

Multimedia Appendix 5

Multimedia Appendix 5. Preintervention x midintervention between-group comparisons

	Control		Intervention		Group difference	Time Effect		Group Effect		Time * Group Effect	
	N	Mean (SEM)	N	Mean (SEM)	Mean (95% CI) ^a	Sig.	η_p^2	Sig.	η_p^2	Sig.	η_p^2
PSS-10											
Pre		22.73 (0.61)		21.96 (0.75)	2.048 ^b	$F = 41.9$.168	$F = 5.71$.027	$F = 9.48$	
Mid	126	21.32 (0.59)	84	17.99 (0.73)	(0.359 - 3.74)	$P < .001$		$P = .018$		$P = .002$.044
WHO-5											
Pre		10.65 (0.46)		10.76 (0.56)	-1.075	$F = 35.4$.146	$F = 3.14$.015	$F = 8.54$	
Mid	126	11.65 (0.42)	84	13.69 (0.51)	(-2.27 - 0.122)	$P < .001$		$P = .078$		$P = .004$.039
Work-related stress											
Pre		56.56 (1.73)		59.42 (1.86)	1.506	$F = 2.54$.009	$F = .452$.002	$F = 6.34$	
Mid	151	58.16 (2.11)	131	52.28 (2.27)	(-2.90 - 5.92)	$P = .112$		$P = .502$		$P = .012$.022
General stress											
Pre		56.35 (1.72)		59.07 (1.84)	1.498	$F = 10.4$.036	$F = .528$.002	$F = 6.46$	
Mid	151	55.23 (1.89)	131	49.51 (2.03)	(-2.56 - 5.56)	$P = .001$		$P = .468$		$P = .012$.023
Work-related well-being											
Pre		52.64 (1.66)		52.50 (1.79)	-5.326 ^b	$F = 67.2$.194	$F = 6.87$.024	$F = 12.1$	
Mid	151	60.04 (1.83)	131	70.82 (1.97)	(-9.33 - -1.32)	$P < .001$		$P = .009$		$P = .001$.041
General well-being											
Pre		53.85 (1.53)		53.20 (1.64)	2.688	$F = 18.5$.062	$F = 1.67$.006	$F = 1.48$	
Mid	151	63.08 (2.07)	131	58.36 (2.22)	(-1.41 - 6.79)	$P < .001$		$P = .198$		$P = .225$.005

^aMean Difference (Control - Intervention); adjustment for multiple comparisons (Bonferroni).

^bThe mean difference is significant at the .05 level. *PSS-10* Perceived Stress Scale, *WHO-5* World Health Organization Well-Being Index. Data are presented as means (standard error of mean) for all outcome measures. CI, confidence interval. η_p^2 , effect size partial eta-squared.