

Supplementary Figures

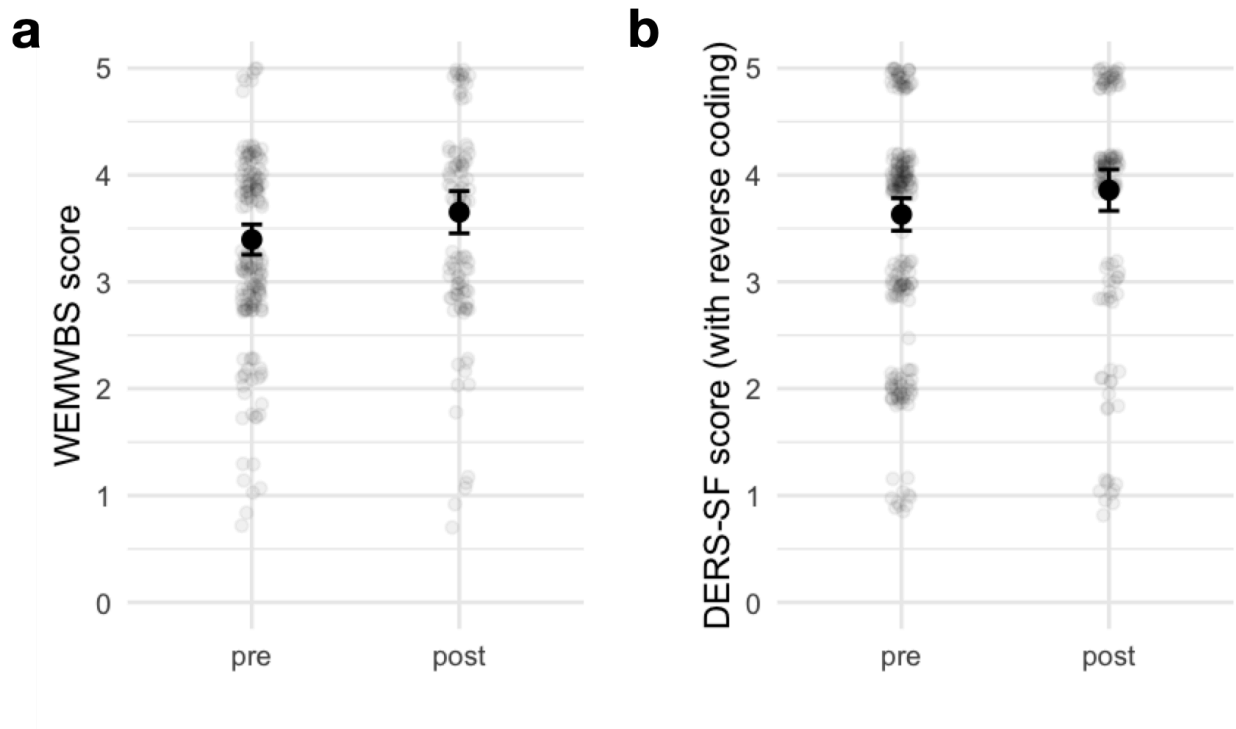


Figure S1. Raw pre–post distributions for WEMWBS and DERS-SF. Distribution of participant-level mean scores for (a) WEMWBS and (b) DERS-SF (reverse-coded). Points represent individual participants; jitter is applied for visualization purposes to reduce overlap. Black circles denote group means; error bars indicate ± 1 standard error of the mean. Post-intervention scores were higher on both scales (WEMWBS: $d = 0.38$; DERS-SF: $d = 0.30$).

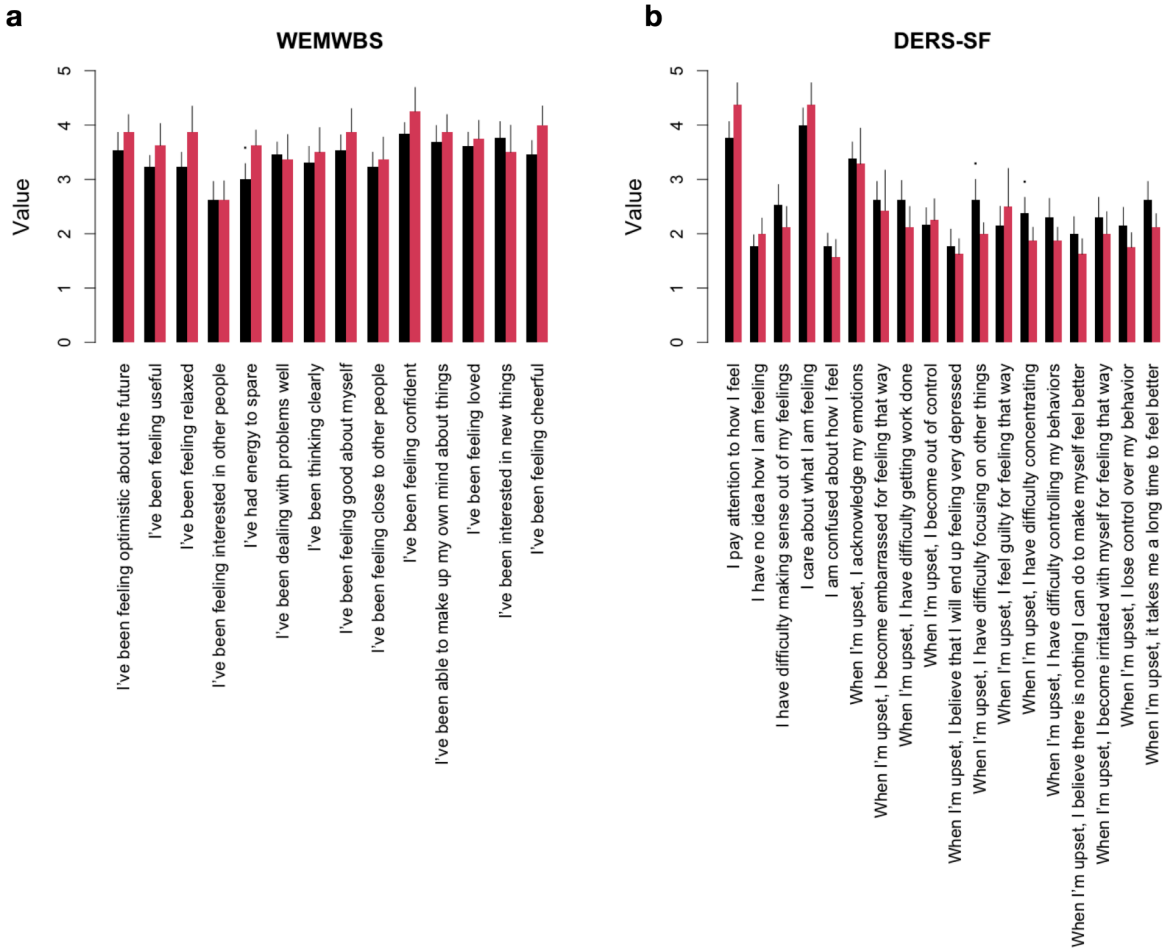


Figure S2. Item-level pre-post comparisons Mean item scores for (a) WEMWBS and (b) DERS-SF (reverse-coded), shown separately for pre (black) and post (red) groups. Error bars represent standard errors of the mean. For WEMWBS, 12 of 14 items showed higher post means; an exact binomial test indicated that this directional consistency exceeded chance expectation ($p = .013$). For DERS-SF, 13 of 18 items showed higher post means following reverse coding. An exact binomial test suggested directional consistency in the expected direction ($p = .096$), though with greater uncertainty than for wellbeing. Exploratory inspection indicated the clearest movement in attentional control under emotional load (e.g., reduced difficulty focusing or concentrating when upset), consistent with modest but distributed improvements in adaptive emotion regulation.