Table S5. Descriptive statistics of the NWA and PROMIS Global-10 scores (N=1498) in the extended analysis.

NWA				
Domain	**Items (Over the past week, satisfaction related to…)**	**Mean ± SD**	**Median**	**IQR (Percentile scores: 25%, 75%)**
Physical Wellness				
	1. Regular physical exercise	2.51 (±1.12)	2	1 (2, 3)
	2. Eating healthy diet	2.99 (±1.12)	3	2 (2, 4)
	3. Taking care of personal needs	3.73 (±1.15)	4	2 (3, 5)
	4. Good night's sleep	3.08 (±1.24)	3	2 (2, 4)
	5. Managing physical pain affecting daily activities	2.90 (±1.10)	3	2 (2, 4)
Domain score		15.22 (±4.02)	15	6 (12, 18)
Mental Wellness				
	1. Managing negative thoughts	3.32 (±1.10)	3	1 (3, 4)
	2. Following core values	3.26 (±1.09)	3	2 (2, 4)
	3. Self-advocating	3.41 (±1.16)	4	1 (3, 4)
	4. Managing negative feelings affecting daily routines	3.27 (±1.10)	3	2 (2, 4)
	5. Participating in a regular hobby	2.98 (±1.23)	3	2 (2, 4)
Domain score		16.24 (±4.53)	16	7 (13, 20)
Emotional/Spiritual Wellness				
	1. Having inner peace	3.41 (±1.16)	4	1 (3, 4)
	2. Helping others	3.13 (±1.18)	3	2 (2, 4)
	3. Valuing spiritual practice	3.71 (±1.10)	4	2 (3, 5)
	4. Handling challenging relationships	3.33 (±1.10)	3	1 (3, 4)
	5. Getting outdoors	2.86 (±1.21)	3	2 (2, 4)
Domain score		16.43 (±4.45)	16.5	6 (14, 20)
Overall Wellness		13.91 (±5.41)	15	10 (10, 20)
Total NWA Score		61.81 (±15.33)	62	22 (51, 73)
PROMIS Global-10				
PROMIS Global physical health T-score		38.81 (±7.40)	37.4	7.4 (34.9, 42.3)
PROMIS Global mental health T-score		42.93 (±9.07)	41.1	12 (36.3, 48.3)
NWA: National Center on Health, Physical Activity and Disability (NCHPAD) Wellness Assessment; PROMIS: Patient-Reported Outcomes Measurement Information System; SD: Standard Deviation; IQR: Interquartile Range				