

Supplementary Table 1. Descriptives for scale scores. CG/TG = control/test group; 1/2/3 = pre-/post-/follow up-test; 1/2/3/4/5 = domains 1 – 5.

Group * time * domain		Mean	Std. Error	95% Confidence Interval	
				Lower Bound	Upper Bound
CG	1 1	,468	,025	,419	,517
	2	,665	,027	,611	,719
	3	,272	,027	,219	,326
	4	,755	,028	,699	,811
	5	,486	,026	,435	,537
	2 1	,472	,020	,432	,512
	2	,663	,024	,616	,710
	3	,251	,022	,208	,295
	4	,753	,022	,710	,796
	5	,524	,020	,484	,564
	3 1	,471	,021	,430	,512
	2	,623	,025	,573	,673
	3	,235	,026	,184	,287
	4	,769	,021	,728	,809
	5	,532	,023	,487	,577
TG	1 1	,430	,019	,392	,468
	2	,588	,021	,546	,630
	3	,240	,021	,198	,281
	4	,747	,022	,703	,790
	5	,402	,020	,363	,442
	2 1	,813	,016	,782	,844
	2	,807	,018	,771	,843
	3	,898	,017	,865	,932
	4	,931	,017	,897	,964
	5	,893	,016	,862	,924
	3 1	,779	,016	,747	,811
	2	,756	,019	,718	,794
	3	,805	,020	,765	,845
	4	,927	,016	,895	,958
	5	,870	,018	,835	,905