

	0 logins ^a (n=49)	1-3 logins (N=57)	4 or more logins (N=59)	Test Time*login group	
	EMM (SEM) ^b	EMM (SEM)	EMM (SEM)	F _{dfi}	p-value
Depression (IDS)				1.45 _{4, 220}	0.22
Baseline	25.51 (1.19)	25.71 (1.13)	26.89 (1.07)		
3 months	22.96 (1.68)	19.79 (1.41)	19.72 (1.23)		
6 months	19.33 (1.98)	20.95 (1.65)	20.09 (1.41)		
Sleep (JSEQ)				0.27 _{4, 188}	0.90
Baseline	11.96 (0.76)	11.27 (0.72)	11.62 (0.68)		
3-months	10.11 (1.03)	8.16 (0.88)	9.18 (0.77)		
6 months	8.71 (1.19)	7.63 (1.00)	7.90 (0.87)		
Stress (PSS)				0.83 _{4, 198}	0.51
Baseline	20.98 (0.88)	21.89 (0.83)	22.43 (0.79)		
3-months	17.31 (1.25)	17.68 (1.03)	18.41 (0.90)		
6 months	17.77 (1.44)	16.91 (1.20)	16.13 (1.03)		
Worry (PSWQ)				2.23 _{2,184}	0.07
Baseline	35.33 (1.36)	39.51 (1.28)	38.13 (1.22)		
3-months	31.84 (1.75)	32.16 (1.48)	32.84 (1.33)		
6 months	31.05 (1.94)	36.06 (1.66)	31.73 (1.47)		
Anxiety (GAD-7)				1.11 _{4,193}	0.40
Baseline	9.41 (0.59)	11.02 (0.56)	9.80 (0.53)		
3 months	7.20 (0.84)	6.87 (0.70)	6.21 (0.61)		
6 months	7.37 (0.99)	6.76 (0.82)	6.54 (0.70)		
Wellbeing (WEMWBS)				0.58 _{4, 214}	0.68
Baseline	43.14 (0.97)	43.20 (0.92)	42.69 (0.87)		
3-months	46.00 (1.39)	47.21 (1.16)	46.25 (1.01)		
6 months	47.70 (1.64)	46.20 (1.37)	47.89 (1.15)		

