

Multimedia Appendix 4

Multimedia Appendix 4. Baseline outcome score data by experimental group

	N	Control	N	Intervention	Significance
Work-related stress	157	50 (50-73.5)	148	50 (50-78.7)	$U = 11078, P = .471, r = -0.041$
General stress	157	50 (50-70.5)	148	50 (50-79.5)	$U = 11274, P = .645, r = -0.026$
Work-related well-being	157	50 (38-70)	148	50 (43.5-70)	$U = 11487, P = .861, r = -0.010$
General well-being	157	50 (48.5-68)	148	50 (45.2-66.5)	$U = 11060, P = .452, r = -0.043$
PSS-10	151	22.9 (6.24)	139	22.6 (7.16)	$t(288) = 0.414, P = .679, d = 0.045$
WHO-5	151	10 (7-14)	139	10 (7-15)	$U = 10461, P = .963, r = -0.002$

PSS-10 Perceived Stress Scale, *WHO-5* World Health Organization Well-Being Index. Data are presented as medians (25th – 75th percentile) for all outcome measures, except for PSS-10, which is presented as means (standard deviations). U = Mann-Whitney U test. r = effect size correlation for Mann-Whitney U test. t = Student's t-test. d = Cohen's d effect size for t-test.