

**Supplementary Table 4.** Qualitative analysis of changes in the behavioral dimension after Soma e-motion program

Category	Subcategory	Meaning unit
Non-clinical group		
Change in daily life	Attempted to incorporate somatics in daily routine	In my own way I'm incorporating the movements I learned from the program little by little in my daily life. It would be good to continue this practice. (Participant G) As I grow older, my body doesn't move like it used to and feels stiff. Now every morning as I wake up, I try the somatic movements either lying down or sitting. (Participant I) I planned to immediately apply what I've learned to my own breathing and body movements. (Participant D) Nowadays I try to practice the movements I remember at home. I think this definitely made a difference in my body condition. (Participant C)
	Formed habit	Even when I'm walking, I would notice 'Ah, this is how I walked,' then try the way I learned from somatics. Even when I'm breathing, I don't just breathe anymore – I breathe from the belly, inhale long enough, then release. Even when I'm taking out the food scraps, I do these movements slowly. It's becoming a habit in my daily life, since my body remembers these movements. (Participant F)
Clinical group		
Change in daily life	Benefitted sleep	Doing the eye movements before going to bed made my body and mind feel comfortable and helped me fall asleep. (Participant N) When I couldn't fall asleep, I tried the movements, and they helped me sleep. (Participant R) I felt comfort through the soma movements before going to bed. (Participant Q)
	Attempted to incorporate somatics in daily routine	I didn't do too much of it in my daily life, but when I had some free time, or when I felt anxious, I tried the movements to find a little peace of mind. (Participant K) Before meals, while taking a shower, or when I felt angry, I was able to calm my mind with some light movements. (Participant L) Sometimes when I was in a bad mood, felt stiff after waking up, or after meals, I tried the movements from time to time, which refreshed my mood. (Participant M)
	Applied somatics in public transit	When I was in the subway, I tried focusing on physical sensations through observing the feeling of my feet contacting the floor, practicing finding my balance without grabbing the handle, and elongating the spine by directing the crown of my head towards the ceiling. (Participant O) When I'm outside in transit, especially in a crowded subway car when my body is in contact with or bumps with other people (especially men), I would always feel difficulty breathing and would break out in a cold sweat. In these situations, I tried focusing on the feet when standing, and pelvis and feet when sitting. As a result, I found I was able to calm myself more quickly compared to when I only used breathing techniques to handle breathing difficulties. (Participant P) I tried concentrating on the pelvis in situations where noises were amplified and sounded violent, and even small movements of people felt aggressive. I felt comfort from grounding and could sense every single bone in the lumbar vertebrae. This gave a refreshing feeling of air passing through the gap between each bone, and I was able to endure four more stops by focusing on that feeling. This was my first and last successful experience outside the hospital setting. (Participant N)