n=5)**
- personal issue not related to the study (n=4)
 - issue setting up Fitbit (n=1)

Analysed (n=26)

Group #2: *Calm*/10% *Happier* (n=32)

Lost to follow-up (n=4)

- stopped responding (n=4)
- Discontinued intervention (n=2)**
- personal issue not related to the study (n=2)

Analysed (n=26)

Group #3: Control/10% *Happier* app (n=35)

Lost to follow-up (n=3)

- stopped responding (n=3)
- Discontinued intervention (n=8)**
- personal issue not related to study (n=4)
 - issue setting up Fitbit (n=4)

Analysed (n=24)

Group #4: Control/*Calm* (n=28)

Lost to follow-up (n=6)

- stopped responding (n=6)
- Discontinued intervention (n=4)**
- personal issue not related to study (n=2)
 - issue setting up Fitbit (n=2)

Analysed (n=18)

Follow-Up

Analysis