

## Multimedia Appendix 6

Multimedia Appendix 6. Preintervention x midintervention x postintervention between-group comparisons

	Control		Intervention		Group difference	Time Effect		Group Effect		Time * Group Effect	
	N	Mean (SEM)	N	Mean (SEM)	Mean (95% CI) <sup>a</sup>	Sig.	$\eta_p^2$	Sig.	$\eta_p^2$	Sig.	$\eta_p^2$
<b>PSS-10</b>											
Pre		22.78 (0.71)		21.75 (0.85)							
Mid	97	21.14 (0.69)	68	18.06 (0.82)	2.890*	$F = 45.0$	.216	$F = 9.38$	.054	$F = 7.19$	.042
Post		20.15 (0.69)		15.60 (0.83)	(1.03 – 4.75)	$P < .001$		$P = .003$		$P = .001$	
<b>WHO-5</b>											
Pre		10.68 (0.53)		10.69 (0.64)							
Mid	97	11.70 (0.48)	68	13.74 (0.57)	-1.609*	$F = 33.4$	.170	$F = 6.13$	.036	$F = 7.97$	.047
Post		12.14 (0.47)		14.93 (0.56)	(-2.89 - -0.33)	$P < .001$		$P = .014$		$P = .001$	
<b>Work-related stress</b>											
Pre		55.88 (2.07)		59.58 (2.12)							
Mid	110	58.18 (2.53)	105	51.94 (2.59)	4.297	$F = 1.09$	.005	$F = 3.31$	.015	$F = 5.50$	.025
Post		60.02 (2.59)		49.97 (2.65)	(-0.36 – 8.95)	$P = .337$		$P = .070$		$P = .004$	
<b>General stress</b>											
Pre		56.20 (2.09)		59.07 (2.14)							
Mid	110	55.77 (2.25)	105	49.68 (2.30)	5.635*	$F = 15.3$	.067	$F = 6.22$	.028	$F = 8.59$	.039
Post		53.44 (2.42)		39.76 (2.48)	(1.18 – 10.1)	$P < .001$		$P = .013$		$P < .001$	
<b>Work-related well-being</b>											
Pre		54.93 (1.90)		54.18 (1.95)							
Mid	110	61.29 (2.11)	105	72.77 (2.15)	-7.135*	$F = 58.5$	.215	$F = 10.4$	.047	$F = 8.92$	.040
Post		66.09 (2.05)		76.76 (2.10)	(-11.5 - -2.78)	$P < .001$		$P = .001$		$P < .001$	
<b>General well-being</b>											
Pre		56.43 (1.78)		53.73 (1.82)							
Mid	110	63.49 (2.45)	105	59.41 (2.51)	4.854*	$F = 5.27$	.024	$F = 4.48$	.021	$F = 0.74$	.003
Post		64.71 (2.77)		56.92 (2.84)	(0.33 – 9.37)	$P = .006$		$P = .035$		$P = .471$	

<sup>a</sup>Mean Difference (Control - Intervention); adjustment for multiple comparisons (Bonferroni).

\*The 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.  $\eta_p^2$ , effect size partial eta-squared.