Supplementary Table 1. Before and after sailing program changes in Mobility, Self-care, Usual Activities, Pain/Discomfort, and Anxiety/Depression dimension stratified by age, sex, year of attendance, education level, and BESSI-20

Nature-based interventions for individuals with rare skeletal disorders: evaluation of a 5-day sailing program on health-related quality of life

Manila Boarini^{1*}, Andrea Romeo², Federico Banchelli¹, Eleonora Grippa², Silvia Forni², Maria Cecilia la Forgia², Davide Scognamiglio¹, Paolo Cornaglia Ferraris³, Luca Sangiorgi¹

EQ-5D Dimensions	Stratification groups	No variation ()	Improved (+ -)	Worsened (-+)	No variation (++)	<i>p</i> -value
	Aggregate	8 (32.0%)	3 (12.0%)	3 (12.0%)	11 (44.0%)	1
	Age (<16 years)	3 (30.0%)	0 (0.0%)	3 (30.0%)	4 (40.0%)	0.25
	Age (≥16 years)	5 (33.3%)	3 (20.0%)	0 (0.0%)	7 (46.7%)	0.25
	Male	5 (38.5%)	1 (7.7%)	3 (23.1%)	4 (30.8%)	0.63
	Female	3 (25.0%)	2 (16.7%)	0 (0.0%)	7 (58.3%)	0.50
t	2022	6 (50.0%)	2 (16.7%)	2 (16.7%)	2 (16.7%)	1
bili	2023	2 (15.4%)	1 (7.7%)	1 (7.7%)	9 (69.2%)	1
Mobility	Education level (<secondary)< td=""><td>2 (25.0%)</td><td>0 (0.0%)</td><td>2 (25.0%)</td><td>4 (50.0%)</td><td>0.50</td></secondary)<>	2 (25.0%)	0 (0.0%)	2 (25.0%)	4 (50.0%)	0.50
	Education level (≥Secondary)	6 (35.3%)	3 (17.6%)	1 (5.9%)	7 (41.2%)	0.63
	SM ^a (<15)	3 (27.3%)	0 (0.0%)	3 (27.3%)	5 (45.5%)	0.25
	SM (≥15)	5 (35.7%)	3 (21.4%)	0 (0.0%)	6 (42.9%)	0.25
	IN ^b (<17)	3 (37.5%)	0 (0.0%)	1 (12.5%)	4 (50.0%)	1
	IN (≥17)	5 (29.4%)	3 (17.6%)	2 (11.8%)	7 (41.2%)	1

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	CO ^c (<16)	5 (41.7%)	0 (0.0%)	3 (25.0%)	4 (33.3%)	0.25
	CO (≥16)	3 (23.1%)	3 (23.1%)	0 (0.0%)	7 (53.8%)	0.25
	SE ^d (<14)	3 (27.3%)	0 (0.0%)	3 (27.3%)	5 (45.5%)	0.25
	SE (≥14)	5 (35.7%)	3 (21.4%)	0 (0.0%)	6 (42.9%)	0.25
	ER ^e (<12)	4 (33.3%)	0 (0.0%)	3 (25.0%)	5 (41.7%)	0.25
	ER (≥12)	4 (30.8%)	3 (23.1%)	0 (0.0%)	6 (46.2%)	0.25
	Aggregate	17 (68.0%)	0 (0.0%)	7 (28.0%)	1 (4.0%)	0.02**
	Age (<16 years)	6 (60.0%)	0 (0.0%)	4 (40.0%)	0 (0.0%)	0.13
	Age (≥16 years)	11 (73.3%)	0 (0.0%)	3 (20.0%)	1 (6.7%)	0.25
	Male	7 (53.8%)	0 (0.0%)	5 (38.5%)	1 (7.7%)	0.06*
	Female	10 (83.3%)	0 (0.0%)	2 (16.7%)	0 (0.0%)	0.50
	2022	7 (58.3%)	0 (0.0%)	5 (41.7%)	0 (0.0%)	0.06*
	2023	10 (76.9%)	0 (0.0%)	2 (15.4%)	1 (7.7%)	0.50
	Education level (<secondary)< td=""><td>5 (62.5%)</td><td>0 (0.0%)</td><td>3 (37.5%)</td><td>0 (0.0%)</td><td>0.25</td></secondary)<>	5 (62.5%)	0 (0.0%)	3 (37.5%)	0 (0.0%)	0.25
ıre	Education level (≥Secondary)	12 (70.6%)	0 (0.0%)	4 (23.5%)	1 (5.9%)	0.13
ζ̈	SM (<15)	5 (45.5%)	0 (0.0%)	6 (54.5%)	0 (0.0%)	0.03**
Self-Care	SM (≥15)	12 (85.8%)	0 (0.0%)	1 (7.1%)	1 (7.1%)	1
0 1	IN (<17)	5 (70.6%)	0 (0.0%)	3 (37.5%)	0 (0.0%)	0.25
	IN (≥17)	12 (70.6%)	0~(0.0%)	4 (23.5%)	1 (5.9%)	0.13
	CO (<16)	7 (58.3%)	0 (0.0%)	5 (41.7%)	0 (0.0%)	0.06*
	CO (≥16)	10 (76.9%)	0~(0.0%)	2 (15.4%)	1 (7.7%)	0.50
	SE (<14)	4 (36.4%)	0 (0.0%)	6 (54.5%)	1 (9.1%)	0.03**
	SE (≥14)	13 (92.9%)	0~(0.0%)	1 (7.1%)	0 (0.0%)	1
	ER (<12)	6 (50.0%)	0 (0.0%)	6 (50.0%)	0 (0.0%)	0.03**
	ER (≥12)	11 (84.6%)	0~(0.0%)	1 (7.7%)	1 (7.7%)	1
	Aggregate	6 (24.0%)	4 (16.0%)	3 (12.0%)	12 (48.0%)	1
	Age (<16 years)	1 (10.0%)	2 (20.0%)	1 (10.0%)	6 (60.0%)	1
ies	Age (≥16 years)	5 (33.3%)	2 (13.3%)	2 (13.3%)	6 (40.0%)	1
vit	Male	3 (23.1%)	2 (15.4%)	3 (23.1%)	5 (38.5%)	1
\cti	Female	3 (25.0%)	2 (16.7%)	0 (0.0%)	7 (58.3%)	0.50
Usual Activities	2022	3 (25.0%)	3 (25.0%)	2 (16.7%)	4 (33.3%)	1
lsu	2023	3 (23.1%)	1 (7.7%)	1 (7.7%)	8 (61.5%)	1
1	Education level (<secondary)< td=""><td>0 (0.0%)</td><td>2 (25.0%)</td><td>1 (12.5%)</td><td>5 (62.5%)</td><td>1</td></secondary)<>	0 (0.0%)	2 (25.0%)	1 (12.5%)	5 (62.5%)	1
	Education level (≥Secondary)	6 (35.3%)	2 (11.8%)	2 (11.8%)	7 (41.1%)	1

$ \begin{tabular}{ c c c c c c c c c c c c c c c c c c c$							
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$		SM (<15)	0~(0.0%)	2 (18.2%)	2 (18.2%)	7 (63.6%)	1
IN (≥17)		SM (≥15)	6 (42.9%)	2 (14.3%)	1 (7.1%)	5 (35.7%)	1
$ \begin{tabular}{ c c c c c c c c c c c c c c c c c c c$		IN (<17)	0 (0.0%)	1 (12.5%)	2 (25.0%)	5 (62.5%)	1
$ \begin{array}{ c c c c c c c } \hline CO(\geq 16) & 6(46.2\%) & 2(15.4\%) & 0(0.0\%) & 5(38.5\%) & 0.50 \\ \hline SE(<14) & 1(9.1\%) & 1(9.1\%) & 2(18.2\%) & 7(63.6\%) & 1 \\ SE(\geq 14) & 5(35.7\%) & 3(21.4\%) & 1(7.1\%) & 5(35.7\%) & 0.63 \\ \hline ER(<12) & 0(0.0\%) & 1(8.3\%) & 3(25.0\%) & 8(66.7\%) & 0.63 \\ \hline ER(\geq 12) & 6(46.2\%) & 3(23.1\%) & 0(0.0\%) & 4(30.8\%) & 0.25 \\ \hline \hline Aggregate & 0(0.0\%) & 1(4.0\%) & 4(16.0\%) & 20(80.0\%) & 0.38 \\ Age(<16 years) & 0(0.0\%) & 1(6.7\%) & 1(6.7\%) & 13(86.7\%) & 1 \\ Male & 0(0.0\%) & 1(6.7\%) & 1(6.7\%) & 13(86.7\%) & 1 \\ \hline Emale & 0(0.0\%) & 1(3.3\%) & 0(0.0\%) & 11(91.7\%) & 1 \\ \hline 2022 & 0(0.0\%) & 1(3.3\%) & 4(33.3\%) & 7(58.3\%) & 0.38 \\ \hline Education level (\geq$ Secondary) & 0(0.0\%) & 0(0.0\%) & 3(27.3\%) & 8(72.7\%) & 0.25 \\ SM(≥ 15) & 0(0.0\%) & 1(5.9\%) & 1(5.9\%) & 15(88.2\%) & 1 \\ \hline IN(<17) & 0(0.0\%) & 0(0.0\%) & 3(25.0\%) & 9(75.0\%) & 0.25 \\ N(\geq 17) & 0(0.0\%) & 1(5.9\%) & 1(5.9\%) & 15(88.2\%) & 1 \\ \hline CO(<16) & 0(0.0\%) & 1(7.7\%) & 1(7.7\%) & 11(84.6\%) & 1 \\ ER(<12) & 0(0.0\%) & 0(0.0\%) & 3(25.0\%) & 9(75.0\%) & 0.50 \\ ER(<12) & 0(0.0\%) & 1(7.7\%) & 1(7.7\%) & 11(84.6\%) & 1 \\ ER(<12) & 0(0.0\%) & 1(7.7\%) & 1(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 1(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 1(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 11(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 11(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 11(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 11(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 11(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 11(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 11(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 11(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(7.7\%) & 11(7.7\%) & 11(84.6\%) & 1 \\ \hline ER(<12) & 0(0.0\%) & 1(0.0\%) & 1(0.0\%) & 1(0.0\%) & 1(0.0\%) & 1		IN (≥17)	6 (35.3%)	3 (17.6%)	1 (5.9%)	7 (41.2%)	0.63
$ \begin{array}{ c c c c c c } \hline SE(< 4) & 1(9.1\%) & 1(9.1\%) & 2(18.2\%) & 7(63.6\%) & 1\\ \hline SE(\geq 4) & 5(35.7\%) & 3(21.4\%) & 1(7.1\%) & 5(35.7\%) & 0.63\\ \hline ER(< 2) & 0(0.0\%) & 1(8.3\%) & 3(25.0\%) & 8(66.7\%) & 0.63\\ \hline ER(\geq 2) & 6(46.2\%) & 3(23.1\%) & 0(0.0\%) & 4(30.8\%) & 0.25\\ \hline \hline Aggregate & 0(0.0\%) & 1(4.0\%) & 4(16.0\%) & 20(80.0\%) & 0.38\\ \hline Age(< 6 years) & 0(0.0\%) & 1(6.7\%) & 1(6.7\%) & 13(86.7\%) & 1\\ \hline Male & 0(0.0\%) & 1(6.7\%) & 1(6.7\%) & 13(86.7\%) & 1\\ \hline Pemale & 0(0.0\%) & 1(8.3\%) & 0(0.0\%) & 1(19.7\%) & 11\\ \hline 2022 & 0(0.0\%) & 1(3.3\%) & 0(0.0\%) & 11(19.7\%) & 1\\ \hline 2022 & 0(0.0\%) & 1(3.3\%) & 0(0.0\%) & 13(100.0\%) & 1\\ \hline Education level ($		CO (<16)	0 (0.0%)	2 (16.7%)	3 (25.0%)	7 (58.3%)	1
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$		CO (≥16)	6 (46.2%)	2 (15.4%)	0 (0.0%)	5 (38.5%)	0.50
$ \begin{array}{ c c c c c c } \hline ER(<12) & 0 & 0 & 0.0\% & 1 & (8.3\%) & 3 & (25.0\%) & 8 & (66.7\%) & 0.63 \\ ER(\ge 12) & 6 & (46.2\%) & 3 & (23.1\%) & 0 & (0.0\%) & 4 & (30.8\%) & 0.25 \\ \hline Aggregate & 0 & 0 & 0.0\% & 1 & (4.0\%) & 4 & (16.0\%) & 20 & (80.0\%) & 0.38 \\ Age & (<16 & years) & 0 & (0.0\%) & 0 & (0.0\%) & 3 & (30.0\%) & 7 & (70.0\%) & 0.25 \\ Age & (\ge 16 & years) & 0 & (0.0\%) & 1 & (6.7\%) & 1 & (6.7\%) & 13 & (86.7\%) & 1 \\ \hline Male & 0 & (0.0\%) & 0 & (0.0\%) & 4 & (30.8\%) & 9 & (69.2\%) & 0.13 \\ Female & 0 & (0.0\%) & 0 & (0.0\%) & 4 & (30.3\%) & 9 & (69.2\%) & 0.13 \\ \hline Education level & (<9 & 0.00\%) & 1 & (3.3\%) & 0 & (0.0\%) & 11 & (191.7\%) & 1 \\ \hline Education level & (<9 & 0.00\%) & 0 & (0.0\%) & 0 & (0.0\%) & 13 & (100.0\%) & 1 \\ \hline Education level & (<9 & 0.00\%) & 0 & (0.0\%) & 1 & (12.5\%) & 7 & (87.5\%) & 1 \\ \hline Education level & (<9 & 0.00\%) & 0 & (0.0\%) & 3 & (27.3\%) & 8 & (72.7\%) & 0.25 \\ \hline SM & (<15) & 0 & (0.0\%) & 0 & (0.0\%) & 3 & (27.3\%) & 8 & (72.7\%) & 0.25 \\ \hline SM & (\ge 15) & 0 & (0.0\%) & 0 & (0.0\%) & 3 & (37.5\%) & 5 & (62.5\%) & 0.25 \\ \hline IN & (\ge 17) & 0 & (0.0\%) & 1 & (7.1\%) & 1 & (7.1\%) & 12 & (88.2\%) & 1 \\ \hline EO & (<16) & 0 & (0.0\%) & 1 & (7.7\%) & 1 & (7.9\%) & 11 & (84.6\%) & 1 \\ \hline EE & (<14) & 0 & (0.0\%) & 0 & (0.0\%) & 3 & (25.0\%) & 9 & (75.0\%) & 0.25 \\ \hline EE & (\ge 14) & 0 & (0.0\%) & 1 & (7.1\%) & 2 & (14.3\%) & 11 & (78.6\%) & 1 \\ \hline ER & (<12) & 0 & (0.0\%) & 1 & (7.7\%) & 1 & (7.7\%) & 11 & (84.6\%) & 1 \\ \hline ER & (<12) & 0 & (0.0\%) & 1 & (7.7\%) & 1 & (7.7\%) & 11 & (84.6\%) & 1 \\ \hline ER & (<12) & 0 & (0.0\%) & 1 & (7.7\%) & 1 & (7.7\%) & 11 & (84.6\%) & 1 \\ \hline ER & (<12) & 0 & (0.0\%) & 1 & (7.7\%) & 1 & (7.7\%) & 11 & (84.6\%) & 1 \\ \hline ER & (<12) & 0 & (0.0\%) & 1 & (7.7\%) & 1 & (7.7\%) & 11 & (84.6\%) & 1 \\ \hline ER & (<12) & 0 & (0.0\%) & 1 & (7.7\%) & 1 & (7.7\%) & 11 & (84.6\%) & 1 \\ \hline ER & (<12) & 0 & (0.0\%) & 1 & (7.7\%) & 1 & (7.7\%) & 11 & (84.6\%) & 1 \\ \hline ER & (<12) & 0 & (0.0\%) & 1 & (7.7\%) & 1 & (7.7\%) & 11 & (84.6\%) & 1 \\ \hline ER & (<12) & 0 & (0.0\%) & 1 & (7.7\%) & 1 & (7.7\%) & 11 & (84.6\%) & 1 \\ \hline ER & (<12) & 0 & (0.0\%) & 1 & (7.0\%) & 1 & (46.0\%) & 1 \\ \hline ER$		SE (<14)	1 (9.1%)	1 (9.1%)	2 (18.2%)	7 (63.6%)	1
ER (≥12)		SE (≥14)	5 (35.7%)	3 (21.4%)	1 (7.1%)	5 (35.7%)	0.63
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$		ER (<12)	0 (0.0%)	1 (8.3%)	3 (25.0%)	8 (66.7%)	0.63
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$		ER (≥12)	6 (46.2%)	3 (23.1%)	0 (0.0%)	4 (30.8%)	0.25
$ \begin{tabular}{ c c c c c c c c c c c c c c c c c c c$		Aggregate	0 (0.0%)	1 (4.0%)	4 (16.0%)	20 (80.0%)	0.38
$ \begin{tabular}{ c c c c c c c c c c c c c c c c c c c$		Age (<16 years)	0 (0.0%)	0 (0.0%)	3 (30.0%)	7 (70.0%)	0.25
$ \underbrace{ \begin{array}{c cccccccccccccccccccccccccccccccccc$		• • •	0(0.0%)		1 (6.7%)	13 (86.7%)	
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$		Male	0 (0.0%)	0 (0.0%)	4 (30.8%)	9 (69.2%)	0.13
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$		Female	0(0.0%)	1 (8.3%)	0(0.0%)	11 (91.7%)	1
Education level ($<$ Secondary) 0 (0.0%) 0 (0.0%) 1 (12.5%) 7 (87.5%) 1 Education level (\ge Secondary) 0 (0.0%) 1 (5.9%) 3 (17.6%) 13 (76.5%) 0.63 SM ($<$ 15) 0 (0.0%) 0 (2022	0 (0.0%)	1 (.3%)	4 (33.3%)	7 (58.3%)	0.38
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$		2023	0 (0.0%)	0 (0.0%)	0 (0.0%)	13 (100.0%)	1
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	òrt	Education level (<secondary)< td=""><td>0 (0.0%)</td><td>0 (0.0%)</td><td>1 (12.5%)</td><td>7 (87.5%)</td><td>1</td></secondary)<>	0 (0.0%)	0 (0.0%)	1 (12.5%)	7 (87.5%)	1
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	mf	Education level (≥Secondary)	0 (0.0%)	1 (5.9%)	3 (17.6%)	13 (76.5%)	0.63
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	sco	SM (<15)	0 (0.0%)	0 (0.0%)	3 (27.3%)	8 (72.7%)	0.25
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	Ďi	SM (≥15)	0 (0.0%)	1 (7.1%)	1 (7.1%)	12 (85.8%)	1
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	ain	IN (<17)	0 (0.0%)	0 (0.0%)	3 (37.5%)	5 (62.5%)	0.25
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	<u>Д</u>	IN (≥17)	0 (0.0%)	1 (5.9%)	1 (5.9%)	15 (88.2%)	1
SE (<14) 0 (0.0%) 0 (0.0%) 2 (18.2%) 9 (81.8%) 0.50 SE (\geq 14) 0 (0.0%) 1 (7.1%) 2 (14.3%) 11 (78.6%) 1 ER (<12)		CO (<16)	0 (0.0%)	0 (0.0%)	3 (25.0%)	9 (75.0%)	0.25
SE (\geq 14) 0 (0.0%) 1 (7.1%) 2 (14.3%) 11 (78.6%) 1 ER (<12)		CO (≥16)	0 (0.0%)	1 (7.7%)	1 (7.7%)	11 (84.6%)	1
ER (<12) $0 (0.0\%) 0 (0.0\%) 3 (25.0\%) 9 (75.0\%) 0.25$ ER (\geq 12) $0 (0.0\%) 1 (7.7\%) 1 (7.7\%) 11 (84.6\%) 1$		SE (<14)	0 (0.0%)	0 (0.0%)	2 (18.2%)	9 (81.8%)	0.50
ER (\geq 12) 0 (0.0%) 1 (7.7%) 1 (7.7%) 11 (84.6%) 1		SE (≥14)	0 (0.0%)	1 (7.1%)	2 (14.3%)	11 (78.6%)	1
Overall 5 (20.00/) 5 (20.00/) 4 (16.00/) 11 (44.00/) 1		ER (<12)	0 (0.0%)	0 (0.0%)	3 (25.0%)	9 (75.0%)	0.25
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$		ER (≥12)	0 (0.0%)	1 (7.7%)	1 (7.7%)	11 (84.6%)	1
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	Depr 1	Overall	5 (20.0%)	5 (20.0%)	4 (16.0%)	11 (44.0%)	1
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$		Age (<16 years)	0 (0.0%)	3 (30.0%)	3 (30.0%)	4 (40.0%)	1
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	ty/l sioi	Age (≥16 years)	5 (33.3%)	2 (13.3%)	1 (6.7%)	7 (46.7%)	1
Ξ Female $3.(25.0\%) 1.(8.3\%) 0.(0.0\%) 8.(66.7\%) 1$	Xie ess	Male	2 (15.4%)	4 (30.8%)	4 (30.8%)	3 (23.1%)	1
3(23.070) $1(8.370)$ $0(0.070)$ $8(00.770)$ 1	An	Female	3 (25.0%)	1 (8.3%)	0 (0.0%)	8 (66.7%)	1

2022	2 (16.7%)	3 (25.0%)	1 (8.3%)	6 (50.0%)	0.63
2023	3 (23.1%)	2 (15.4%)	3 (23.1%)	5 (38.5%)	1
Education level (<secondary)< td=""><td>0 (0.0%)</td><td>2 (25.0%)</td><td>2 (25.0%)</td><td>4 (50.0%)</td><td>1</td></secondary)<>	0 (0.0%)	2 (25.0%)	2 (25.0%)	4 (50.0%)	1
Education level (≥Secondary)	5 (29.4%)	3 (17.6%)	2 (11.8%)	7 (41.2%)	1
SM (<15)	1 (9.1%)	2 (18.2%)	3 (27.3%)	5 (45.5%)	1
SM (≥15)	4 (28.6%)	3 (21.4%)	1 (7.1%)	6 (42.9%)	0.63
IN (<17)	1 (12.5%)	1 (12.5%)	2 (25.0%)	4 (50.0%)	1
IN (≥17)	4 (23.5%)	4 (23.5%)	2 (11.8%)	7 (41.2%)	0.69
CO (<16)	2 (16.7%)	2 (16.7%)	3 (25.0%)	5 (41.6%)	1
CO (≥16)	3 (23.1%)	3 (23.1%)	1 (7.6%)	6 (46.2%)	0.63
SE (<14)	2 (18.2%)	1 %)9.1%)	3 (27.3%)	5 (45.4%)	0.63
SE (≥14)	3 (21.4%)	4 (28.6%)	1 (7.1%)	6 (42.9%)	0.38
ER (<12)	1 (8.3%)	1 (8.3%)	4 (33.2%)	6 (50.0%)	0.38
ER (≥12)	4 (30.8%)	4 (30.8%)	0 (0.0%)	5 (38.4%)	0.13

^{**} *p*< 0.05; * *p*< 0.10

^{(- -):} no problems to no problems (no variation); (+ -) any problems to no problems (improved); (- +) no problems to any problems (worsened); (+ +) any problems to any problems (no variation)

All values were expressed as n (%)

^aSM: Self-Management Skills Domain; ^bIN: Innovation Skills Domain; ^cCO: Cooperation Skills Domain; ^dSE: Social Engagement Skills Domain; ^eER: Emotional Resilience Skills Domain