

Data Types

C = Continuous

D = Dummy Variables

O = Ordinal Encoding

Sample Size

n	849
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Age, mean (SD) C

Age in years	42.13 (9.68)
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Gender D

Female	659
Male	189
Other	1

Family Status D

Single	352
Partnership	497

Children D

No Children	437
Children in same household	300
Childre in other household	112

Highschool Education O

Highest	619
Middle	213
Lowest	16
Special Needs School	1

Highest Education O

University	512
Community college	130
Vocational education	196
None	11

Occupation

D

Full-time	647
Part-time	190
None	12

Leadership Responsibility D

Yes	333
No	516

Working Contract D

Permanent	612
Temporary	93
State official	74
Self-employed	58
Other	12

Income (€ p.a.) O

Not reported	77
100k	17
60-100k	90
50-60k	107
40-50k	135
30-40k	193
10-30k	210
>10k	20

Area of Work D

Social sector	182
Service sector	157
Health	140
Business/ administratic	136
Information technology	61
Others	173

Guidance level		O
Self-help	378	
On demand	355	
Guidance	116	
Dropout		D
Dropout	197	
Completer	652	
Intervention Outcome		D
Success	511	
Failure	298	
Missing	40	
Symptom Score Sum PSS (range), mean (SD)		C
Pre-intervention (6-37)	24.9 (4.79)	
Post-intervention (2-37)	17.2 (6.11)	
Baseline Subscores PSS (range), mean (SD)		C
Helplessness (2-24)	15.8 (3.41)	
Self Efficacy (0-15)	9.06 (2.14)	
Previous Experience with Similar Training		D
Yes	104	
No	745	
Experience Psychotherapy		D
Yes, previously.	301	
Yes, currently	70	
No.	478	
Previous Experience Stress Intervention		D
Yes	102	
No	747	
Participant Recruited Via Health Insurance		D
Yes	570	
No	279	