

Supplementary Table 1 Characteristics of Participants, Stratified by Dropout Status (n = 4) and Completer Status (n = 26)

Characteristic	dropouts (n = 4)	completers (n = 26)	Overall (N = 30)	<i>P</i> value
Age, years, mean (SD)	14 (0)	13.89 (0.33)	13.9 (0.31)	0.491
Gender, n (%)				0.550
Male	0 (0)	8 (30.8)	8 (26.7)	
Female	4 (100)	18 (69.2)	22 (73.3)	
Depression symptoms				
CES-D	39.00 (10.83)	33.54 (6.76)	34.27 (7.42)	0.175
PHQ-9	16.50 (3.11)	14.54 (4.18)	14.80 (4.06)	0.378
Anxiety symptoms				
GAD-7	13.50 (5.45)	11.65 (4.15)	11.90 (4.28)	0.431
Psychological inflexibility				
AAQ-II	29.75 (10.69)	30.46 (7.18)	30.37 (7.50)	0.863
Ruminative thinking (RRS)				
RRS (Overall)	57.00 (17.22)	58.89 (11.93)	58.63 (12.40)	0.783
Emotion regulation				
ERI	41.75 (5.44)	41.39 (12.25)	41.43 (11.51)	0.954
Life orientation				
LOT-R	9.25 (0.50)	10.12 (2.93)	10.00 (2.74)	0.179

* $p < 0.05$, ** $p < 0.01$.

Supplementary Table 2 Within-group changes over time and false-discovery-rate-corrected between-group comparisons

Measure and group	LMM Effect (within) ^a				FDR-corrected between-group p ^d	
	N	Cohen's d ^c	95%CI	p	LMM	ANCOVA
CES-D						
Intervention	30	-0.38	-0.71 to 0.02	0.064	0.286	0.961
Control	32	0.05	-0.30 to 0.40	0.783		
GAD-7						
Intervention	30	-0.36	-0.74 to -0.01	0.048*	0.144	0.961
Control	32	0.19	-0.16 to 0.54	0.290		
PHQ-9						
Intervention	30	-0.38	-0.75 to -0.01	0.043*	0.396	0.961
Control	32	-0.06	-0.41 to 0.29	0.725		
AAQ-II						
Intervention	30	-0.06	-0.42 to 0.30	0.724	0.532	0.961
Control	32	0.11	-0.23 to 0.46	0.505		
RRS						
Intervention	30	-0.40	-0.77 to -0.03	0.023*	0.286	0.961
Control	32	0.003	-0.34 to 0.35	0.986		
ERI						
Intervention	30	-0.03	-0.39 to 0.33	0.888	0.879	0.990
Control	32	-0.06	-0.40 to 0.29	0.716		
LOT-R						
Intervention	30	0.30	-0.06 to 0.67	0.081	0.507	0.961
Control	32	0.09	-0.26 to 0.43	0.658		
LOT-R Subscale						

Optimism

Intervention	30	0.55	0.17 to 0.94	0.005**	0.144	0.961
Control	32	-0.04	-0.39 to 0.31	0.816		

Pessimism

Intervention	30	-0.08	-0.44 to 0.28	0.691	0.526	0.961
Control	32	0.12	-0.23 to 0.47	0.436		

Notes: ^d Benjamini-Hochberg false-discovery-rate-corrected p values for the between-group comparisons reported in Table 2, applied across the nine outcomes for the time × group LMM interaction and for the ANCOVA, respectively.