

Supporting Material

Stable 1 Sensitivity Analyses: Between-group comparisons of the changes in the primary, key secondary and exploratory outcomes from baseline to 12-month follow-up.

	n	Intervention	n	StandardCare	Difference	P value
<i>Primary outcomes:</i>						
SF36-PCS, points	64	0.8 (-0.6 to 2.2)	34	-1.9 (-3.8 to 0.1)	2.6 (0.3 to 5.0)	0.029
<i>Key secondary outcomes</i>						
SF36-PCS responders, no (%)**	64	19 (30)	34	6 (18)	4.04 (0.94 to 17.43)***	0.061
SF36-MCS, points	64	-0.3 (-2.2 to 1.7)	34	0.2 (-2.5 to 3.0)	-0.5 (-3.9 to 2.9)	0.762
SF36-MCS responders, no (%)**	64	16 (25)	34	9 (26)	2.43 (0.29 to 20.55)***	(0.415)
<i>Other exploratory outcomes</i>						
MHC-SF, points	63	-0.3 (-2.3 to 1.6)	33	1.1 (-1.7 to 3.8)	-1.4 (-4.8 to 2.0)	(0.414)
Languishing, n (%)	63	3 (5)	33	1 (3)	NA*	
Moderately mentally healthy, n (%)		10 (16)		9 (27)	0.19 (0.04 to 0.97)****	(0.045)
Flourishing, n (%)		50 (79)		23 (70)	2.93 (0.54 to 15.88)****	(0.212)
WEMWBS, points	58	2.0 (1.2 to 2.7)	25	2.6 (1.5 to 3.7)	-0.6 (-2.0 to 0.7)	(0.333)
SF-36 Physical functioning, points	64	1.2 (0.4 to 2.1)	34	-0.9 (-2.0 to 0.3)	2.1 (0.6 to 3.5)	(0.005)
SF-36 Bodily pain, points	64	-1.4 (-3.3 to 0.6)	34	-3.2 (-5.9 to -0.5)	1.8 (-1.5 to 5.2)	(0.286)
SF-36 General health, points	64	3.5 (2.0 to 5.0)	34	0.2 (-1.9 to 2.3)	3.3 (0.7 to 5.9)	(0.013)
SF-36 Physical role functioning, points	64	-1.1 (-2.8 to 0.6)	34	-2.1 (-4.5 to 0.3)	1.0 (-1.9 to 3.9)	(0.504)
SF-36 Vitality, points	64	2.0 (0.1 to 4.0)	34	-0.3 (-3.1 to 2.4)	2.4 (-1.0 to 5.7)	(0.167)
SF-36 Mental health, points	64	0.7 (-1.4 to 2.8)	34	-1.0 (-3.9 to 1.9)	1.7 (-1.9 to 5.3)	(0.356)
SF-36 Emotional role functioning, points	64	-1.4 (-3.2 to 0.5)	34	-0.5 (-3.1 to 2.0)	-0.8 (-4.0 to 2.4)	(0.607)
SF-36 Social functioning, points	64	-1.0 (-2.6 to 0.7)	34	-0.2 (-2.5 to 2.0)	-0.7 (-3.6 to 2.1)	(0.614)
GMS Positive affect, points	59	2.3 (0.9 to 3.8)	28	1.0 (-1.0 to 3.1)	1.3 (-1.2 to 3.8)	(0.296)
GMS Negative affect, points	59	-1.1 (-2.3 to 0.2)	28	-0.6 (-2.4 to 1.2)	-0.5 (-2.7 to 1.7)	(0.667)

For continuous outcomes, estimates are adjusted Least-Squares Means (95% confidence intervals – CI) from linear mixed models. For dichotomous outcomes, estimates are adjusted odds ratios (95% CI) from logistic regression with repeated measures. Group-wise estimates for dichotomous outcomes are n (%) at 12 months follow-up. P-values in parentheses should be interpreted with caution, since they represent analyses performed after the gatekeeping procedure indicated discontinuation of analyses

*The model failed to converge.

**Responders defined as participants achieving a clinically significant improvement from baseline to 12-month follow-up: PCS improvement ≥ 3.4 points, MCS improvement ≥ 4.6 points

***Numbers represent the adjusted odds ratio (95% CI).

****Numbers represent the adjusted odds ratio (95% CI) comparing current category to the two other categories combined.