

Supplementary Materials

Supplementary Table S1.

Details for artworks in the virtual galleries

| Title | Date | Artist |
|---|---------------------|---|
| <i>Technical Screening Gallery</i> | | |
| Dances at the Spring | 1912 | Francis Picabia |
| Dog Barking at the Moon | 1926 | Joan Miro |
| Fantasia No. 5 | 1973 | Maya Schock |
| Old Woman Reading | 1621-1623 | Jan Lievens |
| Saint Thomas Receiving the Virgin's Belt with Saints Michael Archangel, Augustine, Margaret of Antioch, and Catherine of Alexandria | 1467 | Neri di Bicci |
| Soldiers beside a Fireplace | 1628-1632 | Willem Cornelisz |
| Still Life with a Tortoise | 1743 | Possibly by Thomas Black |
| Tsakali of Five-Fold Throne of the Tathagatha | 18th - 19th century | Artist/maker unknown, Tibetan |
| Vriksha (Tree) Pichhwai | 18th century | Artist/maker unknown, Indian |
| Xanadu | 1972 | Murray Dessner |
| <i>Week 1 Gallery</i> | | |
| A Critic and his Artist Friends (Portrait of Christian Brinton and Nine Artists) | 1924 | David Davidovich Burliuk |
| A Gift Not Given | 1981 | Alexandria Lerner |
| Abstraction | 1939-1944 | Ad Reinhardt |
| Bedroom Painting No. 7 | 1967-1969 | Tom Wesselmann |
| Bellowing Bull | 17th century | Copy after Paulus Potter |
| Camouflage Self-Portrait | 1986 | Andy Warhol |
| Composition | 1940 | Suzy Frelinghuysen (Estelle Condit Frelinghuysen) |
| Coppers | 1960 | Juan Mingorance |
| Cow and Calf | 1929 | George Biddle |
| England | Date unknown | Ellis Ruley |
| Garbo Dance Around the Tree of Life | 18th century | Artist/maker unknown, Indian |
| Grass | 2000 | Howard Hodgkin |

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| Jain Cosmogram | 1700 | Artist/maker unknown, Indian |
| John Fitzgerald Kennedy | 1962-1963 | Sergio Lombardo |
| Lotus | 1960 | Guo Dawei (David Kwo) |
| Maharao Ratan of Bundi Attop His Horse | 1680 | Artist/maker unknown, Indian |
| Maine Landscape No. 27 | 1909 | Marsden Hartley |
| Mountains | 1910-1911 | Marguerite Thompson Zorach |
| Ocean Liner in New York | Date unknown | Justin McCarthy |
| Pekingese | 1909 | Sir Alfred Munnings |
| Private Aquarium | 1959 | Abraham P. Hankins |
| Still Life with Apples and a Glass of Wine | 1877-1879 | Paul Cezanne |
| Still Life: Mountain Dew | 1827 | Chester Harding |
| Study for "Franklin's Footpath" | 1971 | Gene Davis |
| Thakur Balwant Singh Presides at a Dance Performance | 1890 | Attributed to Mohan Lal, Indian |
| The Birth of Venus | 1635 or 1636 | Nicolas Poussin |
| The Ocean Seen from the Corridor | 2006 | Trevor Winkfield |
| Untitled | 1955-1986 | Emery Blagdon |
| Untitled (Bird Arabesque) | 1933 | Rabindranath Tagore |
| Whoopee at Sloppy Jo's | 1933 | George Biddle |
| <i>Week 2 Gallery</i> | | |
| A Bum Bock | 1857 | Artist/maker unknown |
| Album Paintings of Household Gods: the Vanguard with White Horse (Baima xianfeng) | 1900 | Zhou Peichun |
| Animal Caught in a Trap | 1929 | Andre Masson |
| Beth | 1960 | Morris Louis |
| Bull Fight | 1985 | William L. Hawkins |
| Christ Healing a Lunatic and Judas Receiving Thirty Pieces of Silver | 1425-1426 | Francesco d'Antonio |
| Compost with Bean Pod | 1998-2004 | Emily Brown |
| Elijah in the Desert | 1834 | Moritz Berendt |
| Fight Between a Man and a Tiger | 20th century | Artist/maker unknown, Indian |
| Girl with a Mask | 1945 | Juan Soriano |
| Horse, Pipe, and Red Flower | 1920 | Joan Miro |
| Hound Coursing a Stag | 1762 | George Stubbs |

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| Improvisation No. 29 (The Swan) | 1912 | Vasily Kandinsky |
| Krishna Shares Food with Balarama and the Cowherds during the Rainy Season | 1570-1575 | Artist/maker unknown, Indian |
| Night Sea | 1977 | Edna Andrade |
| Nomad with a Tribute Horse | 19th century | Artist/maker unknown, Chinese |
| Painting | 1933 | Joan Miro |
| Portrait of Marian and Betty | 1970 | Beauford Delaney |
| Purple Lips | 1912 | Alexey von Jawlensky |
| Rift | 5-Jun | Odili Donald Odita |
| Scene in a Tavern | 17th century | Adriaen Brouwer |
| Still Life | 1850 | Artist/maker unknown, American |
| Still Life with Peaches | 1927 | Luigi Lucioni |
| Still Life with Roses of Dijon | 1882 | Ignace-Henri-Jean-Theodore Fantin-Latour |
| Summer Landscape | 1964 | Roland Conrad Petersen |
| Taboo | 1963 | Jacob Lawrence |
| The City | 1919 | Fernand Leger |
| Three Nudes (The Aunts) | 1930 | Julio Castellanos |
| Truth Rescued from Romance | 1980 | Katherine Porter |
| Wood Interior | 1914 | Man Ray |
| <i>Week 3 Gallery</i> | | |
| A Rooster and a Hen Fighting | 17th century | Follower of Melchior de Hondecoeter |
| Album Paintings of Household Gods: God of Happiness | 1900 | Zhou Peichun |
| Aux Enfants | 1960 | Abraham P. Hankins |
| Bad Reception | 1976 | William Schwedler |
| Boats, Gloucester | 1917 | Stuart Davis |
| Brown Shapes White | 1941 | Alice Trumbull Mason |
| Bullfight | 1934 | Pablo Ruiz y Picasso |
| Cultivated Pursuits | Late 19th century | Artist/maker unknown, Chinese |
| Daily Domestic Arguments | 1913 | Leonardo Dudreville |
| Gayety Burlesk | 1932 | Reginald Marsh |
| Hammer | 1981 | Peter Nadin |
| Landscape | 1670 | Liu Du |
| Little Painting with Yellow (Improvisation) | 1914 | Vasily Kandinsky |
| Nude Reclining by the Sea | 1868 | Gustave Courbet |
| Pertaining to Yachts and Yachting | 1922 | Charles Sheeler |
| Portrait of the Widow Marion Knapp [née Graham, later Baroness Bateman] | 1903 | Franz von Lenbach |

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|---|--------------|-------------------------------------|
| Reclining Nude | 1976 | Tommy Dale Palmore |
| Self-Portrait | 1975 | Martha Mayer Erlebacher |
| Stream in Winter | 1940 | Walter Elmer Schofield |
| Study of Three Heads | 1870 | Henri Regnault |
| The Bandaged Night | 1956 | William Scharf |
| The Battle of the USS "Kearsarge" and the CSS "Alabama" | 1864 | Edouard Manet |
| The Departure | 1951 | Grandma Moses (Anna Mary Robertson) |
| The Dessert | 1877-1879 | Paul Cezanne |
| The Emblem of Christ Appearing to Constantine | 1622 | Peter Paul Rubens |
| The Fatal Temple | 1914 | Giorgio de Chirico |
| The Hermitage | 1924 | Joan Miro |
| Trying to find our spot off in that light, light off in that spot | 2014 | Jayson Musson |
| View | 2000 | John Moore |
| Wounded Stag | 19th century | Imitator of Gustave Courbet |
| Week 4 Gallery | | |
| Album Paintings of Household Gods: Heavenly King Virupaksa | 1900 | Zhou Peichun |
| Cockfight | 1930 | Andre Masson |
| Composition | 1933 | Jean Helion |
| Don't Drink the Water | 1968 | David Pease |
| Egg Rocker | 1952 | Alan Davie |
| Elegy to the Spanish Republic | 1958-1961 | Robert Motherwell |
| Elephant in Battle | 1750-1770 | Artist/maker unknown, Indian |
| Favorite Chestnut Hunter of Lady Frances Pierrepont | 1799 | Benjamin Marshall |
| Girl Combing Her Hair | 1910 | Max Pechstein |
| Marriage Painting | 20th century | Warli people, Indian |
| Mocking of Christ | 1454 | Joan Reixach |
| Musicians | Date unknown | Jon Serl |
| New Mexico Landscape | 1919-1920 | Marsden Hartley |
| Pennsylvania Landscape | 1925 | Charles Sheeler |
| Playing Card Depicting the Goddess Durga | 1800-1825 | Artist/maker unknown, Indian |
| Portrait of John Hart | 1798 | Charles Peale Polk |
| Present Futures | 2006 | Moe Brooker |

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| Rock and Anchor | 1961 | Morris Atkinson Blackburn |
| Still Life: Cyclamen | 1925 | Vera M. White |
| The Beach, Newport (In the Sand) | 1919 | George Bellows |
| The Death of Sardanapalus | 1844 | Ferdinand-Victor- Eugene Delacroix |
| The Deposition | 1961 | Bob Thompson |
| The Lament of Aminta | 1610- 1615 | Bartolomeo Cavarozzi |
| The Nativity and the Arrival of the Magi | Late 15th century | Artist/maker unknown, active Crete, Greek |
| The Orchard Window | 1918 | Daniel Garber |
| The passage of the bride II | 2004 | Richard Hamilton |
| Untitled Painting #10 | 1963 | Robert Ryman |
| Untitled XXI | 1982 | Attributed to Willem de Kooning |
| View of the Yare | 19th century | Artist/maker unknown, English |
| Winter Landscape | Late 1660s | Jacob Isaacksz. van Ruisdael |

Supplementary Table S2.

Descriptive statistics for the well-being variables

| Variable | Pre-Intervention | | | Post-Intervention | | |
|-----------------------------|------------------|------|---------------------|-------------------|------|---------------------|
| | Mean | SD | Cronbach's α | Mean | SD | Cronbach's α |
| Support | 4.13 | 0.76 | 0.86 | 4.17 | 0.76 | 0.87 |
| Community | 3.23 | 0.95 | 0.76 | 3.20 | 0.95 | 0.79 |
| Trust | 3.37 | 0.84 | 0.84 | 3.37 | 0.87 | 0.86 |
| Respect | 3.73 | 0.78 | 0.81 | 3.75 | 0.79 | 0.82 |
| Loneliness | 2.17 | 1.03 | 0.82 | 2.16 | 1.06 | 0.85 |
| Belonging | 3.25 | 0.96 | 0.85 | 3.28 | 0.99 | 0.88 |
| Engagement | 3.91 | 0.67 | 0.69 | 3.92 | 0.68 | 0.71 |
| Skills | 3.52 | 0.93 | 0.86 | 3.51 | 0.93 | 0.87 |
| Learning | 3.81 | 0.85 | 0.75 | 3.87 | 0.84 | 0.78 |
| Accomplishment | 3.22 | 1.01 | 0.92 | 3.22 | 1.04 | 0.93 |
| Self-Efficacy | 3.94 | 0.79 | 0.82 | 3.93 | 0.83 | 0.84 |
| Self-Worth | 3.59 | 0.93 | 0.85 | 3.61 | 0.95 | 0.88 |
| Control | 4.10 | 0.84 | 0.83 | 4.06 | 0.88 | 0.85 |
| Meaning | 3.57 | 1.05 | 0.91 | 3.58 | 1.06 | 0.92 |
| Optimism | 3.61 | 1.00 | 0.90 | 3.61 | 0.98 | 0.90 |
| Life Satisfaction | 3.25 | 1.06 | 0.92 | 3.24 | 1.06 | 0.92 |
| Positive Feelings | 3.53 | 1.02 | 0.94 | 3.49 | 1.03 | 0.95 |
| Negative Feelings | 2.04 | 1.08 | 0.93 | 2.09 | 1.10 | 0.93 |
| Overall Thriving | 3.89 | 0.84 | 0.97 | 3.86 | 0.86 | 0.98 |
| Stress | 1.85 | 0.84 | 0.90 | 1.84 | 0.86 | 0.91 |
| Depression | 1.77 | 0.96 | 0.95 | 1.76 | 0.97 | 0.95 |
| Anxiety | 1.44 | 0.66 | 0.86 | 1.45 | 0.68 | 0.88 |
| Relatedness Satisfaction | 3.60 | 0.97 | 0.88 | 3.59 | 1.01 | 0.89 |
| Relatedness Dissatisfaction | 2.24 | 0.99 | 0.70 | 2.19 | 1.00 | 0.74 |
| Autonomy Satisfaction | 3.65 | 0.78 | 0.75 | 3.65 | 0.80 | 0.79 |
| Autonomy Dissatisfaction | 2.32 | 0.93 | 0.72 | 2.41 | 0.97 | 0.74 |
| Competency Satisfaction | 3.35 | 0.86 | 0.81 | 3.37 | 0.87 | 0.83 |
| Competency Dissatisfaction | 2.31 | 1.04 | 0.81 | 2.28 | 1.02 | 0.81 |
| Relatedness Overall | 1.36 | 1.69 | 0.82 | 1.41 | 1.79 | 0.85 |
| Autonomy Overall | 1.32 | 1.50 | 0.79 | 1.25 | 1.58 | 0.83 |
| Competency Overall | 1.04 | 1.57 | 0.79 | 1.10 | 1.58 | 0.81 |

Supplementary Table S3.

Correlations among well-being variables pre-intervention (upper diagonal) and post-intervention (lower diagonal)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1. Support | --- | 0.30 | 0.44 | 0.57 | -0.65 | 0.50 | 0.33 | 0.41 | 0.25 | 0.41 |
| 2. Community | 0.36 | --- | 0.39 | 0.39 | -0.32 | 0.54 | 0.30 | 0.43 | 0.19 | 0.41 |
| 3. Trust | 0.44 | 0.45 | --- | 0.49 | -0.40 | 0.57 | 0.30 | 0.34 | 0.20 | 0.41 |
| 4. Respect | 0.61 | 0.44 | 0.53 | --- | -0.55 | 0.56 | 0.37 | 0.54 | 0.20 | 0.51 |
| 5. Loneliness | -0.66 | -0.41 | -0.38 | -0.56 | --- | -0.54 | -0.29 | -0.44 | -0.18 | -0.53 |
| 6. Belonging | 0.48 | 0.60 | 0.55 | 0.60 | -0.55 | --- | 0.34 | 0.47 | 0.23 | 0.54 |
| 7. Engagement | 0.38 | 0.37 | 0.31 | 0.41 | -0.34 | 0.34 | --- | 0.47 | 0.37 | 0.40 |
| 8. Skills | 0.40 | 0.45 | 0.37 | 0.54 | -0.44 | 0.48 | 0.49 | --- | 0.33 | 0.66 |
| 9. Learning | 0.33 | 0.25 | 0.27 | 0.33 | -0.25 | 0.25 | 0.36 | 0.30 | --- | 0.22 |
| 10. Accomplishment | 0.45 | 0.47 | 0.41 | 0.57 | -0.55 | 0.54 | 0.40 | 0.68 | 0.30 | --- |
| 11. Self-Efficacy | 0.51 | 0.36 | 0.39 | 0.58 | -0.46 | 0.47 | 0.48 | 0.59 | 0.37 | 0.62 |
| 12. Self-Worth | 0.49 | 0.48 | 0.35 | 0.58 | -0.50 | 0.53 | 0.45 | 0.69 | 0.30 | 0.64 |
| 13. Control | 0.39 | 0.23 | 0.26 | 0.41 | -0.44 | 0.32 | 0.30 | 0.37 | 0.18 | 0.42 |
| 14. Meaning | 0.49 | 0.44 | 0.35 | 0.57 | -0.55 | 0.56 | 0.41 | 0.61 | 0.31 | 0.72 |
| 15. Optimism | 0.52 | 0.43 | 0.48 | 0.60 | -0.57 | 0.57 | 0.44 | 0.60 | 0.37 | 0.76 |
| 16. Life Satisfaction | 0.47 | 0.47 | 0.41 | 0.54 | -0.61 | 0.54 | 0.37 | 0.64 | 0.28 | 0.82 |
| 17. Positive Feelings | 0.53 | 0.48 | 0.48 | 0.61 | -0.66 | 0.58 | 0.42 | 0.59 | 0.31 | 0.73 |
| 18. Negative Feelings | -0.52 | -0.43 | -0.45 | -0.60 | 0.67 | -0.56 | -0.36 | -0.54 | -0.27 | -0.64 |
| 19. Overall Thriving | 0.73 | 0.47 | 0.50 | 0.67 | -0.75 | 0.60 | 0.43 | 0.58 | 0.33 | 0.70 |
| 20. Stress | -0.34 | -0.31 | -0.35 | -0.41 | 0.51 | -0.38 | -0.19 | -0.35 | -0.14 | -0.38 |
| 21. Depression | -0.51 | -0.39 | -0.40 | -0.57 | 0.65 | -0.51 | -0.35 | -0.50 | -0.23 | -0.60 |
| 22. Anxiety | -0.33 | -0.22 | -0.26 | -0.34 | 0.44 | -0.29 | -0.18 | -0.29 | -0.11 | -0.35 |
| 23. Relatedness Satisfaction | 0.71 | 0.44 | 0.44 | 0.57 | -0.71 | 0.53 | 0.36 | 0.44 | 0.30 | 0.53 |
| 24. Relatedness Dissatisfaction | -0.50 | -0.34 | -0.36 | -0.51 | 0.75 | -0.44 | -0.26 | -0.38 | -0.19 | -0.45 |
| 25. Autonomy Satisfaction | 0.50 | 0.37 | 0.44 | 0.59 | -0.51 | 0.48 | 0.48 | 0.62 | 0.30 | 0.60 |
| 26. Autonomy Dissatisfaction | -0.36 | -0.24 | -0.33 | -0.45 | 0.48 | -0.35 | -0.27 | -0.36 | -0.17 | -0.41 |

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|--------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 27. Competency Satisfaction | 0.36 | 0.40 | 0.34 | 0.47 | -0.38 | 0.40 | 0.45 | 0.66 | 0.31 | 0.61 |
| 28. Competency Dissatisfaction | -0.39 | -0.30 | -0.33 | -0.48 | 0.50 | -0.38 | -0.24 | -0.40 | -0.19 | -0.46 |
| 29. Relatedness Overall | 0.68 | 0.44 | 0.45 | 0.60 | -0.82 | 0.55 | 0.35 | 0.46 | 0.28 | 0.55 |
| 30. Autonomy Overall | 0.47 | 0.34 | 0.42 | 0.57 | -0.55 | 0.46 | 0.41 | 0.54 | 0.25 | 0.56 |
| 31. Competency Overall | 0.45 | 0.42 | 0.40 | 0.57 | -0.54 | 0.47 | 0.41 | 0.62 | 0.29 | 0.63 |

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|------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 1. Support | 0.45 | 0.44 | 0.35 | 0.47 | 0.46 | 0.45 | 0.48 | -0.48 | 0.70 | -0.36 |
| 2. Community | 0.33 | 0.49 | 0.17 | 0.39 | 0.37 | 0.41 | 0.41 | -0.34 | 0.39 | -0.26 |
| 3. Trust | 0.35 | 0.37 | 0.25 | 0.37 | 0.49 | 0.43 | 0.53 | -0.46 | 0.53 | -0.38 |
| 4. Respect | 0.54 | 0.54 | 0.43 | 0.54 | 0.55 | 0.53 | 0.60 | -0.53 | 0.62 | -0.43 |
| 5. Loneliness | -0.44 | -0.45 | -0.43 | -0.57 | -0.53 | -0.59 | -0.63 | 0.65 | -0.73 | 0.49 |
| 6. Belonging | 0.46 | 0.53 | 0.31 | 0.55 | 0.58 | 0.54 | 0.60 | -0.56 | 0.63 | -0.45 |
| 7. Engagement | 0.45 | 0.44 | 0.22 | 0.40 | 0.40 | 0.37 | 0.40 | -0.31 | 0.36 | -0.10 |
| 8. Skills | 0.59 | 0.68 | 0.37 | 0.57 | 0.56 | 0.62 | 0.59 | -0.50 | 0.56 | -0.30 |
| 9. Learning | 0.29 | 0.27 | 0.10 | 0.25 | 0.27 | 0.20 | 0.23 | -0.20 | 0.24 | -0.12 |
| 10. Accomplishment | 0.61 | 0.67 | 0.37 | 0.70 | 0.74 | 0.82 | 0.69 | -0.62 | 0.66 | -0.44 |
| 11. Self-Efficacy | --- | 0.59 | 0.39 | 0.58 | 0.65 | 0.56 | 0.61 | -0.53 | 0.59 | -0.35 |
| 12. Self-Worth | 0.60 | --- | 0.28 | 0.69 | 0.63 | 0.61 | 0.60 | -0.52 | 0.57 | -0.31 |
| 13. Control | 0.45 | 0.31 | --- | 0.37 | 0.39 | 0.37 | 0.41 | -0.48 | 0.48 | -0.36 |
| 14. Meaning | 0.61 | 0.71 | 0.40 | --- | 0.68 | 0.69 | 0.66 | -0.62 | 0.66 | -0.42 |
| 15. Optimism | 0.68 | 0.62 | 0.45 | 0.70 | --- | 0.73 | 0.77 | -0.69 | 0.73 | -0.50 |
| 16. Life Satisfaction | 0.57 | 0.61 | 0.42 | 0.69 | 0.75 | --- | 0.74 | -0.66 | 0.71 | -0.44 |
| 17. Positive Feelings | 0.61 | 0.59 | 0.41 | 0.67 | 0.79 | 0.76 | --- | -0.81 | 0.88 | -0.60 |
| 18. Negative Feelings | -0.56 | -0.57 | -0.45 | -0.65 | -0.73 | -0.69 | -0.82 | --- | -0.91 | 0.64 |
| 19. Overall Thriving | 0.63 | 0.61 | 0.48 | 0.68 | 0.76 | 0.74 | 0.89 | -0.92 | --- | -0.63 |
| 20. Stress | -0.36 | -0.35 | -0.34 | -0.38 | -0.46 | -0.45 | -0.58 | 0.66 | -0.61 | --- |
| 21. Depression | -0.57 | -0.56 | -0.45 | -0.62 | -0.68 | -0.65 | -0.74 | 0.83 | -0.80 | 0.74 |
| 22. Anxiety | -0.34 | -0.33 | -0.30 | -0.32 | -0.40 | -0.38 | -0.47 | 0.57 | -0.53 | 0.73 |
| 23. Relatedness Satisfaction | 0.49 | 0.52 | 0.38 | 0.54 | 0.55 | 0.57 | 0.62 | -0.56 | 0.70 | -0.44 |

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|---------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 24. Relatedness Dissatisfaction | -0.40 | -0.40 | -0.43 | -0.43 | -0.50 | -0.53 | -0.58 | 0.62 | -0.64 | 0.60 |
| 25. Autonomy Satisfaction | 0.57 | 0.53 | 0.51 | 0.57 | 0.58 | 0.60 | 0.62 | -0.59 | 0.65 | -0.46 |
| 26. Autonomy Dissatisfaction | -0.38 | -0.29 | -0.55 | -0.37 | -0.44 | -0.48 | -0.52 | 0.54 | -0.56 | 0.58 |
| 27. Competency Satisfaction | 0.58 | 0.63 | 0.32 | 0.54 | 0.56 | 0.53 | 0.56 | -0.50 | 0.53 | -0.30 |
| 28. Competency Dissatisfaction | -0.48 | -0.42 | -0.40 | -0.46 | -0.47 | -0.47 | -0.53 | 0.60 | -0.59 | 0.61 |
| 29. Relatedness Overall | 0.51 | 0.51 | 0.46 | 0.55 | 0.59 | 0.62 | 0.67 | -0.67 | 0.75 | -0.58 |
| 30. Autonomy Overall | 0.52 | 0.45 | 0.60 | 0.52 | 0.57 | 0.60 | 0.63 | -0.64 | 0.67 | -0.59 |
| 31. Competency Overall | 0.63 | 0.61 | 0.43 | 0.59 | 0.61 | 0.60 | 0.65 | -0.66 | 0.68 | -0.56 |

| | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-----------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1. Support | -0.51 | -0.31 | 0.68 | -0.49 | 0.47 | -0.32 | 0.33 | -0.38 | 0.67 | 0.45 | 0.43 |
| 2. Community | -0.32 | -0.16 | 0.35 | -0.21 | 0.29 | -0.17 | 0.35 | -0.26 | 0.32 | 0.26 | 0.37 |
| 3. Trust | -0.41 | -0.25 | 0.35 | -0.36 | 0.35 | -0.31 | 0.31 | -0.35 | 0.41 | 0.38 | 0.41 |
| 4. Respect | -0.58 | -0.37 | 0.50 | -0.45 | 0.52 | -0.38 | 0.47 | -0.47 | 0.55 | 0.51 | 0.57 |
| 5. Loneliness | 0.65 | 0.42 | -0.68 | 0.71 | -0.46 | 0.43 | -0.38 | 0.53 | -0.81 | -0.51 | -0.56 |
| 6. Belonging | -0.56 | -0.34 | 0.47 | -0.45 | 0.44 | -0.34 | 0.42 | -0.44 | 0.53 | 0.44 | 0.52 |
| 7. Engagement | -0.32 | -0.12 | 0.37 | -0.25 | 0.44 | -0.21 | 0.45 | -0.24 | 0.36 | 0.36 | 0.40 |
| 8. Skills | -0.50 | -0.26 | 0.44 | -0.36 | 0.60 | -0.32 | 0.63 | -0.39 | 0.47 | 0.51 | 0.60 |
| 9. Learning | -0.19 | -0.10 | 0.24 | -0.15 | 0.24 | -0.08 | 0.31 | -0.11 | 0.22 | 0.18 | 0.24 |
| 10. Accomplishment | -0.63 | -0.38 | 0.50 | -0.46 | 0.56 | -0.37 | 0.58 | -0.46 | 0.56 | 0.52 | 0.62 |
| 11. Self-Efficacy | -0.57 | -0.36 | 0.45 | -0.35 | 0.54 | -0.28 | 0.57 | -0.47 | 0.46 | 0.45 | 0.62 |
| 12. Self-Worth | -0.54 | -0.27 | 0.47 | -0.34 | 0.47 | -0.21 | 0.55 | -0.37 | 0.47 | 0.38 | 0.55 |
| 13. Control | -0.43 | -0.30 | 0.34 | -0.39 | 0.47 | -0.53 | 0.29 | -0.39 | 0.42 | 0.58 | 0.42 |
| 14. Meaning | -0.65 | -0.36 | 0.51 | -0.47 | 0.52 | -0.35 | 0.52 | -0.47 | 0.57 | 0.50 | 0.60 |
| 15. Optimism | -0.70 | -0.41 | 0.50 | -0.45 | 0.55 | -0.39 | 0.51 | -0.48 | 0.55 | 0.53 | 0.59 |
| 16. Life Satisfaction | -0.68 | -0.38 | 0.55 | -0.49 | 0.55 | -0.42 | 0.52 | -0.47 | 0.60 | 0.55 | 0.60 |
| 17. Positive Feelings | -0.78 | -0.48 | 0.54 | -0.55 | 0.58 | -0.45 | 0.53 | -0.56 | 0.63 | 0.59 | 0.66 |
| 18. Negative Feelings | 0.81 | 0.54 | -0.48 | 0.59 | -0.51 | 0.50 | -0.46 | 0.61 | -0.62 | -0.58 | -0.66 |
| 19. Overall Thriving | -0.81 | -0.53 | 0.61 | -0.63 | 0.59 | -0.52 | 0.50 | -0.61 | 0.72 | 0.63 | 0.68 |
| 20. Stress | 0.74 | 0.74 | -0.36 | 0.56 | -0.47 | 0.52 | -0.30 | 0.62 | -0.54 | -0.57 | -0.58 |

| | | | | | | | | | | | |
|---------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 21. Depression | --- | 0.67 | -0.53 | 0.60 | -0.56 | 0.48 | -0.52 | 0.65 | -0.66 | -0.59 | -0.72 |
| 22. Anxiety | 0.68 | --- | -0.29 | 0.49 | -0.37 | 0.38 | -0.30 | 0.54 | -0.45 | -0.43 | -0.53 |
| 23. Relatedness Satisfaction | -0.57 | -0.36 | --- | -0.48 | 0.53 | -0.32 | 0.46 | -0.38 | 0.86 | 0.48 | 0.51 |
| 24. Relatedness Dissatisfaction | 0.62 | 0.45 | -0.58 | --- | -0.49 | 0.64 | -0.25 | 0.66 | -0.86 | -0.66 | -0.57 |
| 25. Autonomy Satisfaction | -0.59 | -0.39 | 0.61 | -0.50 | --- | -0.52 | 0.53 | -0.47 | 0.59 | 0.85 | 0.61 |
| 26. Autonomy Dissatisfaction | 0.54 | 0.43 | -0.43 | 0.61 | -0.59 | --- | -0.17 | 0.60 | -0.56 | -0.89 | -0.49 |
| 27. Competency Satisfaction | -0.49 | -0.28 | 0.47 | -0.34 | 0.56 | -0.23 | --- | -0.35 | 0.41 | 0.39 | 0.78 |
| 28. Competency Dissatisfaction | 0.64 | 0.53 | -0.43 | 0.61 | -0.49 | 0.60 | -0.39 | --- | -0.60 | -0.62 | -0.86 |
| 29. Relatedness Overall | -0.66 | -0.46 | 0.89 | -0.89 | 0.63 | -0.58 | 0.46 | -0.59 | --- | 0.66 | 0.63 |
| 30. Autonomy Overall | -0.63 | -0.46 | 0.57 | -0.63 | 0.87 | -0.91 | 0.42 | -0.62 | 0.67 | --- | 0.62 |
| 31. Competency Overall | -0.68 | -0.50 | 0.54 | -0.58 | 0.62 | -0.51 | 0.81 | -0.86 | 0.63 | 0.63 | --- |

Supplementary Table S4.

Gallery (1) vs Non-gallery (0) regression predicting well-being

| Variable | Predictor | Estimate | SE | p | f² |
|-------------------|-------------------------|-----------------|-----------|----------|----------------------|
| Support | Pre | 0.79*** | 0.02 | < 0.001 | 1.79 |
| | Gallery vs. Non-Gallery | 0.06 | 0.06 | 0.336 | 0.00 |
| Community | Pre | 0.78*** | 0.02 | < 0.001 | 1.52 |
| | Gallery vs. Non-Gallery | 0.09 | 0.07 | 0.185 | 0.00 |
| Trust | Pre | 0.82*** | 0.02 | < 0.001 | 1.63 |
| | Gallery vs. Non-Gallery | 0.05 | 0.07 | 0.512 | 0.00 |
| Respect | Pre | 0.79*** | 0.02 | < 0.001 | 1.62 |
| | Gallery vs. Non-Gallery | 0.07 | 0.07 | 0.33 | 0.00 |
| Loneliness | Pre | 0.87*** | 0.02 | < 0.001 | 2.45 |
| | Gallery vs. Non-Gallery | -0.09 | 0.06 | 0.134 | 0.00 |
| Belonging | Pre | 0.83*** | 0.02 | < 0.001 | 1.80 |
| | Gallery vs. Non-Gallery | 0.05 | 0.07 | 0.443 | 0.00 |
| Engagement | Pre | 0.67*** | 0.03 | < 0.001 | 0.80 |
| | Gallery vs. Non-Gallery | 0.16 | 0.08 | 0.051 | 0.01 |
| Skills | Pre | 0.76*** | 0.03 | < 0.001 | 1.33 |
| | Gallery vs. Non-Gallery | -0.07 | 0.07 | 0.295 | 0.00 |
| Learning | Pre | 0.61*** | 0.03 | < 0.001 | 0.63 |
| | Gallery vs. Non-Gallery | 0.00 | 0.08 | 0.966 | 0.00 |
| Accomplishment | Pre | 0.88*** | 0.02 | < 0.001 | 2.86 |
| | Gallery vs. Non-Gallery | 0.01 | 0.06 | 0.859 | 0.00 |
| Self-Efficacy | Pre | 0.84*** | 0.02 | < 0.001 | 1.91 |
| | Gallery vs. Non-Gallery | 0.00 | 0.07 | 0.992 | 0.00 |
| Self-Worth | Pre | 0.80*** | 0.02 | < 0.001 | 1.61 |
| | Gallery vs. Non-Gallery | 0.12 | 0.07 | 0.091 | 0.00 |
| Control | Pre | 0.70*** | 0.03 | < 0.001 | 0.80 |
| | Gallery vs. Non-Gallery | 0.15 | 0.09 | 0.07 | 0.00 |
| Meaning | Pre | 0.86*** | 0.02 | < 0.001 | 2.62 |
| | Gallery vs. Non-Gallery | 0.11* | 0.06 | 0.048 | 0.01 |
| Optimism | Pre | 0.84*** | 0.02 | < 0.001 | 2.82 |
| | Gallery vs. Non-Gallery | 0.02 | 0.05 | 0.745 | 0.00 |
| Life Satisfaction | Pre | 0.88*** | 0.02 | < 0.001 | 3.58 |
| | Gallery vs. Non-Gallery | -0.08 | 0.05 | 0.101 | 0.00 |
| Positive Feelings | Pre | 0.86*** | 0.02 | < 0.001 | 2.71 |
| | Gallery vs. Non-Gallery | 0.03 | 0.06 | 0.542 | 0.00 |
| Negative Feelings | Pre | 0.85*** | 0.02 | < 0.001 | 2.28 |
| | Gallery vs. Non-Gallery | 0.01 | 0.06 | 0.933 | 0.00 |
| Overall Thriving | Pre | 0.87*** | 0.02 | < 0.001 | 2.78 |
| | Gallery vs. Non-Gallery | 0.02 | 0.06 | 0.758 | 0.00 |
| Stress | Pre | 0.82*** | 0.02 | < 0.001 | 1.81 |

| | | | | | |
|-----------------------------|-------------------------|---------|------|---------|------|
| | Gallery vs. Non-Gallery | 0.03 | 0.07 | 0.658 | 0.00 |
| Depression | Pre | 0.85*** | 0.02 | < 0.001 | 2.51 |
| | Gallery vs. Non-Gallery | -0.03 | 0.06 | 0.618 | 0.00 |
| Anxiety | Pre | 0.86*** | 0.02 | < 0.001 | 2.06 |
| | Gallery vs. Non-Gallery | 0.04 | 0.06 | 0.554 | 0.00 |
| Relatedness Satisfaction | Pre | 0.78*** | 0.03 | < 0.001 | 1.26 |
| | Gallery vs. Non-Gallery | -0.11 | 0.07 | 0.14 | 0.00 |
| Relatedness Dissatisfaction | Pre | 0.71*** | 0.03 | < 0.001 | 0.94 |
| | Gallery vs. Non-Gallery | -0.05 | 0.08 | 0.558 | 0.00 |
| Autonomy Satisfaction | Pre | 0.68*** | 0.03 | < 0.001 | 0.77 |
| | Gallery vs. Non-Gallery | 0.03 | 0.08 | 0.738 | 0.00 |
| Autonomy Dissatisfaction | Pre | 0.72*** | 0.03 | < 0.001 | 0.92 |
| | Gallery vs. Non-Gallery | -0.05 | 0.08 | 0.54 | 0.00 |
| Competency Satisfaction | Pre | 0.69*** | 0.03 | < 0.001 | 0.89 |
| | Gallery vs. Non-Gallery | -0.06 | 0.08 | 0.432 | 0.00 |
| Competency Dissatisfaction | Pre | 0.67*** | 0.03 | < 0.001 | 0.89 |
| | Gallery vs. Non-Gallery | 0.08 | 0.08 | 0.326 | 0.00 |
| Relatedness Overall | Pre | 0.82*** | 0.03 | < 0.001 | 1.51 |
| | Gallery vs. Non-Gallery | -0.05 | 0.07 | 0.521 | 0.00 |
| Autonomy Overall | Pre | 0.79*** | 0.03 | < 0.001 | 1.25 |
| | Gallery vs. Non-Gallery | 0.03 | 0.08 | 0.723 | 0.00 |
| Competency Overall | Pre | 0.77*** | 0.02 | < 0.001 | 1.47 |

Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.

Supplementary Table S5.

Gallery (1) vs non-gallery (0) and interaction between condition and pre-test flourishing predicting post-test flourishing.

| Variable | Predictor | Estimate | SE | p | Effect Size |
|-----------------|------------------|-----------------|-----------|----------|--------------------|
| Support | Pre | 0.78*** | 0.05 | < 0.001 | 0.33 |
| | Gallery | 0.06 | 0.06 | 0.327 | 0.00 |
| | Interaction | 0.02 | 0.06 | 0.792 | 0.00 |
| Community | Pre | 0.71*** | 0.06 | < 0.001 | 0.18 |
| | Gallery | 0.10 | 0.07 | 0.164 | 0.00 |
| | Interaction | 0.08 | 0.07 | 0.217 | 0.00 |
| Trust | Pre | 0.84*** | 0.06 | < 0.001 | 0.25 |
| | Gallery | 0.04 | 0.07 | 0.555 | 0.00 |
| | Interaction | -0.03 | 0.07 | 0.678 | 0.00 |
| Respect | Pre | 0.90*** | 0.06 | < 0.001 | 0.35 |
| | Gallery | 0.06 | 0.07 | 0.416 | 0.00 |
| | Interaction | -0.13* | 0.06 | 0.046 | 0.00 |
| Loneliness | Pre | 0.98*** | 0.05 | < 0.001 | 0.49 |
| | Gallery | -0.09 | 0.06 | 0.128 | 0.00 |
| | Interaction | -0.13* | 0.06 | 0.024 | 0.00 |
| Belonging | Pre | 0.81*** | 0.06 | < 0.001 | 0.25 |
| | Gallery | 0.05 | 0.07 | 0.421 | 0.00 |
| | Interaction | 0.03 | 0.07 | 0.675 | 0.00 |
| Engagement | Pre | 0.70*** | 0.07 | < 0.001 | 0.14 |
| | Gallery | 0.16 | 0.08 | 0.055 | 0.01 |
| | Interaction | -0.04 | 0.08 | 0.636 | 0.01 |
| Skills | Pre | 0.73*** | 0.07 | < 0.001 | 0.17 |
| | Gallery | -0.07 | 0.07 | 0.318 | 0.00 |
| | Interaction | 0.03 | 0.07 | 0.697 | 0.00 |
| Learning | Pre | 0.67*** | 0.07 | < 0.001 | 0.12 |
| | Gallery | 0.00 | 0.08 | 0.993 | 0.00 |
| | Interaction | -0.07 | 0.08 | 0.395 | 0.00 |
| Accomplishment | Pre | 0.96*** | 0.05 | < 0.001 | 0.46 |
| | Gallery | 0.01 | 0.06 | 0.926 | 0.00 |
| | Interaction | -0.09 | 0.06 | 0.11 | 0.00 |
| Self-Efficacy | Pre | 0.86*** | 0.06 | < 0.001 | 0.30 |
| | Gallery | 0.00 | 0.07 | 0.997 | 0.00 |
| | Interaction | -0.02 | 0.06 | 0.752 | 0.00 |
| Self-Worth | Pre | 0.94*** | 0.06 | < 0.001 | 0.33 |
| | Gallery | 0.11 | 0.07 | 0.115 | 0.00 |
| | Interaction | -0.16* | 0.07 | 0.014 | 0.00 |
| Control | Pre | 0.80*** | 0.07 | < 0.001 | 0.17 |
| | Gallery | 0.14 | 0.09 | 0.092 | 0.00 |

| | | | | | |
|-----------------------------|-------------|---------|------|---------|------|
| | Interaction | -0.11 | 0.08 | 0.165 | 0.00 |
| Meaning | Pre | 0.82*** | 0.05 | < 0.001 | 0.38 |
| | Gallery | 0.12* | 0.06 | 0.043 | 0.01 |
| | Interaction | 0.04 | 0.06 | 0.436 | 0.01 |
| Optimism | Pre | 0.85*** | 0.05 | < 0.001 | 0.44 |
| | Gallery | 0.02 | 0.05 | 0.767 | 0.00 |
| | Interaction | -0.02 | 0.05 | 0.754 | 0.00 |
| Life Satisfaction | Pre | 0.89*** | 0.05 | < 0.001 | 0.50 |
| | Gallery | -0.08 | 0.05 | 0.099 | 0.00 |
| | Interaction | -0.01 | 0.05 | 0.843 | 0.00 |
| Positive Feelings | Pre | 0.88*** | 0.05 | < 0.001 | 0.44 |
| | Gallery | 0.03 | 0.06 | 0.557 | 0.00 |
| | Interaction | -0.02 | 0.06 | 0.736 | 0.00 |
| Negative Feelings | Pre | 0.86*** | 0.05 | < 0.001 | 0.38 |
| | Gallery | 0.00 | 0.06 | 0.934 | 0.00 |
| | Interaction | -0.02 | 0.06 | 0.714 | 0.00 |
| Overall Thriving | Pre | 0.92*** | 0.05 | < 0.001 | 0.49 |
| | Gallery | 0.01 | 0.06 | 0.795 | 0.00 |
| | Interaction | -0.06 | 0.05 | 0.245 | 0.00 |
| Stress | Pre | 0.83*** | 0.06 | < 0.001 | 0.31 |
| | Gallery | 0.03 | 0.07 | 0.647 | 0.00 |
| | Interaction | -0.02 | 0.06 | 0.776 | 0.00 |
| Depression | Pre | 0.97*** | 0.05 | < 0.001 | 0.51 |
| | Gallery | -0.02 | 0.06 | 0.7 | 0.00 |
| | Interaction | -0.14* | 0.06 | 0.014 | 0.00 |
| Anxiety | Pre | 0.98*** | 0.06 | < 0.001 | 0.45 |
| | Gallery | 0.05 | 0.06 | 0.467 | 0.00 |
| | Interaction | -0.14* | 0.06 | 0.018 | 0.00 |
| Relatedness Satisfaction | Pre | 0.81*** | 0.07 | < 0.001 | 0.21 |
| | Gallery | -0.11 | 0.08 | 0.13 | 0.00 |
| | Interaction | -0.04 | 0.07 | 0.629 | 0.00 |
| Relatedness Dissatisfaction | Pre | 0.73*** | 0.07 | < 0.001 | 0.17 |
| | Gallery | -0.04 | 0.08 | 0.573 | 0.00 |
| | Interaction | -0.03 | 0.07 | 0.732 | 0.00 |
| Autonomy Satisfaction | Pre | 0.62*** | 0.08 | < 0.001 | 0.10 |
| | Gallery | 0.04 | 0.08 | 0.671 | 0.00 |
| | Interaction | 0.07 | 0.08 | 0.414 | 0.00 |
| Autonomy Dissatisfaction | Pre | 0.66*** | 0.07 | < 0.001 | 0.14 |
| | Gallery | -0.06 | 0.08 | 0.461 | 0.00 |
| | Interaction | 0.08 | 0.07 | 0.308 | 0.00 |
| Competency Satisfaction | Pre | 0.65*** | 0.07 | < 0.001 | 0.13 |
| | Gallery | -0.06 | 0.08 | 0.449 | 0.00 |
| | Interaction | 0.05 | 0.08 | 0.493 | 0.00 |

| | | | | | |
|----------------------------|-------------|---------|------|---------|------|
| Competency Dissatisfaction | Pre | 0.60*** | 0.07 | < 0.001 | 0.11 |
| | Gallery | 0.08 | 0.08 | 0.314 | 0.00 |
| | Interaction | 0.09 | 0.08 | 0.253 | 0.00 |
| Relatedness Overall | Pre | 0.82*** | 0.06 | < 0.001 | 0.26 |
| | Gallery | -0.05 | 0.07 | 0.521 | 0.00 |
| | Interaction | 0.00 | 0.07 | 0.974 | 0.00 |
| Autonomy Overall | Pre | 0.71*** | 0.06 | < 0.001 | 0.18 |
| | Gallery | 0.04 | 0.08 | 0.598 | 0.00 |
| | Interaction | 0.09 | 0.07 | 0.192 | 0.00 |
| Competency Overall | Pre | 0.74*** | 0.06 | < 0.001 | 0.21 |
| | Gallery | -0.08 | 0.07 | 0.222 | 0.00 |
| | Interaction | 0.04 | 0.07 | 0.538 | 0.00 |

Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.

Supplementary Table S6.

Slow looking (1) vs. No slow looking (0) predicting well-being

| Variable | Predictor | Estimate | SE | p | f² |
|-------------------|------------------|-----------------|-----------|----------|----------------------|
| Support | Pre | 0.80*** | 0.02 | < 0.001 | 1.79 |
| | SL vs. No SL | 0.03 | 0.05 | 0.528 | 0.00 |
| Community | Pre | 0.79*** | 0.03 | < 0.001 | 1.62 |
| | SL vs. No SL | -0.05 | 0.05 | 0.335 | 0.00 |
| Trust | Pre | 0.81*** | 0.03 | < 0.001 | 1.65 |
| | SL vs. No SL | 0.04 | 0.05 | 0.398 | 0.00 |
| Respect | Pre | 0.77*** | 0.03 | < 0.001 | 1.60 |
| | SL vs. No SL | 0.00 | 0.05 | 0.941 | 0.00 |
| Loneliness | Pre | 0.85*** | 0.02 | < 0.001 | 2.36 |
| | SL vs. No SL | 0.03 | 0.05 | 0.554 | 0.00 |
| Belonging | Pre | 0.84*** | 0.03 | < 0.001 | 1.83 |
| | SL vs. No SL | 0.01 | 0.05 | 0.895 | 0.00 |
| Engagement | Pre | 0.66*** | 0.03 | < 0.001 | 0.82 |
| | SL vs. No SL | 0.01 | 0.06 | 0.925 | 0.00 |
| Skills | Pre | 0.76*** | 0.03 | < 0.001 | 1.41 |
| | SL vs. No SL | -0.08 | 0.05 | 0.122 | 0.00 |
| Learning | Pre | 0.60*** | 0.03 | < 0.001 | 0.59 |
| | SL vs. No SL | -0.04 | 0.07 | 0.557 | 0.00 |
| Accomplishment | Pre | 0.87*** | 0.02 | < 0.001 | 2.88 |
| | SL vs. No SL | 0.10* | 0.04 | 0.022 | 0.01 |
| Self-Efficacy | Pre | 0.84*** | 0.03 | < 0.001 | 1.94 |
| | SL vs. No SL | -0.02 | 0.05 | 0.637 | 0.00 |
| Self-Worth | Pre | 0.77*** | 0.03 | < 0.001 | 1.50 |
| | SL vs. No SL | -0.07 | 0.05 | 0.162 | 0.00 |
| Control | Pre | 0.69*** | 0.03 | < 0.001 | 0.78 |
| | SL vs. No SL | 0.05 | 0.06 | 0.442 | 0.00 |
| Meaning | Pre | 0.87*** | 0.02 | < 0.001 | 2.78 |
| | SL vs. No SL | -0.06 | 0.04 | 0.183 | 0.00 |
| Optimism | Pre | 0.84*** | 0.02 | < 0.001 | 2.80 |
| | SL vs. No SL | 0.01 | 0.04 | 0.884 | 0.00 |
| Life Satisfaction | Pre | 0.88*** | 0.02 | < 0.001 | 3.67 |
| | SL vs. No SL | 0.02 | 0.04 | 0.602 | 0.00 |
| Positive Feelings | Pre | 0.86*** | 0.02 | < 0.001 | 2.71 |
| | SL vs. No SL | 0.00 | 0.04 | 0.986 | 0.00 |
| Negative Feelings | Pre | 0.84*** | 0.02 | < 0.001 | 2.22 |
| | SL vs. No SL | 0.00 | 0.05 | 0.988 | 0.00 |
| Overall Thriving | Pre | 0.86*** | 0.02 | < 0.001 | 2.74 |
| | SL vs. No SL | 0.02 | 0.04 | 0.708 | 0.00 |
| Stress | Pre | 0.81*** | 0.03 | < 0.001 | 1.77 |

| | | | | | |
|-----------------------------|--------------|---------|------|---------|------|
| | SL vs. No SL | 0.03 | 0.05 | 0.550 | 0.00 |
| Depression | Pre | 0.83*** | 0.02 | < 0.001 | 2.45 |
| | SL vs. No SL | 0.03 | 0.04 | 0.544 | 0.00 |
| Anxiety | Pre | 0.83*** | 0.03 | < 0.001 | 1.78 |
| | SL vs. No SL | 0.00 | 0.05 | 0.944 | 0.00 |
| Relatedness Satisfaction | Pre | 0.77*** | 0.03 | < 0.001 | 1.23 |
| | SL vs. No SL | 0.10 | 0.06 | 0.100 | 0.00 |
| Relatedness Dissatisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.91 |
| | SL vs. No SL | -0.03 | 0.06 | 0.625 | 0.00 |
| Autonomy Satisfaction | Pre | 0.69*** | 0.03 | < 0.001 | 0.81 |
| | SL vs. No SL | -0.01 | 0.06 | 0.842 | 0.00 |
| Autonomy Dissatisfaction | Pre | 0.73*** | 0.03 | < 0.001 | 0.98 |
| | SL vs. No SL | 0.05 | 0.06 | 0.446 | 0.00 |
| Competency Satisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.90 |
| | SL vs. No SL | 0.02 | 0.06 | 0.782 | 0.00 |
| Competency Dissatisfaction | Pre | 0.68*** | 0.03 | < 0.001 | 0.95 |
| | SL vs. No SL | -0.04 | 0.06 | 0.544 | 0.00 |
| Relatedness Overall | Pre | 0.83*** | 0.03 | < 0.001 | 1.50 |
| | SL vs. No SL | 0.09 | 0.06 | 0.120 | 0.00 |
| Autonomy Overall | Pre | 0.80*** | 0.03 | < 0.001 | 1.33 |
| | SL vs. No SL | -0.03 | 0.06 | 0.625 | 0.00 |
| Competency Overall | Pre | 0.78*** | 0.03 | < 0.001 | 1.51 |
| | SL vs. No SL | 0.04 | 0.05 | 0.427 | 0.00 |

Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.

Supplementary Table S7.

Slow Looking (1) vs. no slow looking (0) and the condition and pre-test flourishing interaction predicting post-test flourishing.

| Variable | Predictor | Estimate | SE | p | Effect Size |
|----------------|-------------|----------|------|---------|-------------|
| Support | Pre | 0.80*** | 0.03 | < 0.001 | 1.25 |
| | SL | 0.04 | 0.05 | 0.39 | 0.00 |
| | Interaction | -0.02 | 0.05 | 0.628 | 0.00 |
| Community | Pre | 0.77*** | 0.03 | < 0.001 | 1.00 |
| | SL | -0.03 | 0.05 | 0.61 | 0.00 |
| | Interaction | 0.04 | 0.05 | 0.449 | 0.00 |
| Trust | Pre | 0.83*** | 0.03 | < 0.001 | 1.07 |
| | SL | 0.05 | 0.05 | 0.322 | 0.00 |
| | Interaction | -0.04 | 0.05 | 0.38 | 0.00 |
| Respect | Pre | 0.81*** | 0.03 | < 0.001 | 1.16 |
| | SL | 0.02 | 0.05 | 0.71 | 0.00 |
| | Interaction | -0.06 | 0.05 | 0.231 | 0.00 |
| Loneliness | Pre | 0.86*** | 0.03 | < 0.001 | 1.59 |
| | SL | 0.00 | 0.04 | 0.957 | 0.00 |
| | Interaction | 0.02 | 0.04 | 0.704 | 0.00 |
| Belonging | Pre | 0.83*** | 0.03 | < 0.001 | 1.19 |
| | SL | 0.02 | 0.05 | 0.728 | 0.00 |
| | Interaction | -0.01 | 0.05 | 0.912 | 0.00 |
| Engagement | Pre | 0.69*** | 0.04 | < 0.001 | 0.53 |
| | SL | 0.04 | 0.06 | 0.505 | 0.00 |
| | Interaction | -0.04 | 0.06 | 0.554 | 0.00 |
| Skills | Pre | 0.75*** | 0.03 | < 0.001 | 0.85 |
| | SL | -0.09 | 0.05 | 0.078 | 0.00 |
| | Interaction | 0.01 | 0.05 | 0.829 | 0.00 |
| Learning | Pre | 0.61*** | 0.04 | < 0.001 | 0.41 |
| | SL | -0.03 | 0.06 | 0.581 | 0.00 |
| | Interaction | 0.01 | 0.06 | 0.812 | 0.00 |
| Accomplishment | Pre | 0.88*** | 0.02 | < 0.001 | 1.85 |
| | SL | 0.09* | 0.04 | 0.024 | 0.01 |
| | Interaction | 0.01 | 0.04 | 0.782 | 0.01 |
| Self-Efficacy | Pre | 0.83*** | 0.03 | < 0.001 | 1.19 |
| | SL | -0.02 | 0.05 | 0.669 | 0.00 |
| | Interaction | 0.04 | 0.05 | 0.377 | 0.00 |
| Self-Worth | Pre | 0.78*** | 0.03 | < 0.001 | 1.05 |
| | SL | -0.04 | 0.05 | 0.419 | 0.00 |
| | Interaction | 0.05 | 0.05 | 0.349 | 0.00 |
| Control | Pre | 0.70*** | 0.04 | < 0.001 | 0.55 |
| | SL | 0.08 | 0.06 | 0.212 | 0.00 |

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|-----------------------------|-------------|---------|------|---------|------|
| | Interaction | 0.03 | 0.07 | 0.64 | 0.00 |
| Meaning | Pre | 0.86*** | 0.02 | < 0.001 | 1.76 |
| | SL | -0.03 | 0.04 | 0.517 | 0.00 |
| | Interaction | 0.01 | 0.04 | 0.87 | 0.00 |
| Optimism | Pre | 0.83*** | 0.02 | < 0.001 | 1.74 |
| | SL | 0.01 | 0.04 | 0.812 | 0.00 |
| | Interaction | 0.04 | 0.04 | 0.326 | 0.00 |
| Life Satisfaction | Pre | 0.89*** | 0.02 | < 0.001 | 2.25 |
| | SL | 0.00 | 0.04 | 0.998 | 0.00 |
| | Interaction | -0.01 | 0.04 | 0.812 | 0.00 |
| Positive Feelings | Pre | 0.85*** | 0.03 | < 0.001 | 1.65 |
| | SL | 0.01 | 0.04 | 0.81 | 0.00 |
| | Interaction | 0.04 | 0.04 | 0.298 | 0.00 |
| Negative Feelings | Pre | 0.81*** | 0.03 | < 0.001 | 1.33 |
| | SL | 0.00 | 0.04 | 0.956 | 0.00 |
| | Interaction | 0.11* | 0.04 | 0.016 | 0.00 |
| Overall Thriving | Pre | 0.85*** | 0.02 | < 0.001 | 1.73 |
| | SL | 0.02 | 0.04 | 0.601 | 0.00 |
| | Interaction | 0.07 | 0.04 | 0.109 | 0.00 |
| Stress | Pre | 0.81*** | 0.03 | < 0.001 | 1.21 |
| | SL | 0.03 | 0.05 | 0.488 | 0.00 |
| | Interaction | 0.03 | 0.05 | 0.564 | 0.00 |
| Depression | Pre | 0.85*** | 0.03 | < 0.001 | 1.58 |
| | SL | 0.02 | 0.04 | 0.714 | 0.00 |
| | Interaction | 0.00 | 0.04 | 0.938 | 0.00 |
| Anxiety | Pre | 0.86*** | 0.03 | < 0.001 | 1.37 |
| | SL | 0.01 | 0.05 | 0.809 | 0.00 |
| | Interaction | -0.01 | 0.05 | 0.861 | 0.00 |
| Relatedness Satisfaction | Pre | 0.78*** | 0.03 | < 0.001 | 0.80 |
| | SL | 0.06 | 0.06 | 0.252 | 0.00 |
| | Interaction | 0.00 | 0.06 | 1 | 0.00 |
| Relatedness Dissatisfaction | Pre | 0.71*** | 0.03 | < 0.001 | 0.63 |
| | SL | -0.04 | 0.06 | 0.518 | 0.00 |
| | Interaction | 0.00 | 0.06 | 0.967 | 0.00 |
| Autonomy Satisfaction | Pre | 0.66*** | 0.04 | < 0.001 | 0.48 |
| | SL | -0.01 | 0.06 | 0.929 | 0.00 |
| | Interaction | 0.06 | 0.06 | 0.349 | 0.00 |
| Autonomy Dissatisfaction | Pre | 0.68*** | 0.03 | < 0.001 | 0.58 |
| | SL | 0.03 | 0.06 | 0.597 | 0.00 |
| | Interaction | 0.11 | 0.06 | 0.063 | 0.00 |
| Competency Satisfaction | Pre | 0.66*** | 0.03 | < 0.001 | 0.54 |
| | SL | 0.00 | 0.06 | 0.962 | 0.00 |
| | Interaction | 0.10 | 0.06 | 0.108 | 0.00 |

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|----------------------------|-------------|---------|------|---------|------|
| Competency Dissatisfaction | Pre | 0.66*** | 0.03 | < 0.001 | 0.60 |
| | SL | -0.02 | 0.06 | 0.778 | 0.00 |
| | Interaction | 0.04 | 0.06 | 0.461 | 0.00 |
| Relatedness Overall | Pre | 0.83*** | 0.03 | < 0.001 | 1.00 |
| | SL | 0.07 | 0.05 | 0.208 | 0.00 |
| | Interaction | -0.02 | 0.05 | 0.705 | 0.00 |
| Autonomy Overall | Pre | 0.76*** | 0.03 | < 0.001 | 0.78 |
| | SL | -0.02 | 0.06 | 0.721 | 0.00 |
| | Interaction | 0.08 | 0.06 | 0.166 | 0.00 |
| Competency Overall | Pre | 0.76*** | 0.03 | < 0.001 | 0.94 |
| | SL | 0.02 | 0.05 | 0.685 | 0.00 |
| | Interaction | 0.06 | 0.05 | 0.255 | 0.00 |

Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.

Supplementary Table S8.

Immersive mindset framing (1) vs. No framing (0) predicting well-being

| Variable | Predictor | Estimate | SE | p | f² |
|-------------------|------------------------|-----------------|-----------|----------|----------------------|
| Support | Pre | 0.79*** | 0.02 | < 0.001 | 1.79 |
| | Framing vs. No Framing | -0.05 | 0.05 | 0.383 | 0.00 |
| Community | Pre | 0.79*** | 0.03 | < 0.001 | 1.62 |
| | Framing vs. No Framing | 0.02 | 0.06 | 0.695 | 0.00 |
| Trust | Pre | 0.81*** | 0.03 | < 0.001 | 1.65 |
| | Framing vs. No Framing | 0.04 | 0.06 | 0.55 | 0.00 |
| Respect | Pre | 0.77*** | 0.03 | < 0.001 | 1.59 |
| | Framing vs. No Framing | -0.06 | 0.06 | 0.266 | 0.00 |
| Loneliness | Pre | 0.85*** | 0.02 | < 0.001 | 2.37 |
| | Framing vs. No Framing | 0.03 | 0.05 | 0.593 | 0.00 |
| Belonging | Pre | 0.84*** | 0.03 | < 0.001 | 1.85 |
| | Framing vs. No Framing | 0.13* | 0.06 | 0.026 | 0.01 |
| Engagement | Pre | 0.66*** | 0.03 | < 0.001 | 0.82 |
| | Framing vs. No Framing | -0.05 | 0.07 | 0.472 | 0.00 |
| Skills | Pre | 0.76*** | 0.03 | < 0.001 | 1.42 |
| | Framing vs. No Framing | 0.12* | 0.06 | 0.047 | 0.01 |
| Learning | Pre | 0.60*** | 0.03 | < 0.001 | 0.59 |
| | Framing vs. No Framing | -0.05 | 0.07 | 0.454 | 0.00 |
| Accomplishment | Pre | 0.87*** | 0.02 | < 0.001 | 2.85 |
| | Framing vs. No Framing | 0.04 | 0.05 | 0.468 | 0.00 |
| Self-Efficacy | Pre | 0.84*** | 0.02 | < 0.001 | 1.94 |
| | Framing vs. No Framing | -0.06 | 0.06 | 0.327 | 0.00 |
| Self-Worth | Pre | 0.77*** | 0.03 | < 0.001 | 1.50 |
| | Framing vs. No Framing | -0.01 | 0.06 | 0.915 | 0.00 |
| Control | Pre | 0.68*** | 0.03 | < 0.001 | 0.77 |
| | Framing vs. No Framing | -0.02 | 0.07 | 0.818 | 0.00 |
| Meaning | Pre | 0.87*** | 0.02 | < 0.001 | 2.78 |
| | Framing vs. No Framing | 0.06 | 0.05 | 0.198 | 0.00 |
| Optimism | Pre | 0.84*** | 0.02 | < 0.001 | 2.80 |
| | Framing vs. No Framing | 0.04 | 0.05 | 0.434 | 0.00 |
| Life Satisfaction | Pre | 0.88*** | 0.02 | < 0.001 | 3.70 |
| | Framing vs. No Framing | 0.08 | 0.04 | 0.063 | 0.01 |
| Positive Feelings | Pre | 0.86*** | 0.02 | < 0.001 | 2.74 |
| | Framing vs. No Framing | 0.06 | 0.05 | 0.199 | 0.00 |
| Negative Feelings | Pre | 0.84*** | 0.02 | < 0.001 | 2.23 |
| | Framing vs. No Framing | -0.06 | 0.05 | 0.284 | 0.00 |
| Overall Thriving | Pre | 0.86*** | 0.02 | < 0.001 | 2.76 |
| | Framing vs. No Framing | 0.06 | 0.05 | 0.223 | 0.00 |
| Stress | Pre | 0.81*** | 0.03 | < 0.001 | 1.77 |

| | | | | | |
|-----------------------------|------------------------|---------|------|---------|------|
| | Framing vs. No Framing | 0.05 | 0.06 | 0.375 | 0.00 |
| Depression | Pre | 0.83*** | 0.02 | < 0.001 | 2.46 |
| | Framing vs. No Framing | -0.03 | 0.05 | 0.525 | 0.00 |
| Anxiety | Pre | 0.83*** | 0.03 | < 0.001 | 1.77 |
| | Framing vs. No Framing | 0.00 | 0.06 | 0.947 | 0.00 |
| Relatedness Satisfaction | Pre | 0.77*** | 0.03 | < 0.001 | 1.22 |
| | Framing vs. No Framing | -0.01 | 0.07 | 0.901 | 0.00 |
| Relatedness Dissatisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.91 |
| | Framing vs. No Framing | 0.00 | 0.07 | 0.998 | 0.00 |
| Autonomy Satisfaction | Pre | 0.69*** | 0.03 | < 0.001 | 0.81 |
| | Framing vs. No Framing | -0.07 | 0.07 | 0.31 | 0.00 |
| Autonomy Dissatisfaction | Pre | 0.73*** | 0.03 | < 0.001 | 0.99 |
| | Framing vs. No Framing | 0.15* | 0.07 | 0.025 | 0.01 |
| Competency Satisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.90 |
| | Framing vs. No Framing | -0.03 | 0.07 | 0.712 | 0.00 |
| Competency Dissatisfaction | Pre | 0.68*** | 0.03 | < 0.001 | 0.95 |
| | Framing vs. No Framing | 0.01 | 0.07 | 0.858 | 0.00 |
| Relatedness Overall | Pre | 0.82*** | 0.03 | < 0.001 | 1.49 |
| | Framing vs. No Framing | 0.00 | 0.06 | 0.994 | 0.00 |
| Autonomy Overall | Pre | 0.80*** | 0.03 | < 0.001 | 1.34 |
| | Framing vs. No Framing | -0.13* | 0.06 | 0.046 | 0.01 |
| Competency Overall | Pre | 0.78*** | 0.03 | < 0.001 | 1.50 |
| | Framing vs. No Framing | -0.01 | 0.06 | 0.802 | 0.00 |

Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.

Supplementary Table S9.

Immersive mindset framing (1) vs no framing (0) and interaction between condition and pre-test flourishing predicting post-test flourishing.

| Variable | Predictor | Estimate | SE | p | Effect Size |
|-----------------|------------------|-----------------|-----------|----------|--------------------|
| Support | Pre | 0.80*** | 0.05 | < 0.001 | 0.43 |
| | Framing | -0.05 | 0.05 | 0.392 | 0.00 |
| | Interaction | -0.01 | 0.06 | 0.867 | 0.00 |
| Community | Pre | 0.79*** | 0.05 | < 0.001 | 0.42 |
| | Framing | 0.02 | 0.06 | 0.696 | 0.00 |
| | Interaction | 0.00 | 0.06 | 0.989 | 0.00 |
| Trust | Pre | 0.81*** | 0.05 | < 0.001 | 0.48 |
| | Framing | 0.04 | 0.06 | 0.552 | 0.00 |
| | Interaction | 0.01 | 0.06 | 0.894 | 0.00 |
| Respect | Pre | 0.78*** | 0.05 | < 0.001 | 0.43 |
| | Framing | -0.06 | 0.06 | 0.273 | 0.00 |
| | Interaction | -0.01 | 0.06 | 0.857 | 0.00 |
| Loneliness | Pre | 0.76*** | 0.04 | < 0.001 | 0.54 |
| | Framing | 0.02 | 0.05 | 0.63 | 0.00 |
| | Interaction | 0.12* | 0.05 | 0.018 | 0.00 |
| Belonging | Pre | 0.92*** | 0.05 | < 0.001 | 0.54 |
| | Framing | 0.13* | 0.06 | 0.023 | 0.01 |
| | Interaction | -0.11 | 0.06 | 0.055 | 0.01 |
| Engagement | Pre | 0.65*** | 0.06 | < 0.001 | 0.23 |
| | Framing | -0.05 | 0.07 | 0.477 | 0.00 |
| | Interaction | 0.03 | 0.07 | 0.693 | 0.00 |
| Skills | Pre | 0.73*** | 0.05 | < 0.001 | 0.36 |
| | Framing | 0.12* | 0.06 | 0.049 | 0.01 |
| | Interaction | 0.04 | 0.06 | 0.49 | 0.01 |
| Learning | Pre | 0.50*** | 0.06 | < 0.001 | 0.12 |
| | Framing | -0.06 | 0.07 | 0.429 | 0.00 |
| | Interaction | 0.14* | 0.07 | 0.04 | 0.00 |
| Accomplishment | Pre | 0.91*** | 0.04 | < 0.001 | 0.73 |
| | Framing | 0.04 | 0.05 | 0.456 | 0.00 |
| | Interaction | -0.06 | 0.05 | 0.27 | 0.00 |
| Self-Efficacy | Pre | 0.91*** | 0.05 | < 0.001 | 0.64 |
| | Framing | -0.05 | 0.06 | 0.357 | 0.00 |
| | Interaction | -0.10 | 0.06 | 0.083 | 0.00 |
| Self-Worth | Pre | 0.72*** | 0.05 | < 0.001 | 0.34 |
| | Framing | 0.00 | 0.06 | 0.94 | 0.00 |
| | Interaction | 0.08 | 0.06 | 0.19 | 0.00 |
| Control | Pre | 0.77*** | 0.06 | < 0.001 | 0.25 |
| | Framing | 0.00 | 0.07 | 0.962 | 0.00 |

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|-----------------------------|-------------|---------|------|---------|------|
| | Interaction | -0.12 | 0.07 | 0.103 | 0.00 |
| Meaning | Pre | 0.85*** | 0.04 | < 0.001 | 0.75 |
| | Framing | 0.06 | 0.05 | 0.202 | 0.00 |
| | Interaction | 0.02 | 0.05 | 0.671 | 0.00 |
| Optimism | Pre | 0.87*** | 0.04 | < 0.001 | 0.83 |
| | Framing | 0.04 | 0.05 | 0.406 | 0.00 |
| | Interaction | -0.04 | 0.05 | 0.357 | 0.00 |
| Life Satisfaction | Pre | 0.90*** | 0.04 | < 0.001 | 0.96 |
| | Framing | 0.08 | 0.04 | 0.062 | 0.01 |
| | Interaction | -0.02 | 0.04 | 0.582 | 0.01 |
| Positive Feelings | Pre | 0.88*** | 0.04 | < 0.001 | 0.75 |
| | Framing | 0.06 | 0.05 | 0.195 | 0.00 |
| | Interaction | -0.02 | 0.05 | 0.701 | 0.00 |
| Negative Feelings | Pre | 0.81*** | 0.05 | < 0.001 | 0.52 |
| | Framing | -0.05 | 0.05 | 0.304 | 0.00 |
| | Interaction | 0.04 | 0.05 | 0.471 | 0.00 |
| Overall Thriving | Pre | 0.87*** | 0.04 | < 0.001 | 0.69 |
| | Framing | 0.06 | 0.05 | 0.217 | 0.00 |
| | Interaction | -0.02 | 0.05 | 0.738 | 0.00 |
| Stress | Pre | 0.77*** | 0.05 | < 0.001 | 0.36 |
| | Framing | 0.05 | 0.06 | 0.346 | 0.00 |
| | Interaction | 0.05 | 0.06 | 0.4 | 0.00 |
| Depression | Pre | 0.77*** | 0.04 | < 0.001 | 0.53 |
| | Framing | -0.03 | 0.05 | 0.594 | 0.00 |
| | Interaction | 0.08 | 0.05 | 0.106 | 0.00 |
| Anxiety | Pre | 0.78*** | 0.06 | < 0.001 | 0.29 |
| | Framing | 0.01 | 0.06 | 0.884 | 0.00 |
| | Interaction | 0.07 | 0.07 | 0.274 | 0.00 |
| Relatedness Satisfaction | Pre | 0.78*** | 0.06 | < 0.001 | 0.33 |
| | Framing | -0.01 | 0.07 | 0.902 | 0.00 |
| | Interaction | -0.01 | 0.07 | 0.865 | 0.00 |
| Relatedness Dissatisfaction | Pre | 0.73*** | 0.06 | < 0.001 | 0.24 |
| | Framing | 0.00 | 0.07 | 0.978 | 0.00 |
| | Interaction | -0.04 | 0.07 | 0.552 | 0.00 |
| Autonomy Satisfaction | Pre | 0.64*** | 0.06 | < 0.001 | 0.19 |
| | Framing | -0.08 | 0.07 | 0.288 | 0.00 |
| | Interaction | 0.07 | 0.07 | 0.349 | 0.00 |
| Autonomy Dissatisfaction | Pre | 0.72*** | 0.06 | < 0.001 | 0.22 |
| | Framing | 0.15* | 0.07 | 0.025 | 0.01 |
| | Interaction | 0.02 | 0.07 | 0.803 | 0.01 |
| Competency Satisfaction | Pre | 0.74*** | 0.06 | < 0.001 | 0.28 |
| | Framing | -0.02 | 0.07 | 0.723 | 0.00 |
| | Interaction | -0.05 | 0.07 | 0.467 | 0.00 |

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|----------------------------|-------------|---------|------|---------|------|
| Competency Dissatisfaction | Pre | 0.63*** | 0.06 | < 0.001 | 0.21 |
| | Framing | 0.01 | 0.07 | 0.826 | 0.00 |
| | Interaction | 0.07 | 0.07 | 0.301 | 0.00 |
| Relatedness Overall | Pre | 0.83*** | 0.06 | < 0.001 | 0.38 |
| | Framing | 0.00 | 0.06 | 0.998 | 0.00 |
| | Interaction | -0.01 | 0.06 | 0.897 | 0.00 |
| Autonomy Overall | Pre | 0.81*** | 0.06 | < 0.001 | 0.31 |
| | Framing | -0.13* | 0.06 | 0.046 | 0.01 |
| | Interaction | 0.00 | 0.07 | 0.972 | 0.01 |
| Competency Overall | Pre | 0.75*** | 0.05 | < 0.001 | 0.39 |
| | Framing | -0.02 | 0.06 | 0.786 | 0.00 |
| | Interaction | 0.04 | 0.06 | 0.531 | 0.00 |

Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.

Supplementary Table S10.

Slow looking, Immersive Mindset Framing, and Interaction predicting well-being

| Variable | Predictor | Estimate | SE | p | f² |
|-----------------|------------------------|-----------------|-----------|----------|----------------------|
| Support | Pre | 0.80*** | 0.02 | < 0.001 | 1.79 |
| | SL vs. No SL | -0.04 | 0.10 | 0.679 | 0.00 |
| | Framing vs. No Framing | -0.09 | 0.07 | 0.229 | 0.00 |
| | Interaction | 0.09 | 0.11 | 0.397 | 0.00 |
| Community | Pre | 0.79*** | 0.03 | < 0.001 | 1.62 |
| | SL vs. No SL | -0.04 | 0.10 | 0.730 | 0.00 |
| | Framing vs. No Framing | 0.03 | 0.08 | 0.692 | 0.00 |
| | Interaction | -0.02 | 0.12 | 0.866 | 0.00 |
| Trust | Pre | 0.81*** | 0.03 | < 0.001 | 1.65 |
| | SL vs. No SL | 0.15 | 0.10 | 0.162 | 0.00 |
| | Framing vs. No Framing | 0.09 | 0.08 | 0.236 | 0.00 |
| | Interaction | -0.14 | 0.12 | 0.263 | 0.00 |
| Respect | Pre | 0.77*** | 0.03 | < 0.001 | 1.59 |
| | SL vs. No SL | 0.00 | 0.10 | 0.982 | 0.00 |
| | Framing vs. No Framing | -0.06 | 0.07 | 0.391 | 0.00 |
| | Interaction | 0.00 | 0.12 | 0.995 | 0.00 |
| Loneliness | Pre | 0.85*** | 0.02 | < 0.001 | 2.36 |
| | SL vs. No SL | 0.01 | 0.09 | 0.884 | 0.00 |
| | Framing vs. No Framing | 0.02 | 0.07 | 0.766 | 0.00 |
| | Interaction | 0.02 | 0.11 | 0.851 | 0.00 |
| Belonging | Pre | 0.84*** | 0.03 | < 0.001 | 1.85 |
| | SL vs. No SL | 0.11 | 0.10 | 0.260 | 0.00 |
| | Framing vs. No Framing | 0.19* | 0.08 | 0.013 | 0.01 |
| | Interaction | -0.14 | 0.12 | 0.226 | 0.00 |
| Engagement | Pre | 0.66*** | 0.03 | < 0.001 | 0.82 |
| | SL vs. No SL | 0.09 | 0.12 | 0.458 | 0.00 |
| | Framing vs. No Framing | 0.00 | 0.09 | 0.976 | 0.00 |
| | Interaction | -0.11 | 0.14 | 0.416 | 0.00 |
| Skills | Pre | 0.76*** | 0.03 | < 0.001 | 1.43 |
| | SL vs. No SL | -0.17 | 0.11 | 0.100 | 0.00 |
| | Framing vs. No Framing | 0.07 | 0.08 | 0.386 | 0.00 |
| | Interaction | 0.12 | 0.12 | 0.313 | 0.00 |
| Learning | Pre | 0.60*** | 0.03 | < 0.001 | 0.59 |
| | SL vs. No SL | -0.13 | 0.13 | 0.326 | 0.00 |
| | Framing vs. No Framing | -0.10 | 0.10 | 0.278 | 0.00 |
| | Interaction | 0.12 | 0.15 | 0.432 | 0.00 |
| Accomplishment | Pre | 0.87*** | 0.02 | < 0.001 | 2.89 |
| | SL vs. No SL | 0.17* | 0.09 | 0.047 | 0.01 |
| | Framing vs. No Framing | 0.08 | 0.06 | 0.232 | 0.00 |

| | | | | | |
|-------------------|------------------------|---------|------|---------|------|
| | Interaction | -0.09 | 0.10 | 0.344 | 0.00 |
| Self-Efficacy | Pre | 0.84*** | 0.03 | < 0.001 | 1.94 |
| | SL vs. No SL | -0.06 | 0.10 | 0.521 | 0.00 |
| | Framing vs. No Framing | -0.08 | 0.07 | 0.293 | 0.00 |
| | Interaction | 0.05 | 0.12 | 0.648 | 0.00 |
| Self-Worth | Pre | 0.77*** | 0.03 | < 0.001 | 1.50 |
| | SL vs. No SL | -0.09 | 0.10 | 0.383 | 0.00 |
| | Framing vs. No Framing | -0.02 | 0.08 | 0.829 | 0.00 |
| | Interaction | 0.02 | 0.12 | 0.855 | 0.00 |
| Control | Pre | 0.69*** | 0.03 | < 0.001 | 0.78 |
| | SL vs. No SL | 0.22 | 0.13 | 0.086 | 0.01 |
| | Framing vs. No Framing | 0.08 | 0.09 | 0.413 | 0.00 |
| | Interaction | -0.23 | 0.15 | 0.123 | 0.00 |
| Meaning | Pre | 0.87*** | 0.02 | < 0.001 | 2.78 |
| | SL vs. No SL | -0.10 | 0.09 | 0.224 | 0.00 |
| | Framing vs. No Framing | 0.04 | 0.06 | 0.572 | 0.00 |
| | Interaction | 0.06 | 0.10 | 0.524 | 0.00 |
| Optimism | Pre | 0.84*** | 0.02 | < 0.001 | 2.81 |
| | SL vs. No SL | -0.07 | 0.08 | 0.380 | 0.00 |
| | Framing vs. No Framing | -0.01 | 0.06 | 0.911 | 0.00 |
| | Interaction | 0.11 | 0.10 | 0.264 | 0.00 |
| Life Satisfaction | Pre | 0.88*** | 0.02 | < 0.001 | 3.70 |
| | SL vs. No SL | -0.03 | 0.08 | 0.661 | 0.00 |
| | Framing vs. No Framing | 0.05 | 0.06 | 0.370 | 0.00 |
| | Interaction | 0.07 | 0.09 | 0.400 | 0.00 |
| Positive Feelings | Pre | 0.86*** | 0.02 | < 0.001 | 2.72 |
| | SL vs. No SL | -0.03 | 0.09 | 0.707 | 0.00 |
| | Framing vs. No Framing | 0.04 | 0.06 | 0.489 | 0.00 |
| | Interaction | 0.05 | 0.10 | 0.643 | 0.00 |
| Negative Feelings | Pre | 0.84*** | 0.02 | < 0.001 | 2.24 |
| | SL vs. No SL | 0.09 | 0.09 | 0.326 | 0.00 |
| | Framing vs. No Framing | -0.01 | 0.07 | 0.935 | 0.00 |
| | Interaction | -0.13 | 0.11 | 0.244 | 0.00 |
| Overall Thriving | Pre | 0.86*** | 0.02 | < 0.001 | 2.75 |
| | SL vs. No SL | -0.01 | 0.09 | 0.878 | 0.00 |
| | Framing vs. No Framing | 0.04 | 0.06 | 0.499 | 0.00 |
| | Interaction | 0.04 | 0.10 | 0.677 | 0.00 |
| Stress | Pre | 0.81*** | 0.03 | < 0.001 | 1.76 |
| | SL vs. No SL | -0.02 | 0.10 | 0.831 | 0.00 |
| | Framing vs. No Framing | 0.02 | 0.07 | 0.766 | 0.00 |
| | Interaction | 0.07 | 0.12 | 0.540 | 0.00 |
| Depression | Pre | 0.83*** | 0.02 | < 0.001 | 2.45 |
| | SL vs. No SL | -0.03 | 0.09 | 0.750 | 0.00 |

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|-----------------------------|------------------------|---------|------|---------|------|
| | Framing vs. No Framing | -0.06 | 0.06 | 0.346 | 0.00 |
| | Interaction | 0.07 | 0.10 | 0.468 | 0.00 |
| Anxiety | Pre | 0.83*** | 0.03 | < 0.001 | 1.77 |
| | SL vs. No SL | -0.08 | 0.10 | 0.444 | 0.00 |
| | Framing vs. No Framing | -0.04 | 0.08 | 0.585 | 0.00 |
| | Interaction | 0.11 | 0.12 | 0.350 | 0.00 |
| Relatedness Satisfaction | Pre | 0.77*** | 0.03 | < 0.001 | 1.23 |
| | SL vs. No SL | 0.02 | 0.11 | 0.884 | 0.00 |
| | Framing vs. No Framing | -0.05 | 0.09 | 0.552 | 0.00 |
| | Interaction | 0.11 | 0.13 | 0.417 | 0.00 |
| Relatedness Dissatisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.91 |
| | SL vs. No SL | 0.14 | 0.12 | 0.237 | 0.00 |
| | Framing vs. No Framing | 0.09 | 0.09 | 0.288 | 0.00 |
| | Interaction | -0.23 | 0.14 | 0.095 | 0.00 |
| Autonomy Satisfaction | Pre | 0.69*** | 0.03 | < 0.001 | 0.80 |
| | SL vs. No SL | 0.05 | 0.13 | 0.676 | 0.00 |
| | Framing vs. No Framing | -0.04 | 0.09 | 0.697 | 0.00 |
| | Interaction | -0.09 | 0.15 | 0.538 | 0.00 |
| Autonomy Dissatisfaction | Pre | 0.73*** | 0.03 | < 0.001 | 0.98 |
| | SL vs. No SL | 0.02 | 0.12 | 0.842 | 0.00 |
| | Framing vs. No Framing | 0.14 | 0.09 | 0.116 | 0.00 |
| | Interaction | 0.03 | 0.14 | 0.805 | 0.00 |
| Competency Satisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.90 |
| | SL vs. No SL | -0.15 | 0.12 | 0.216 | 0.00 |
| | Framing vs. No Framing | -0.12 | 0.09 | 0.192 | 0.00 |
| | Interaction | 0.23 | 0.14 | 0.109 | 0.00 |
| Competency Dissatisfaction | Pre | 0.68*** | 0.03 | < 0.001 | 0.95 |
| | SL vs. No SL | 0.04 | 0.12 | 0.754 | 0.00 |
| | Framing vs. No Framing | 0.05 | 0.09 | 0.554 | 0.00 |
| | Interaction | -0.10 | 0.13 | 0.469 | 0.00 |
| Relatedness Overall | Pre | 0.83*** | 0.03 | < 0.001 | 1.51 |
| | SL vs. No SL | -0.06 | 0.11 | 0.585 | 0.00 |
| | Framing vs. No Framing | -0.08 | 0.08 | 0.324 | 0.00 |
| | Interaction | 0.20 | 0.13 | 0.118 | 0.00 |
| Autonomy Overall | Pre | 0.80*** | 0.03 | < 0.001 | 1.34 |
| | SL vs. No SL | 0.01 | 0.11 | 0.923 | 0.00 |
| | Framing vs. No Framing | -0.11 | 0.08 | 0.204 | 0.00 |
| | Interaction | -0.06 | 0.13 | 0.670 | 0.00 |
| Competency Overall | Pre | 0.78*** | 0.03 | < 0.001 | 1.51 |
| | SL vs. No SL | -0.10 | 0.10 | 0.319 | 0.00 |
| | Framing vs. No Framing | -0.10 | 0.08 | 0.221 | 0.00 |
| | Interaction | 0.20 | 0.12 | 0.103 | 0.00 |

Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.

Supplementary Table S11.

All condition factors and interactions predicting post-test flourishing

| Variable | Predictor | Estimate | SE | p | Effect Size |
|-----------------|------------------------|-----------------|-----------|----------|--------------------|
| Support | Pre | 0.85*** | 0.07 | < 0.001 | 0.28 |
| | SL vs. No SL | -0.03 | 0.10 | 0.773 | 0.00 |
| | Framing vs. No Framing | -0.08 | 0.07 | 0.278 | 0.00 |
| | Pre * SL | -0.12 | 0.10 | 0.228 | 0.00 |
| | Pre * Frame | -0.06 | 0.08 | 0.422 | 0.00 |
| | SL * Frame | 0.08 | 0.11 | 0.462 | 0.00 |
| | Three Way Interaction | 0.13 | 0.12 | 0.287 | 0.00 |
| Community | Pre | 0.83*** | 0.07 | < 0.001 | 0.27 |
| | SL vs. No SL | -0.04 | 0.10 | 0.7 | 0.00 |
| | Framing vs. No Framing | 0.03 | 0.08 | 0.699 | 0.00 |
| | Pre * SL | -0.08 | 0.10 | 0.418 | 0.00 |
| | Pre * Frame | -0.06 | 0.08 | 0.42 | 0.00 |
| | SL * Frame | -0.02 | 0.12 | 0.89 | 0.00 |
| | Three Way Interaction | 0.15 | 0.12 | 0.216 | 0.00 |
| Trust | Pre | 0.83*** | 0.06 | < 0.001 | 0.31 |
| | SL vs. No SL | 0.15 | 0.10 | 0.162 | 0.00 |
| | Framing vs. No Framing | 0.09 | 0.08 | 0.244 | 0.00 |
| | Pre * SL | -0.07 | 0.10 | 0.488 | 0.00 |
| | Pre * Frame | -0.01 | 0.08 | 0.926 | 0.00 |
| | SL * Frame | -0.13 | 0.12 | 0.266 | 0.00 |
| | Three Way Interaction | 0.04 | 0.12 | 0.737 | 0.00 |
| Respect | Pre | 0.77*** | 0.06 | < 0.001 | 0.30 |
| | SL vs. No SL | 0.00 | 0.10 | 0.966 | 0.00 |
| | Framing vs. No Framing | -0.06 | 0.07 | 0.385 | 0.00 |
| | Pre * SL | 0.05 | 0.11 | 0.679 | 0.00 |
| | Pre * Frame | 0.03 | 0.07 | 0.704 | 0.00 |
| | SL * Frame | 0.01 | 0.12 | 0.964 | 0.00 |
| | Three Way Interaction | -0.10 | 0.12 | 0.415 | 0.00 |
| Loneliness | Pre | 0.71*** | 0.05 | < 0.001 | 0.29 |
| | SL vs. No SL | 0.01 | 0.09 | 0.919 | 0.00 |
| | Framing vs. No Framing | 0.02 | 0.07 | 0.792 | 0.00 |
| | Pre * SL | 0.14 | 0.09 | 0.121 | 0.00 |
| | Pre * Frame | 0.16* | 0.06 | 0.012 | 0.01 |
| | SL * Frame | 0.02 | 0.10 | 0.857 | 0.00 |
| | Three Way Interaction | -0.12 | 0.10 | 0.246 | 0.00 |
| Belonging | Pre | 0.92*** | 0.07 | < 0.001 | 0.32 |
| | SL vs. No SL | 0.11 | 0.10 | 0.262 | 0.00 |
| | Framing vs. No Framing | 0.19* | 0.08 | 0.012 | 0.01 |
| | Pre * SL | 0.01 | 0.11 | 0.933 | 0.00 |

| | | | | | |
|----------------|------------------------|---------|------|---------|------|
| | Pre * Frame | -0.11 | 0.08 | 0.174 | 0.00 |
| | SL * Frame | -0.15 | 0.12 | 0.22 | 0.00 |
| | Three Way Interaction | -0.02 | 0.12 | 0.841 | 0.00 |
| Engagement | Pre | 0.73*** | 0.08 | < 0.001 | 0.14 |
| | SL vs. No SL | 0.08 | 0.12 | 0.496 | 0.00 |
| | Framing vs. No Framing | 0.00 | 0.09 | 0.967 | 0.00 |
| | Pre * SL | -0.15 | 0.11 | 0.176 | 0.00 |
| | Pre * Frame | -0.07 | 0.09 | 0.461 | 0.00 |
| | SL * Frame | -0.11 | 0.14 | 0.447 | 0.00 |
| | Three Way Interaction | 0.19 | 0.13 | 0.163 | 0.00 |
| Skills | Pre | 0.72*** | 0.07 | < 0.001 | 0.18 |
| | SL vs. No SL | -0.17 | 0.11 | 0.1 | 0.00 |
| | Framing vs. No Framing | 0.07 | 0.08 | 0.398 | 0.00 |
| | Pre * SL | 0.03 | 0.10 | 0.781 | 0.00 |
| | Pre * Frame | 0.05 | 0.08 | 0.512 | 0.00 |
| | SL * Frame | 0.13 | 0.12 | 0.309 | 0.00 |
| | Three Way Interaction | -0.02 | 0.12 | 0.836 | 0.00 |
| Learning | Pre | 0.45*** | 0.08 | < 0.001 | 0.05 |
| | SL vs. No SL | -0.13 | 0.13 | 0.3 | 0.00 |
| | Framing vs. No Framing | -0.11 | 0.09 | 0.247 | 0.00 |
| | Pre * SL | 0.1 | 0.12 | 0.409 | 0.00 |
| | Pre * Frame | 0.18 | 0.10 | 0.06 | 0.01 |
| | SL * Frame | 0.12 | 0.15 | 0.41 | 0.00 |
| | Three Way Interaction | -0.06 | 0.14 | 0.667 | 0.00 |
| Accomplishment | Pre | 0.90*** | 0.06 | < 0.001 | 0.44 |
| | SL vs. No SL | 0.17* | 0.09 | 0.044 | 0.01 |
| | Framing vs. No Framing | 0.08 | 0.06 | 0.218 | 0.00 |
| | Pre * SL | 0.04 | 0.09 | 0.623 | 0.00 |
| | Pre * Frame | -0.05 | 0.06 | 0.424 | 0.00 |
| | SL * Frame | -0.10 | 0.10 | 0.328 | 0.00 |
| | Three Way Interaction | -0.01 | 0.10 | 0.891 | 0.00 |
| Self-Efficacy | Pre | 0.83*** | 0.07 | < 0.001 | 0.28 |
| | SL vs. No SL | -0.07 | 0.10 | 0.483 | 0.00 |
| | Framing vs. No Framing | -0.08 | 0.07 | 0.294 | 0.00 |
| | Pre * SL | 0.16 | 0.09 | 0.096 | 0.00 |
| | Pre * Frame | -0.02 | 0.08 | 0.775 | 0.00 |
| | SL * Frame | 0.06 | 0.12 | 0.622 | 0.00 |
| | Three Way Interaction | -0.16 | 0.11 | 0.166 | 0.00 |
| Self-Worth | Pre | 0.67*** | 0.07 | < 0.001 | 0.18 |
| | SL vs. No SL | -0.09 | 0.10 | 0.408 | 0.00 |
| | Framing vs. No Framing | -0.01 | 0.08 | 0.879 | 0.00 |
| | Pre * SL | 0.12 | 0.10 | 0.257 | 0.00 |
| | Pre * Frame | 0.09 | 0.08 | 0.231 | 0.00 |

| | | | | | |
|-------------------|------------------------|---------|------|---------|------|
| | SL * Frame | 0.02 | 0.12 | 0.888 | 0.00 |
| | Three Way Interaction | -0.03 | 0.12 | 0.811 | 0.00 |
| Control | Pre | 0.78*** | 0.08 | < 0.001 | 0.15 |
| | SL vs. No SL | 0.22 | 0.13 | 0.081 | 0.01 |
| | Framing vs. No Framing | 0.09 | 0.10 | 0.333 | 0.00 |
| | Pre * SL | -0.01 | 0.13 | 0.962 | 0.00 |
| | Pre * Frame | -0.15 | 0.09 | 0.112 | 0.00 |
| | SL * Frame | -0.23 | 0.15 | 0.12 | 0.00 |
| | Three Way Interaction | 0.08 | 0.15 | 0.604 | 0.00 |
| Meaning | Pre | 0.85*** | 0.05 | < 0.001 | 0.44 |
| | SL vs. No SL | -0.10 | 0.09 | 0.233 | 0.00 |
| | Framing vs. No Framing | 0.04 | 0.06 | 0.568 | 0.00 |
| | Pre * SL | 0.01 | 0.08 | 0.928 | 0.00 |
| | Pre * Frame | 0.02 | 0.06 | 0.762 | 0.00 |
| | SL * Frame | 0.06 | 0.10 | 0.535 | 0.00 |
| | Three Way Interaction | -0.01 | 0.10 | 0.948 | 0.00 |
| Optimism | Pre | 0.86*** | 0.05 | < 0.001 | 0.45 |
| | SL vs. No SL | -0.07 | 0.08 | 0.373 | 0.00 |
| | Framing vs. No Framing | 0.00 | 0.06 | 0.937 | 0.00 |
| | Pre * SL | 0.03 | 0.08 | 0.71 | 0.00 |
| | Pre * Frame | -0.05 | 0.06 | 0.394 | 0.00 |
| | SL * Frame | 0.11 | 0.10 | 0.259 | 0.00 |
| | Three Way Interaction | 0.03 | 0.09 | 0.772 | 0.00 |
| Life Satisfaction | Pre | 0.90*** | 0.05 | < 0.001 | 0.57 |
| | SL vs. No SL | -0.03 | 0.08 | 0.677 | 0.00 |
| | Framing vs. No Framing | 0.05 | 0.06 | 0.36 | 0.00 |
| | Pre * SL | -0.01 | 0.08 | 0.925 | 0.00 |
| | Pre * Frame | -0.02 | 0.06 | 0.72 | 0.00 |
| | SL * Frame | 0.07 | 0.09 | 0.417 | 0.00 |
| | Three Way Interaction | 0.00 | 0.09 | 0.976 | 0.00 |
| Positive Feelings | Pre | 0.85*** | 0.05 | < 0.001 | 0.42 |
| | SL vs. No SL | -0.03 | 0.09 | 0.692 | 0.00 |
| | Framing vs. No Framing | 0.05 | 0.06 | 0.476 | 0.00 |
| | Pre * SL | 0.06 | 0.09 | 0.465 | 0.00 |
| | Pre * Frame | -0.02 | 0.06 | 0.78 | 0.00 |
| | SL * Frame | 0.05 | 0.10 | 0.627 | 0.00 |
| | Three Way Interaction | -0.01 | 0.10 | 0.955 | 0.00 |
| Negative Feelings | Pre | 0.75*** | 0.06 | < 0.001 | 0.26 |
| | SL vs. No SL | 0.10 | 0.09 | 0.26 | 0.00 |
| | Framing vs. No Framing | 0.00 | 0.07 | 0.988 | 0.00 |
| | Pre * SL | 0.15 | 0.09 | 0.108 | 0.00 |
| | Pre * Frame | 0.05 | 0.07 | 0.48 | 0.00 |
| | SL * Frame | -0.15 | 0.11 | 0.172 | 0.00 |

| | | | | | |
|-----------------------------|------------------------|---------|------|---------|------|
| | Three Way Interaction | -0.03 | 0.11 | 0.804 | 0.00 |
| Overall Thriving | Pre | 0.83*** | 0.06 | < 0.001 | 0.36 |
| | SL vs. No SL | -0.02 | 0.09 | 0.827 | 0.00 |
| | Framing vs. No Framing | 0.04 | 0.06 | 0.517 | 0.00 |
| | Pre * SL | 0.10 | 0.09 | 0.269 | 0.00 |
| | Pre * Frame | -0.01 | 0.07 | 0.865 | 0.00 |
| | SL * Frame | 0.05 | 0.10 | 0.612 | 0.00 |
| | Three Way Interaction | 0.00 | 0.10 | 0.963 | 0.00 |
| Stress | Pre | 0.83*** | 0.07 | < 0.001 | 0.24 |
| | SL vs. No SL | -0.03 | 0.10 | 0.738 | 0.00 |
| | Framing vs. No Framing | 0.02 | 0.07 | 0.783 | 0.00 |
| | Pre * SL | -0.13 | 0.11 | 0.236 | 0.00 |
| | Pre * Frame | -0.04 | 0.08 | 0.641 | 0.00 |
| | SL * Frame | 0.08 | 0.12 | 0.492 | 0.00 |
| | Three Way Interaction | 0.21 | 0.12 | 0.08 | 0.01 |
| Depression | Pre | 0.80*** | 0.06 | < 0.001 | 0.32 |
| | SL vs. No SL | -0.03 | 0.09 | 0.742 | 0.00 |
| | Framing vs. No Framing | -0.06 | 0.07 | 0.37 | 0.00 |
| | Pre * SL | -0.07 | 0.09 | 0.407 | 0.00 |
| | Pre * Frame | 0.01 | 0.07 | 0.873 | 0.00 |
| | SL * Frame | 0.07 | 0.10 | 0.498 | 0.00 |
| | Three Way Interaction | 0.16 | 0.10 | 0.125 | 0.00 |
| Anxiety | Pre | 0.75*** | 0.08 | < 0.001 | 0.15 |
| | SL vs. No SL | -0.08 | 0.10 | 0.459 | 0.00 |
| | Framing vs. No Framing | -0.04 | 0.08 | 0.631 | 0.00 |
| | Pre * SL | 0.06 | 0.12 | 0.603 | 0.00 |
| | Pre * Frame | 0.09 | 0.09 | 0.292 | 0.00 |
| | SL * Frame | 0.11 | 0.12 | 0.366 | 0.00 |
| | Three Way Interaction | -0.04 | 0.14 | 0.757 | 0.00 |
| Relatedness Satisfaction | Pre | 0.76*** | 0.08 | < 0.001 | 0.17 |
| | SL vs. No SL | 0.02 | 0.12 | 0.876 | 0.00 |
| | Framing vs. No Framing | -0.05 | 0.09 | 0.546 | 0.00 |
| | Pre * SL | 0.04 | 0.11 | 0.731 | 0.00 |
| | Pre * Frame | 0.01 | 0.09 | 0.866 | 0.00 |
| | SL * Frame | 0.11 | 0.13 | 0.426 | 0.00 |
| | Three Way Interaction | -0.05 | 0.13 | 0.708 | 0.00 |
| Relatedness Dissatisfaction | Pre | 0.69*** | 0.08 | < 0.001 | 0.12 |
| | SL vs. No SL | 0.14 | 0.12 | 0.236 | 0.00 |
| | Framing vs. No Framing | 0.10 | 0.09 | 0.284 | 0.00 |
| | Pre * SL | 0.10 | 0.13 | 0.435 | 0.00 |
| | Pre * Frame | 0.01 | 0.09 | 0.886 | 0.00 |

| | | | | | |
|----------------------------|------------------------|----------|------|---------|------|
| | SL * Frame | -0.23 | 0.14 | 0.098 | 0.00 |
| | Three Way Interaction | -0.12 | 0.15 | 0.414 | 0.00 |
| Autonomy Satisfaction | Pre | 0.55*** | 0.08 | < 0.001 | 0.08 |
| | SL vs. No SL | 0.04 | 0.13 | 0.77 | 0.00 |
| | Framing vs. No Framing | -0.05 | 0.09 | 0.601 | 0.00 |
| | Pre * SL | 0.22 | 0.12 | 0.078 | 0.01 |
| | Pre * Frame | 0.16 | 0.09 | 0.08 | 0.01 |
| | SL * Frame | -0.07 | 0.15 | 0.619 | 0.00 |
| | Three Way Interaction | -0.24 | 0.14 | 0.103 | 0.00 |
| Autonomy Dissatisfaction | Pre | 0.63*** | 0.08 | < 0.001 | 0.11 |
| | SL vs. No SL | 0.04 | 0.12 | 0.737 | 0.00 |
| | Framing vs. No Framing | 0.14 | 0.09 | 0.116 | 0.00 |
| | Pre * SL | 0.27* | 0.14 | 0.047 | 0.01 |
| | Pre * Frame | 0.09 | 0.09 | 0.346 | 0.00 |
| | SL * Frame | 0.02 | 0.14 | 0.899 | 0.00 |
| | Three Way Interaction | -0.21 | 0.15 | 0.163 | 0.00 |
| Competency Satisfaction | Pre | 0.55*** | 0.08 | < 0.001 | 0.09 |
| | SL vs. No SL | -0.16 | 0.12 | 0.186 | 0.00 |
| | Framing vs. No Framing | -0.12 | 0.09 | 0.165 | 0.00 |
| | Pre * SL | 0.44*** | 0.12 | < 0.001 | 0.02 |
| | Pre * Frame | 0.16 | 0.09 | 0.074 | 0.01 |
| | SL * Frame | 0.23 | 0.14 | 0.096 | 0.00 |
| | Three Way Interaction | -0.49*** | 0.14 | < 0.001 | 0.02 |
| Competency Dissatisfaction | Pre | 0.66*** | 0.07 | < 0.001 | 0.14 |
| | SL vs. No SL | 0.03 | 0.12 | 0.783 | 0.00 |
| | Framing vs. No Framing | 0.05 | 0.09 | 0.545 | 0.00 |
| | Pre * SL | -0.08 | 0.12 | 0.479 | 0.00 |
| | Pre * Frame | 0.01 | 0.08 | 0.866 | 0.00 |
| | SL * Frame | -0.10 | 0.13 | 0.46 | 0.00 |
| | Three Way Interaction | 0.15 | 0.14 | 0.263 | 0.00 |
| Relatedness Overall | Pre | 0.83*** | 0.07 | < 0.001 | 0.22 |
| | SL vs. No SL | -0.06 | 0.11 | 0.587 | 0.00 |
| | Framing vs. No Framing | -0.08 | 0.08 | 0.322 | 0.00 |
| | Pre * SL | 0.00 | 0.11 | 0.994 | 0.00 |
| | Pre * Frame | 0.01 | 0.08 | 0.872 | 0.00 |
| | SL * Frame | 0.20 | 0.13 | 0.121 | 0.00 |
| | Three Way Interaction | -0.03 | 0.13 | 0.805 | 0.00 |
| Autonomy Overall | Pre | 0.72*** | 0.08 | < 0.001 | 0.15 |
| | SL vs. No SL | 0.00 | 0.11 | 0.973 | 0.00 |
| | Framing vs. No Framing | -0.11 | 0.08 | 0.19 | 0.00 |

| | | | | | |
|--------------------|------------------------|---------|------|---------|------|
| | Pre * SL | 0.20 | 0.12 | 0.095 | 0.00 |
| | Pre * Frame | 0.07 | 0.09 | 0.412 | 0.00 |
| | SL * Frame | -0.04 | 0.13 | 0.754 | 0.00 |
| | Three Way Interaction | -0.19 | 0.14 | 0.173 | 0.00 |
| Competency Overall | Pre | 0.68*** | 0.07 | < 0.001 | 0.18 |
| | SL vs. No SL | -0.11 | 0.10 | 0.276 | 0.00 |
| | Framing vs. No Framing | -0.10 | 0.08 | 0.188 | 0.00 |
| | Pre * SL | 0.17 | 0.10 | 0.087 | 0.01 |
| | Pre * Frame | 0.11 | 0.08 | 0.152 | 0.00 |
| | SL * Frame | 0.21 | 0.12 | 0.084 | 0.01 |
| | Three Way Interaction | -0.16 | 0.12 | 0.185 | 0.00 |

Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.

Supplementary Table S12.

Latent immersion factor predicting well-being

| Variable | Predictor | Estimate | SE | p | Effect Size |
|-----------------|------------------|-----------------|-----------|----------|--------------------|
| Support | Pre | 0.80*** | 0.02 | < 0.001 | 1.76 |
| | Immersion | 0.01 | 0.02 | 0.652 | 0.00 |
| | Interaction | 0.04 | 0.02 | 0.06 | 0.00 |
| Community | Pre | 0.78*** | 0.03 | < 0.001 | 1.52 |
| | Immersion | 0.03 | 0.02 | 0.202 | 0.00 |
| | Interaction | -0.01 | 0.02 | 0.741 | 0.00 |
| Trust | Pre | 0.81*** | 0.03 | < 0.001 | 1.61 |
| | Immersion | -0.01 | 0.02 | 0.77 | 0.00 |
| | Interaction | 0.04 | 0.02 | 0.105 | 0.00 |
| Respect | Pre | 0.77*** | 0.03 | < 0.001 | 1.57 |
| | Immersion | 0.05* | 0.02 | 0.031 | 0.01 |
| | Interaction | 0.01 | 0.02 | 0.768 | 0.01 |
| Loneliness | Pre | 0.84*** | 0.02 | < 0.001 | 2.32 |
| | Immersion | -0.02 | 0.02 | 0.307 | 0.00 |
| | Interaction | 0.01 | 0.02 | 0.689 | 0.00 |
| Belonging | Pre | 0.83*** | 0.03 | < 0.001 | 1.74 |
| | Immersion | 0.04 | 0.02 | 0.123 | 0.00 |
| | Interaction | -0.03 | 0.02 | 0.217 | 0.00 |
| Engagement | Pre | 0.63*** | 0.03 | < 0.001 | 0.70 |
| | Immersion | 0.13*** | 0.03 | < 0.001 | 0.03 |
| | Interaction | -0.01 | 0.03 | 0.673 | 0.03 |
| Skills | Pre | 0.76*** | 0.03 | < 0.001 | 1.34 |
| | Immersion | 0.02 | 0.03 | 0.505 | 0.00 |
| | Interaction | -0.01 | 0.02 | 0.661 | 0.00 |
| Learning | Pre | 0.58*** | 0.03 | < 0.001 | 0.54 |
| | Immersion | 0.11*** | 0.03 | < 0.001 | 0.02 |
| | Interaction | 0.02 | 0.03 | 0.458 | 0.02 |
| Accomplishment | Pre | 0.87*** | 0.02 | < 0.001 | 2.82 |
| | Immersion | 0.03 | 0.02 | 0.142 | 0.00 |
| | Interaction | 0.00 | 0.02 | 0.887 | 0.00 |
| Self-Efficacy | Pre | 0.84*** | 0.03 | < 0.001 | 1.89 |
| | Immersion | 0.01 | 0.02 | 0.638 | 0.00 |
| | Interaction | -0.02 | 0.03 | 0.414 | 0.00 |
| Self-Worth | Pre | 0.77*** | 0.03 | < 0.001 | 1.48 |
| | Immersion | 0.01 | 0.02 | 0.741 | 0.00 |
| | Interaction | 0.04 | 0.02 | 0.063 | 0.00 |
| Control | Pre | 0.68*** | 0.03 | < 0.001 | 0.77 |
| | Immersion | 0.03 | 0.03 | 0.355 | 0.00 |
| | Interaction | 0.04 | 0.03 | 0.206 | 0.00 |

| | | | | | |
|-----------------------------|-------------|---------|------|---------|------|
| Meaning | Pre | 0.86*** | 0.02 | < 0.001 | 2.72 |
| | Immersion | 0.04* | 0.02 | 0.046 | 0.01 |
| | Interaction | -0.02 | 0.02 | 0.326 | 0.01 |
| Optimism | Pre | 0.84*** | 0.02 | < 0.001 | 2.74 |
| | Immersion | 0.01 | 0.02 | 0.647 | 0.00 |
| | Interaction | -0.01 | 0.02 | 0.644 | 0.00 |
| Life Satisfaction | Pre | 0.88*** | 0.02 | < 0.001 | 3.66 |
| | Immersion | 0.02 | 0.02 | 0.192 | 0.00 |
| | Interaction | 0.02 | 0.02 | 0.308 | 0.00 |
| Positive Feelings | Pre | 0.86*** | 0.02 | < 0.001 | 2.67 |
| | Immersion | 0.01 | 0.02 | 0.696 | 0.00 |
| | Interaction | 0.00 | 0.02 | 0.86 | 0.00 |
| Negative Feelings | Pre | 0.84*** | 0.02 | < 0.001 | 2.22 |
| | Immersion | -0.03 | 0.02 | 0.171 | 0.00 |
| | Interaction | -0.01 | 0.02 | 0.696 | 0.00 |
| Overall Thriving | Pre | 0.86*** | 0.02 | < 0.001 | 2.69 |
| | Immersion | 0.01 | 0.02 | 0.567 | 0.00 |
| | Interaction | 0.02 | 0.02 | 0.315 | 0.00 |
| Stress | Pre | 0.81*** | 0.03 | < 0.001 | 1.72 |
| | Immersion | 0.05* | 0.02 | 0.048 | 0.01 |
| | Interaction | 0.01 | 0.03 | 0.592 | 0.01 |
| Depression | Pre | 0.83*** | 0.02 | < 0.001 | 2.47 |
| | Immersion | 0.02 | 0.02 | 0.289 | 0.00 |
| | Interaction | 0.02 | 0.02 | 0.293 | 0.00 |
| Anxiety | Pre | 0.82*** | 0.03 | < 0.001 | 1.64 |
| | Immersion | 0.05* | 0.02 | 0.042 | 0.01 |
| | Interaction | 0.04 | 0.03 | 0.178 | 0.01 |
| Relatedness Satisfaction | Pre | 0.77*** | 0.03 | < 0.001 | 1.17 |
| | Immersion | 0.00 | 0.03 | 0.966 | 0.00 |
| | Interaction | 0.01 | 0.03 | 0.831 | 0.00 |
| Relatedness Dissatisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.90 |
| | Immersion | -0.03 | 0.03 | 0.339 | 0.00 |
| | Interaction | 0.00 | 0.03 | 0.885 | 0.00 |
| Autonomy Satisfaction | Pre | 0.68*** | 0.03 | < 0.001 | 0.79 |
| | Immersion | 0.09** | 0.03 | 0.003 | 0.02 |
| | Interaction | -0.03 | 0.03 | 0.387 | 0.02 |
| Autonomy Dissatisfaction | Pre | 0.73*** | 0.03 | < 0.001 | 0.96 |
| | Immersion | -0.01 | 0.03 | 0.855 | 0.00 |
| | Interaction | 0.03 | 0.03 | 0.274 | 0.00 |
| Competency Satisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.86 |
| | Immersion | 0.02 | 0.03 | 0.521 | 0.00 |
| | Interaction | 0.04 | 0.03 | 0.152 | 0.00 |
| Competency Dissatisfaction | Pre | 0.68*** | 0.03 | < 0.001 | 0.94 |

| | | | | | |
|---------------------|-------------|---------|------|---------|------|
| | Immersion | 0.04 | 0.03 | 0.129 | 0.00 |
| | Interaction | 0.05 | 0.03 | 0.053 | 0.00 |
| Relatedness Overall | Pre | 0.82*** | 0.03 | < 0.001 | 1.46 |
| | Immersion | 0.01 | 0.03 | 0.74 | 0.00 |
| | Interaction | -0.02 | 0.03 | 0.482 | 0.00 |
| Autonomy Overall | Pre | 0.80*** | 0.03 | < 0.001 | 1.32 |
| | Immersion | 0.05 | 0.03 | 0.067 | 0.01 |
| | Interaction | -0.02 | 0.03 | 0.502 | 0.01 |
| Competency Overall | Pre | 0.78*** | 0.03 | < 0.001 | 1.50 |
| | Immersion | -0.03 | 0.02 | 0.254 | 0.00 |
| | Interaction | 0.07** | 0.03 | 0.008 | 0.00 |

Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.

Supplementary Table S13.

Latent art topic factor predicting well-being

| Variable | Predictor | Estimate | SE | p | Effect Size |
|-----------------|------------------|-----------------|-----------|----------|--------------------|
| Support | Pre | 0.80*** | 0.02 | < 0.001 | 1.79 |
| | Art Topics | -0.02 | 0.24 | 0.932 | 0.00 |
| | Interaction | 0.21 | 0.25 | 0.402 | 0.00 |
| Community | Pre | 0.80*** | 0.03 | < 0.001 | 1.62 |
| | Art Topics | -0.56* | 0.26 | 0.028 | 0.01 |
| | Interaction | 0.14 | 0.26 | 0.588 | 0.01 |
| Trust | Pre | 0.81*** | 0.03 | < 0.001 | 1.63 |
| | Art Topics | 0.47 | 0.26 | 0.073 | 0.01 |
| | Interaction | -0.18 | 0.27 | 0.515 | 0.01 |
| Respect | Pre | 0.77*** | 0.03 | < 0.001 | 1.58 |
| | Art Topics | 0.22 | 0.25 | 0.379 | 0.00 |
| | Interaction | -0.18 | 0.27 | 0.506 | 0.00 |
| Loneliness | Pre | 0.85*** | 0.02 | < 0.001 | 2.38 |
| | Art Topics | -0.27 | 0.23 | 0.228 | 0.00 |
| | Interaction | 0.21 | 0.23 | 0.375 | 0.00 |
| Belonging | Pre | 0.84*** | 0.03 | < 0.001 | 1.80 |
| | Art Topics | -0.17 | 0.26 | 0.51 | 0.00 |
| | Interaction | -0.08 | 0.26 | 0.742 | 0.00 |
| Engagement | Pre | 0.66*** | 0.03 | < 0.001 | 0.80 |
| | Art Topics | -0.06 | 0.30 | 0.84 | 0.00 |
| | Interaction | -0.51 | 0.32 | 0.111 | 0.00 |
| Skills | Pre | 0.76*** | 0.03 | < 0.001 | 1.41 |
| | Art Topics | -0.01 | 0.27 | 0.956 | 0.00 |
| | Interaction | -0.12 | 0.27 | 0.668 | 0.00 |
| Learning | Pre | 0.61*** | 0.03 | < 0.001 | 0.59 |
| | Art Topics | 0.10 | 0.32 | 0.754 | 0.00 |
| | Interaction | 0.46 | 0.30 | 0.132 | 0.00 |
| Accomplishment | Pre | 0.87*** | 0.02 | < 0.001 | 2.85 |
| | Art Topics | 0.07 | 0.22 | 0.737 | 0.00 |
| | Interaction | -0.06 | 0.21 | 0.778 | 0.00 |
| Self-Efficacy | Pre | 0.84*** | 0.03 | < 0.001 | 1.93 |
| | Art Topics | 0.07 | 0.25 | 0.788 | 0.00 |
| | Interaction | 0.06 | 0.25 | 0.808 | 0.00 |
| Self-Worth | Pre | 0.77*** | 0.03 | < 0.001 | 1.49 |
| | Art Topics | -0.07 | 0.26 | 0.79 | 0.00 |
| | Interaction | -0.20 | 0.26 | 0.437 | 0.00 |
| Control | Pre | 0.68*** | 0.03 | < 0.001 | 0.77 |
| | Art Topics | -0.27 | 0.32 | 0.394 | 0.00 |
| | Interaction | -0.13 | 0.34 | 0.695 | 0.00 |

| | | | | | |
|-----------------------------|-------------|---------|------|---------|------|
| Meaning | Pre | 0.87*** | 0.02 | < 0.001 | 2.77 |
| | Art Topics | 0.19 | 0.22 | 0.386 | 0.00 |
| | Interaction | 0.15 | 0.21 | 0.48 | 0.00 |
| Optimism | Pre | 0.84*** | 0.02 | < 0.001 | 2.78 |
| | Art Topics | 0.13 | 0.21 | 0.52 | 0.00 |
| | Interaction | -0.18 | 0.21 | 0.383 | 0.00 |
| Life Satisfaction | Pre | 0.88*** | 0.02 | < 0.001 | 3.69 |
| | Art Topics | -0.10 | 0.19 | 0.618 | 0.00 |
| | Interaction | -0.31 | 0.19 | 0.105 | 0.00 |
| Positive Feelings | Pre | 0.86*** | 0.02 | < 0.001 | 2.73 |
| | Art Topics | 0.29 | 0.21 | 0.172 | 0.00 |
| | Interaction | -0.41 | 0.22 | 0.07 | 0.00 |
| Negative Feelings | Pre | 0.84*** | 0.02 | < 0.001 | 2.27 |
| | Art Topics | -0.61** | 0.23 | 0.009 | 0.01 |
| | Interaction | -0.32 | 0.24 | 0.18 | 0.01 |
| Overall Thriving | Pre | 0.86*** | 0.02 | < 0.001 | 2.77 |
| | Art Topics | 0.44* | 0.21 | 0.038 | 0.01 |
| | Interaction | -0.37 | 0.22 | 0.093 | 0.01 |
| Stress | Pre | 0.81*** | 0.03 | < 0.001 | 1.76 |
| | Art Topics | -0.44 | 0.25 | 0.083 | 0.01 |
| | Interaction | -0.49 | 0.27 | 0.067 | 0.01 |
| Depression | Pre | 0.83*** | 0.02 | < 0.001 | 2.45 |
| | Art Topics | -0.23 | 0.22 | 0.297 | 0.00 |
| | Interaction | -0.38 | 0.23 | 0.107 | 0.00 |
| Anxiety | Pre | 0.83*** | 0.03 | < 0.001 | 1.76 |
| | Art Topics | -0.40 | 0.26 | 0.117 | 0.00 |
| | Interaction | -0.57* | 0.28 | 0.044 | 0.00 |
| Relatedness Satisfaction | Pre | 0.77*** | 0.03 | < 0.001 | 1.22 |
| | Art Topics | 0.05 | 0.29 | 0.859 | 0.00 |
| | Interaction | 0.02 | 0.28 | 0.942 | 0.00 |
| Relatedness Dissatisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.91 |
| | Art Topics | -0.21 | 0.30 | 0.475 | 0.00 |
| | Interaction | -0.47 | 0.30 | 0.124 | 0.00 |
| Autonomy Satisfaction | Pre | 0.69*** | 0.03 | < 0.001 | 0.80 |
| | Art Topics | 0.10 | 0.32 | 0.745 | 0.00 |
| | Interaction | -0.02 | 0.33 | 0.957 | 0.00 |
| Autonomy Dissatisfaction | Pre | 0.73*** | 0.03 | < 0.001 | 0.98 |
| | Art Topics | 0.16 | 0.30 | 0.6 | 0.00 |
| | Interaction | -0.18 | 0.30 | 0.548 | 0.00 |
| Competency Satisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.90 |
| | Art Topics | 0.15 | 0.30 | 0.613 | 0.00 |
| | Interaction | 0.37 | 0.29 | 0.21 | 0.00 |
| Competency Dissatisfaction | Pre | 0.68*** | 0.03 | < 0.001 | 0.95 |

| | | | | | |
|---------------------|-------------|---------|------|---------|------|
| | Art Topics | 0.03 | 0.29 | 0.931 | 0.00 |
| | Interaction | -0.56 | 0.29 | 0.053 | 0.00 |
| Relatedness Overall | Pre | 0.82*** | 0.03 | < 0.001 | 1.49 |
| | Art Topics | 0.13 | 0.28 | 0.641 | 0.00 |
| | Interaction | -0.16 | 0.28 | 0.574 | 0.00 |
| Autonomy Overall | Pre | 0.80*** | 0.03 | < 0.001 | 1.33 |
| | Art Topics | -0.08 | 0.28 | 0.771 | 0.00 |
| | Interaction | 0.00 | 0.29 | 0.997 | 0.00 |
| Competency Overall | Pre | 0.78*** | 0.03 | < 0.001 | 1.51 |
| | Art Topics | 0.11 | 0.26 | 0.682 | 0.00 |
| | Interaction | -0.34 | 0.26 | 0.193 | 0.00 |

Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.

Supplementary Table S14.

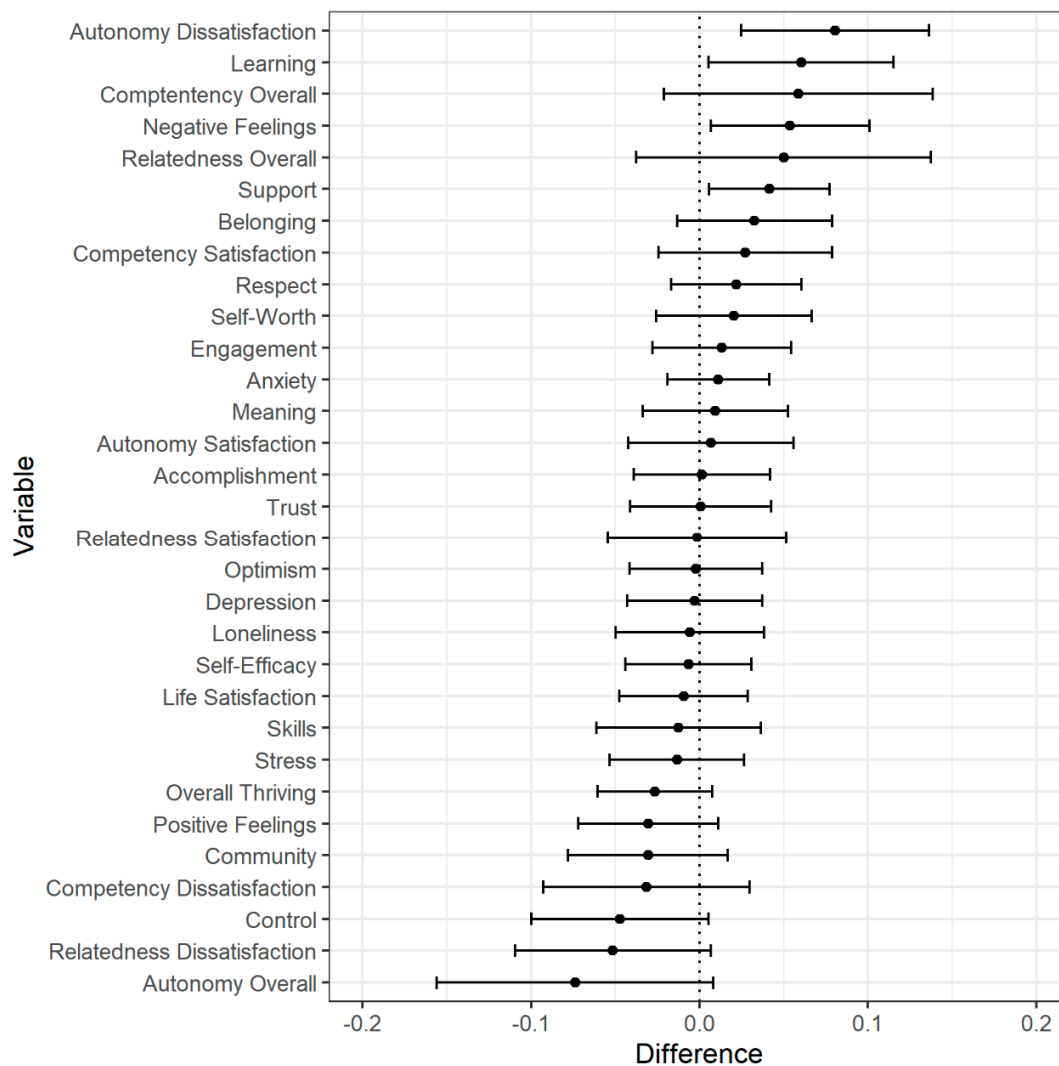
Latent feeling topic factor predicting well-being

| Variable | Predictor | Estimate | SE | p | Effect Size |
|-----------------|------------------|-----------------|-----------|----------|--------------------|
| Support | Pre | 0.79*** | 0.02 | < 0.001 | 1.79 |
| | Feeling Topics | -0.24 | 0.23 | 0.297 | 0.00 |
| | Interaction | 0.15 | 0.24 | 0.531 | 0.00 |
| Community | Pre | 0.79*** | 0.03 | < 0.001 | 1.61 |
| | Feeling Topics | 0.13 | 0.25 | 0.613 | 0.00 |
| | Interaction | 0.06 | 0.24 | 0.813 | 0.00 |
| Trust | Pre | 0.81*** | 0.03 | < 0.001 | 1.63 |
| | Feeling Topics | -0.23 | 0.25 | 0.354 | 0.00 |
| | Interaction | -0.15 | 0.25 | 0.541 | 0.00 |
| Respect | Pre | 0.77*** | 0.03 | < 0.001 | 1.56 |
| | Feeling Topics | -0.37 | 0.24 | 0.125 | 0.00 |
| | Interaction | 0.37 | 0.25 | 0.142 | 0.00 |
| Loneliness | Pre | 0.85*** | 0.02 | < 0.001 | 2.39 |
| | Feeling Topics | 0.42 | 0.22 | 0.054 | 0.01 |
| | Interaction | -0.01 | 0.23 | 0.957 | 0.01 |
| Belonging | Pre | 0.84*** | 0.03 | < 0.001 | 1.80 |
| | Feeling Topics | -0.13 | 0.25 | 0.607 | 0.00 |
| | Interaction | 0.01 | 0.24 | 0.953 | 0.00 |
| Engagement | Pre | 0.66*** | 0.03 | < 0.001 | 0.80 |
| | Feeling Topics | -0.07 | 0.29 | 0.814 | 0.00 |
| | Interaction | 0.05 | 0.30 | 0.876 | 0.00 |
| Skills | Pre | 0.76*** | 0.03 | < 0.001 | 1.41 |
| | Feeling Topics | -0.03 | 0.26 | 0.918 | 0.00 |
| | Interaction | 0.3 | 0.26 | 0.266 | 0.00 |
| Learning | Pre | 0.60*** | 0.03 | < 0.001 | 0.59 |
| | Feeling Topics | -0.05 | 0.31 | 0.881 | 0.00 |
| | Interaction | -0.01 | 0.28 | 0.985 | 0.00 |
| Accomplishment | Pre | 0.87*** | 0.02 | < 0.001 | 2.85 |
| | Feeling Topics | -0.21 | 0.21 | 0.32 | 0.00 |
| | Interaction | -0.01 | 0.21 | 0.951 | 0.00 |
| Self-Efficacy | Pre | 0.84*** | 0.03 | < 0.001 | 1.93 |
| | Feeling Topics | -0.21 | 0.24 | 0.372 | 0.00 |
| | Interaction | -0.06 | 0.24 | 0.79 | 0.00 |
| Self-Worth | Pre | 0.77*** | 0.03 | < 0.001 | 1.52 |
| | Feeling Topics | 0.05 | 0.25 | 0.857 | 0.00 |
| | Interaction | 0.76** | 0.25 | 0.003 | 0.00 |
| Control | Pre | 0.69*** | 0.03 | < 0.001 | 0.77 |
| | Feeling Topics | 0.08 | 0.31 | 0.793 | 0.00 |
| | Interaction | 0.02 | 0.32 | 0.945 | 0.00 |

| | | | | | |
|-----------------------------|----------------|---------|------|---------|------|
| Meaning | Pre | 0.87*** | 0.02 | < 0.001 | 2.77 |
| | Feeling Topics | -0.28 | 0.21 | 0.174 | 0.00 |
| | Interaction | 0.02 | 0.20 | 0.939 | 0.00 |
| Optimism | Pre | 0.84*** | 0.02 | < 0.001 | 2.80 |
| | Feeling Topics | -0.18 | 0.20 | 0.379 | 0.00 |
| | Interaction | 0.25 | 0.20 | 0.213 | 0.00 |
| Life Satisfaction | Pre | 0.88*** | 0.02 | < 0.001 | 3.68 |
| | Feeling Topics | -0.11 | 0.18 | 0.545 | 0.00 |
| | Interaction | 0.16 | 0.19 | 0.406 | 0.00 |
| Positive Feelings | Pre | 0.86*** | 0.02 | < 0.001 | 2.75 |
| | Feeling Topics | -0.52* | 0.21 | 0.012 | 0.01 |
| | Interaction | 0.13 | 0.21 | 0.537 | 0.01 |
| Negative Feelings | Pre | 0.84*** | 0.02 | < 0.001 | 2.27 |
| | Feeling Topics | 0.8*** | 0.22 | < 0.001 | 0.02 |
| | Interaction | 0.37 | 0.22 | 0.101 | 0.02 |
| Overall Thriving | Pre | 0.86*** | 0.02 | < 0.001 | 2.77 |
| | Feeling Topics | -0.65** | 0.20 | 0.002 | 0.02 |
| | Interaction | 0.44* | 0.21 | 0.034 | 0.02 |
| Stress | Pre | 0.81*** | 0.03 | < 0.001 | 1.73 |
| | Feeling Topics | 0.66** | 0.24 | 0.006 | 0.01 |
| | Interaction | 0.40 | 0.25 | 0.117 | 0.01 |
| Depression | Pre | 0.82*** | 0.02 | < 0.001 | 2.41 |
| | Feeling Topics | 0.49* | 0.21 | 0.02 | 0.01 |
| | Interaction | 0.53* | 0.22 | 0.015 | 0.01 |
| Anxiety | Pre | 0.83*** | 0.03 | < 0.001 | 1.69 |
| | Feeling Topics | 0.18 | 0.25 | 0.462 | 0.00 |
| | Interaction | 0.31 | 0.26 | 0.232 | 0.00 |
| Relatedness Satisfaction | Pre | 0.77*** | 0.03 | < 0.001 | 1.23 |
| | Feeling Topics | -0.51 | 0.28 | 0.068 | 0.01 |
| | Interaction | 0.2 | 0.28 | 0.466 | 0.01 |
| Relatedness Dissatisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.90 |
| | Feeling Topics | 0.35 | 0.29 | 0.232 | 0.00 |
| | Interaction | 0.27 | 0.28 | 0.339 | 0.00 |
| Autonomy Satisfaction | Pre | 0.68*** | 0.03 | < 0.001 | 0.78 |
| | Feeling Topics | -0.43 | 0.30 | 0.162 | 0.00 |
| | Interaction | 0.38 | 0.31 | 0.223 | 0.00 |
| Autonomy Dissatisfaction | Pre | 0.73*** | 0.03 | < 0.001 | 0.97 |
| | Feeling Topics | 0.26 | 0.29 | 0.362 | 0.00 |
| | Interaction | 0.31 | 0.29 | 0.286 | 0.00 |
| Competency Satisfaction | Pre | 0.70*** | 0.03 | < 0.001 | 0.90 |
| | Feeling Topics | -0.32 | 0.29 | 0.278 | 0.00 |
| | Interaction | -0.12 | 0.29 | 0.688 | 0.00 |
| Competency Dissatisfaction | Pre | 0.68*** | 0.03 | < 0.001 | 0.94 |

| | | | | | |
|---------------------|----------------|---------|------|---------|------|
| | Feeling Topics | 0.28 | 0.28 | 0.314 | 0.00 |
| | Interaction | 0.54 | 0.28 | 0.051 | 0.00 |
| Relatedness Overall | Pre | 0.82*** | 0.03 | < 0.001 | 1.49 |
| | Feeling Topics | -0.46 | 0.26 | 0.082 | 0.01 |
| | Interaction | 0.28 | 0.26 | 0.284 | 0.01 |
| Autonomy Overall | Pre | 0.80*** | 0.03 | < 0.001 | 1.30 |
| | Feeling Topics | -0.33 | 0.27 | 0.224 | 0.00 |
| | Interaction | 0.19 | 0.28 | 0.485 | 0.00 |
| Competency Overall | Pre | 0.78*** | 0.03 | < 0.001 | 1.50 |
| | Feeling Topics | -0.40 | 0.25 | 0.114 | 0.00 |
| | Interaction | 0.52* | 0.26 | 0.044 | 0.00 |

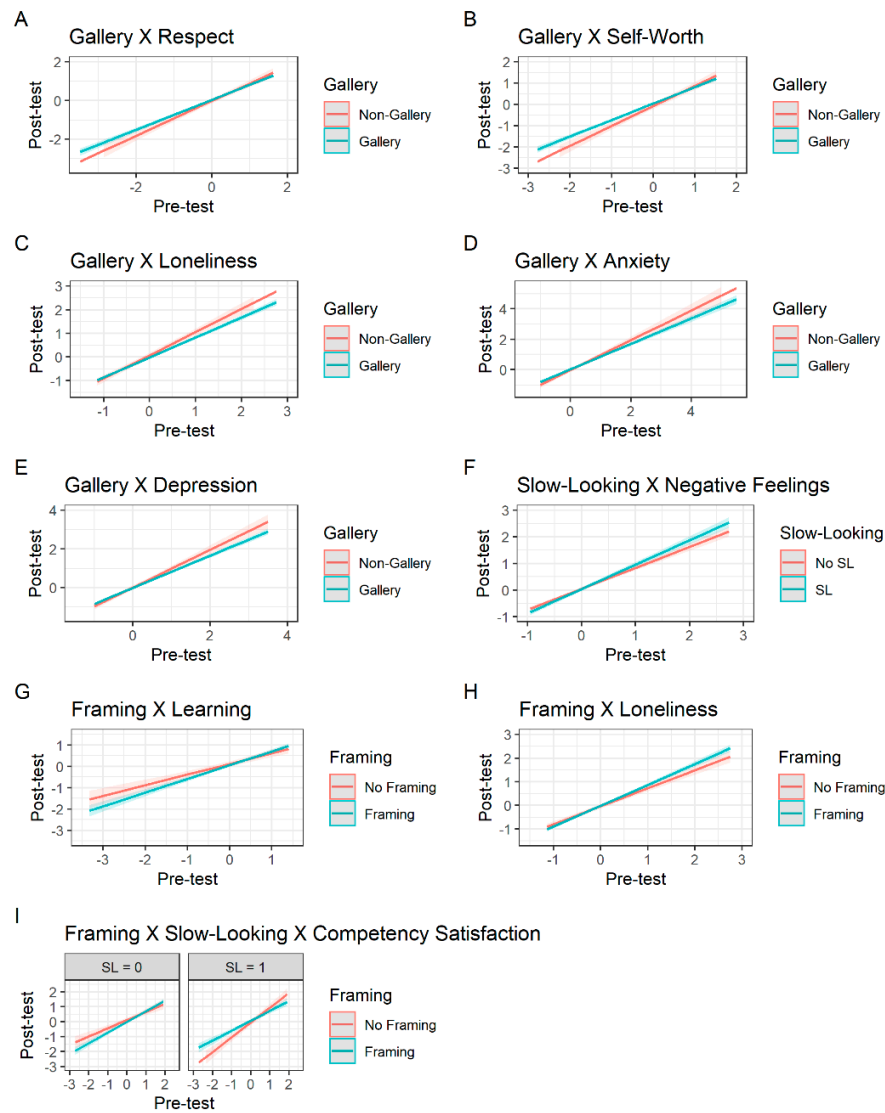
Note. Estimates represent unstandardized regression weights in pre-intervention standard deviation units. Effect size is Cohen's f^2 and can be interpreted as small = 0.02, medium = 0.15, large = 0.35.



Supplementary Figure S1. Changes in well-being indices before and after the intervention.

Note. Estimates are differences (Post – Pre) in scale units with 95% confidence intervals.

Positive values indicate increases in the outcome; negative values indicate decreases in the outcome.



Supplementary Figure S2. Interactions between experimental condition and pre-test flourishing predicting post-test flourishing