

Supplemental Table. Change in MAAS scores from baseline between the control and intervention groups

	Intervention			Control			<i>p</i> -value
	<i>n</i>	<i>M</i>	<i>SD</i>	<i>n</i>	<i>M</i>	<i>SD</i>	
Baseline (T1)	159	4.04	0.90	159	4.26	0.89	0.029
Post intervention (T2)	110	4.14	0.89	130	4.25	0.88	0.369
Change from baseline	110	0.09	0.65	130	-0.04	0.61	0.129
Three-month follow-up (T3)	86	4.15	0.94	96	4.27	0.96	0.385
Change from baseline	86	0.10	0.83	96	0.00	0.70	0.381