

Supplementary Materials

Table S1. Well-Being Scale Statements

CES-D

1. I was bothered by things that usually don't bother me.
 2. I did not feel like eating; my appetite was poor.
 3. I felt that I could not shake off the blues even with help from my family or friends.
 4. I felt I was just as good as other people.
 5. I had trouble keeping my mind on what I was doing.
 6. I felt depressed.
 7. I felt that everything I did was an effort.
 8. I felt hopeful about the future.
 9. I thought my life had been a failure.
 10. I felt fearful.
 11. My sleep was restless.
 12. I was happy.
 13. I talked less than usual.
 14. I felt lonely.
 15. People were unfriendly.
 16. I enjoyed life.
 17. I had crying spells.
 18. I felt sad.
 19. I felt that people dislike me.
 20. I could not get "going."
-

GAD-7

1. Feeling nervous, anxious, or on edge
 2. Not being able to stop or control worrying
 3. Worrying too much about different things
 4. Trouble relaxing
 5. Being so restless that it's hard to sit still
 6. Becoming easily annoyed or irritable
 7. Feeling afraid as if something awful might happen
-

Physical Symptoms

1. Racing/pounding heart
2. Shortness of breath
3. Trembling/shaking
4. Fatigue
5. Irritability
6. Sleep problems

7. Muscle tension
 8. Choking sensations
 9. Sweaty/clammy
 10. Hot flashes/chills
 11. Numbness/tingling
 12. Chest tightness
 13. Stomach problems or nausea
 14. Restlessness/feeling on edge
 15. Dizziness/lightheadedness
 16. Concentration difficulties
-

Table S2. Well-Being Scores as a Function of Treatment Group and Period and Demographic Characteristics, Using Tobit Regression

	CES-D Scale		GAD-7 Scale		Physical Scale	
Treatment	-0.472 (3.198)	-0.580 (3.198)	0.472 (1.645)	0.448 (1.590)	2.418 (2.707)	2.351 (2.665)
Midpoint	1.647 (3.585)	1.640 (3.465)	0.092 (1.672)	0.083 (1.522)	-1.897 (2.651)	-1.685 (2.461)
Post-Intervention	-0.611 (3.438)	-0.615 (3.391)	-1.241 (1.775)	-1.264 (1.619)	0.392 (3.140)	0.335 (2.957)
Treatment x Midpoint	-5.203 (4.467)	-5.349 (4.395)	-2.855 (2.286)	-2.873 (2.176)	-1.769 (3.925)	-1.421 (3.771)
Treatment x Post-Int.	-7.560* (4.212)	-7.668* (4.220)	-3.970* (2.259)	-3.947* (2.169)	-8.429** (4.133)	-8.194** (4.018)
Male		-1.188 (1.997)		-2.534** (0.992)		-3.503* (1.875)
Age		0.123 (0.191)		0.252** (0.111)		0.336* (0.177)
CALS		-0.011 (2.404)		0.236 (1.189)		-0.207 (2.143)
COE		-3.734* (2.256)		-1.286 (1.192)		-1.859 (2.121)
PhD Program		1.091 (2.887)		-3.462** (1.473)		-5.800** (2.633)
Off-Campus		0.611 (2.541)		-0.413 (1.227)		-3.345 (2.595)
White		-2.328 (2.471)		1.199 (1.198)		1.979 (2.051)
Constant	23.794*** (2.504)	22.292*** (5.904)	9.716*** (1.205)	5.517* (3.178)	16.485*** (1.841)	12.228** (5.278)
N	196	193	201	198	192	189
Left Censored	1	1	9	9	3	3
Right Censored	0	0	2	2	0	0
Pseudo R ²	0.009	0.014	0.011	0.031	0.006	0.015

Note: *, **, and *** indicate significance at the 0.1, 0.05, and 0.001 levels, respectively.

Table S3. Probably of Mild, Moderate, and Severe Anxiety and Depression, Using Logit Regression

	Mild Anxiety		Moderate Anxiety		Severe Anxiety		Depression	
Treatment	0.288 (0.507)	0.255 (0.556)	0.083 (0.534)	0.128 (0.609)	-0.255 (0.808)	-0.242 (0.811)	0.460 (0.505)	0.433 (0.522)
Midpoint	0.245 (0.497)	0.277 (0.520)	0.136 (0.523)	0.157 (0.557)	-0.319 (0.806)	-0.369 (0.841)	0.236 (0.488)	0.242 (0.495)
Post-Intervention	-0.118 (0.487)	-0.134 (0.481)	-0.300 (0.551)	-0.341 (0.588)	-0.319 (0.806)	-0.369 (0.790)	0.000 (0.486)	-0.000 (0.501)
Treatment x Midpoint	-1.344* (0.724)	-1.615** (0.781)	-0.690 (0.792)	-0.771 (0.848)	0.425 (1.179)	0.623 (1.305)	-1.389* (0.725)	-1.311* (0.736)
Treatment x Post-Int.	-2.298** (0.782)	-2.506** (0.865)	-1.608 (0.991)	-1.734 (1.061)	-0.844 (1.434)	-0.903 (1.496)	-1.599** (0.734)	-1.547** (0.752)
Male		-0.757** (0.365)		-1.660** (0.582)		-1.662* (0.909)		-0.509 (0.343)
Age		0.094** (0.039)		0.037 (0.037)		0.040 (0.045)		0.001 (0.033)
CALS		-0.491 (0.391)		0.310 (0.456)		1.172 (0.749)		0.145 (0.387)
COE		-0.588 (0.532)		-0.733 (0.724)				-0.419 (0.469)
PhD Program		-1.503** (0.539)		-0.430 (0.506)		-0.617 (0.661)		0.166 (0.496)
Off-Campus		0.199 (0.519)		-0.153 (0.517)		-2.396** (1.209)		-0.400 (0.435)
White		0.793* (0.442)		0.714 (0.510)		0.121 (0.695)		-0.037 (0.391)
Constant	0.405 (0.346)	-1.001 (1.101)	-0.916** (0.375)	-1.807 (1.111)	-2.048*** (0.533)	-2.751** (1.315)	-0.000 (0.344)	0.103 (0.971)
N	201	198	201	198	201	163	196	193
Pseudo R ²	0.101	0.184	0.046	0.150	0.018	0.164	0.050	0.062

Note: *, **, and *** indicate significance at the 0.1, 0.05, and 0.001 levels, respectively.