**Additional file 1:** The process of data collection

Students who received the program†

n=715

Child-rated data

(n=365)

Teacher-rated data\*

(n=194)

Parent-rated data

(n=311)

Informed consent for self-rated questionnaire data (n=371)

Informed consent for teacher-rated questionnaire data (n=371)

Informed consent for parent-rated questionnaire data (n=317)

†All the children received the Up2-D2 program as a part of the regular curriculum.

\* According to a predetermined rule, teachers rated 10 children (5 boys, 5 girls) who were randomly chosen by the research team from among those in each class for whom parents gave written consent. In 8 classes where fewer than 10 parents gave consent teachers provided information for all of the children whose parents did give consent.