

Table S4.

Summary Statistics and Results from Mixed-Model Analysis of Primary Outcome for Different PM+ Delivery Formats

Outcome	Time point	Descriptive statistics, <i>M</i> (<i>SD</i>)						Mixed-model analysis					
		PM+/CAU		CAU				Difference in Least Squares mean (95% CI)					
		<i>N</i>	In-person sessions (<i>n</i> =64)	<i>N</i>	Video/hybrid sessions (<i>n</i> =38)	<i>N</i>	CAU (<i>n</i> =103)	PM+ in-person sessions vs CAU	<i>p</i> -value	Effect size ^b	PM+ video/hybrid sessions vs CAU	<i>p</i> -value	Effect size ^b
HSCL-25	Baseline	64	2.41 (0.64)	38	2.14 (0.60)	103	2.41 (0.61)						
	Overall effect ^a							-0.37 (-0.493, -0.241)	<0.0001	0.58	-0.17 (-0.315, -0.028)	0.01	0.28
	Post-assessment 3-months follow-up	50	1.91 (0.63)	35	1.91 (0.59)	93	2.31 (0.66)	-0.39 (-0.544, -0.244)	<0.0001	0.61	-0.21 (-0.383, -0.042)	0.01	0.33
		48	1.86 (0.62)	34	1.90 (0.60)	91	2.23 (0.63)	-0.34 (-0.492, -0.188)	<0.0001	0.54	-0.13 (-0.301, -0.042)	0.14	0.21

^a This is the overall effect of condition on average over the two follow-up assessments; ^b Effect sizes were calculated using the difference in least square means between the PM+/CAU and CAU group divided by the pooled *SD* at that assessment.