

Supplementary Table 1. Changes in DASS scores from baseline and post-program

	n	Baseline mean (SD)	8 weeks mean (SD)	Pre - Post mean (95% CI)	p value
Depression	86	6.3 (7.1)	4.4 (5.4)	1.9 (0.7 – 3.0)	0.003
Anxiety	86	4.8 (5.6)	3.8 (5.1)	1.0 (0.1 – 1.9)	0.026
Stress	86	8.3 (7.0)	6.2 (5.6)	2.1 (1.0 – 3.3)	0.001