

Table 2: Outcomes over time by group

							Mean	SD	Cohen's d	Sidak
							of Paired	of Paired	of paired	Post hoc
Group	Time	N	Mean	SD	95% CI LB	95% CI UB	Differences	Differences	Differences	p-value
WHO-5 Wellbeing [<i>Cronbach's alpha = 0.838</i>]										
Control	Baseline	127	48.41	17.81	45.28	51.54				
Control	1 week post	94	48.51	19.69	44.48	52.54	2.09	14.20	0.15	0.7626
Control	3 mo post	86	52.09	21.33	47.52	56.67	4.14	16.42	0.25	0.0271
Intervention	Baseline	126	47.43	18.28	44.21	50.65				
Intervention	1 week post	44	54.45	16.51	49.44	59.47	8.73	14.85	0.59	0.0006
Intervention	3 mo post	36	57.33	17.61	51.38	63.29	10.78	16.45	0.66	<0.0001
Model Tests: Group F(1, 295.9)=2.4135, p=.1214; Time F(2, 296.4)=15.9269, p<.0001 ; Group-by-Time F(2, 296.4)=4.5622, p=.0112										
WEMWBS (modified) [<i>Cronbach's alpha = 0.658</i>]										
Group	Time	N	Mean	SD	95% CI LB	95% CI UB	Mean diff	SD diff	Cohen's d	Sidak p-val
Control	Baseline	127	2.67	1.07	2.48	2.85				
Control	1 week post	94	2.69	1.12	2.46	2.92	0.10	0.85	0.12	0.8441
Control	3 mo post	86	2.77	1.16	2.52	3.02	0.08	0.90	0.09	0.7645
Intervention	Baseline	126	2.47	1.02	2.29	2.65				
Intervention	1 week post	44	2.93	1.04	2.61	3.25	0.49	1.00	0.49	0.0008
Intervention	3 mo post	36	3.15	1.03	2.81	3.50	0.74	1.08	0.68	<0.0001
Model Tests: Group F(1, 294.2)=1.4614, p=.2277; Time F(2, 296.8)=13.4481, p<.0001 ; Group-by-Time F(2, 296.8)=8.3582, p=.0003										
SSS-8 total² [<i>Cronbach's alpha = 0.822</i>]										
Group	Time	N	Mean	SD	95% CI LB	95% CI UB	Mean diff	SD diff	Cohen's d	Sidak p-val
Control	Baseline	119	10.87	6.45	9.70	12.05				
Control	1 week post	89	10.70	6.43	9.34	12.05	-0.63	4.00	-0.16	0.8231

Control	3 mo post	84	10.27	7.16	8.72	11.83	-0.90	5.07	-0.18	0.2944
Intervention	Baseline	116	10.71	6.34	9.54	11.87				
Intervention	1 week post	43	10.28	6.70	8.22	12.34	-1.02	5.01	-0.20	0.4574
Intervention	3 mo post	35	8.80	6.30	6.64	10.96	-1.03	5.53	-0.19	0.1957
Model Tests: Group F(1, 269.2)=0.3629, p=.5474; Time F(2, 274.6)=3.1072, p=.0463 ; Group-by-Time F(2, 274.6)=0.2818, p=.7547										
STSS-5 total² [Cronbach's alpha = 0.921]										
Group	Time	N	Mean	SD	95% CI LB	95% CI UB	Mean diff	SD diff	Cohen's d	Sidak p- val
Control	Baseline	106	46.35	14.16	43.62	49.08				
Control	1 week post	82	46.16	14.95	42.87	49.44	-0.95	8.26	-0.11	0.9770
Control	3 mo post	73	46.75	17.56	42.66	50.85	1.37	11.61	0.12	0.7802
Intervention	Baseline	105	47.52	13.05	45.00	50.05				
Intervention	1 week post	37	45.76	13.53	41.24	50.27	-2.03	8.29	-0.24	0.4879
Intervention	3 mo post	32	43.66	13.41	38.82	48.49	-4.58	10.47	-0.44	0.0042
Model Tests: Group F(1, 250.3)=0.5076, p=.4768; Time F(2, 237.0)=2.4901, p=.0851; Group-by-Time F(2, 237.0)=5.0107, p=.0074										
CD-RISC2 (rescaled 0-8) [Cronbach's alpha = 0.838]										
Group	Time	N	Mean	SD	95% CI LB	95% CI UB	Mean diff	SD diff	Cohen's d	Sidak p- val
Control	Baseline	127	5.51	1.74	5.20	5.81				
Control	1 week post	94	5.40	1.66	5.06	5.74	0.04	1.23	0.03	1.0000
Control	3 mo post	86	5.40	1.64	5.05	5.76	-0.08	1.37	-0.06	0.9685
Intervention	Baseline	126	5.14	1.66	4.85	5.44				
Intervention	1 week post	44	5.25	1.71	4.73	5.77	0.25	1.43	0.18	0.7672
Intervention	3 mo post	36	5.51	1.70	4.94	6.09	0.44	1.32	0.34	0.1481
Model Tests: Group F(1, 293.6)=0.5803, p=.4468; Time F(2, 292.2)=0.9906, p=.3726; Group-by-Time F(2, 292.2)=1.7058, p=.1834										
Utrecht Total [Cronbach's alpha = 0.907]										

Group	Time	N	Mean	SD	95% CI LB	95% CI UB	Mean diff	SD diff	Cohen's d	Sidak p- val
Control	Baseline	127	3.64	0.99	3.46	3.81				
Control	1 week post	92	3.51	1.03	3.29	3.72	-0.08	0.57	-0.15	0.4099
Control	3 mo post	85	3.55	1.08	3.32	3.79	-0.04	0.67	-0.05	0.8769
Intervention	Baseline	124	3.55	0.83	3.41	3.70				
Intervention	1 week post	44	3.73	0.66	3.53	3.93	0.18	0.62	0.29	0.2226
Intervention	3 mo post	35	3.66	0.87	3.36	3.96	0.13	0.78	0.17	0.4338
Model Tests: Group F(1, 281.6)=0.2356, p=.6278; Time F(2, 272.8)=0.3592, p=.6986; Group-by-Time F(2, 272.8)=2.7586, p=.0652										
Collaboration and Teamwork – original scores¹ [Cronbach's alpha = 0.868]										
Group	Time	N	Mean	SD	95% CI LB	95% CI UB	Mean diff	SD diff	Cohen's d	Sidak p- val
Control	Baseline	126	19.56	5.46	18.60	20.53				
Control	1 week post	92	18.91	4.86	17.91	19.92				
Control	3 mo post	85	18.73	5.81	17.48	19.98				
Intervention	Baseline	121	17.91	5.66	16.89	18.93				
Intervention	1 week post	44	18.95	5.54	17.27	20.64				
Intervention	3 mo post	35	19.80	5.85	17.79	21.81				
Collaboration and Teamwork – baseline adjusted¹										
Group	Time	N	Mean	SD	95% CI LB	95% CI UB	Mean diff	SD diff	Cohen's d	Sidak p- val
Control	Baseline	126	0.00	0.00	0.00	0.00				
Control	1 week post	92	-0.18	4.25	-1.06	0.70	-0.18	4.25	-0.04	0.9795
Control	3 mo post	85	-0.72	5.49	-1.90	0.47	-0.72	5.49	-0.13	0.3555
Intervention	Baseline	121	0.00	0.00	0.00	0.00				
Intervention	1 week post	44	0.68	4.97	-0.83	2.19	0.68	4.97	0.14	0.6796
Intervention	3 mo post	35	2.31	6.60	0.05	4.58	2.31	6.60	0.35	0.0029
Model Tests: Group F(1, 297.9)=10.0841, p=.0017 ; Time F(2, 400.3)=1.6990, p=.1842; Group-by-Time F(2, 400.3)=6.4297, p=.0018										

MAIA – Noticing Scale [Cronbach's alpha = 0.826]										
Group	Time	N	Mean	SD	95% CI LB	95% CI UB	Mean diff	SD diff	Cohen's d	Sidak p- val
Control	Baseline	126	3.09	0.98	2.92	3.27	0.00	0.00		
Control	1 week post	92	2.99	0.98	2.78	3.19	-0.04	0.75	-0.05	0.935
Control	3 mo post	85	3.07	0.89	2.88	3.26	0.02	0.79	0.03	0.9989
Intervention	Baseline	121	3.06	0.94	2.89	3.23	0.00	0.00		
Intervention	1 week post	44	3.06	0.97	2.77	3.36	0.05	0.90	0.06	0.9974
Intervention	3 mo post	35	3.31	1.07	2.95	3.68	0.54	1.02	0.52	0.0020
Model Tests: Group F(1, 281.0)=1.2268, p=.2690; Time F(2, 287.9)=5.2005, p=.0060 ; Group-by-Time F(2, 287.9)=4.0630, p=.0182										

¹ There was a significant difference at baseline between the 2 groups for the collaboration and teamwork scores: control group had higher scores than intervention, p=.020). So, the model was rerun using the scores adjusted for baseline.

² Since lower scores were desired for PS and STSS-5 scores, the change scores are presented as baseline minus post scores instead of post scores minus baseline used for other measures presented in the table.