**Supplementary Table 2. Group x time x gender interaction from Intent-to-Treat analyses.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variable** | **b (SE)** | **|t|** | **p-value** | **95% CI** | **|d|** |
| **Psychological Health** | | | | | |
| K6 Total | -0.19 (0.85) | 0.22 | 0.826 | -1.88, 1.50 | 0.04 |
| GAD-7 Total | 1.06 (0.81) | 1.32 | 0.190 | -0.54, 2.66 | 0.24 |
| RRS Total | -0.38 (2.36) | 0.16 | 0.873 | -5.06, 4.30 | 0.03 |
| **Psychological Resilience** | | | | | |
| CD-Risk Total | 0.72 (0.75) | 0.96 | 0.339 | -0.77, 2.21 | 0.17 |
| Stress-Resist Total | 0.36 (0.51) | 0.70 | 0.485 | -0.65, 1.36 | 0.12 |
| NGSE Total | -0.16 (0.82) | 0.19 | 0.849 | -1.78, 1.46 | 0.03 |
| **Quality of Life** |  |  |  |  |  |
| WHO Domain 1 | -1.66 (3.05) | 0.54 | 0.587 | -7.69, 4.37 | 0.10 |
| WHO Domain 2 | 0.17 (2.47) | 0.07 | 0.946 | -4.73, 5.06 | 0.01 |
| WHO Domain 3 | -1.11 (2.90) | 0.38 | 0.703 | -6.86, 4.64 | 0.07 |
| WHO Domain 4 | -1.09 (2.18) | 0.50 | 0.619 | -5.41, 3.23 | 0.09 |
| **Cognitive Control Tasks** |  |  |  |  |  |
| MOT Threshold | 0.20 (0.28) | 0.73 | 0.469 | -0.35, 0.75 | 0.14 |
| GNG Mean Accuracy Target | 0.04 (0.03) | 1.35 | 0.180 | -0.02, 0.09 | 0.27 |
| GNG Mean RT Foil | 20.19 (26.37) | 0.77 | 0.446 | -32.15, 72.53 | 0.15 |
| GNG SD RT Foil | 2.57 (24.35) | 0.11 | 0.916 | -45.73, 50.88 | 0.02 |

Note. Cohen’s d estimated as , where *t* is the test statistic and *df* are Kenward-Roger degrees of freedom for the parameter of time.