

S1 Table. Results of Post-hoc analyses of pairwise comparisons

		Optimism				Life Satisfaction				Self-Concept				Perceived Health			
<u>CL(i) - CL(j)</u>		<u>M(i)-M(j)</u>				<u>M(i)-M(j)</u>				<u>M(j)-M(j)</u>				<u>M(i)-M(j)</u>			
<u>i</u>	<u>j</u>	<u>MD</u>	<u>LL</u>	<u>UL</u>	<u>d</u>	<u>MD</u>	<u>LL</u>	<u>UL</u>	<u>d</u>	<u>MD</u>	<u>LL</u>	<u>UL</u>	<u>d</u>	<u>MD</u>	<u>LL</u>	<u>UL</u>	<u>d</u>
Ind. activities	All	<u>-0.14</u>	-0.20	-0.08	-.15	<u>-0.11</u>	-0.17	-0.05	-.12	<u>-0.09</u>	-0.14	-0.04	-.10	<u>-0.10</u>	-0.14	-0.05	-.14
Ind. activities	Sports	<u>-0.09</u>	-0.13	-0.04	-.11	<u>-0.10</u>	-0.15	-0.06	-.14	<u>-0.10</u>	-0.14	-0.07	-.18	<u>-0.08</u>	-0.11	-0.04	-.13
Ind. activities	None	0.02	-0.02	0.07	.03	-0.01	-0.05	0.04	-.02	-0.01	-0.05	0.03	-.02	0.02	-0.02	0.05	.01
All	Sports	<u>0.06</u>	0.01	0.11	.04	0.00	-0.04	0.05	-.02	-0.02	-0.06	0.02	-.07	0.02	-0.02	0.06	.03
All	None	<u>0.16</u>	0.11	0.21	.17	<u>0.10</u>	0.05	0.15	.10	<u>0.08</u>	0.04	0.12	.10	<u>0.11</u>	0.07	0.15	.16
Sports	None	<u>0.11</u>	0.08	0.14	.14	<u>0.10</u>	0.07	0.13	.12	<u>0.09</u>	0.07	0.12	.15	<u>0.09</u>	0.07	0.15	.15

Note. Ind. Activities = Individual activities (i.e., Educational programs, Music/Arts, Individual Sports).

Tukey HSD adjustment was used for multiple pairwise comparisons.

Underlined values represent statistical group difference.

CL = (Latent) Classes, M = mean, MD = mean difference, LL = lower limits of 95% confidence interval, UL = upper limits of 95% confidence interval;

d = Cohen's *d*

