**Table S2: Unadjusted Mean Well-Being Outcome Measures over Time**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Treatment | | |  | Control | | |
|  |  |  | *N* | Mean | SD |  | *N* | Mean | SD |
| SWLS Total | Baseline |  | 38 | 15.5 | 6.4 |  | 36 | 16.7 | 7.1 |
|  | 18 Weeks |  | 30 | 19.6 | 7.0 |  | 34 | 18.1 | 6.9 |
|  | 30 Weeks |  | 26 | 21.4 | 6.4 |  | 33 | 18.3 | 7.4 |
|  | 42 Weeks |  | 27 | 21.1 | 6.8 |  | 33 | 18.6 | 7.3 |
| Flourishing | Baseline |  | 38 | 37.4 | 7.6 |  | 36 | 38.6 | 9.7 |
|  | 18 Weeks |  | 28 | 41.4 | 8.1 |  | 34 | 40.2 | 9.1 |
|  | 30 Weeks |  | 25 | 42.9 | 5.9 |  | 33 | 40.9 | 9.3 |
|  | 42 Weeks |  | 26 | 44.8 | 5.6 |  | 33 | 40.4 | 8.3 |
| BSI GSI | Baseline |  | 38 | 63.3 | 9.0 |  | 36 | 59.3 | 10.7 |
|  | 18 Weeks |  | 30 | 59.0 | 9.6 |  | 33 | 57.8 | 11.0 |
|  | 30 Weeks |  | 26 | 60.2 | 9.5 |  | 33 | 58.7 | 10.1 |
|  | 42 Weeks |  | 27 | 59.5 | 10.5 |  | 33 | 55.7 | 10.5 |
| SPANE Balance | Baseline |  | 38 | 3.5 | 7.2 |  | 35 | 5.1 | 10.0 |
|  | 18 Weeks |  | 29 | 7.2 | 5.9 |  | 34 | 5.9 | 8.1 |
|  | 30 Weeks |  | 25 | 8.1 | 6.9 |  | 33 | 7.1 | 7.4 |
|  | 42 Weeks |  | 27 | 6.3 | 7.9 |  | 33 | 8.1 | 8.3 |
| Ryff Purpose in Life | Baseline |  | 38 | 38.1 | 8.4 |  | 34 | 38.7 | 8.0 |
|  | 18 Weeks |  | 30 | 39.0 | 8.3 |  | 34 | 37.1 | 7.9 |
|  | 30 Weeks |  | 26 | 39.0 | 7.8 |  | 33 | 38.7 | 8.3 |
|  | 42 Weeks |  | 25 | 39.3 | 7.2 |  | 32 | 39.8 | 7.7 |