

Figures 1a-d. Mean levels of psychological well-being in balanced, over-benefiting, and under-benefiting groups

Figure 1a. Estimated means of perceived stress in support exchange groups

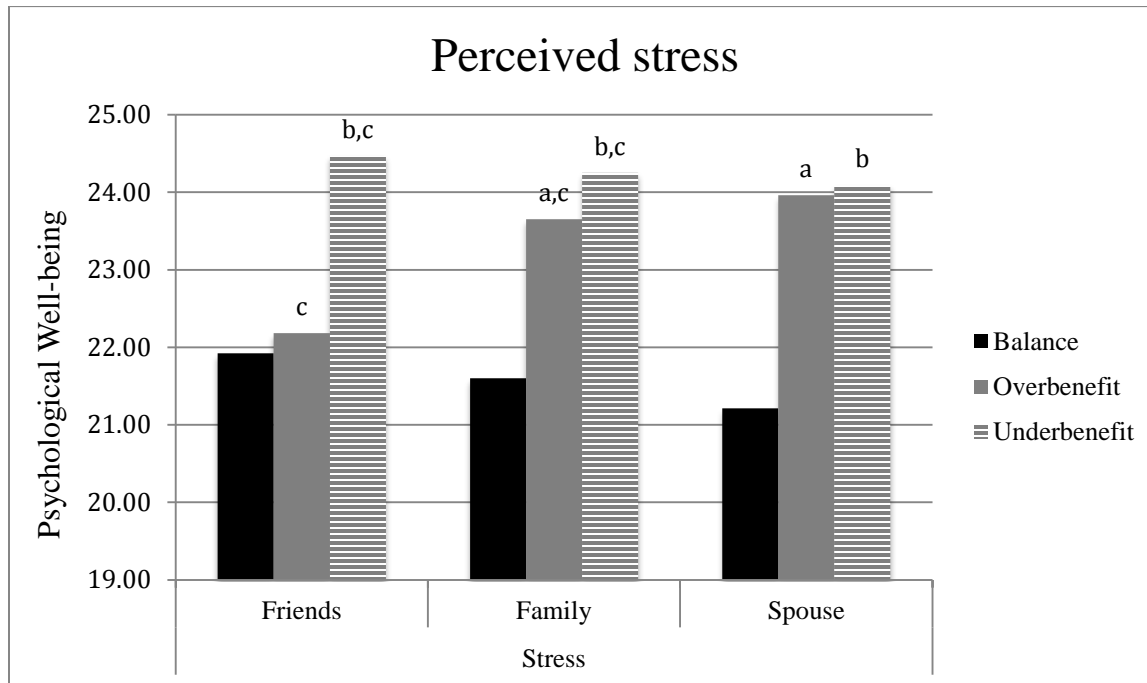


Figure 1b. Estimated means of depressive symptoms in support exchange groups

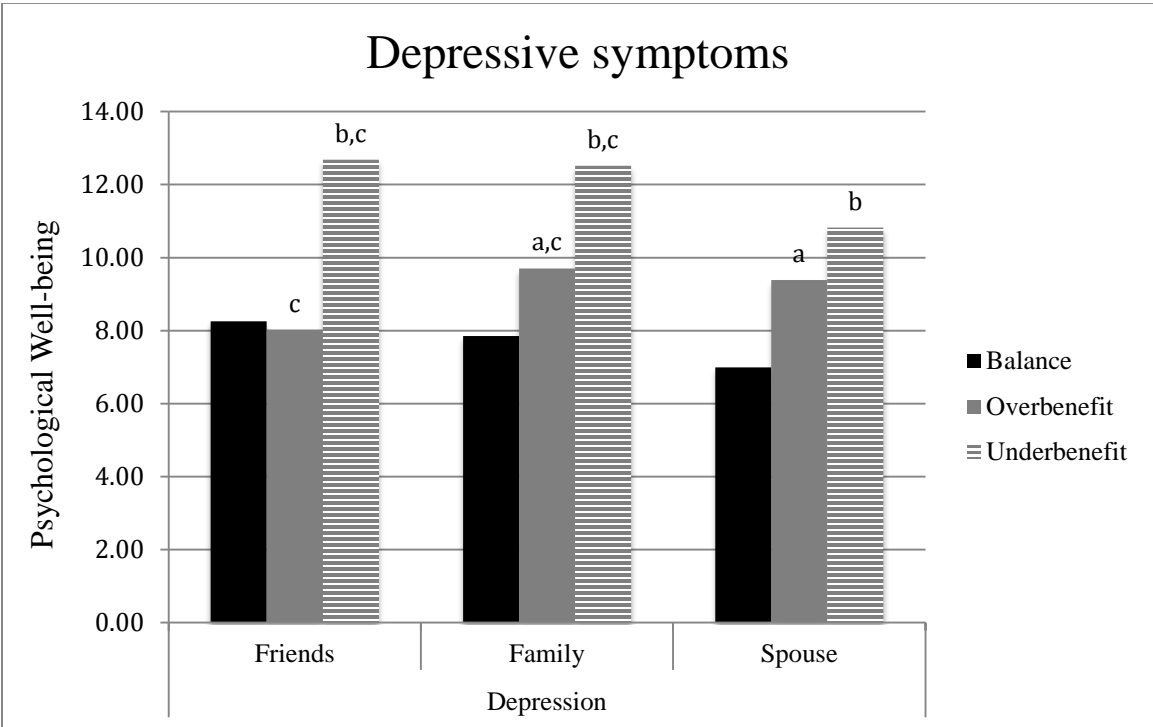


Figure 1c. Estimated means of anxiety levels in support exchange groups

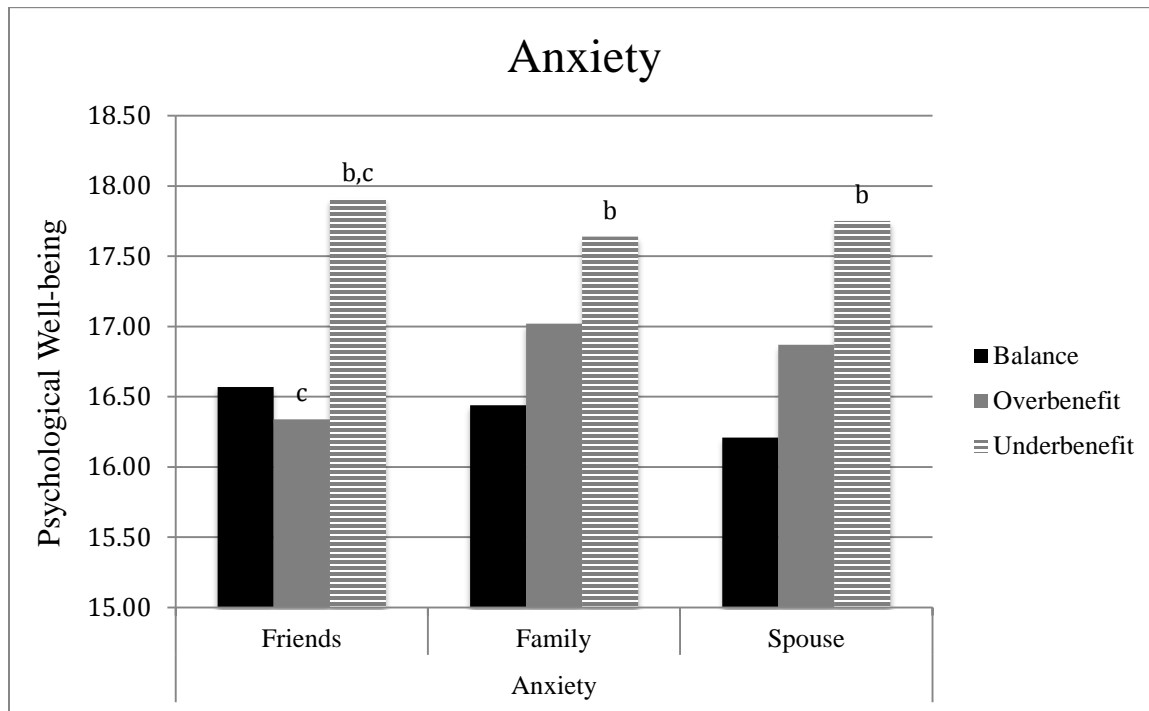
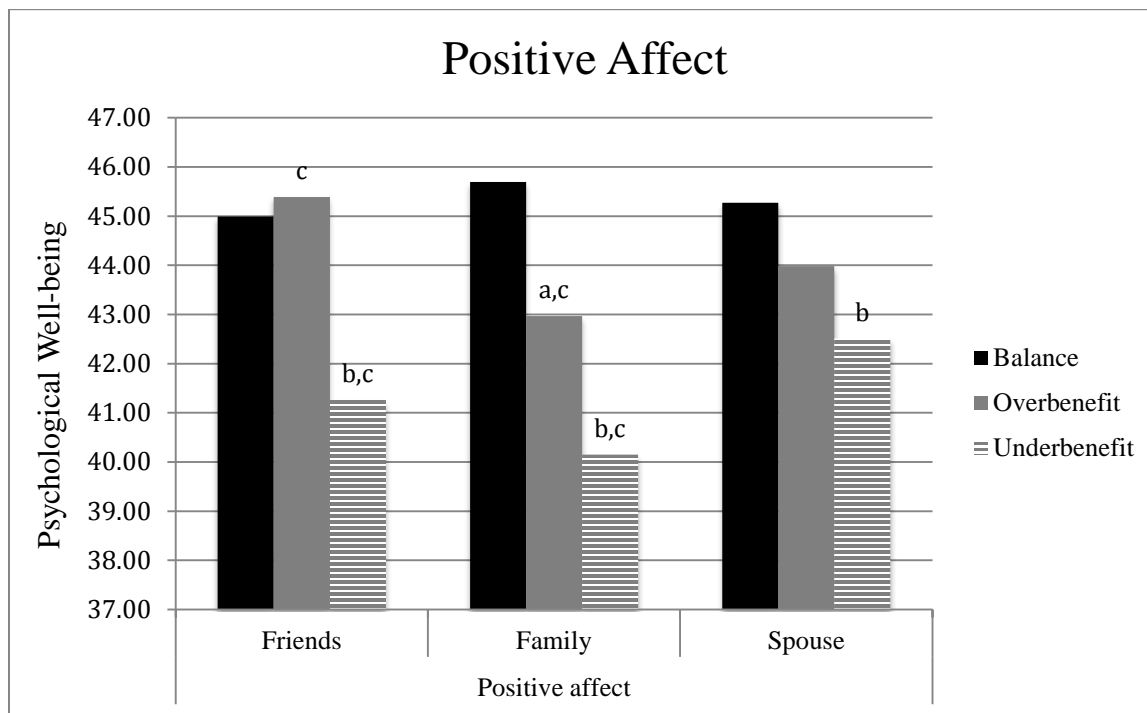


Figure 1d. Estimated means of positive affect levels in support exchange groups



Note: Estimated means of psychological measures in each group are presented, with labels indicating significant mean difference between each group.

- (a) estimated effect of over-benefiting varies from that of balanced
- (b) estimated effect of under-benefiting varies from that of balanced
- (c) estimated effect of under-benefiting varies from that of over-benefiting