Supplementary File S2 – SWEMWBS – descriptive statistics, paired-samples t-test and Wilcoxon signed-rank test analysis.

Descriptive statistics

		Before intervention	After intervention	Change	Positive change?	Statistically significant change?	Wilcoxon signed rank test P value
Total no. of responses		11	12				
% Low wellbeing		27%	8%				
% Moderate wellbeing		64%	58%				
% High wellbeing		9%	33%				
Mean score		24.3	29	4.60	Yes	Yes	p<0.05
Standard deviation		6.9	4.0	3.8			
By age	25-39	20.0	26.5	6.50	Yes		
	40-54	26.7	29.5	2.79	Yes		
Number of people with a meaningful positive change (%)					6	60.0	%
Number of people with a meaningful negative change (%)					0	0.0	%

Descriptive statistics

	I've been feeling optimistic about the future	I've been feeling useful	I've been feeling relaxed	I've been dealing with problems well	I've been thinking clearly	I've been feeling close to other people	I've been able to make up my mind about things	**Total SWEMWBS score change**	**Positive change?**	**Statistically significant change?**	**Wilcoxon signed rank test P value**
	1	2	3	6	7	9	11				
Total no. of responses	12	12	12	12	12	12	12				
Mean change	0.09	0.35	1.11	0.66	0.64	0.78	0.61	4.60	Yes	Yes	$p<0.05$

Wilcoxon signed rank test

	n	Sum
Positive ranks	8	52
Total number	10	
U_R	27.5	
SD	9.81	
z	2.50	
Significance	**Yes**	

Paired t test

Mean	3.870
SD	2.898
SE (d)	0.916
t	4.223
df	9

	Before	After
Mean SWEMWBS score	24.3	28.5

	Before	**After**
% Low wellbeing	27%	8%
% Moderate wellbeing	64%	58%
% High wellbeing	9%	33%

Mean SWEMWBS scores
70.0
60.0
50.0
40.0
30.0
20.0
10.0
0.0
Mean SWEMWBS score
24.3
28.5
Before
After
Before and After

Proportions of wellbeing before & after intervention
100%
90%
80%
70%
60%
50%
40%
30%
20%
10%
0%
9%
64%
27%
33%
58%
8%
Before
After
% Low wellbeing
% Moderate wellbeing
% High wellbeing